

The Guaranteed Pure Milk Co., Limited

# Cook Book





# MILK—THE ONLY COMPLETE FOOD



Milk is the only common article of food which has not been robbed of a great proportion of the food elements necessary to sustain life. Not only this, but it contains invisible life-giving properties peculiar to itself. These qualities are shared to some extent by the leafy parts of green vegetables, but no other article of diet beside milk has these vitamins and also the necessary food elements which go to make a complete food.

## ALL AUTHORITIES AGREE

Dr. E. V. McCOLLUM of JOHNS HOPKINS says: "Milk contains all the elements and compounds which are essential for the nutrition of the body, and is especially rich in everything that is necessary to supplement the deficiencies of the ordinary cereal, root and tuber products which form so large a part of the diet of civilized man."

Dr. CHAS. E. NORTH a prominent investigator states: "A consideration of the requirements for the human body for health and for energy and for strength shows that money could be spent to a far greater advantage if the average meat bill were reduced to about one-third of the present amount and the milk bill multiplied by three."

HERBERT C. HOOVER says: "The foundation of a child's health lies in proper feeding.

"In its broad aspect, the proper feeding of children depends upon a public recognition of the dependence of the human animal upon his cattle."

The thought that you give your child's diet will be reflected in its freedom from sickness, less fretfulness and a general all-around healthier and efficient body now and in the future.

**A QUART A DAY MAKES THE CHILDREN PLAY**



# A COOK BOOK

FOR THE  
ECONOMICAL HOUSEWIFE

THIS BOOK IS A COMPILATION OF  
SELECTED RECIPES WHICH COM-  
BINE EASE OF PREPARATION,  
LOW COST AND NUTRITIOUSNESS

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# TO THE HOUSEWIFE

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THE recipes in this book have been selected because they are inexpensive and in many cases especially rich in the elements necessary for good health. Milk forms an important constituent of many of these dishes. The housewife who includes one or more of these milk dishes along with the others mentioned in this book will find her food bill materially reduced and her family will enjoy better health.

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## MOST MODERN RECIPES

Recipes that are economical. Recipes prepared by the many good cooks among the House-mothers of the United States and Canada

### Soups

#### Cream of Celery Soup

Take the coarse outer stalk of the celery, scrub well and cut it into half-inch lengths; put into a saucepan, cover with boiling water and boil until tender. Do not cover the pan. Drain, and save the water. Mash the celery through a colander, return to the water and boil for ten minutes; then strain into a double boiler. To each cupful of the celery water add a cupful of hot milk. Season to taste with salt and pepper, and for each pint of the liquid add one teaspoonful of butter and one teaspoonful of flour rubbed together. Boil for five minutes. Serve with a little dried or freshly chopped parsley on top.

#### Cream of Carrot Soup

One and one-half cups grated carrots, one-half small onion, three cups milk, teaspoon salt, one-half cup cream, one-eighth teaspoon pepper, one and one-half tablespoons butter, few grains mace, bit of bay leaf, one and one-half tablespoons flour. Combine the carrots, milk, onion and spices in a double boiler and cook till the carrots are done. Remove onion and bay leaf, add the butter and flour creamed to-

gether with the seasonings, and cook ten minutes. Then add the cream, let stand a few minutes to reheat and serve.

#### Oatmeal Soup Italienne

1 Tbsp. Fat	1 Tsp. Salt
1 Small Onion	1 c. Cooked Oatmeal
½ Green Pepper	2 c. Milk
1 Tbsp. Flour	½ c. Grated Cheese

Melt the fat; cut up the onion and the pepper and cook in the fat until slightly brown. Remove from the fire, stir in the flour and the seasoning, then add the oatmeal and milk. Cook in a double boiler until smooth and thick; strain and serve. When serving at the table, sprinkle with grated cheese.

#### Cream of Lima Bean Soup

Soak one cup dried lima beans over night, in the morning drain and add three pints cold water. cook until soft, and rub through sieve. Cut one onion and one carrot in small cubes and cook five minutes in four tablespoons butter. Remove vegetables and add two tablespoons flour, one teaspoon salt and one-half teaspoon butter and stir into boiling soup. Let stand a few minutes, then add one cup of cream or milk, reheat and serve.

#### Cream of Cheese Soup

Scald one quart of milk with two tablespoons each of onion and carrot cut in small pieces, and a blade of mace. Melt one-quarter of a cup of butter, add two tablespoons of flour, and stir until well blended, then pour on gradually, while stirring constantly, the hot milk. Bring to the boiling point and drain. Add one cup grated cheese (mild) and stir until cheese is melted. Season with salt and pepper and add the yolks of two eggs beaten slightly. Serve with croutons, duchess crusts or imperial sticks.

#### Potato Soup

Cut up one small onion, one carrot, and about six good sized potatoes; simmer until cooked in a quart of milk. Pass through a wire sieve; return to the pan; add a piece of butter and season to taste. Serve with diced toasted bread.

#### White Soup

Put four large peeled and sliced potatoes and one onion into a saucepan, cover with water and allow them to boil until soft. Rub them through a sieve. Melt one tablespoonful of butter in a saucepan, stir in one tablespoonful of flour, add the water from the boiled



potatoes, and half a cupful of milk; season with salt and pepper. Serve hot with diced pieces of toasted bread.

#### Brown Onion Soup

Four medium-sized onions, two cupfuls of milk, one cupful of water, three tablespoonfuls of flour, three tablespoonfuls of butter, one and a quarter teaspoonfuls of salt. Slice the onions and put them in a buttered pan. Add a little water, cover them and put them into the oven. When tender remove cover and allow them to brown. Rub the onions through a colander, add the water and white sauce (made by adding the hot milk to the butter and slightly browned flour rubbed together until smooth), cook ten minutes in a double boiler before adding the onion. Heat the whole, season it, and serve.

#### Corn Soup

Split the grains of a dozen ears of corn and scrape from the cob; boil the cobs for ten minutes in sufficient water to cover them, and use of this water one quart, carefully straining it before using; add to the water one quart of cream poured in slowly and follow with the corn. Cook for fifteen minutes and season to taste. If milk be used instead of cream it should be thickened with a tablespoonful of butter and a like quantity of flour mixed together.

#### Cream of Tomato with Rice

Take a pint of tomatoes; pick over and wash half a cup rice. Put the tomatoes in a soup kettle with a pint of cold water and let them gradually come to a boil; then add another pint of cold water, and when it comes to a boil add the rice, two teaspoons of salt and a saltspoonful of pepper; boil until the rice is tender, but not soft enough to break; then stir in a paste made by rubbing together two tablespoonfuls of butter and one of flour, a saltspoonful of soda and about a pint of hot milk, or enough to make the soup as thick as cream. Cook for a few minutes; then serve at once.

#### A Delicate Rice Soup

Put a quart of water in a large double boiler and let the water in both parts of the vessel come to a boil. Add a level teaspoonful of salt to the water in top boiler and gradually sprinkle in a cup of washed rice. Stir several times with a fork, then cover and let it boil for half an hour,

then cool a little, then put through a vegetable press or sieve, return to the kettle, add half a pint of heated milk, and salt and pepper to taste. Beat three eggs and add to a cup of thin cream. Stir until smooth, but not long enough to overcook the egg. Milk instead of cream may be used, adding a tablespoonful of butter to the hot rice after it is put through the sieve.

#### Macaroni Soup

One quart of stock, several sticks of macaroni broken into inch pieces, one small onion, chopped fine; boil twenty minutes. Just before serving add salt, pepper and butter to taste.

#### Cream of Vegetable Soup

Scrape and cut two small carrots into slices and cook in a pint of boiling water; add one cup of green peas, one potato cut in slices, one onion sliced, a bay leaf, and cook half an hour longer. Press through a strainer and put back in the saucepan. Scald four cups of milk in a double boiler and thicken with two level tablespoons of butter and one-quarter cup of flour. Cook until creamy, add the vegetable pulp and season with salt and pepper.

#### Sorrel and Spinach Soup

To one pint of sorrel add one-half a handful of spinach and six lettuce leaves. Cook them in a tablespoonful of butter until tender. Add one quart of boiling water, one teaspoon of salt, a dash of pepper, and just before serving add one egg well beaten into half a gill of cream. This is an excellent soup for invalids.

#### Corn Chowder

½ Lb. Salt      2 Boston  
Pork              Crackers  
(sliced)              (slit)  
5 Potatoes      ½ Pt. Milk  
(sliced)              Pinch Salt  
1 Onion (sliced) Boiling Water  
6 Ears Corn (grated)

Put the pork in a kettle and fry until crisp. Remove pork and add one quart boiling water, potatoes, onion and corn. Add boiling water as it is needed in cooking. When the potatoes are done add the crackers, salt and milk. This will serve six.

#### Green Pea Soup

Cover a quart of green peas with hot water, and boil with an onion until they will mash easily. (The time will depend on the age of the peas, but will be from twenty to thirty minutes.) Mash and add a pint of stock or water. Cook together two tablespoon-

fuls of butter and one of flour until smooth, but not brown. Add to the peas, and then add a cupful of cream and one of milk. Season with salt and pepper and let boil up once. Strain and serve. A cupful of whipped cream added the last moment is an improvement.

#### Tomato Bisque

1 Qt. Tomatoes 1 Tsp. Soda  
(stewed or Salt, Pepper  
canned)              and pap-  
1 Qt. Milk              rika to  
2 Tbsp. Butter              taste  
3 Tbsp. Flour A little allspice  
1 Small Bay Leaf

Heat the tomatoes and add the soda to them. Heat the milk in a double boiler. Melt the butter, mix the flour smoothly with it. Return to a low fire and add the hot milk a little at a time, stirring constantly and allowing the mixture to thicken between each addition. Stir in the tomatoes, season and let the soup come to the boiling point. Put it through a soup strainer into the top of the double boiler and keep hot until time for serving.

#### Cream of Peanut-Butter Soup

One teaspoon peanut butter to one cup milk. Salt to taste. Heat required amount of milk. Add part of heated milk to peanut butter and work into a thin paste. Add the rest of heated milk. Season, strain and serve.

#### Asparagus Soup

1 Qt. White 1 Tbsp. Flour  
Stock or ½ Cup Cream  
Milk              Salt and  
15 or 20 Stalks Pepper  
Asparagus 1 Tbsp. Butter

Cook the asparagus in stock or milk, saving the heads and cooking them separately to serve in the soup. When soft, press the asparagus and liquid through a strainer. Melt the butter, add the flour and seasoning, then gradually add the asparagus mixture. The cream may now be added and beaten in the soup with an egg-beater, or it may be whipped and served on individual cups of the soup. Add the asparagus tips before serving.

#### Tomato Soup

To one quart of beef stock add a pint of tomatoes and a small onion sliced and fried slightly in a little butter. Cook until the tomatoes are soft, then put through a coarse sieve and return again to the boiler, season to taste with salt and pepper. Break six sticks of macaroni into small bits and add to the soup and cook until soft. Then serve.



### Puree of Clams

Twenty-five clams, one tablespoonful of butter, one pint of cream, one cupful of cold water, two tablespoonfuls of flour, one-quarter cupful of bread crumbs; pepper to taste. Drain the clams from the water, saving all the liquor. Put the liquor in a saucepan over the fire; when it comes to a boil, skim. Chop the clams fine, add them to the liquor, let boil again and skim. Rub the butter and flour together until smooth and add to the broth with the bread crumbs; stir and cook until it thickens. Press through a sieve, return to the kettle and when heated add the cream previously scalded in a farina boiler. Season and serve at once. Do not let the soup stand on the stove after adding the cream, as it is apt to curdle, and be careful in seasoning, as the clams are salty.

### Mock Bisque Soup

A quart can of tomato, three pints of milk, a large tablespoonful of flour, butter the size of an egg, pepper and salt to taste, a scant teaspoonful of soda. Put the tomato on to stew, and the milk in a double kettle to boil, reserving, however, half a cupful to mix with flour. Mix the flour smoothly with this cold milk, stir into the boiling milk and cook ten minutes. To the tomato add the soda, stir well, and rub through a strainer that is fine enough to keep back the seeds. Add butter, salt and pepper to the milk, and then the tomato. Serve immediately. If half the quantity is made, stir the tomato well in the can before dividing, as the liquid portion is the more acid.

### Fish, Oyster, Etc.

#### Oyster Stew

2 Qts. Oysters 1 c. Boiling  
1 Qt. Boiling Water  
Milk 2 Tbsp. Butter  
Salt and Pepper

Strain the liquor from the oysters, place in a soup kettle with the boiling water; when at boiling point, add salt, pepper and oysters. Let boil until the edges curl, add the butter, the boiling milk, and take from the fire. Serve at once with crackers.

#### Baked Shad

Remove the head and tail from the fish, split down the back and remove the back-bone and small bones along the edge. Wash in cold water and dry with a piece of cheesecloth. Brush a shallow pan with one

tablespoonful of drippings, lay the shad in, skin side down; sprinkle with one teaspoonful of salt and an eighth of a teaspoonful of white pepper; melt two tablespoonfuls of butter or drippings, and pour over the shad; dust all with a little flour and pour half a cupful of milk over the fish; put in a very hot oven for from twenty-five to thirty minutes. It should be a light brown. If it browns in less than fifteen minutes reduce the heat, as it takes from twenty-five to thirty minutes to bake thoroughly.

### Codfish Croquettes, Tomato Sauce

4 c. Cold Boiled 1 Tsp. Table  
Fresh Cod- Sauce  
fish 1 Tsp Salt  
1 c. Thick ¼ Tsp. Pap-  
Cream rika  
Sauce 1 Egg  
1 Tbsp. Finely Bread  
Chopped Parsley Crumbs  
2 Tbsp. Grated Onion

Break the fish into small pieces; add the sauce and seasonings; spread on a plate until cold and firm. Take up one tablespoonful in floured hands, mold into cone shape, or oblong, and dip in egg which has been beaten with a tablespoonful of milk. Be sure the croquette is covered with the egg; then roll in bread crumbs or cornmeal, and fry in very hot drippings.

### Scalloped Fish and Hominy

Place flaked pieces of canned salmon in the center of a baking dish; take some boiled hominy and shape it into a border around the dish; pour over a white sauce, sprinkle the hominy with bread crumbs and the fish with minced parsley and bake in a hot oven until nicely browned. Serve hot in the same dish in which it was cooked. Rice or macaroni may be used in place of hominy and minced left-over meat in place of the fish.

### Fish Cakes

4 c. Boiled Salt and Pepper  
Fish to Taste  
2 c. Boiled 1 Egg  
Rice or Bread Crumbs  
Mashed ½ c. Cream  
Potatoes Sauce  
2 Tablespoons Grated Onion

Put the fish and rice through the food chopper; add the onion, seasoning and cream sauce; mix well and form into small cakes; dip in cornmeal, then in beaten egg and milk, then in bread crumbs. Fry in deep hot fat. Serve on a hot platter. Garnish with parsley.

### Oatmeal and Fish Croquettes

1½ c. Cooked 2 Tbsp.  
Fish Chopped  
3 c. Cooked Onion  
Oatmeal 1 Tbsp. Salt  
1 Tbsp. Pepper to  
Chopped Taste  
Parsley

Mix the ingredients in the order given and form into croquettes. Dip in egg and crumbs, and saute in hot bacon fat. Serve with one cupful of a white sauce to which half a cupful of chopped peppers has been added.

