



### THREE SOUTHERN DISHES.

**Luncheon Eggs:** Remove the shells from hard-boiled eggs and cut in halves, lengthwise. Mix 1 tablespoon flour 1 tablespoon butter and a little salt and pepper to a smooth paste and stir into 1 pint boiling milk. Pour this sauce over the eggs, garnish with lettuce leaves and serve.

**Tennessee Toast:** Cut slices of bread three-fourths inch in thickness, plunge each slice into sweet milk and then into beaten egg, fry a golden brown in butter and over the top grate the yolk of a hard-boiled egg.

**Banana Pudding:** Cut dry sponge cake into slices, and in a glass dish place a layer of the cake, then one of sliced bananas. Repeat until there are five or six layers. Over these pour a soft custard and finish the top with the beaten whites of eggs, adding a little lemon juice to flavor them.—[Lalla Mitchell.

### SEVEN APPLE PIES.

**Apple:** Stew 12 tart apples, when soft add 1 tablespoon butter, 1 cup sugar,  $\frac{1}{2}$  glass rose water, a little nutmeg. Make paste as for cream or lemon pie and fill. Lemon juice or any flavoring may be used.

**Sliced:** Pare, core ripe, tart apples and cut in thin slices. Fill under crust, sprinkle over sugar, nutmeg, cinnamon and a little butter, small pieces; 2-3 cup sugar to each pie is sufficient. Cover with upper crust and bake in a moderate oven.

**Custard:** Grate or stem 12 apples, add 1 teaspoon salt, 3 well-beaten eggs, 1 cup sugar, 1 pt milk, 1 tablespoon butter, grated rind and juice of 1 lemon and a little nutmeg. Bake with a lower crust and strips of pastry over top.

**Pan:** Fill a deep, earthen dish with slices of apple, pour over molasses to sweeten, sprinkle with cinnamon and dot with butter. Cover with rich paste, with an opening for escape of air and bake. When upper crust is done remove and put on another. When second one is cooked the apples should be a deep red; if not cook a few minutes after removing crust. When done break baked crusts in small pieces and stir in sauce while hot. This is to be eaten when cold and while a southern dish will be enjoyed anywhere.

**Dried:** Soak apples, put in an earthen dish, cover with water, bake 4 or 5 hours, sweeten with sugar or molasses and mash to a pulp. Just before using flavor with lemon juice and add a little butter. Bake with two crusts.

**Fried:** Stew together 1 qt dried apples and 1 lemon, sweeten, add a little salt. For crust take 1 tablespoon lard, 1 qt flour, 1 tablespoon yeast and water for a stiff batter. Let stand till light. When ready to use add a little soda and flour to knead. Roll out crust, cut in circles with a saucer, lay 1 tablespoon of apple on one-half of each and fold other over. Fasten edges carefully and fry in hot lard.

**Delicate:** Pare, slice juicy apples, cook until soft, mash smooth, add sugar to sweeten and flavor with nutmeg. Bake with an under crust only; when done spread with beaten white of egg to which a little sugar has been added. This frosting should be nearly an inch thick. Set in oven two or three minutes to brown. It is best eaten the same day as made.—[Lalla Mitchell.

### A FEW PUDDINGS.

**Steamed:** Take 1 qt flour sifted with 2 heaping teaspoons baking powder and a little salt. Wet up with cold water just so it will stir with a spoon. Roll 2 teaspoons fruit in a little flour and stir into the dough, place all in a greased basin and set the basin in the steamer over boiling water. Steam two hours or until done. Serve with a dip made of 1 tablespoon scarcely full of flour and 1 of sugar, with a little salt, and boiling water to make a thin sauce.—[Ruth Ravinend.

**Cup:** One tablespoon flour, 1 egg and milk to make a thin batter, add a pinch

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of salt and boil or steam 15 minutes in a buttered cup.—[L. M.

**Taploca Cream:** Soak 4 tablespoons taploca over night. In the morning drain off the water and add 1 qt milk, the yolks of 2 eggs, 2 tablespoons flour or cornstarch,  $\frac{1}{2}$  cup sugar, a little salt and vanilla or lemon extract to taste. Let it boil upon the stove until done. Beat the whites of the eggs and place upon the top of the pudding as soon as removed from the stove.—[Stella Smart.

**Sauce for Puddings:** This is best for puddings that are not sweetened, and makes a plain pudding delicious: One egg, the yolk and white beaten separately, 1-3 cup sugar, beaten with the egg and 1 cup milk. Flavor with lemon or vanilla. Serve as soon as made.—[A. R. A.

### LIVER VARIATIONS.

**Mixed Liver:** Chop fine, thoroughly heat in butter, season with pepper, salt and a dash of lemon juice or onion. This may be served on toast. A cupful of this liver is an appetizing addition to an ordinary omelet. And this same form of liver when cold makes excellent sandwiches, using entire wheat or graham bread.

