



### Recipes for Summer

**STRAW-BERRY BAVARIAN CREAM**  $\frac{1}{4}$  box Knox Sparkling Gelatine. Juice of half a lemon.  
 $\frac{1}{4}$  cup cold water.  $\frac{1}{2}$  cup sugar.  
 1 cup strawberry juice and pulp.  $1\frac{1}{2}$  cups double cream beaten solid.

Soften the gelatine in the cold water five minutes and let dissolve by standing in hot water; strain into the strawberry and lemon juice; add the sugar and stir until it is dissolved, then set into ice water and stir until the mixture begins to thicken. fold in the chilled cream. Turn into a mold lined with strawberries cut in halves, and when chilled turn from the mold. Garnish with fresh

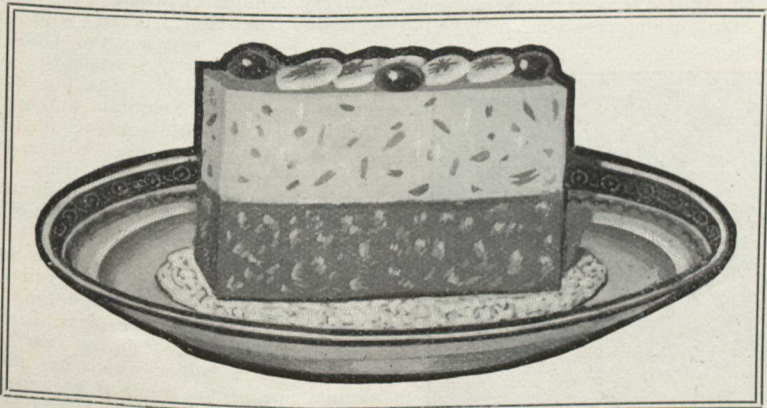


berries and leaves. Prepare Bavarian creams with other fruits, as pineapple, raspberry, grapes, oranges, etc., in the same manner. Pineapple juice and pulp must be scalded before the gelatine is added to it.

### BANANA DESSERT

1 pint lemon jelly. 1 teaspoonful vanilla extract.  
 $\frac{1}{4}$  box Knox Sparkling Gelatine. 2 cups milk.  
 $\frac{1}{2}$  cup cold water. 2 eggs.  
 3 tablespoonfuls sugar. 2 bananas.  
 $\frac{1}{8}$  teaspoonful salt.

Make a pint of lemon jelly, using one tablespoonful gelatine, one-half cup cold water, one cup boiling water, three tablespoonfuls sugar and the juice of two lemons. Pour into square mold and let stand until firm. Make a boiled custard with the yolks of the eggs,



sugar and milk, and add one tablespoonful gelatine soaked in one-half cup cold water. Remove from stove and fold in the whites of the eggs beaten to a stiff froth, salt and vanilla extract. When beginning to set, add sliced bananas, and pour over the lemon jelly. Serve with cream.

### APPLE OMELET

A very tasty dish is apple omelet. To make this stew six large apples and, while still hot, beat smooth with a silver spoon, adding one tablespoon butter, six tablespoons sugar, half teaspoon vanilla and a touch of grated nutmeg. When quite cold add the beaten yolks of four eggs, then fold in the whites beaten stiffly. Put in a deep dish which has been buttered, and bake in the oven until nicely browned.

### SOFT WHITE FROSTING

Put the white of egg on a plate, add a few drops of lemon juice and a little water. Stir in confectionery sugar until it is of the right consistency to spread. The more water used the softer the icing will be, and one egg takes about one and one-fourth cupfuls of sugar. If beaten instead of stirred, it is not so creamy.

### LUNCH BISCUITS

Add one-half teaspoonful of soda dissolved in a little warm water to one cupful of sour cream, and add this liquid to two cupfuls of whole wheat flour with one-half teaspoonful of salt, and two tablespoonfuls of finely-chopped almonds. Mix quickly and lightly. Roll out a half inch thick, cut with small biscuit cutter.

### WAFFLES

Add two level teaspoonfuls of baking powder to two cupfuls of sifted pastry flour, with one-half teaspoonful of salt. Beat the yolks of two eggs light, add to one and one-fourth cupfuls of milk, and add the liquid to the flour, beating until smooth and light. Beat the whites of the eggs to a stiff, dry froth and add to the batter with one tablespoonful of butter, melted. Bake in waffle iron.

Note that one tablespoonful of butter, melted, is a different thing from one tablespoonful of melted butter—the former measuring more than the latter.

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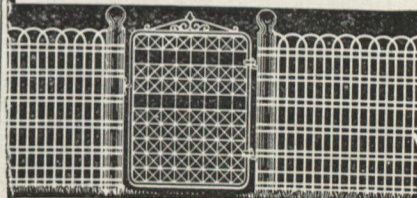
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