### Finnan-Haddie Savory

1 Large Finnan Thyme  
Haddie Summer Savory  
½ Onion, Minced Parsley  
Chopped Salt  
Fine Pepper  
1 Tbsp. Olive 1 Pt. Stale  
Oil Bread  
Grated Yellow Rind of Half  
a Lemon

Put the fish in a baking dish; cover with cold water, and bring slowly to a boil. Pour off the water. Brush the surface of the fish with oil and spread one-half with a dressing made of the bread—chopped moderately fine—oil, seasonings and enough water to make it crumbly moist, but not pasty. Fold the other half over and bake for about thirty minutes, or until thoroughly tender. Serve in the baking dish.

### Baked Whitefish

Whitefish is the finest fish found in the Great Lakes. Procure an oak or a hickory plank a little larger than the fish. Clean and split the whitefish and remove the backbone and fins; rinse the fish and wipe it dry; put it on the plank, which has been rubbed with a little oil, skin side down. Place in a hot oven and baste it three or four times with a little butter to which salt and pepper have been added, until the fish is nice and brown. Add a little lemon juice and finely chopped parsley to the rest of the butter and pour it over the fish before serving on a plank with a mashed potato border and sprigs of watercress. Garnish the center of the fish with thin slices of lemon.

### Salt Cod Dinner

1 Two-Lb. 3 Canned  
Package Whole  
Salt Cod Tomatoes  
6 Med. Pot. Watercress

Soak the codfish several hours in cold water, changing once. Wash the potatoes and put on to boil. Cut the tomatoes into



halves; drain, dredge with whole-wheat flour and saute in butter or drippings. While they are cooking wipe the codfish and broil until nicely browned. Serve on a hot platter in a border composed of alternate potatoes and tomatoes with small bunches of cress placed at intervals. Serve with a drawn-butter sauce made by the recipe for white sauce, with boiling water substituted for the skim milk.

### Salmon au Gratin

Make a sauce of two table-spoonfuls of butter, two of flour and two cupfuls of milk. When boiling, smooth and thick like cream, put in half a can of salmon broken in small pieces. Turn this into small fireproof glass casseroles, cover the top with bread crumbs and grated cheese, and bake until brown on top.

### Scalloped Salt Cod with Oysters

2 c. Codfish Flakes  
1 G. Pepper, Chopped  
¼ c. Thick Bread Crumbs  
Sauce Butter  
6 Large Oysters  
Lemon Juice

Freshen the fish slightly in cold water. Mix with the sauce and chopped pepper; heat thoroughly, and divide into greased scallop shells or ramekins. Sprinkle with crumbs, dot with butter and partly sink an oyster in each portion. Cook in a moderately hot oven until the ruffles of the oysters separate. Squeeze a few drops of lemon juice over each oyster and serve.

### Filletts of Salmon

4 Salmon Steaks, 1 Tbsp. Lemon Juice  
1" Thick  
1 Tbsp. Oil 1 Tsp. Salt and Pepper

Trim off the skin and wipe dry; sprinkle with salt and pepper and brush with butter and lemon juice; put into a shallow pan that has been brushed with oil. Place in a quick oven for from twenty-five to thirty minutes; remove from the pan with a cake turner onto a hot platter; garnish with lemon and watercress or parsley. Serve with hollandaise sauce.

### Stuffed Trout

Take a three-pound trout, and after washing it remove all bone. Cut the fish down the back and with a sharp knife separate all flesh from the bone. Grasp the backbone firmly, and pull gently until the whole backbone is removed. Sprinkle with salt and smooth the flesh into shape. Make a dressing of bread

crumbs soaked in milk and mixed with salt, pepper and a whipped egg. Fill the fish with this, pinning the sides together with small skewers to prevent dressing from swelling. Cut a strip of fat bacon and insert in the cavity made by removing the backbone, and also cut two slits on the side of the fish and fill with bacon. Salt and pepper, and dredge lightly with flour, and bake one hour in a moderate oven. Baste constantly with butter and water until a nice brown. When done remove the skewers and garnish with parsley. Serve at once.

### Oysters a la Creme

1 Quart Oysters 2 Tbsp. Flour  
1½ Pints Cream

Put the oysters in a double kettle; cook until they begin to curl at the edges; pour out in a colander, put the cream in the kettle; when it boils up, add the flour wet with cold milk, and the oysters, but not the liquor, and cook two minutes. Serve on toast.

### To Fry Oysters

1 Egg or more Dried Bread  
Oysters Pepper, Salt  
Cracker or Beef Suet  
Bread Crumbs

Dry oysters on towel, dip in egg well beaten and seasoned with pepper and salt; roll in bread or cracker crumbs. Then immerse (in a basket) in deep hot fat of beef suet or drippings, which should be "tried out" in oven. Drippings should be very hot.

### Fish Pie with Potato Crust

Flake finely with a fork the remains of any cold fish, put into a saucepan with a little white sauce, season with salt and pepper and some small pieces of fried bacon. Line a pie pan with well-seasoned mashed potatoes, brush over with beaten egg yolk, fill the center with the fish and place in the oven for a few minutes to heat through and to brown on top. Serve on a hot dish. Garnish with hard-boiled-egg slices, and sprinkle over a little chopped green parsley.

### Planked Finnan-Haddie Dinner

1 Small Finnan 1 Onion  
Haddie 2 Bunches of  
6 or 8 Potatoes Young  
1 Can Spinach Carrots

Lay a small, plump finnan haddie (or half of a large one) in a pan, cover with cold water and bring slowly to the boiling point. Simmer gently for twenty minutes. Remove, drain,

and lay flesh side up on an oiled plank. Brush over with olive or peanut oil, sprinkle with pepper and cover with thin slices of onion. Place under the broiling flame of the gas oven and cook until the onion is browned. Have ready the potatoes, boiled, mashed, and seasoned, the carrots, scraped and boiled in salted water, and the spinach, heated, cut fine, seasoned and the water pressed out. Make a border of potato around the edge of the plank, pressing it through a pastry tube or arranging with a knife and spoon. Lay the carrots across it at regular intervals, points out, and fill the space between border and fish with the spinach. Return to the oven until the potato is delicately browned.

### Scalloped Oysters

Small oysters are preferred. Roll crackers or dry bread; butter a deep earthen dish and fill with alternate layers of crumbs and oysters having the bottom and top layers of the crumbs. Moisten each layer with oyster liquor, add small pieces of butter and season with salt and pepper. Beat one egg, add nearly a cup of milk, and pour over all. Allow ten minutes to heat through, and bake forty-five minutes.

### Boiled Fresh Cod

Put the fish in a fish-kettle, or tie in cloth, in boiling water, with some salt and scraped horse-radish, let simmer till done, place a folded napkin on a dish, turn the fish upon it, and serve with drawn butter, oyster or egg sauce.

### Spiced Timbales of Mackerel

1 Salt Mackerel 1 c. White  
½ Lemon, Slic'd Sauce  
1 Onion, Sliced 1 Egg Yolk  
1 Sprig Parsley 2 Tsp. Grated  
1 Tsp. Each of Horse-  
Whole Cloves Radish  
and Allspice 2 Tbsp.  
6 Peppercorns Cracker  
Crumbs

Soak the mackerel for six or eight hours; drain, and cut into quarters. Put into a saucepan with the lemon, onion, parsley, whole spices and just enough water to cover, and simmer until tender. Drain, remove the skin and bones, and chop very fine. Prepare the sauce, to which add the horse-radish and the beaten egg yolk, and mix thoroughly with the fish and cracker crumbs. Divide into greased cups or timbale molds, set in a baking pan half full of hot water, and bake like cus-



tards for thirty minutes. Turn out on a hot platter and garnish with parsley and strips of pimento.

#### Shad Roe Saute

Wipe the roe with a damp piece of cheesecloth; put two tablespoonfuls of drippings into a frying pan; when hot, put in the roe, cover, and cook very slowly for ten minutes. Remove the cover and turn carefully with a cake turner so as not to break the roe. Dust with salt and pepper; cover, and cook for five minutes; uncover, and fry a light brown on both sides. Serve with lemon and garnish with parsley.

#### Creamed Haddock with Macaroni

Soak a haddock in water until skin is soft. Drain; cover with boiling water; cook until flesh is white; peel off the skin and remove the bones. With two forks separate the white part into small pieces. Cook macaroni in boiling water; drain; run quickly under cold water. Arrange border on platter. Add one cup of flaked haddock to one cup of White Sauce. Add a chopped hard cooked egg. Pour in center. Add parsley.

#### Mock Salmon Steak

Take half a can of salmon and mix with it two cupfuls of steamed stale bread crumbs; season with salt, pepper and one tablespoonful of onion juice. Then add one egg and a quarter of a cupful of flour. Mix well and form into steak shape; put into a greased frying pan, brown on one side, turn and fry until done. Remove to a hot platter and garnish with lemon slices, parsley and quartered tomatoes.

#### Salt Cod, Biscay Style

2 c. Salt Cod, 1 Pt. Stewed  
Coarsely Tomatoes  
Stripped 1 Onion, Chop-  
ped Fine  
1 Green Pepper 1 Tbsp. Olive  
Chopped Oil  
Fine  
1½ c. Rice 1 Tbsp. Sugar  
Salt and Pep- ½ Tbsp. Mild  
per to Taste Vinegar

Freshen the fish slightly in cold water. Change the water and parboil gently for ten minutes, or until tender. Drain, and keep hot. Saute the onion and pepper for five minutes in the oil, and add the sugar, vinegar, tomatoes and seasoning. Simmer for ten minutes and pass through a wire strainer. If too watery, thicken with a little cornstarch. Cook the rice in plenty of salted water. Drain,

return to the range with the flame turned very low, and let the surplus moisture dry out. Arrange the boiled rice in a mound in the center of a hot platter. Add the fish to the sauce and pour it around the rice. Garnish with sprigs of parsley, alternating with buttered toast.

#### Crab-meat Canape

1 Can Japanese 1 c. Hot Rich  
Crab-meat Milk  
2 Tbsp. Lemon 2 Hard-boiled  
Juice Eggs  
1 Tbsp. Butter Chopped  
2 Tbsp. Finely Finely  
Chopped Season to  
Onion Taste  
1 Tbsp. Flour A little Parme-  
san Cheese

Free crab-meat from small paper-like bones and pour lemon juice over it. Let simmer until heated. Saute butter and onions. Add flour and then slowly add hot milk, hard-boiled eggs and seasoning. Mix together sauce and crab-meat. Fry one side of six round slices of bread in butter. Place crabmeat mixture on slices, cover with finely sifted bread crumbs which have been browned in oven. Sift a little Parmesan cheese over each canape and heat in oven. Serve very hot with slice of lemon.

#### Fillet of Sole, Sauce Tartare

1 Large 1 Tsp. Salt  
Flounder ⅜ Tsp White  
2 Eggs Pepper  
1 c. Bread Crumbs

Cut the fish into pieces about two by three inches; wash and dry on a piece of cheese-cloth and sprinkle with salt and pepper; dredge with flour; dip in the eggs which have been beaten with two tablespoonfuls of cold milk, then in bread crumbs. Fry in deep hot fat, and serve with sauce tartare.

#### Herb-Baked Mackerel

1 Salt Mackerel 1 Pt. or More  
1 Onion, Chop- Soup Stock  
ped Fine Thyme  
1 Carrot, Chop- Sweet Marjo-  
ped Fine ram Minc'd  
1 Tbsp. Vinegar, Parsley  
Preferably ½ Bay Leaf  
Tarragon Broken in-  
to Small  
Bits

Soak the mackerel for five or six hours. Drain, cut into quarters and place in a baking dish. Sprinkle with pepper, herbs, carrot, onion and vinegar and let stand in a cold place for two or three hours. Then cover with stock and bake slowly for forty-five minutes. Garnish with slices of lemon.

#### Fish Souffle

1 c. Each of ½ c. Cornmeal  
Milk and ½ c. Shredded  
Water Codfish  
1 Tbsp. Butter 2 Eggs  
½ Tbsp. Sugar 1 Heaping Tsp.  
1 Tsp. Salt Baking  
Powder

Bring the ingredients named in the first column to the boiling point. Stir while sprinkling in the cornmeal, and cook for four minutes. Partly cool and add the fish, slightly freshened, the beaten yolks of the eggs, and then the whites and baking powder beaten together to a stiff froth. Bake in a greased casserole in a moderate oven.

#### Salted Codfish and Egg Noodles

Boil a sufficient amount of egg noodles, made of half rye and half white flour, in salted water; drain thoroughly, and put them into an open fireproof casserole. Shape into a border around the dish. Fill up the center with pieces of cold boiled salted codfish; pour over a thick white sauce; garnish the top with strips of canned pimentos. Put in a hot oven for fifteen minutes. Serve hot.

#### Fresh Salmon, Egg Sauce

Fresh Salmon 2 Tsp. Grated  
1 c. Milk Onion  
2 Tbsp. Butter A Dash of  
White  
2 Tbsp Flour Pepper  
1 Tbsp. Salt 1 Hard-cooked  
2 Tbsp. Finely Egg  
Chopped Parsley

Put the fish into a shallow pan and cover it with boiling water. Add the salt and the onion; boil for thirty minutes. Remove with a skimmer to a hot platter and pour the egg sauce over the fish.

#### Egg Sauce

Put the butter and grated onion into a saucepan. Cook for three minutes, then add the flour. Mix until smooth; add the cold milk slowly, stirring until smooth and creamy. Add the chopped parsley and the hard-cooked egg, which has been chopped fine. If desired the yolk and white may be separated. Chop the white and add it to the sauce. Then grate the yolk over the top of the dish.

#### Baked White Fish or Pickerel

Clean, rinse and wipe dry a fish weighing three or four pounds, rub inside and out with salt and pepper, and fill with a stuffing made like that for poultry, but drier. Sew it up,



put in a hot pan with some drippings and a lump of butter, dredge with flour, and lay over the fish a few thin slices of salt pork or bits of butter, and bake  $1\frac{1}{2}$  hours, basting occasionally.

#### Halibut Steak with Baked Tomatoes

2 Lbs. Halibut Steak 4 Tbsp. Flour  
1 Tbsp. Salt  
4 Large Firm Tomatoes Pepper to Taste  
2 Tbsp. Grated Onion 3 Tbsp. Chopped Green Pepper or Parsley  
2 Tbsp. Melted Butter or Oil

First wipe the fish with wet cheesecloth and put it on a glass pie plate or a shallow pan brushed with butter; spread a little butter or oil on the fish, sprinkle with salt, a little pepper and flour. Peel the tomatoes, cut into halves and lay on top of the fish. Sprinkle with salt, pepper and flour. Put the rest of butter on the tomatoes, place in a hot oven; baste with one cupful of hot water, to which the onion has been added. Bake for thirty minutes. Serve in the dish in which it is baked. Sprinkle with green pepper or parsley; garnish with lemon.

#### Fish Chowder

Fry out dry in the dinner pot some thin slices of pork. Put in on the pork a layer of fish cut in thin slices, then a layer of thinly sliced onions, followed by a layer of potatoes sliced in the same way. Repeat in the same order until all is in the pot, putting some pepper and salt on each layer of onions. Split some hard biscuits, dip in water and put them around the sides and over the top. Put in water enough to come into sight. Stew until the potatoes are done and add half a pint of milk or a teacupful of sweet cream before taking up.