**Liver Croquettes:** Chop fine 1 cup cold meat and 1 cup cold parboiled liver, add 1 tablespoon butter, the yolks of 2 eggs, 2 tablespoons fine bread crumbs,  $\frac{1}{2}$  teaspoon onion juice, 1 teaspoon sage, pepper and salt to taste. Cook these ingredients a few minutes until well mixed. Remove from the fire. When very cold, form into croquettes, dip into beaten egg, then into bread crumbs. Fry in "smoking hot" fat.

**Escalloped Liver:** Place a layer of bread crumbs in a bake dish, a layer of chopped liver (parboiled), then one of hard-boiled eggs, sliced, next crumbs, alternate with liver, using only the one layer of eggs. Dot the crumbs generously with bits of butter, add pepper and salt. Bake in a hot oven.

**Liver Salad:** One cup cold boiled liver, 2 cups cabbage, both cut into dice-sized pieces. Mix well, add a mayonnaise dressing. Serve on lettuce leaves.

**Calf's Liver Stew:** Cut the liver into small pieces, two inches square. Place in a saucepan. Cover the liver with water, add 1 small onion, sliced,  $\frac{1}{2}$  tablespoon sage,  $\frac{1}{2}$  tablespoon summer savory, pepper and salt, stew for two hours. Rub together 1 tablespoon butter and 1 of flour, add to the stew, serve at once.

**Roast Calf's Liver:** Wash well and wipe dry, cut a long, deep hole in the side, fill with chopped bacon, 1 onion minced, fine bread crumbs, 1 beaten egg, pepper, salt and butter, all thoroughly mixed. Sew the liver together. Lard the liver over. Bake in hot oven. Serve with a gravy.—[Adele K. Johnson.

### VEGETABLE WAYS.

**Baked Beets:** Select 5 or 6 large beets, wash well and bake in a moderate oven three or four hours, or until very tender, then remove and slice. Season with salt, pepper and butter or vinegar.

**Parsnip Fritters:** To each cupful of mashed parsnips add 1 tablespoon flour, 1 well-beaten egg, salt and pepper to taste. Stir well and make into small cakes. Fry in hot drippings or butter. Drain on paper.

**Escalloped Squash:** One qt mashed squash, add 1 tablespoon butter,  $\frac{1}{2}$  cup milk, yolk of 1 egg, 1 teaspoon sugar, a little salt and pepper. Stir all well together and put into a baking dish, cover over with fine bread crumbs, and bake half an hour.

**Creamed Turnips:** Pare and cut turnips into squares, and cook in salted water until tender. Place in dish and pour over them the following sauce: Heat 1 cup milk to the boiling point, then add 1 tablespoon butter, salt and pepper to taste and 1 tablespoon flour that has been blended smoothly into a little cold milk. Let boil a few minutes.

**Puree of Carrots:** To a pint of carrots that have been run through a colander, add  $2\frac{1}{2}$  cups milk, salt and pepper to taste. Let come to a boil, then stir in 3 tablespoons flour that has been blended in milk, and add 1 tablespoon butter. Serve with squares of toast.—[Fanny Viola Viner.

### VARIOUS WAYS.

**Sponge Cake—Take 3 eggs,  $1\frac{1}{2}$  cups each sugar and flour,  $1\frac{1}{2}$  teaspoons baking powder, 1 teaspoon vanilla extract and  $\frac{1}{2}$  cup boiling water. Beat the eggs, whites and yolks separately. Beat together again. Sift in the sugar slowly, stirring all the time. Add flour into which has been stirred the baking powder. Add flavoring. Beat all together and add the hot water, stirring well. Bake in a buttered tin three-quarters of an hour.—[A. R. A.**

**Eggless Fruit Cake (Nice)—One-half cup melted butter, 1 cup New Orleans sugar,  $1\frac{1}{2}$  cups buttermilk, 1 small tablespoon soda, 1 cup raisins, and use spices to suit the taste of the baker. Stir quite stiff. By using the New Orleans sugar, no baking molasses is required.—[Ida E. Spaulding.**

**Fruit Biscuits—Any fruit will do, apple or bananas being particularly nice. Scald the fruit and rub through a colander or fruit press. To each pound of fruit add 1 lb granulated sugar, and the white of 1 egg. Beat until it will drop slowly. Drop on prepared tins or wafer paper and bake very slowly.—[Emma Clearwaters.**

**Eggs and Milk—Light custards, flavored with vanilla and baked slowly in cups which have been placed in a pan of hot water, make a delicious dessert when served with plain cake or wafers. They must be allowed to become perfectly cold before serving. Another delicious dish may be made from eggs and milk. Milk from the separator will do very well. After heating  $1\frac{1}{2}$  pts of milk to boiling, having previously added a pinch of salt, stir in 2 tablespoons cornstarch rubbed smooth in a little cold milk. Allow it to boil until thick, remove from the fire to partially cool while you beat the yolks of 2 eggs with sugar to taste and beat this into the mixture. Add pineapple flavoring, cook a few minutes, remove and pour into a dish. Cover the top with a meringue made from the whites of the eggs.**



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