



Tried Recipes

BANANA SALAD.—Banana salad is liked by many persons, and, of course, the banana may be combined with the ingredients already given, but it is so assertive in flavor that it should be used with much discretion. In making banana salad the fruit may be sliced and mixed with a French dressing, arranged on lettuce leaves and sprinkled with nuts.

BREAD SCRAPS.—If scraps of bread are grated, dried and laid aside for future use in cookery, it will save time when bread crumbs are wanted to bread cutlets or croquettes. After the crumbs are grated or ground in the meat grinder, they should be put into the oven with the door open, and left till they are thoroughly dry and slightly brown.

POTATO ROSES.—Put well-seasoned mashed potatoes into a pastry bag (which is a funnel-shaped bag of heavy muslin with a small tin tube fitted into the smaller end) and press the potatoes out through the small opening into the form of rosettes. Brush them over with the white of an egg to give them a pretty brown when baked.

STUFFED GREEN PEPPERS.—Cut the small ends from a half-dozen peppers, scrape out the insides, scald the shells for five minutes, and drain. Make a stuffing of one cupful of bread crumbs, half a cupful of melted butter, one cupful of cooked fish, picked into bits, a little salt and pepper, and just enough milk to moisten slightly. Fill the pepper shells with the stuffing, place them in a buttered pan, and bake slowly for half an hour. Set a cupful of water in the oven while they are cooking. A cream sauce, well seasoned with finely chopped parsley, is nice served with the peppers.

THE BEST BAKED MACARONI.—Take a cupful of broken macaroni, put into rapidly boiling, salted water, and cook for twenty minutes or until tender enough to cut easily when pressed against the side of the kettle. Turn it into a colander and drain cold water over it to keep it from being pasty. Then put a layer into an earthen baking dish and sprinkle it with onion juice, paprika, salt, and a generous amount of grated cheese. On top of this spread a thick, rich tomato sauce. Add another layer of macaroni and then the seasonings, and so on until the dish is filled. The top should be covered with the tomato sauce, bread crumbs, bits of butter, and a thin sifting of grated cheese. It should bake for half an hour. It is a perfectly delicious dish when done, and is an excellent substitute for the dinner meat.

FIG PUDDING.—Take a cupful of stale bits of bread, moisten with two tablespoonfuls of melted butter, a cupful of milk, two well-beaten eggs, two tablespoonfuls of sugar, a pinch of salt, and add to this mixture a half pound of chopped figs. After stirring, steam an hour in a buttered double boiler. Serve with lemon sauce.

LEMON SAUCE.—Add the juice of one lemon, two-thirds of a cupful of sugar, one egg, and one slice of lemon to a pint of boiling water. Thicken with a dessertspoonful of cornstarch which has been dissolved in cold water. Boil two minutes, stirring constantly.

WAFER BISCUITS.—Are both cheap and popular. Procure some baker's dough, divide it into small portions, and roll out to the thickness of a wafer; cut with a large round cutter, and bake in a moderate oven after pricking with a fork.

MILK SCONES.—Rub two ounces of butter and two ounces of castor sugar into half a pound of self-raising flour, add a pinch of salt, and enough milk to make into a paste. Form into rounds, cut each in four, brush over with egg and milk, and bake in a moderate oven.

BUTTERMILK PANCAKES.—Put a pint of buttermilk into a bowl, add a small spoonful of carbonate of soda, and beat till the buttermilk bubbles. Sift in sufficient flour to make a batter, as for

ordinary pancakes. Put into the frying-pan just enough lard to thoroughly grease it, but no more; drop in three separate tablespoonfuls of the batter, brown quickly; turn each one, and brown the other side. These should be eaten with sugar, and are nice for breakfast for those who do not care for porridge.

APPLE OMELETTE.—Stew six large apples. Beat very smooth while hot, adding one tablespoonful of butter, six tablespoonfuls of sugar, a grating of nutmeg and one-half teaspoonful of rose extract. When entirely cold add four eggs, beaten very light, whites and yolks separately. First add the yolks, then the whites, and put in a deep dish which has been warmed and buttered. Bake in a moderate oven to a delicate brown.

BROWN NUT BREAD.—Mix one and one-half cupfuls of wheat flour with one-half cupful of corn meal and two cupfuls of graham flour. Add two teaspoonfuls of baking powder and one-half teaspoonful of salt. Add to the flours two cupfuls of sweet milk, one-half cupful of brown sugar and one-half cupful of molasses. When well mixed add one cupful of finely chopped walnut meats. Bake in a moderate oven for one hour.

NUGGETS.—Mold freshly mashed potatoes into which have been whipped milk, butter and a little salt, into large egg-shaped balls. Stand them on end on a buttered pie plate, slice off a little of the top and scoop out the centre, making a hole as large as an ordinary egg. Into this well break an egg, replace the top, brush over with beaten egg and bake in a quick oven until well browned.

NUT CROQUETTES.—Chop one cupful of pecans or walnuts, add to one pint of mashed potatoes, add to them the yolks of two eggs slightly beaten, and one teaspoonful of salt, one teaspoonful of onion juice, one tablespoonful of chopped parsley, one saltspoonful of pepper and one-quarter of a nutmeg, grated. Mix these together well and form into cylinders. Beat the whites of the eggs with two tablespoonfuls of water until well mixed. Roll the croquettes in this, then in bread crumbs and fry them in hot fat. Serve with them well-seasoned peas.

CHALFONTE SALAD.—Cut fresh lamb or veal kidneys in half, and remove all fat and sinews. Put into saucepan, cover with cold water, and bring to boiling point over a moderate fire. Pour off this water, put on cold again, and repeat the process, doing this three times. They must not boil, or they will be tough. When cold, cut them into small dice. To every cupful of kidney allow one cupful of cold peas, cooked without butter, one cupful of celery, cut small, and two tablespoonfuls of capers. Mix with mayonnaise dressing and serve on lettuce.

BAKED APPLES, STUFFED.—Core the apples, but do not peel them. Stuff them with minced pecans mixed with scraped maple sugar and bake. When done and just soft place them on rounds of sponge cake and cover with whipped cream.

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NUT FRAPPE

1/4 box Knox Sparkling Gelatine 1 pint cream
1/2 cup sugar White of one egg 1 cup chopped nuts
1/4 cup cold water 1 cup pineapple and strawberries

Soak gelatine in cold water five minutes; dissolve over hot water. Add dissolved gelatine to cream and sugar; stir in beaten white of egg. When cold, add pineapple and strawberries chopped in small pieces, and chopped nuts. Serve ice cold in sherbet glasses.

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