#### Left-over Fish Souffle

2 c. Flaked Fish 1 Egg  
1 Onion  $\frac{1}{2}$  c. Bread  
Parsley, Mace Crumbs  
Cream Sauce

Make a heavy cream sauce and put in it  $\frac{1}{2}$  cupful bread crumbs, one onion cut fine, a little mace and chopped parsley, one hard-boiled egg chopped fine, two cupfuls of flaked fish. Beat all together well and put in buttered mould. Set in pan of water and bake one-half hour. Spread bread crumbs fried in butter on the top before baking. Salmon may be used in this way.

#### Creamed Codfish

Soak the fish three hours, then boil in fresh water until tender, then pick out all the bones. To cream it for breakfast, take one pint of milk and bring to a boiling point. Thicken with a tablespoonful of cornstarch dissolved in a little water, a teaspoonful of butter and stir in the fish—not less than a large cupful. Add two well-beaten eggs, let them cook a moment, and serve very hot.

#### Fish Hash

Use the same proportions as given below for codfish balls. The fish and potatoes may be cooked together the day before, drained, and left standing until ready to prepare for breakfast. Then heat and add the egg, butter and cream. Beat until very light and brown slightly in a frying pan. Fold like an omelette, and serve on a heated dish. Salmon may be served as cutlets, or re-heated in a Sauce Piquante or Drawn Butter Sauce; or may be served cold with Sauce Tartare. Cod may be re-heated in a Cream, Bechamel, Egg, Supreme or Drawn Butter Sauce. A few drops of lemon juice added to the above sauces or squeezed on the fish improves its flavor.

#### Codfish Balls

One cupful of salt fish, two tablespoonfuls of cream, one egg, two cupfuls of potatoes, one tablespoonful of melted butter, pepper to taste. Wash and pick over the fish, shredding it into small pieces. Peel the potatoes and cut in quarters. Put the fish and potatoes together in a saucepan, cover with boiling water, and cook twenty-five minutes, or until the potatoes are tender. Watch them that they may not cook until soggy. Drain thoroughly, mash and beat with a fork until light. Add the butter, mix, and cool slightly. Add the eggs, beaten without separating, and the cream, unless the mixture be too soft, adding gradually, as the entire quantity given may not be required. Make into balls, cover with egg and bread crumbs, and fry in smoking hot fat. If handled and fried carefully, these may be cooked if desired without the egg and bread crumb covering.

#### Shrimps with Peas

Put into the pan two tablespoonfuls of butter and cook in it one-half of a small onion minced fine. Add one clove of garlic if you like the flavor.

When the onion is slightly colored turn in one pint of shrimps freed from shells, and toss them about in the butter until hot. Add one cup of canned tomato and season highly with salt and paprika. Add a few drops of tabasco and two or three tablespoonfuls of canned peas. Serve very hot with toast or wafers.

#### Clam Chowder

1 Qt. Milk 2 Pts. Clams  
6 Potatoes 1 Span. Onion  
 $1\frac{1}{2}$  Pts. Pure Butter, Flour  
Clam Juice and Seasoning.

To the clam juice add half pint of hot water, and the onion sliced or cut thinly in small pieces (not chopped). Boil until the onions are cooked, then add the potatoes, which should be cut in rather thick slices. When the potatoes are nearly cooked through, add the clams that have been chopped, but not fine. Have a quart of milk in a separate pot that is safe from burning, add pepper, and a little salt if necessary. When it comes to the boiling point, stir in a tablespoonful of flour that has been rubbed smooth with a small piece of butter and a little cold milk. Then set it back off the fire to cool. Take the clam broth off the fire for about five minutes, then add the thickened milk and stir well, and set back on the stove to heat, but not to boil, as the clam juice will curdle the milk, no matter how fresh, if they come to the boiling point together.

#### Fried Fish

Clean thoroughly, cut off the head, and, if large, cut out the backbone, and slice the body crosswise into five or six pieces; dip in Indian meal, wheat flour, or beaten egg and bread crumbs—trout and perch should never be dipped in meal—put into a thick-bottomed skillet, skin side uppermost, with hot lard or drippings, fry slowly, and turn when a light brown. The roe and the backbone, if previously removed, may be cut up and fried with the other pieces. Or, dredge the pieces in the flour, brush with beaten egg, roll in bread crumbs, and fry in hot lard or drippings enough to completely cover them. If the fat is very hot, the fish will not absorb it, and will be delicately cooked. When brown on one side, turn over and brown the other, and drain when done. Slices of large fish may be cooked in the same way. Serve with tomato sauce or slices of lemon.



### Scalloped Lobster

Prepare the lobster as for salad. Put into a baking pan a layer of the prepared meat and cream sauce, and a layer of fine cracker crumbs, and repeat. Moisten the whole with melted butter, and bake until the top is brown. If the crackers are first toasted, and then crumbled, it will be nicer. Some bake and serve in the shells, putting the tail ends on in fanciful shape. Garnish with hard-boiled egg and parsley.

### Panned Oysters

Eighteen large oysters, one tablespoonful of butter, one of cracker crumbs, a speck of cayenne, one teaspoonful of lemon juice. Put the oysters on in their own liquor, and when they boil up add the above seasoning, together with pepper and salt. Cook one minute and serve on toast.

### Fish Cutlets

Two cupfuls of cooked fish meat, chopped finely, one cupful of milk or cream, two tablespoonfuls of butter, one tablespoonful of chopped parsley, yolks of two eggs, two tablespoonfuls of flour, dash of paprika, salt and pepper to taste. Scald the milk. Rub the butter and flour together until smooth, add to the scalded milk and stir until it thickens. Add the yolks of the eggs beaten light; take from the fire and mix gently with the fish. Season with the salt, pepper and parsley. Onion and celery extract may be used if liked. Cool, form into cutlets; cover with eggs and bread crumbs and fry in smoking-hot fat.

### Turbot

2 Eggs  $\frac{1}{4}$  Lb. Flour  
1 Pt. Milk Onion and  
 $\frac{1}{4}$  Lb. Butter Parsley  
Pepper and Salt A White Fish  
Steam the fish till tender; take out the bone and sprinkle with pepper and salt. Heat the milk and thicken with the flour; when cool add the eggs and butter, and season with a very little onion and parsley. Fill a baking dish with alternate layers of fish and sauce, cover the top with bread crumbs, and bake half an hour.

### Creamed Oysters

One pint of thick cream, one quart of large oysters. Let the oysters come to a boil in their own liquor, and skim. Let the cream come to a boil, season with salt and pepper, and thicken with sifted cracker crumbs. Then add the oysters

and a cup of butter. Keep the whole in a kettle set in a dish of boiling water, but not to cook. Serve very hot.

### Macaroni and Oysters

Fill a buttered pudding dish with alternate layers of boiled macaroni and oysters. Sprinkle the oysters with pepper and salt, and dot with butter. Pour over all one cupful of milk or cream. Cover with bread crumbs, and bake twenty minutes in a hot oven.

### Fried Bluefish

Fried bluefish should be served with cress and mayonnaise. Split the fish down the middle as for broiling, salt and pepper, then pan broil on a very hot griddle, well greased with butter or olive oil. Put the flesh side down, and when well browned, turn with a pancake turner so as not to break.

### Broiled Fresh Fish

When thoroughly cleaned and dried, split open and sprinkle with salt and lay inside down on a buttered gridiron over a clear fire until it begins to brown, then turn over. When done lay on a hot dish and butter plentifully.

### Egg Sauce for Boiled Fish

One teacupful of water, one teacupful of milk. When boiling add one tablespoonful of flour creamed with two tablespoonfuls of butter, and two well-beaten eggs, salt and pepper. Boil four eggs hard, slice and lay over the dish. Pour over the sauce and serve. Some like the addition of a little vinegar.

### Creamed Canned Tuna Fish

1 Lb. Can Tuna 2 Tbsp. Butter  
Fish 1 Pt. Milk  
2 Tbsp. Flour  $\frac{1}{2}$  Tsp. Salt  
Immerse can in boiling water. In the meantime melt the butter, stir in the flour and salt, and gradually the milk. Break fish into small pieces and mix in sauce. Three tablespoonfuls of capers, one tablespoonful of minced parsley, and a dash of paprika may be added if desired.

## Chicken, Etc.

### Chicken Tart a la Pompadour

This dish of spaghetti and chicken has a history, as it was invented for the Marquise de Pompadour. Boil a pound of spaghetti, taking care not to break it. Drain thoroughly and use it to line a well-greased mold, twisting the spaghetti round and round. Fill the center with a

mixture composed of three cupfuls of cold chopped chicken, a tablespoonful of chopped parsley, three-quarters of a cupful of cream thickened with flour, a piece of butter and the yolk of an egg, seasoned with salt, pepper and a sprinkling of nutmeg. Steam for one hour, turn out on a dish and surround with tomato sauce.

### Roast Chicken with Apple Salad

Stuff the chicken with a dressing made of soaked stale bread crumbs, seasoned with sage, salt and pepper; place in a roasting pan and baste with drippings. When browned, remove to a hot platter, garnish with parsley and serve surrounded by a salad of chopped apples, celery and strips of string beans.

### Chicken a la King

For this delicious second serving of chicken melt a tablespoonful butter in a stewpan and rub in a tablespoonful of flour, add one cupful and a half of milk; mix smooth and season with salt and pepper; to this add the cold cooked chicken, cut into small pieces. Add one chopped green pepper, one hard-boiled egg and one tablespoonful of finely cut celery. Serve the chicken on toast garnished with parsley.

### Sweetbreads

There are two sweetbreads, one round and firm called the heart sweetbread, and the other long and narrow, called the upper gland. Buy only perfectly fresh ones, and soak them in cold water and vinegar for an hour. Take out and put into salted cold water, heat gradually and boil twenty minutes. Drain, throw into cold water, and when cooled remove all possible of the fibres, strings and veins, without breaking the sweetbreads in pieces. They are now ready for use. They can be fried or larded, crumbed, and baked, broiled or served hot with a variety of sauces.

### Chicken Broiled

Split the chicken down the back, lay it on a hot gridiron with the bone side down, cover, and place over wood coals. Broil two-thirds of the time with the bone next the fire, then turn and brown nicely. Baste with melted butter while cooking, to prevent the drying of the meat, but avoid scorching it. Unless it is a large chicken it will cook in half an hour. Serve with melted butter, pepper and salt, and garnish with parsley.



**Chicken en Casserole**

- |  |                                 |
|--|---------------------------------|
| 1 Chicken (un-cooked)                        | 6 Peeled Onions                 |
| 8 Mushrooms (use the caps only (peeled))     | (same size as potato balls)     |
| 2 Doz. Potato Balls (cut with French cutter) | 1 Pt. or more Hot Chicken Broth |
| 1 Doz. Carrot Balls                          | Butter, Pepper and Salt         |

Separate the chicken at the joints, and wipe each piece with a wet cloth. Sauté in butter in a frying pan, until a delicate brown on both sides. Put the chicken in a casserole with one pint of hot broth, cover and let cook in a moderate oven one and one-quarter hours. Melt two or three tablespoonfuls of butter in the frying pan and in it sauté the mushrooms and vegetables until brown. Then put them in the casserole with seasoning.

**Bondine a la Reine**

- |  |                          |
|--|--------------------------|
| 1 Pt. Cold Cooked Meat (chicken preferred) | 1 Tbsp. (heaping) Butter |
| 2 Tbsp. Dry Bread Crumbs (rolled fine)     | 2 Eggs preferred         |
|  | ½ c. Milk or Stock       |

Chop the meat fine. Put the butter in a saucepan to melt, but not brown, add the bread crumbs and milk, let boil, then add the meat, and eggs well beaten. Season to taste with salt, pepper and a little nutmeg. Fill buttered cups about two-thirds full, put in a pan of boiling water, and bake in a moderate oven twenty minutes. Turn out carefully on a heated platter, pour rich white sauce over them and serve.

Note—Cooked fish can be used in the same way with good results, using a little onion juice and lemon as flavoring.

**Peanut Butter Croquettes**

Four cupfuls of hot hominy grits, one cupful of peanut butter, one cupful of thick white sauce, one teaspoonful of salt, one-quarter teaspoonful of powdered mace, one teaspoonful of pantry seasoning, one egg, dried bread crumbs, and oil for frying. Mix in order given, spread on platter, and when cold and firm mold into eight croquettes, either cones or oblong, roll in flour, then in egg which has been mixed with one tablespoonful of cold milk, then in bread crumbs. Sauté in hot oil. Drain on paper and serve with canned peas.

**A Creole Dish**

- |                      |                             |
|----------------------|-----------------------------|
| 1 c. or ½ Lb. Rice   | 1 Tsp. Salt                 |
| 2 c. Canned Tomatoes | 1 c. or ¼ Lb. Grated Cheese |
| ½ c. Cut Onion       | 2 Tbsp. Butter              |
- Put the butter and onion into a frying pan; fry the onions until cooked, but not brown; then add the rice, which has been washed, boiled and blanched as usual, the tomatoes and the salt; cook all for ten minutes. Spread on a platter; cover with the grated cheese and set in the oven until the cheese is melted. Sprinkle the top with paprika and chopped parsley.

**Sweetbreads Broiled**

Prepare according to directions, roll in melted butter, and place on a hot gridiron; turn often, dipping each time in butter, and cook till thoroughly done and delicately browned. Season with salt, pepper, and a few drops of lemon juice.

**Chicken Croquettes**

One cup of finely chopped chicken, one of sifted bread crumbs, salt, pepper, half a cup of stock or gravy. Heat all together and stir in a beaten egg. When cold form into croquettes, roll in crumbs, then in egg and then crumbs again. Lift carefully into frying basket, and plunge into boiling lard for a minute or two.

**Sweet Bread Croquettes**

One parboiled sweet-bread, one-half can mushrooms, chopped fine, one-half cup warm boiled rice. Season to taste with salt and pepper, and moisten with hot, thick cream sauce. When cool, shape, roll in crumbs, then in egg, and again in crumbs, and fry.

**Chicken Fricassee**

Cut the chicken into pieces, and boil it slowly until tender in sufficient water to cover it, then drain and fry it brown in plenty of nice butter. Remove it to a dish, thicken the butter with flour, and add the liquor in the kettle, making a rich gravy. Lay small slices of toasted bread in the dish with the chicken and pour the gravy over all, after seasoning it.

**Baked Duck**

Stuff the duck with two cupfuls of mashed potatoes, mixed with one cupful of English walnuts chopped fine and seasoned with salt and pepper; or with boiled hominy nicely seasoned, or with boiled rice seasoned with

salt, pepper and butter. Put the duck in a baking-pan, cover the bottom with boiling water in which you have dissolved a teaspoonful of salt; place it in a very hot oven, baste and bake for one hour if the duck is young, one hour and a half if old. An old duck or goose is best braised.

One rule for sauce will answer for all baked poultry. Boil giblets in pint of water. Chop fine, and mix with two tablespoonfuls of flour. Remove the bird and pour from the pan all the fat except four tablespoonfuls. Stir in the flour, then add the water in which the giblets were cooked. Season with salt and pepper and a teaspoonful of the kitchen bouquet. Stir constantly until the mixture boils and is smooth, and turn at once into a sauceboat.

**Chicken Saute**

Cut up a chicken and pound the pieces with the potato masher till they are flat. Dust with salt and pepper, dredge with flour, and fry, very slowly, in plenty of butter. Serve around a mound of mashed potatoes or green peas.

**Duck Roasted**

It is essential that the ducks be tender; if it is doubtful do not use at all, or stew them. Prepare as directed for fowls, and make a dressing in which onion and sage are used. Roast like chickens allowing one hour if the ducks are large ones. Serve with giblet or pan gravy, currant jelly or cranberries, and green peas.

**Sweetbreads with Mushrooms**

- |  |                            |
|--|----------------------------|
| 1 Lb. Sweet-breads                                     | ½ c. Cream                 |
| 1 Lb. Fresh Mushrooms (tops only, keep stems for soup) | 2 Tbsp. Butter             |
| 1 Pt. Milk   | 2 Tbsp. Flour              |
|  | Salt, Pepper, Dash of Mace |

Soak the sweetbreads in salt water one hour, remove pipes and membrane. Cook for twenty minutes in enough boiling water to cover them; one teaspoon lemon juice may be added to blanch the sweetbreads. Drain them and when cool enough, split any very thick pieces in half, season all with salt and pepper and roll in sifted flour. Peel the mushrooms and boil them gently in the milk until tender, about half an hour. Melt and slightly brown the butter in a hot skillet, fry the sweetbreads in it until they are nicely



browned on all sides. Do not have too hot a fire. Put sweetbreads aside in a hot dish. Add flour to butter in the skillet, and mix smooth, if necessary add a little more butter. Upon this slowly pour the milk drained from the mushrooms and stir until smooth and thick; add seasoning, cream, and last of all, the mushrooms. Pour this gravy over or around the sweetbreads and serve very hot.

#### Chicken Pressed

Cut up the fowls and place in a kettle with a tight cover, so as to retain the steam; put two cups of water on the chicken, and cook until the meat cleaves easily from the bones; remove the bones, skin, gristle and fat, cut or chop the meat, white and dark separately, as for chicken salad; season well, put into a mould in layers and pour the juice in which it was cooked over it. Cover and lay on a heavy weight. Many chop all the meat together, add one pounded cracker to the broth, and mix all thoroughly before putting in the mould; either way is nice. Boned turkey may be prepared in the same way, slicing instead of chopping. Cut in slices, and serve garnished with celery leaves or slices of lemon.

#### Pigeon Broiled

Prepare according to directions. Split down the back, lay on a very hot buttered gridiron, with the bone side toward the coals. Baste with butter, keep covered, turn a few minutes before it is done, then take off and lay on buttered toast. Dust with salt and pepper, add butter, pour on the juice which escaped while broiling, garnish with parsley, and serve. Time for broiling, fifteen minutes.

#### Curried Rabbit

One cupful of finely chopped, cooked rabbit meat, one-half teaspoonful of onion juice, one teaspoonful of curry powder. Make a brown sauce, add the rabbit meat and season with curry powder and onion juice. When thoroughly heated serve with rice.

### Eggs and Cheese

#### Sweet Potato Omelet

Boil five or six medium-sized sweet potatoes. When cooked, drain, peel and put them through a potato ricer; let them fall lightly, so as not to make a heavy mass, into a mixing bowl containing three well-beaten eggs. Sift into this mixture half a cupful of flour with one teaspoonful

of baking powder. Season to taste with salt and pepper. Melt some butter in a pan and turn the mixture in carefully. When it is lightly browned fold the omelet and slip it on a hot dish; pour Spanish sauce around it and serve. For the sauce, fry two onions in fat; add one cupful of stewed tomatoes, some pepper and salt, one chopped green pepper and half a cupful of chopped celery. Boil for five minutes.

#### Hominy-Cheese Fritters

2½ c. Hominy ½ c. Milk  
Mush 1 Tsp. Salt  
¾ c. Bread ½ c. Grated  
Crumbs Cheese

2 Eggs

Mix the mush and the bread crumbs; add the beaten eggs and the milk gradually to form a stiff paste. Stir in the grated cheese and salt. Drop by spoonfuls into hot fat. Fry until golden brown.

#### Boulevard Eggs

Drop eggs in boiling water; cover; remove heat. Stand two hours. Eggs will be hard cooked but tender.

Shell eggs. With a silver knife cut in halves, and then slice both yolks and whites into small pieces. Add eggs to one cup of white sauce. Grate one-half pound of Cheddar cheese and measure half cup. Sprinkle the entire dish with it. Serve at once.

#### Egg Fondue

6 Tbsp. Cream 1 Saltspoon  
4 Heaping Salt  
Tbsp. Cayenne  
Grated 6 Eggs  
Cheese 1 Tbsp. Butter

Beat the eggs until light; add cheese, cream, salt and pepper. Melt the butter in a frying pan and when hot pour in the eggs, stirring till smooth and thick. Serve this immediately on hot buttered toast.

#### Cereal Omelet

Beat the yolks of two eggs until they are lemon colored; add two tablespoonfuls of hot water and a little salt and pepper; whip the whites of the eggs to a stiff froth and fold them lightly into the yolks; pour the mixture into a greased omelet or frying pan and cook slowly until it is brown on the under side. Have ready half a cupful of any cold cooked cereal that has been seasoned with salt, pepper, a chopped onion and one teaspoonful of melted bacon or suet fat; spread the cereal over the top of the omelet, fold over and turn out on a hot platter. Garnish with parsley. It should be served at once. The onion may be omitted

from the omelet, and the cereal may be sweetened with honey if preferred; or jelly or stewed raisins may be used to make it a sweet omelet if desired.

#### Cheese Loaf with Italian Tomato Sauce

2 c. Bread 1 Tsp. Salt  
Crumbs ½ Tsp. Pepper  
1 c. Cold Milk 1 Tsp. Table  
1 c. Grated Sauce  
Sharp 1 Tbsp.  
American Chopped  
Cheese Pimento  
3 Eggs or Green  
2 Tsp. Butter Pepper

Cover the bread crumbs with milk for twenty minutes; add the cheese, seasoning and flavoring. Separate the eggs; add the yolks, and beat for five minutes or until smooth and thick. Beat the whites of the eggs until dry and fold into the mixture (do not heat after the whites have been added). Brush a casserole or baking dish with butter, put in the mixture and put it in a moderate oven; bake for from thirty-five to forty minutes or until firm. Try it by putting a silver knife in center; if it comes out dry the loaf is done. Serve at once in the dish in which it is baked.

The sauce, made as follows, is passed with the loaf:

2c. Tomatoes ½ c. Cut  
½ c. Finely Green  
Cut Onion Peppers  
½c. Grated or 4 Tbsp. Butter  
Cut Carrot 2 Tbsp. Flour  
2 Tsp. Salt ½c. Cut Turnip

Put the onion, carrot, turnip, peppers and butter into a frying pan and fry until tender. Add the tomato and salt; cook for five minutes; mash through a strainer; return to the fire; add the flour, which has been mixed with cold water. Boil for five minutes.

#### Cheese Sandwiches

Butter slices of white or brown bread. Lay on one a slice of cheese one-quarter of an inch thick. Cover with another slice, and put in the oven. When the bread is toasted serve very quickly on a hot plate.

#### Toasted Cheese

1 c. Grated 1 Tbsp. Butter  
Cheese 1 Egg Yolk  
½ Cup Cream

Cut buttered toast in dainty shapes. Set the cream on the fire, melt the cheese slowly in it, take off, and while hot stir in the butter and the beaten yolk of egg with a dash of cayenne pepper. Spread the toast with the cheese and serve immediately on



hot plates. Or, toast and butter slices of bread, melt the cheese, stir into it a little pepper and made mustard, and when the cheese is thoroughly dissolved, brown and spread on the hot toast. Serve on hot plates immediately or it is spoiled.

#### Stuffed Eggs

Boil five or six eggs hard and throw into ice cold water until perfectly cold. Peel them carefully and cut in two lengthwise. Extract the yolks, rub them into a paste with a dessertspoonful of butter, season with a pinch of pepper and scanty teaspoonful of salt, and work in some very finely minced chicken or poultry livers. If you have no chicken substitute such cold meat as you have. Bind the mixture with a beaten egg, mold into balls the same shape and size as the ejected yolks and fill the whites with them. Fasten them with toothpicks, roll in beaten egg, then in cracker crumbs, and fry quickly in hot lard. Drain them on paper. Do not withdraw the toothpicks when you serve them

#### Cheese Fondue

1/8 Lb. Grated Cheese  
1/2 c. Milk  
4 Eggs  
1/8 Lb. Flour  
Salt and Pepper  
1/8 Lb. Butter

Let the milk boil; melt the butter, mix well with the flour, add to the boiling milk and stir till it thickens. Take it from the fire, and in a few minutes beat it thoroughly the yolks of the eggs, salt, pepper, cheese, and a little nutmeg, if liked. Add the well-beaten whites last and pour at once into a buttered pudding dish. Bake twenty minutes in a quick oven, and serve immediately in the same dish.

#### Eggs a la Creme

Hard boil twelve eggs, and slice in thin rings. Butter well a deep baking dish, and fill with alternate layers of bread crumbs and egg slices. Sprinkle the layers with salt and pepper, adding bits of butter. Let the top layer be of bread crumbs. Cover with sweet cream and bake in a moderate oven.

#### Scrambled Eggs

For six persons allow six eggs and one tablespoon milk, one saltspoon salt, a speck of pepper and one-half teaspoon of butter to each egg. Break the egg into bowl, add the seasoning, but do not beat. When the milk begins to boil pour in the eggs and seasoning. Do not stir, but as the egg cooks, scrape gently from bottom of the dish, drawing the

cooked mass to one side. Remove from the fire before it is quite firm through, turn into a hot dish and serve quickly. This dish may be varied by using, instead of the milk, strained tomato, soup stock or gravy.

#### Baked Eggs

8 Eggs 3 Tbsp. Cream  
Pepper and Salt Bits of Butter  
Break the eggs into a well-buttered dish, sprinkle with pepper and salt, add the butter and cream; set in the oven and bake until the whites are set, or ten minutes. Serve very hot. Grated cheese may be sifted over it.

#### Baked Omelet

6 Eggs 1 Tbsp. Butter  
1 Small c. Milk 1 Tbsp. Flour  
Pepper and Salt Chopped parsley

Warm the butter in the milk, and stir into the yolks beaten well with the flour, the salt, pepper and parsley. Beat the whites stiff and add last. Pour into a buttered pan and bake in a quick oven.

#### Tomato and Egg Scallop

1 Can Tomatoes Bread Crumbs  
toes 1 Heaping  
1 Small Onion Tbsp.  
5 Eggs Butter  
Salt and Pepper to Taste

Chop the tomatoes. Make sure there are no hard lumps left in. Put with the tomatoes an onion. Mix and let it cook slowly for half an hour. Season with salt and pepper. Boil the eggs hard and cut each egg into eighths. Butter a baking dish, fill it about a quarter full of tomatoes and in this lay one-third of the eggs. Sprinkle with salt and pepper, and put in more tomato and egg. Leave tomato for the finishing layer. Strew with bread crumbs and bits of butter. Bake, covered, fifteen minutes, just long enough to make the contents of the dish thoroughly hot. Uncover and brown. This dish, except the final baking, can be prepared the day before it is eaten.

#### Homemade Cottage Cheese

When the milk is sour and thick pour it into a shallow pan and set it in a warm place, either on the back of the stove or on the warming shelf or in the oven, leaving the oven door open. Let it stand until it separates, then pour it into a cheesecloth sugar or flour bag. Be sure the bag has been first wrung out of cold water. First, let the curd drain all night; then remove the contents of the bag and add a little salt and pepper. If very dry add

a little cream or sweet milk; if correctly made it should not be dry. Chives, onion, green or red pepper may be chopped fine and added to the cheese.

#### Cheese Souffle

Melt an ounce of butter in a double boiler, and stir into it one ounce of flour, then add a quarter of a pint of milk and a pinch each of salt and cayenne pepper. Stir slowly until it is as thick as melted butter, then add three ounces of fresh grated cheese. Turn this into another dish and stir into it the well-beaten yolks of two eggs, and just before it is ready for the oven whip the whites of two eggs stiff, and stir in. Butter a baking dish or tin and fill it half full of the mixture, allowing plenty of space for rising. Bake twenty minutes in an even oven, and serve at once in the same dish.

#### Cheese Balls

2 Rolls Cheese 6 Olives  
English Walnut Meats  
Chop olives finely, mix with cheese and mold into small balls. Roll in ground nut meats and serve on the plate with salad.

## Vegetables

#### Corn-Custard Pudding

To one can of corn add seasoning of salt and pepper, one tablespoonful of butter, three eggs well beaten, one cupful and a half of milk and three tablespoonfuls of flour dissolved in a portion of the milk. Cook in a greased baking dish.

#### Bean-and-Turnip Puffs

Slice and boil one medium-size yellow turnip. Press in a strainer to extract the water and mash with one cupful of cooked lima beans. Add the unbeaten yolk of one egg, half a cupful of double-thick white sauce and seasoning. Beat with a fork until light and smooth. Drop by spoonfuls into small cones upon a greased baking tin and bake in a quick oven until delicately browned. These puffs make an excellent meat substitute dish.

#### Soy-Bean Croquettes

Take a cupful of soy-beans. Soak them all night, then cook them until soft and run them through a fine sieve. Chop two onions finely and fry them until transparent but not brown. Mix in the mashed beans; season with salt and pepper and turn onto a plate to cool. Divide into equal portions, shape into



croquettes, dip each one into beaten egg; roll in bread crumbs and fry in hot fat; drain on paper. Serve in place of meat croquettes with Creole sauce.

#### Potato Patties

Rub one pound of cooked potato through a sieve. Melt one ounce of butter in a stewpan and put in the potato. Add half a cupful of milk, salt and pepper, and mix well together. Chop half a cupful of cooked meat finely. Chop and fry one onion in a little fat and mix it with the meat in a stewpan. Add a little parsley, seasoning and enough sauce to bind the mixture. Grease six or eight good-size patty pans, line them with the potato mixture, put some of the prepared meat in the center, and cover with a layer of the potato. Put a little bit of butter on each, place on a pan, and bake in a moderate oven until brown. Take up, turn them out of the pans and dish up. Serve hot.

#### Black Beans and Cabbage

Soak one cupful of black beans overnight and parboil for twenty minutes in salted water. Melt one tablespoonful of bacon fat or drippings in a frying pan; add three tablespoonfuls of vinegar and one small cabbage cut into quarters and sliced, the beans, seasoning of salt and pepper and two teaspoonfuls of sugar, mixing thoroughly. Cover tightly and simmer until tender, stirring occasionally. No water will be needed if kept at simmering heat.

#### Mock-Meat Cakes

Soak half a cupful of dried peas in cold water overnight. Cook until very thick. Boil and mash five medium-size potatoes and mix thoroughly with the peas. Add half a cupful of grated cheese, half a cupful of fine bread crumbs, one egg, beaten, and one tablespoonful of melted bacon fat. Season, and when cool, shape into triangular cakes. Dip in corn meal and fry. Serve alone, or with hominy.

#### Potatoes with Cheese Sauce

Two cups diced cold boiled potatoes, two level tablespoons butter, two level tablespoons flour, one cup rich milk, one-quarter pound cheese, cut small, salt, pepper, finely chopped parsley, one teaspoonful. Chop potatoes very fine. Melt butter, add flour and milk; cook slowly, stirring until smooth and creamy. Add cheese, and

continue stirring until cheese melts. Add parsley. Mix this sauce through the potatoes and spread them in a shallow baker or in a deep platter. Cover top with a few bits of butter and brown in a hot oven.

#### Parsnip Cutlets with Beans

To two cupfuls of mashed parsnips add one cupful of grated cheese, one tablespoonful of melted butter, one teaspoonful of salt, half a teaspoonful of pepper and the yolks of two eggs. Mix over the fire and turn out to cool. Form into neat cutlets, brush over with egg, toss in bread crumbs and fry in smoking-hot fat. Drain, and arrange round a hot dish. Fill the center with stewed beans. For the stewed beans melt two tablespoonfuls of butter. Add one teaspoonful each of molasses and mustard, two teaspoonfuls of onion juice and the strained juice of half a lemon mixed with one cupful of hot water. Now add two cupfuls of boiled beans and cook for ten minutes. Serve with a piquant sauce.

#### Potato Balls

Steam two pounds of mealy potatoes, and beat them until they are smooth and free from lumps. Mix with them two tablespoonfuls of butter, a tablespoonful of salt and two tablespoonfuls of boiling milk. Make them into balls the size of a walnut. Brush each one over with beaten egg and fry in hot fat until they are nicely browned.

#### Baked Tomatoes with Rice and Cheese

8 Tomatoes 2 Tbsp. Chopped Green  
4 c. of Cold Boiled Rice Pepper,  
1 c. of Grated Parsley or  
Sharp Cheese Celery Top  
4 Tbsp. Corn-  
meal

Select large, even-size tomatoes. Wash, and cut off the stem ends. Remove the centers and place the tomatoes in a colander, cut side down, for twenty minutes. Fill with a mixture made as follows:

Mix the rice, cheese and seasoning together. Fill into the tomatoes. Sprinkle with cornmeal and place on a baking sheet or a pie plate. Put into a hot oven for thirty minutes or bake until nice and brown. Serve with tomato sauce made from the inside of tomato which has been seasoned and thickened with cornstarch.

#### Spanish Beans

2 c. Kidney Beans 6 Tbsp. Butter,  
2 Tbsp. Flour  
2 c. Canned or 1 Tbsp. Salt  
Fresh Tomatoes ½ c. Pimento  
1 c. Finely Cut  
Onion

Soak the beans overnight. Drain, cover with boiling water. Boil slowly for an hour and a half or until tender (some beans take longer than others); drain and add the sauce which is made as follows:

Put butter into a frying pan. Add the onion and pimento and fry until tender but not brown. Then add the tomato, salt, and the flour which has been mixed with a little cold water. Boil for five minutes. After pouring the sauce over the drained beans simmer for ten minutes and serve at once.

#### Baked Tomato with Lima Beans and Peas

Soak the beans and peas overnight in separate pans. In the morning cook in hot salted water. When tender mash the peas through a sieve. Remove the top of the tomato, scoop out carefully the pulp and fill with the beans. Place pieces of butter on top and bake for ten minutes. Dish up in the center of a border of the mashed peas with hollandaise sauce garnished around the peas.

#### Baked Squash

Remove the tops from two squashes and scrape out the inside. Mix one cupful of bread crumbs, two slices of onion chopped, one tablespoonful of butter, half a cupful of milk, one tablespoonful of chopped parsley and seasoning of salt and pepper. Fill the squashes with this dressing, sprinkle bread crumbs over the top and bake slowly until tender.

#### Cauliflower in Batter

Wash and cleanse the cauliflower and half-boil it in salted water. Drain, divide the branches and shake in a quarter of a pint of vinegar seasoned with salt and pepper. Then fry in a batter. To make the batter, beat up one egg and sift in one cupful of flour; add half a cupful of milk, a pinch of salt and one tablespoonful of olive oil. Mix smooth and stand the mixture in a cool place for one hour. Dip the branches of cauliflower separately, drop into smoking-hot fat and fry to a golden brown. Drain. Serve hot, garnished with parsley.



### Spinach with Vermicelli

Wash half a peck of spinach and put it into a saucepan. Add four tablespoonfuls of boiling water and one teaspoonful of salt. Cook until tender; drain, and chop fine. Melt two tablespoonfuls of butter in a saucepan. Add the spinach, two tablespoonfuls of cream, a quarter of a cupful of grated cheese and two well-beaten eggs, and stir for a few minutes over the fire. Turn into a hot dish garnished with vermicelli and hard-cooked egg yolks rubbed through a sieve. To cook the vermicelli put half a package into a saucepan. Cover with boiling salted water and boil steadily for fifteen minutes. Drain; add one tablespoonful of butter and seasoning.

### Jellied Vegetables

Soak one envelope Knox Sparkling Gelatine in one-half cup cold water ten minutes. Add one-half cup vinegar, two cups boiling water, one-half cup sugar and one teaspoonful salt. Strain, and when mixture begins to thicken, add any left-over vegetables on hand, such as string beans, peas, beets, chopped cabbage, a few stalks of celery, a little cucumber or pepper. Turn into a mold first dipped in cold water and chill. May be served with or without mayonnaise and lettuce.

### Breaded Parsnips

Prepare as above. Dip the slices in crumbs, then in egg, then in crumbs again and fry in deep fat. Breaded parsnips with cream sauce are a respectable addition to "wash-day" dinner.

### Red Cabbage

1 Head Red Cab- 1 Tbsp  
bage Drippings  
1 Tsp. Flour ½ c. Hot  
Water

Boil cabbage in salted water until tender. Drain and chop very fine. In a sauce-pan, brown one teaspoonful of flour in drippings, and add one-half cupful of hot water, stirring constantly until smooth. Add cabbage to this sauce and let simmer one-half hour until nearly all water has evaporated. Serve with duck or fish.

### Potato Souffle

2 c. Mashed 2 Tbsp. Melted  
Potatoes Butter  
2 Eggs 6 Tbsp. Cream  
Heat and beat the potato, butter and salt to the consistency of cream. Add the cream and the eggs beaten

separately. Beat all together and bake in a quick oven till nicely browned. Or, omit the yolks of the eggs, add the beaten whites last, mix well and bake.

### Glazed Sweet Potatoes

Boil medium-sized potatoes forty-five minutes. Then drain, pare, cut in halves, lengthwise, and sprinkle with salt. Heat four tablespoonfuls of butter, add one tablespoonful each of water and brown sugar. Place the potatoes in a buttered and shallow bake pan. Use the mixture to baste them and brown in a hot oven.

### Fried Potatoes

A nice way to fry potatoes is to dip them in egg and then in bread crumbs. Then fry until brown.

### Duchesse Potatoes

Half a dozen fine potatoes boiled, mashed and rubbed through a sieve. Add some cream, yolks of two eggs, well beaten, salt, and a very little pepper. Beat together and make into balls, and brown them quickly in a hot oven.

### Potato Snow

Choose white potatoes that are mealy when cooked. Boil in their jackets. Dry, peel and sprinkle with salt. Rub through a colander, or wire sieve into the dish in which it is to be served. Avoid disturbing it after sifting. Serve hot.

### Candied Sweet Potatoes

1 Qt. Jar Canned 2 Tbsp Sugar  
Sweet Pota- Salt and Pep-  
toes per to  
2 Tbsp. Short- ening  
ening Taste

Put the shortening and the sugar into an iron or a heavy pan. Set over a slow fire. When melted, add the sweet potatoes and fry very slowly. The shortening and sugar will stick to the potatoes very quickly, so care must be taken not to burn them. Sprinkle with salt and pepper and serve on a hot dish.

### Sweet Potato Croquettes

Peel sweet potatoes, boil, drain, season and mash. Bind with raw egg. Cool, shape, dip in egg and crumbs and fry in deep fat. Chopped almonds are sometimes added to the seasoned pulp. In this case, the croquettes are formed in the shape of pears, with cloves stuck in to imitate stem and blossom. A favorite dish for ladies' luncheons.

### Baked Savory Potatoes

Six large potatoes, two large onions, two teaspoonfuls of sage, one ounce of bread crumbs, two ounces of butter half a teaspoonful each of pepper and salt. Peel the potatoes, and cut them lengthways into slices about half an inch thick; place these slices in a baking tin or a dish which has been well greased with one ounce and a half of butter. Peel and boil the onions for fifteen minutes in salted water, and the sage tied in a piece of muslin for the last five minutes. Chop the onions and sage, and mix with bread crumbs, salt, pepper and half an ounce of butter. Spread the mixture thickly over the sliced potatoes and bake for one hour.

### Hungarian Potatoes

Chop two onions. Peel and wash two pounds of potatoes and cut them into thick slices. Melt two ounces of butter in a stewpan, put in the onion and fry it without browning. Slice two tomatoes, after peeling them, press out some of the seeds and add the tomatoes to the onions and the sliced potatoes. Stir in the paprika pepper, salt and pepper. Mix all together, then just cover with stock. Cook gently until the potatoes are tender and the stock has been almost entirely reduced. Dish up on a hot dish, and sprinkle with chopped parsley.

### Potatoes in Sauce

Boil sufficient potatoes in salt and water in their jackets. Let them cool, then peel, and cut them into thick slices. To every six potatoes allow one tablespoonful of mixed parsley, two tablespoonfuls of butter, four tablespoonfuls of gravy, two tablespoonfuls of lemon juice, and seasoning to taste. Melt the fat in a stewpan with the parsley, gravy and seasoning, and mix well together. Put in the sliced potatoes and make them hot, taking care to shake them occasionally to keep them covered with the sauce. Squeeze in the lemon juice just before serving.

### Crumbed Potatoes

Wash one pound of potatoes. Scrape them, and boil until tender. They should not be overdone. Drain, and cut each into halves. Season with salt and pepper. Melt two tablespoonfuls of bacon fat. Pour it on to a hot plate. Dip the potatoes into it. Brush them



over and then toss them in freshly made bread crumbs. Place them on a greased baking tin, and bake in a quick oven for about fifteen minutes. When brown, dish up neatly in a pile on a hot dish. Serve hot.

#### Corn-and-Potato Loaf, Cream Sauce

2 c. Canned Corn  
1 Qt. Potatoes  
2 Tbsp. Drippings  
2 Eggs

2 Tsp. Salt  
A Dash of Pepper  
1 Tsp Grated Onion or a little nutmeg

To the hot mashed potatoes add the corn, the drippings and the seasoning. Beat the eggs until light, keeping one teaspoonful to brush over the top of the loaf. Mix together very lightly. Brush a baking dish with butter. Put in the mixture, smooth the top and brush with egg. Place in a moderate oven and bake for thirty minutes or until nice and brown. Serve with cream sauce made as usual.

#### Stewed Lima Beans

Soak dried Lima beans over night in cold water. Drain and parboil in water to which a pinch of soda has been added. Drain again and cook slowly in water, to more than cover until almost soft but yet unbroken. Take off the cover and let the water evaporate, then season with butter, or cream, and salt and pepper.

#### Stuffed Tomato

Scald, drain, skin and chill large well-shaped ripe tomatoes. Slice off the top, scoop out the pulp, drain, mix with an equal quantity of finely cut celery and a little minced onion. Mix with mayonnaise, fill the shells, put a spoonful of stiff mayonnaise on top, with a little spring of parsley upright for a garnish or an English walnut meat. There are endless combinations for the interior of stuffed tomato salad, as the dish is a favorite one and well worth the trouble. The whole tomatoes are frequently served on lettuce leaves with a generous spoonful of mayonnaise on each one.

#### Stewed Tomatoes

Scald, pare and slice them into a porcelain or granite-lined saucepan. Stew them twenty minutes over a brisk fire and season with salt, pepper, a large lump of butter and sugar. They may be thickened with bread or cracker crumbs, a little cornstarch or flour, though fresh and not over-ripe toma-

atoes lose their fine flavor if it is done. A chopped onion may be added when the tomato begins to cook, for those who like its flavor. Or, equal quantities of tomatoes and corn may be used together and served after seasoning.

#### Spinach on Toast

Wash well, cooking in salted, boiling water. Drain and chop fine. Put a tablespoonful of butter into a saucepan with seasoning. Stir in the spinach and beat smooth. When hot add a tablespoonful of cream or two of milk. Pour upon buttered toast.

#### Macaroni and Cheese

Butter a pudding dish and fill with alternate layers of boiled macaroni and grated cheese, the upper layer being of cheese. Add bits of butter with pepper and salt to each layer. Moisten with rich milk, cream or strong stock. Set in a moderate oven and bake a rich brown. Boiled rice may be used in layers with the macaroni and cheese. Or, stir into one cupful of hot milk one tablespoonful of butter with salt and pepper. When it boils pour it gradually over the well-beaten yolks of two eggs and four tablespoonfuls grated cheese. Put one-fourth pound boiled macaroni in a pudding dish and pour the dressing over it. Sprinkle grated cheese over the top and bake half an hour.

#### Boiled Onions

The large white onions are best. Put onions in cold water and peel while under water, thus avoiding "onion tears." Drain, put into a saucepan, cover with boiling water and boil an hour or longer. The onions should be soft, but not broken. Drain, add a little milk and cook five minutes longer, season with butter, salt and pepper, and serve.

#### Onions a la Creme

Prepare as above, changing the water twice during the boiling. Drain, cover with cream sauce and serve.

#### Asparagus

Scrape off the coarse skin, tie in bunches making the tips even, and cut off the woody ends, leaving them of equal length. Wash, and lay them in boiling water, slightly salted, and cook slowly twenty minutes, or till tender. Take out the asparagus carefully, lay it on thin slices of buttered toast, and remove the strings. Serve with melted butter or cream sauce.

#### Fried Onions

Slice and boil onions in three waters, ten minutes each time. Drain, fry in equal quantities of butter and lard. Sprinkle with salt and pepper and serve when brown.

#### Turnips a la Creme

Wash, pare and cut into half-inch cubes. Cook till soft in boiling salted water. Drain, pour cream sauce over and serve.

#### Creamed Parsnips

Wash, scrape and boil till tender. Plunge into cold water and remove the skins. Cut into half inch dice and add to cream sauce.

#### Fried Parsnips

Take cold boiled parsnips, slice lengthwise, season with salt and pepper, dredge with flour, and fry in butter till brown. Serve with broiled steak.

#### Stuffed Peppers

Parboil shapely green peppers. Cut off the stem end, and scoop out the pulp and seeds. Fill with seasoned crumbs and any remnants of cold meat or vegetables. Bake till done, basting with melted butter meanwhile. Serve on toast with any preferred sauce, drawn butter or Hollandaise will be satisfactory.

#### Potato Croquettes

Two cups of mashed potatoes, two tablespoons of cream, a teaspoon of onion juice, or finely chopped onion, a teaspoon of salt, a dash of nutmeg; yolks of two eggs, a tablespoon of chopped parsley, butter the size of a walnut, a dash of cayenne. Beat the eggs until light, and add to them the potatoes. Then add all the other ingredients. Mix and turn into a small saucepan. Stir over the fire until it is thoroughly heated through. The mixture will then leave the side of the pan without sticking to it. Take from the fire, and when cool form into cylinders. Roll first in egg and then in bread crumbs and fry in boiling fat. This will make about twelve croquettes.

#### Succotash

1 Qt. Cut Corn  
1 Pt. Shelled Beans  
1 c. Hot Milk  
Salt and Pepper  
3 Tbps. Butter

Use Lima or butter beans and make in the given proportions. Do not cut the corn too close to the cob. Use boiling water. Cook the beans and cobs together half an hour and take out the cobs. In half an hour more drain off the water and add the



corn with the other ingredients. Watch carefully as it burns easily. If too dry add cream before serving. Or, leave sufficient water on the beans to cook the corn, and add a little cream, butter and salt before serving.

#### Baked Tomatoes

Cut a thin slice from the blossom end of twelve solid, smooth, ripe tomatoes. With a teaspoon remove the pulp without breaking the skin. Chop one onion fine, mix with powdered bread crumbs and the tomato pulp. Season with pepper, salt and sugar, and add one cup good sweet cream. Fill the tomatoes. Put each slice back in its place. Lay them, the stem-end down in a buttered baking-dish with a little water and a small lump of butter on each. Bake half an hour, or until thoroughly done. Place a bit of butter on each and serve in the same dish.

#### Corn Oysters

1 Qt. Grated  $\frac{1}{2}$  Gill Cream  
Corn or Butter  
1 Egg Well Size of an  
Beaten Egg  
1 Small c. Flour 1 Tsp. Salt  
Beat well together and drop on a hot, well-buttered griddle.

#### Salsify or Vegetable Oysters

Scrape thoroughly and lay them in cold water to prevent discoloration. Use a porcelain, or granite-lined saucepan, and cook the salsify in boiling water until tender. It may be cut in small, even pieces and heated in a cream sauce, previously prepared. A little chopped parsley sprinkled on the top improves it. Or, spread it on slices of buttered toast, and serve.

#### Liberty Cabbage

2 Small Red 3 Tbsp. Vine-  
Cabbages gar  
1 Onion 2 Tbsp. Butter  
4 Cloves 1 Tsp. Salt

The cabbages must be hard and firm. Halve, lay the flat side down, and cut across in thin slices. Put the butter or drippings into a saucepan, and when hot add the vinegar and salt with the cabbage. Stick the cloves into the onion, and bury it in the cabbage. Boil two and one-half hours. If it becomes dry, and in danger of scorching, add a very little water.

#### Tomato and Rice

Prepare as for stewed tomatoes, and when boiling add raw rice in the proportion of two tablespoonfuls of rice to one cup of tomato. Cook slowly thirty minutes. Add salt, pepper,

sugar, a large piece of butter; stir well together and serve. Or, the tomato may be cooked sufficiently to sift before adding the rice. It must be carefully watched to prevent burning, for tomato pulp and rice are easily scorched.

#### Escalloped Onions

Slice the onions before boiling and prepare as Onions a la Creme. Put in layers in a baking dish, with crumbs and dots of butter between, having the last layer crumbs, butter and a bit of grated cheese. Bake till brown.

#### Stuffed Cabbage

Cut out heart of cabbage and stuff with bread and sage dressing, or chopped veal, and mixed with seasoning and egg. Tie carefully and boil two hours. Serve with or without cream sauce.

#### Creamed Cabbage

Slice as for cold slaw, and cook thirty minutes in boiling salted water. Drain, and put into a saucepan with one cupful of rich cream, one tablespoonful of butter, one teaspoonful of sugar, a little salt and pepper. Let simmer three minutes and serve. Or, put the cabbage in salted boiling water, cover closely, and cook fifteen minutes. Pour off the water, add rich hot milk, and when tender, add butter and one teaspoonful of flour mixed with milk. Season, and when it boils, serve.

#### Cold Slaw

Select small, heavy cabbages. Remove outer leaves, quarter and slice very thin with a sharp knife. Soak in cold water till crisp, drain, dry on a cloth and mix with the following dressing: Mix a teaspoon each of salt and mustard with two teaspoons each of flour and powdered sugar, and a dash of cayenne. Add a teaspoonful of melted butter, the yolk of an egg well beaten, one-third of a cup of boiling vinegar and half a cupful of thick cream which has been whipped stiff. Cook till thick over boiling water and add the cream after taking from the stove. A delicious company dish.

#### Baked Egg-plant

Peel the vegetables. Cut them into large dice, and simmer ten or fifteen minutes in a little boiling water. Drain in a colander, and press out any juice that remains. Add a little chopped parsley, pepper, salt, lemon juice or vinegar, and three tablespoonfuls of butter. The

egg-plant should absorb all the butter. Pour into a buttered pudding dish, cover with bread crumbs, dot with butter, and bake thirty minutes. An onion, grated and fried, may be added to the mixture before baking. Or, take stewed egg-plant and when seasoned put into a buttered baking dish, cover with cracker crumbs, dot with butter, and bake half an hour.

#### French, String and Wax Beans

The beans should snap when bent. String carefully, break off the ends and cut in two or three pieces. Let them stand fifteen minutes in cold water. Drain. Throw them into boiling salted water. Cover and boil half an hour. Uncover, and let them cook steadily one and one-half hours if the beans are light ones, and an hour longer if they are the green variety. If the beans are nearly dry do not drain them, but add butter and sweet cream, and more salt if needed, before serving them. Or, cook a little piece of salt pork with the beans. When done, take out the pork, drain off the water, and serve with a little cream or cream sauce. Green shelled beans may be cooked in the same way. They will be ready to serve in thirty or forty-five minutes.

#### Creamed Beans

Soak a cup of dried Lima beans over night, drain and cook into boiling salted water until soft but not shapeless. Drain, add three-quarters of a cup of cream or rich milk. Season with butter, pepper and salt. Reheat and serve.

#### Boston Baked Beans

Soak small white beans over night in fresh water. In the morning put them in a kettle with a second water sufficient to cover and parboil until the skins present a shriveled appearance. Pour off the water, add salt to the beans, mixing them up, and transfer to a bean pot. Place in the middle of the beans a piece of fat salt pork scored on top. Mix in a cup a teaspoonful of molasses, a half teaspoonful of baking soda and a teaspoonful of dry mustard and pour over the beans (the above quantities are for a quart of beans). Fill the pot with warm water, put on the lid and bake in a slow oven all day, keeping watch that the water does not dry out until the beans are thoroughly cooked. Place in an oven that is not too hot about half an hour in advance of the meal for



which they are desired without adding any more water. They should when served be moist and hot. Only earthen vessels should be used in which to boil and bake the beans.

#### Creamed Carrots

1 c. Cream 1 Tbsp. Butter  
Salt and Pepper 1 Tbsp. Flour

Make a cream sauce according to directions, and stir in the boiled carrots cut in dice. Stew gently fifteen minutes. Add a little chopped parsley and serve.

#### Boiled Beets

Wash and cook in boiling water from one to four hours. Drain and plunge into cold water. Remove skins, season with butter, pepper and salt and reheat. They may be sliced or quartered if desired, but small beets are better served whole.

#### Delicious Cream Potatoes

Take cold baked potatoes cut in dice and put in pan with enough cream to cover. Add pepper, salt and a little butter, unless the cream is very thick. Cook until cream thickens and serve.

#### Scalloped Corn

$\frac{1}{2}$  c. Butter 1 Pint Fresh or  
 $\frac{1}{2}$  c. Flour Drained Canned  
 $\frac{1}{2}$  Tsp. Salt Corn  
1 Tbsp. Sugar 1 c Bread Crumbs  
 $\frac{1}{2}$  c Hot Milk

Heath milk in double boiler, mix butter and flour together and add hot milk, stirring meanwhile. Then add the corn, salt and sugar. Let come to boiling point, turn into a baking dish, cover top with bread crumbs and bake fifteen to twenty minutes.

#### Boiled Potatoes

Wash clean, potatoes uniform in size. Do not pare them if in the fall or early winter. Later, a little ring may be pared around the potatoes before putting them into cold water to freshen, and toward spring they usually will need to be pared and have the blemishes cut away before soaking. They may be put on to boil in cold or boiling salted water. A trial of each will allow the cook to make her choice. If cooked in cold water do not cover the kettle. When almost tender pour off nearly all the water, cover tightly and steam until done. Take off the cover and let them stand a few minutes to dry. If necessary, pare before serving. Cover them, if boiling water is used. Potatoes are particularly nice if steamed over boiling salted water.

#### Creamed Cabbage

Cook with an onion, changing the water often and slicing the cabbage before cooking. When done, drain, chop coarsely and reheat in cream sauce.

#### Mashed Potatoes

Pare and boil the potatoes. Drain and dry them. Mash in the pot in which they were boiled, adding salt, cream, or hot milk in which a large lump of butter has been melted. Beat thoroughly to make them white and creamy. Put into a hot dish, smooth the top nicely, and serve. This dish should be prepared with especial care.

#### Dry Bean Chowder

Boil one cupful of dry beans until tender. Drain and turn into a fireproof casserole. Fry out the fat from two slices of bacon (diced); add to this one can of corn, salt and pepper, and enough canned tomatoes to form a creamy mixture when added to the beans. Mix all well together, sprinkle cracker crumbs over all and put in the oven for twenty-five minutes. Serve from the casserole.

#### Celery a la Creme

Use the tough outer stalks and roots. Scrape, clean, cook till soft in boiling water. Drain, pour over cream sauce and serve.

#### Cauliflower

Tie up the cauliflower in coarse tarlatan and boil in hot water to which a little salt has been added. Drain and lay in a deep dish with flower uppermost. Heat a teacupful of milk thickened with two tablespoonfuls of butter cut in pieces and rolled in flour. Add pepper, salt and the beaten white of an egg. Boil up for a few seconds, stirring briskly. Take from the fire. Flavor with lemon and pour over the cauliflower, reserving about half the sauce for use at the table.

#### Stewed Asparagus

Cut tender asparagus in inch lengths. Wash, drain and cook rapidly in salted boiling water until tender. While it is cooking make a cream sauce as follows.

Melt two tablespoonfuls of butter in a saucepan over the fire. When it bubbles shake in one tablespoonful of flour. Mix well and stir in one cupful of boiling milk with salt and pepper. Add the asparagus, well-drained, and a small piece of butter. Stir carefully, and serve very hot on pieces of buttered toast.

#### Carrots and Peas

Wash, scrape and cut carrots in cubes, or with a French vegetable cutter into fancy shapes. Cook till soft in boiling water or stock, drain, add an equal quantity of canned peas. Season with salt, pepper, butter, a sprinkle of sugar and reheat.

#### Boiled Peas

If peas are fresh picked do not shell them until ready to cook. Then slightly salt and sweeten the water, having it boiling hot. Drop the peas in slowly through the fingers so the water will not stop boiling. Let them cook uncovered so they will keep their color and flavor. When they are tender—twenty minutes should be sufficient time—take them up with a little of the liquor in which they are boiled, butter and pepper them and add a little sweet cream, heated. The cream may be omitted, but is a great improvement. Omit the sugar if the peas are young.

#### French Fried Potatoes

Slice the potatoes lengthwise in slices about a quarter of an inch thick and let them remain in cold water for an hour or longer. Dry in a cloth and fry in hot lard. Before they become quite done and for the purpose of making them puff up, take them out with a skimmer and drain, returning them again to the lard and continuing the frying until done. Sprinkle with salt and serve hot.

#### New Potatoes

Never peel them with a knife, but scrub and rub and wash off the skin. Cover with boiling water, and cook rapidly in a closed kettle. When tender, drain off the water, sprinkle with salt, and set on the back of the stove to dry. Serve very hot. Or, make a sauce of one pint of milk, two tablespoonfuls of butter, and one tablespoonful of flour. When it is boiling, add the small potatoes, or the larger ones, broken, heat together and serve.

#### Scalloped Potatoes

Peel raw potatoes. Slice thinly into very cold water, and let them remain in a cold place over night. Allow plenty of water as the potatoes will swell. This standing hardens the slices so that they do not go to pieces in cooking. In the morning, pour them into a colander and shake them dry. Put them in layers in a well-buttered baking dish, sprinkling each layer with pepper, salt and a few bits of butter.



When the dish is full, pour in sweet milk to come to the top of the potatoes. Bake in a slow oven one or two hours, or until done. Too hot a fire causes milk that is cooking to separate, when it will not be so nice. Be sure and let the top brown.

#### Potato Balls

Mix mashed potatoes with the beaten yolk of an egg. Shape into small thin cakes, dip in flour and fry brown. Or, egg and crumb them and fry in butter or boiling lard.

#### Baked Potatoes

Always use a brush in washing potatoes. Select smooth ones of medium size. Cut off a little slice from the seed end, and put them on the slide in a hot oven. When half-baked turn them. Bake from forty-five to sixty minutes, according to the size and variety.

#### Scotch Potatoes

2 c. Potatoes, 2 Tbsp. Flour  
Sliced 1 c. Milk  
2 c. Onions, Salt and Pep-  
Sliced per to  
2 Tbsp. Butter Taste

Boil potatoes and onions in salted water until nearly done. Drain, turn into baking pan and pour over them a cream sauce made of two tablespoonfuls of butter, two tablespoonfuls of flour, and one cupful of milk, seasoned with salt and pepper. Bake slowly about one-half an hour.

#### Saratoga Creamed Potatoes

10 Medium-sized Potatoes ½ c. Cream  
Salt and pep-  
per to  
2 Level Tbsp. Butter Taste

Put potatoes on to boil in their skins in cold water and a little salt. Let them cook slowly. When done set away in the refrigerator for two or three days. Do not peel until quite ready to serve. Have a frying pan ready with hot butter. Peel and chop potatoes very finely, and put in pan. Season with salt and pepper. Pour in cream. Mix well. Cook for ten minutes and serve.

#### Lyonnais Potatoes

Fry a part of a small onion in butter till a golden-brown color. Slice potatoes across the breadth in quarter-inch thick pieces, and put them in the spider. Simmer gently till the butter is absorbed and their edges are a delicate brown. Sprinkle with salt, pepper, and very finely chopped parsley. Mix well and serve. The potatoes must not brown.

#### Scalloped Sweet Potatoes

½ c. Butter 1 Tsp. Salt  
¼ c. Boiling Pepper  
Water

3 Pts. Sliced, Cold, Boiled Sweet Potatoes

Sprinkle the potatoes with salt and a little pepper. Butter a large, shallow dish, and spread the potatoes in it, making a layer not over an inch thick. Melt the butter in the water, and after sprinkling one-fourth of this liquid over the potatoes, put them into a hot oven. In ten minutes sprinkle another quarter of the liquid over them. Repeat twice more at intervals of ten minutes. After the final sprinkling let the dish bake ten minutes longer (forty minutes in all,) setting it on the top grate of the oven that it may brown.

#### Potatoes, Hashed and Browned

Pare and cut into quarter-inch squares. Leave in cold water for an hour and boil tender (not until they break), in hot water slightly salted. Drain, put into a greased pudding dish. Pour over them a cup of warm milk seasoned with pepper and salt, and a spoonful of butter cut up in one of flour. Bake covered half an hour. Then brown.

#### Saratoga Chips

Peel the potatoes carefully, cut into very thin slices and keep in cold water over night, drain off the water and rub the potatoes between napkins or towels until thoroughly dry, then throw a handful at a time into a kettle or pan of very hot lard, stirring with a fork so that they may not adhere to the kettle or to each other. As soon as they become light brown and crisp remove quickly with a skimmer and sprinkle with salt as they are taken up.

### Salads

#### Canned-Peach Salad

1 Pint Jar of ½ Cupful of  
Canned Cottage  
Peaches Cheese  
2 Cupfuls of 6 Small Stalks  
Shredded of Celery  
Lettuce

#### French or Salad Dressing

Line a salad dish or a plate with lettuce, put two halves of a peach in the center, and place three or four one-inch pieces of celery, cut from the inside stalk which has been filled with cottage cheese, on the side of the dish. The cottage cheese is seasoned and flavored to taste. Serve with a French or other salad dressing and crisp oatmeal wafers.

#### Fish Mold

Soften one-half envelope of Knox Sparkling Gelatine in one-fourth cup cold water; dissolve by standing in hot water. Add dissolved gelatine to three-fourths cup boiled salad dressing and one cup left-over salmon (tuna, crab meat or any flaked fish may be used), and a little salt, paprika and two teaspoonfuls vinegar. Turn into mold and chill. Remove to bed of lettuce leaves and cut in slices. Garnish with slices of lemon.

#### Beet Salad

Slice cold boiled beets and cut the slices into strips. Line a salad bowl with crisp lettuce leaves, arrange the beets in a mound in the center and pile mayonnaise on the top. Serve at once.

#### Grape Salad

Take one pound of green grapes, skin them, and remove the seeds by making an incision in the side. Place in a bowl, and keep in an ice-cold place until ready to use. Wash and separate the lettuce, using the inside leaves. Set in a cold place until ready to use. Serve the grapes on the lettuce leaves with a French dressing made as follows: Mix two tablespoonfuls of olive oil with one tablespoonful of lemon juice or vinegar. Serve with oatmeal wafers.

#### Sweet Salad

Cream some cheese and some chopped nuts. Add a little salt. Remove the stones from dates and stuff with this mixture. Slice a mellow apple and two bananas in fine pieces; sprinkle with lemon juice and a little sugar and one tablespoonful of salad dressing. Cover with dates, cut in slices. Serve very cold on lettuce leaves.

#### Canned-Pear Salad

1 Pint Can of 6 Stuffed  
Pears Olives  
1 Cupful of 2 Cupfuls of  
Finely Cut Coarsely  
Celery Shredded  
½ Cupful of Lettuce  
Chopped ½ Cupful of  
Green Pep- Salad  
per Dressing

If the pears are canned in halves cut them into thin slices and put them in the center of a dish or on individual plates and pile the lettuce around them. If the pears are very soft dice instead of slice them. Fresh late pears may be used in the same way. Mix the celery, pepper and olives with the salad dressing and put it around the sliced



pears. Serve with Southern corn wafers and Neufchatel cheese balls.

#### Tomato-Jelly Salad

2 Cupfuls of Strained Tomato  
2 Tablespoonfuls of Gelatin  
1 Teaspoonful of Salt  
2 Tablespoonfuls of Sugar  
A Dash of Paprika

Put the tomato into a saucepan and boil for ten minutes; add sugar and seasoning, and strain through a fine strainer. Soak the gelatin in two tablespoonfuls of cold water and add it to the strained hot tomato; stir until dissolved. Pour out on a deep plate or mold that has been rinsed with cold water.

When firm cut into half-inch cubes and put on lettuce leaves. Serve with a salad or mayonnaise dressing.

#### Salted String Beans Made Into Salad

Soak the beans in cold water for two hours; put into a saucepan, cover with boiling water and boil in an uncovered vessel until tender. Drain, and dip into cold water. Serve with a French dressing flavored with onion or garlic. Do not use salt with these pickled beans.

#### Canned Spinach or Swiss-Chard Salad

1 Pint Can of Spinach or Swiss Chard  
 $\frac{1}{2}$  Cupful of Pickled Beets  
2 Cupfuls of Shredded Cabbage  
 $\frac{1}{2}$  Cupful of Salad Dressing  
1 Hard-Cooked Egg  
Salt and Paprika with Onion

Put the spinach into a colander and press until dry; turn it out on a plate and carefully cut it with a sharp knife; season, and mix with half the dressing. Line a dish with shredded cabbage, which has been in cold water one hour, then drained, dried and mixed with the balance of the dressing. With a tablespoon mold the spinach and place it evenly on the cabbage.

Garnish with the beets cut into strips or chopped fine. Separate the egg, chop the white and sprinkle it over the top. Then rub the yolk through the strainer over the top of the spinach and sprinkle with paprika and salt. Serve with crisp corn-meal wafers.

#### Orange Salad with Celery

Cut three oranges into halves, remove the seeds and carefully cut the pulp away from the skin. Put into a bowl in a cold place until ready to use. Wash the

lettuce carefully, line a salad bowl with the lettuce leaves and put the fruit in the center. Pour over half a cupful of French dressing made with lemon juice. Garnish with celery filled with cream cheese and peanut butter, using two tablespoonfuls of cream cheese to one tablespoonful of peanut butter, and a pinch of salt. Serve with bran crackers.

#### Cabbage Salad

Cut into shreds the inner part of a hard head of cabbage. Arrange this cabbage for individual serving by packing into green peppers, each of which has had seeds and seams removed and been boiled until soft. Cover the cabbage with a dressing made of half a cupful of milk, two eggs, one tablespoonful of butter one tablespoonful of flour and two tablespoonfuls of vinegar. Season with salt and pepper. Garnish with beets.

#### Green-Pepper Salad

6 Green Peppers  
2 Cupfuls of Shredded Lettuce  
 $\frac{1}{2}$  Cupful of French Dressing Flavored with Garlic or Onion

Wash and put the peppers into a hot oven; bake for ten minutes; remove, plunge into cold water and remove the skins and the seeds; put in the refrigerator. When ice cold, shred with a sharp knife, place on lettuce and cover with the dressing. Serve with crisp crackers and cheese.

#### Cucumber Salad

Select fresh young cucumbers and chill them by keeping a few hours in an ice-box, cover them a short time with ice and salt. Peel, slice very thin, and add salt, pepper, vinegar, and oil if liked, just before serving, or prepare the salad with equal quantities of sliced cucumbers and white onions, and serve with any French dressing. It is advisable to put a lump of ice in the center of the salad bowl.

#### Fruit Salad

Take oranges and bananas, half dozen each, cut into small pieces, one can shredded pineapple, add strawberries, raspberries, peaches or pears, each in their season. Strain the juice and add one-half box of dissolved gelatine. Sweeten to taste and pour over the fruit. When hard put grated coconut over. Serve with whipped or ice cream.

#### String Bean Salad

If very small and young, cook string beans whole in boiled salted water, let cool, then chill in the ice chest. If large, the beans must be cut in two or three pieces each. Sprinkle a little finely chopped or grated onion on the beans and pour French dressing over. Garnish with young carrots boiled and cut in straws.

#### Cabbage

Select a fine, heavy, shapely head of white cabbage. Cut a slice off the top and scoop out the interior carefully, leaving a thin shell. Shred the inner portion with an equal quantity of crisp celery, mix with mayonnaise and serve in the cabbage bowl. A few nut meats may be added. Sometimes the cabbage bowl is filled with fried oysters and the celery and cabbage salad served on lettuce leaves.

#### Shrimp Salad

Open a can of shrimps, rinse in cold water, drain and dry on a cloth. Cut each shrimp into three pieces. Chop three hard-boiled eggs fine, add one-half level tablespoonful of finely chopped onion and a level tablespoon of chopped parsley. Mix with the shrimps, sprinkle with French dressing, and set in the ice chest. Arrange lettuce leaves on a flat dish, make a mound of the shrimps and garnish with spoonfuls of mayonnaise.

#### Lettuce Salad

1 Head Lettuce  
1 Tbsp. Chopped Raisins  
1 Tbsp. Nuts  
1 Pkg. Cream Cheese  
1 c. French Dressing, 1 Tbsp. Fermented  
4 Tbsp. Oil  
Gooseberry Jam  
to 1 Vinegar

Separate leaves of lettuce and chill. Mix ingredients thoroughly with French dressing and pour over lettuce.

#### Mixed Fruit Salad

Bits of pineapple may be mixed also with orange, banana and preserved cherries, and sugar and a little fruit juice poured over all. This is most delicious if well chilled.

#### Orange

Thin slices of very sour oranges, sprinkled with cut English walnuts. Serve on lettuce leaves with French dressing made with lemon juice. Especially good with game.



**Pineapple and Apple Salad**

1 Can Hawaiian Pineapple  
4 Apples  
½ Cup Boiled Dressing  
½ Pt. Whipped Cream

1 Head Lettuce  
¼ Lb. Cottage Cheese  
Small quantity Paprika and Chopped Chives

Dice pineapples and apples, and mix lightly with boiled dressing to which has been added the whipped cream. Surround with heart lettuce and cottage cheese balls, to which paprika and chopped chives have been added.

**A Delicious Fruit Salad**

One cup of Malaga grapes, three bananas, three oranges, one cup of English walnut kernels, one bunch of celery, one head of lettuce; mayonnaise dressing. This salad must be prepared by the housekeeper herself, as it is such a dainty dish that a hireling would be apt to slight it and make a failure of what might otherwise be a temptation to the most fastidious gourmet. The only tedious part of the operation is skinning the grapes. Line the dish with lettuce leaves; cut the celery into inch lengths and mix with fruits and nuts. Mix in the mayonnaise and set in ice until just before it is served, when heap in lettuce-lined glass dishes.

**Bird's Nest**

Take the yolks of hard boiled eggs and rub to a paste with an equal quantity of Neufchâtel cheese. Season with salt and paprika and make into egg shaped balls. Make a mound of the shredded whites and lay the egg balls upon it, flecking them with black pepper. Surround the dish with heart leaves of head lettuce and serve mayonnaise dressing in a dish apart.

**Pineapple Salad**

Arrange lettuce hearts on salad plate. Place on lettuce a round slice of pineapple. Cover with layer of cream cheese, then another slice of pineapple. Add whipped cream to mayonnaise and put a heaping teaspoonful on each slice of pineapple.

**Vegetable Salad**

1 Pint String Beans  
1 Carrot  
1 Head Celery  
1 Turnip  
3 Young Beets

Cut the beans in inch lengths and cook in salted boiling water. Boil the beets and carrot and cut in dice. Slice the onion in small pieces, and break the celery into bits. Sprinkle with salt, dust

with cayenne pepper, pour on a mayonnaise or mustard dressing, mix well, and serve after standing 30 minutes in a very cold place.

**Potato Salad**

Peel eight potatoes that have been boiled in their skins and allowed to cool. Slice the potatoes into a bowl and add to them a chopped onion which has been scalded after it was minced. Season the potato and onion with salt and pepper to taste. Pour upon them five tablespoonfuls of oil and two of vinegar. Toss up well and let them stand an hour before serving.

**Salmon**

Broiled fresh salmon. Free from skin, fat and no bone and flake. Mix with celery, capers and mayonnaise. Not digestible, but good.

**Bean**

Lima beans boiled, drained and cooled, chopped onion and minced parsley. Mayonnaise.

**Lettuce**

Serve tender lettuce leaves. Garnish with rings of green peppers and serve with salad dressing.

**Waldorf**

Sour apples, peeled and sliced, English walnuts, and celery cut fine. Mayonnaise.

**Cottage Cheese**

Make soft cottage cheese into balls the size of a bird's egg. Arrange carefully with cucumber dice and a little chopped onion. French dressing.

**Sardine**

Drain, marinate with lemon juice, alternate with hard boiled egg quarters on a bed of lettuce leaves. French dressing.

**Cauliflower and Beet**

Cooked cauliflower flowerets and dice of cold boiled beets. Serve on lettuce with mayonnaise.

**Rice Salad**

Salad Dressing 1 c. Diced Tart apples  
2 c. Cold Rice  
1 c. Diced Celery  
Few Chopped Nut Meats

**Celery and Nut**

Celery and pecans or English walnuts coarsely cut. Mayonnaise.

**String Bean**

String the beans but do not cut them. Boil, drain and cool. Serve on lettuce leaves with French dressing and garnish with nasturtium blossoms.

**Celery**

Crisp, tender celery cut fine, mixed with a little chopped onion and mayonnaise. Serve on lettuce.

**Salad Dressings and Sauces****French Dressing**

¼ Tsp. Salt  
¼ Tsp. Pepper  
1 Tbsp. Vinegar  
3 Tbsp. Oil  
Worcestershire Sauce  
Catsup

Hard Boiled Egg  
Chili Sauce  
Onion, etc., may be added to French dressing as desired

Mix in the order given, adding the oil slowly and beating all finally with a Dover beater. This dressing may be made in large quantities and kept in a glass jar in the ice box. If it separates beat it together again.

**Romaine or Endive with Lemon Dressing**

With romaine or endive serve a French dressing made with lemon juice instead of vinegar. Serve cheese and crackers with the salad.

**Baked Apple Sauce**

Apples  
Cinnamon

Brown sugar  
Boiling water

Quarter, core and pare apples, cut in thin slices, put in baking dish with alternating layers of brown sugar and sprinkling of cinnamon. Add boiling water to cover bottom of dish. Bake in hot oven from 1½ to 2 hours. Apples should be reduced to pulp.

**Honey Sauce**

1 Tablespoonful of Butter  
1 Tablespoonful of Cornstarch  
½ Cupful of Honey  
½ Cupful of Water

Melt the butter and blend with the cornstarch. Add the honey and water; cook until it thickens, and serve as a hot sauce for colonial, date, fig or cottage pudding. This is also excellent as a sauce for ice cream.

**Cream Dressing for Salad**

3 Eggs  
6 Tsp. Cream  
3 Tbsp. melted Butter  
1 Tsp. Salt

1 Teaspoonful Mustard  
½ Tsp. Black Pepper  
1 Cup Vinegar

Beat all the ingredients together, then put them into a saucepan and stir over the fire till it thickens like custard. Don't let boil or it will curdle. Let it cool and mix with salad. Time, 5 minutes.

**Egg Sauces**

1 pint cream  
3 eggs

1 teaspoonful salt

**White Pepper to Taste**

Heat cream as hot as possible, without burning, add the eggs, well beaten, pepper and salt. If



too thick, add boiling milk until thin enough. Add to any cream sauces, oysters, shrimps, lobsters cut in one-fourth inch cubes, or salmon cut in cubes, and let boil up once, but do not add vinegar or lemon until the time of serving.

#### Mayonnaise

Yolks 4 Eggs 1 Tbsp. Olive  
4 Tbsp. Vine- Oil  
gar

Beat eggs well and pour oil in slowly as you beat. Add vinegar. Put on stove and cook until thick, let cool, add 4 tablespoons of olive oil slowly and mix well.

When ready to serve use equal parts of mayonnaise and whipped cream.

#### White Sauce for Fish

4 Tablespoonfuls of Butter  
3 Tablespoonfuls of Cornstarch  
2 Cupfuls of Hot Skim Milk  
1 Teaspoonful Salt Paprika  
Melt the fat in a saucepan; remove from the fire, and add the salt and dry cornstarch. Stir until perfectly smooth. Return to the fire and slowly add the hot milk, stirring until the sauce thickens (which will take a little longer than when flour is used). Pour into a gravy boat and sprinkle paprika over the surface.

#### Hollandaise Sauce

$\frac{1}{2}$  c. butter, Yolks 2 eggs,  
 $\frac{1}{2}$  Tbsp. lemon  $\frac{1}{4}$  teaspoon  
juice salt  
Few grains cayenne.

Wash butter, divide in three pieces; put 1 piece in a saucepan with lemon juice and egg yolks; place saucepan in a larger one containing boiling water. Hold over the boiling water well into the steam, but do not set down in the water. Stir constantly. Add second piece of butter; when it thickens, third piece. Remove from fire and add salt and cayenne. If left over the heat a moment too long it will separate.

#### Apple Sauce

Baldwin, or any other apple that holds its fibre well in cooking, is to be used for this dish. Pare, core and quarter the apples, put into an earthen pot, sprinkle liberally with sugar, cover with water, add an inch of stick cinnamon and place in the oven with the roast. The apples will be a clear, golden yellow, in a thin deliciously flavored syrup, if these directions are carefully followed. No one will care for the "mushy" apple sauce after eating this. More sugar may be added when the pot is taken

from the oven, but it is better not to be too sweet.

#### Creole Sauce

Put one tablespoonful of fat into a stewpan; stir in one tablespoonful of flour; add a cupful of canned tomatoes, one chopped onion, a bay leaf, season with salt and pepper and stir until boiling; strain into another saucepan; add half a cupful of chopped green peppers and it is ready to use. Arrange the croquettes on a hot dish and pour the sauce around.

#### Sauce Tartare

1 Cupful of	1 Tablespoon-
Mayonnaise	ful of Sour
Dressing	Gherkins
1 Tablespoon-	1 Teaspoonful
ful of	of Onion
Capers or	Juice
Olives	

Be sure the mayonnaise is seasoned highly. Chop the olives, or capers, and gherkins fine, and just before serving add them, together with the onion juice, to the mayonnaise dressing; mix, and serve in a sauce boat.

## Desserts

#### Fruit Jelly

2 c. Boiling	2 Tbsp. Gela-
Water	tine
1 c. Pineapple	2 Tbsp. Cold
Juice	Water
3 Tbsp. Lemon	$\frac{1}{2}$ c. Pine-
Juice	apple
$\frac{1}{2}$ c. Sugar	Cubes

Pour water over sugar, and when sugar has dissolved, add gelatine soaked in cold water five minutes; then add juice drained from canned pineapple and lemon juice and strain. When mixture begins to thicken, add canned pineapple cut in one-half-inch cubes. Turn into a mold, first dipped in cold water, and chill thoroughly. Garnish with pineapple cubes. Any home-canned fruit may be used in place of the pineapple.

#### Pumpkin Pudding

4 c. Cooked	$\frac{1}{2}$ Tsp. Ground
Pumpkin	Ginger
2 c. Milk	$\frac{1}{2}$ Tsp. Grated
2 Eggs	Nutmeg
1 c. Sugar	1 Teaspoonful
2 Tsp. Salt	Cinnamon
	1 Tsp. Butter

After cooking the pumpkin, drain it in a colander for one hour, then mash it through the colander; add the milk, the well-beaten eggs, sugar and spice; mix well; pour into a baking dish brushed with butter and sprinkle the top with the cinnamon. Bake in a slow oven for one hour. Serve while warm.

#### Banana and Nut Mold

Scald three cupfuls of milk; mix half a cupful of cornstarch with a quarter of a cupful of sugar and stir into the hot milk; cook slowly until it boils, then add half a teaspoonful of salt, one teaspoonful each of vanilla and lemon extracts, one cupful of mashed and sifted bananas, half a cupful of chopped nut meats and the stiffly beaten whites of three eggs. Pour into a wet mold and place in the refrigerator for three hours. Turn out and serve with a soft custard made with the yolks of the eggs. If liked the mold may be decorated with whipped cream and sliced bananas.

#### Bread Meringue

Boil half a pound of stale bread in a pint of milk until smooth; then beat up with a fork. Then add sugar to taste, the juice of a lemon, a tablespoonful of butter and the well-beaten yolks of two eggs. Beat thoroughly, then pour into a well-greased pudding dish and bake until brown. Take out of the oven and spread the top of the pudding with jam. Have the whites of the eggs beaten very stiff, pile on top of the jam and then return the pudding to the oven for a few minutes so as to brown the meringue lightly.

#### Honey Rice Pudding

$\frac{1}{2}$ c. Rice	$\frac{1}{2}$ Tsp. Salt
$\frac{3}{4}$ c. Milk	1 Tbsp. Grated
5 Tbsp.	Lemon or
Strained	Orange
Honey	Peel

Wash rice, put in a deep greased baking dish, add scalded milk, honey and salt, and lemon or orange peel. Mix well and bake in a moderate oven until pudding is thick and creamy. Stir pudding several times during first part of the baking.

#### Cherry Batter Pudding

Take half a cupful of potato flour, half a teaspoonful of baking powder, half a cupful of sugar and enough milk to make a thin batter. Pour the batter over one cupful of canned cherries, put into a greased pudding dish and steam for two hours. Serve with a sweet sauce, using the fruit syrup thickened with cornstarch; beat in whipped cream.

#### Cocoa Pudding

Put one quart of milk into a double boiler and let it come to a boil. Put five tablespoonfuls of cornstarch into a bowl and mix it with enough milk to make a smooth paste; add this to the



milk, stirring it all the time; add half a cupful of sugar mixed with four tablespoonfuls of cocoa and let it cook for about five minutes. Rinse a mold with cold water, pour in the cocoa mixture and put it aside to set; when firm, turn out and serve cold with red currant jelly syrup and whipped cream. By using sweet chocolate instead of cocoa, the sugar may be omitted. Fruit may be used in place of the whipped cream if desired.

#### Mince Pie (Meatless)

Cook half a cupful of rice in water until soft; drain; add to the rice half a cupful of seeded raisins, half a cupful of currants, half a cupful of honey, two tablespoonfuls of chopped orange, a little lemon peel, one tablespoonful of butter and half a teaspoonful of mixed spice; mix well. Line a pie pan with pastry and fill with the mixture. Cover with a top paste and press the edges together. Brush over with white of egg, then dust with sugar and bake.

#### Fruited Cereal Molds

Wash half a pound of prunes and soak them overnight. Simmer in the same water until tender, adding one lemon, sliced, one stick of cinnamon and a quarter of a cupful of sugar when nearly done. Let stand until cold; strain off the liquid, and pit the prunes. Put aside one for each mold and cut the remainder fine, removing most of the skin. Soften one rounded teaspoonful of gelatin in one tablespoonful of cold prune juice and dissolve in one tablespoonful of boiling juice. Mix thoroughly with the prune pulp. Have ready two cupfuls of oatmeal that has been cooked with one teaspoonful of salt in four cupfuls of water. Rinse the molds in cold water and fill with the oatmeal and prune pulp, placing the latter in the center. Serve very cold with sugar and cream, decorated with the whole prunes.

#### Feather Cake

1 c. Sugar      ½ c. Rich  
¼ c. Butter     Milk  
2 Eggs          1½ c. Flour  
1 Tsp. Baking Powder     Flavor with  
                                Lemon

Cream butter and sugar, add beaten yolks, milk, flour, baking powder and flavoring. Last add the beaten whites. This will make two layers.

Filling: One lemon (grated rind and juice), half cup sugar, one teaspoon flour, mixed with a little water, one egg, one-fourth

cup water, one tablespoonful butter. Cook over boiling water until it thickens.

#### Rice and Molasses Pudding

1 Quart Milk    ½ Tsp. Salt  
⅓ c. Rice        ½ Teaspoonful  
⅓ c. Molasses    Cinnamon  
                        ¼ Teaspoonful Nutmeg

Wash the rice, mix the other ingredients and pour into a greased baking dish. Bake for two hours and a half in a slow oven, stirring in the crust. Serve very cold.

#### Hermits

2 c. Brown Sugar    1 Tsp. Ground Cloves  
1 c. Butter    ½ Tsp. Soda (dissolved in water)  
2 Eggs  
1 c. Sour Cream    1 c. Chopped Raisins  
1½ c. Flour      ½ c. Chopped Hickory Nut Meats  
1 Tsp. Ground Cinnamon

Mix in the order given. Drop from teaspoon on greased baking sheet and bake in a moderately hot oven.

#### Cup Cakes

1 c. Sugar      1½ c. Flour  
⅓ c. Butter    1 Tsp. Soda  
Yolks 3 Eggs    1 Tsp. Mace  
¾ c. Sour Milk 1 Tsp. Lemon Flavoring

#### Cornstarch Peanut Pudding

2 c. Milk        3 Tbsp. Peanut Butter  
3 Tbsp. Honey    1 Tsp. Salt  
4 Tbsp. Cornstarch    Marshmallow  
                                Paste

Scald milk, add honey, cornstarch, peanut butter and salt mixed together, stir until smooth, cover and cook twenty minutes in a double boiler. Turn into small molds which have been wet with cold water. When firm remove from molds, and garnish with marshmallow paste and chopped nuts.

#### Hot Water Sponge Cake

1½ c. Granulated Sugar    1½ c. Flour  
4 Eggs                          1 Tsp. Lemon Extract  
2 Tsp. Baking Powder     4 Tbsp. Hot Water  
  Pinch of Salt

Cream sugar and yolks well. Beat whites stiff, add to other and stir well together. Now add flour sifted well with baking powder, then salt and extract, and lastly the hot water.

#### Brown-Betty Oatmeal

3 Apples        ½ c. Molasses  
½ Teaspoonful Cinnamon    2 c. Cooked Oatmeal

Pare and slice the apples, sprinkle with the cinnamon or nutmeg, and place in a deep bak-

ing dish in alternate layers with the molasses and the oatmeal. Bake in a moderate oven for about half an hour, or until the apples are soft. Serve with cream or a lemon sauce.

#### Banana Pudding

Line a dish with sponge cake. Slice into the center six bananas and season with nutmeg. Make a custard of one pint of milk, two egg yolks and half a cupful of sugar and pour over the bananas. Make a meringue of egg whites and sugar, spread it over the pudding and brown slightly. Serve ice cold.

#### Spice Cake

1 Scant c. Sugar      Yolks 2 eggs  
                                and 1  
1 Scant c. Milk        whole Egg  
                                (beaten together)  
¼ Scant c. Butter    1 Salt Spoon  
1¾ Scant c. Pastry    Salt  
                                2 Salt Spoons  
                                Nutmeg  
2 Tsp. Cinnamon    2 Heaping Tsp. Baking Powder  
2 Small Tsp. Ground Cloves

Put spices, salt and baking powder in flour. Cream butter and sugar, add beaten eggs, then flour and milk, alternately. Bake in two layers. Have oven very hot when cake is put in, then lower flame.

#### Bread Pudding

One quart of bread crumbs, one quart of milk, yolks of four eggs well beaten, butter size of an egg, one cup of sugar, two tablespoons of baking powder, flavor. Beat the whites of the eggs with a cup of powdered sugar, and after the pudding is baked, spread this over the top and brown in quick oven.

#### Caramel Pudding

1 Pt. Scalded Milk      3 Tbsp. Cornstarch  
1 Tbsp. Butter          Vanilla  
1½ Tbsp. Almonds if  
                                B. Sugar          desired  
Scald milk, brown butter and add brown sugar. When melted, add to milk. Add cornstarch, vanilla and almonds if desired. Put in mold. Serve with whipped cream.

#### Strawberry Float

1 c. Sugar                          3 Eggs, Whites  
  3 Pints Ripe Strawberries  
Cut the strawberries into small pieces, add the sugar, stir together, and let stand an hour. Beat the eggs with three table-spoons powdered sugar until stiff, stir into the strawberries, and serve at once.



**Marshmallow Pudding**

$\frac{1}{2}$  Lb. Marsh-  
mallows English  
1 c. Heavy Walnuts  
Cream 2 Tbsp. Sugar  
1 Tsp. Vanilla  $\frac{1}{4}$  c. Chopped  
or Wine Candied  
Cherries

Whip cream, sugar and flavoring, and add remaining ingredients. Mould and chill thoroughly.

**Tapioca Pudding**

Soak seven tablespoonfuls of tapioca in one quart of milk over night; add half a dozen eggs well beaten, two grated lemons, sugar to taste and vanilla or other flavoring. Bake in a moderately quick oven.

**Baked Apples**

Pare and core medium sized apples. Put in baking dish and fill centers full of granulated sugar and sprinkle top liberally. Allow about one and a half inches of water in pan and bake in hot oven until they begin to bubble up well but not break up. Then turn fire down very low and put a spoonful of any kind of jelly into each apple. Bake until apples are all jellied. Delicious with whipped cream.

**Peach Macaroon Pudding**

Peaches 1 Level Tbsp.  
 $\frac{1}{4}$  Lb. Maca- Cornstarch  
rons Sugar to  
1 Egg Sweeten  
1  $\frac{1}{2}$  c. Milk  $\frac{1}{2}$  Pt. Cream

Slice fresh peaches into a deep dish to the depth of about three inches. On top of peaches put layer of almond macaroons. Make custard of egg, milk, cornstarch and sugar. Cook in double boiler; when cool, pour over macaroons and peaches. Put in refrigerator to chill. Just before serving whip a half pint of cream; put on top.

**Minute Pudding**

Take sweet milk, or half water and milk, a pinch of salt, let boil, stir in wheat flour until the same thickens as corn meal mush; remove from the fire, and serve at once with sweetened cream, flavored with nutmeg. Some cooks add fresh or canned blackberries, raspberries or cherries.

**Peach Cobbler**

Fill a shallow pudding dish or deep earthen pie plate with ripe, peeled peaches, leaving in the pits to increase the flavor of the fruit. Add cold water enough to half fill the dish and cover the whole with a light paste rolled to twice the thickness used for pies. Cut slits across the middle, prick

with a fork and bake in a slow oven about three-fourths of an hour. The peaches should be sugared according to the taste before putting on the crust. Serve either warm or cold. The crust should be inverted after being cut into sections, and the peaches piled upon it. Eat with sweet cream.

**Charlotte Russe**

$\frac{1}{2}$  Lb. Pow. 2 Eggs, Whites  
Sugar  $\frac{1}{2}$  Tsp. Almond  
1 Pt. Rich Sponge Cake,  
Cream or Lady  
Fingers

Sweeten and flavor the cream before whipping, add the stiff whites and beat all thoroughly together; pour into a mould lined with thin slices of sponge cake, or lady fingers, and set in a cool place till firm.

**Almond Custard**

1 Qt. Milk 6 Eggs, Well  
2 c. Sugar Beaten  
1 Tbsp. Lemon  
Extract

$\frac{1}{4}$  Lb. Almonds, Blanched and Pounded

Mix these ingredients together and bring to a boil, take from the fire and stir till lukewarm; put into cups or a mould to cool. If desired, cover with the whites of four or five eggs, well beaten, just before serving.

**Banana Custard**

1 Qt. Milk 4 Tbsp. Sugar  
2 Eggs 1 Tbsp. Corn-  
3 Bananas starch,  
Heaping

When the custard is cool pour it over the fruit sliced thin.

**Chocolate Whips**

One pint milk, two even teaspoonfuls cornstarch, two eggs, half cup of sugar, one square Baker's chocolate. Put the milk into double boiler to heat, dissolve the cornstarch in a little of the cold milk, and stir into the milk when hot; cook eight minutes. Dissolve the chocolate and sugar in two tablespoonfuls of boiling water and add to the mixture. Beat the eggs very light and add to the other; cook two minutes. Take off and whip until cool. Half filled custard cups and put on ice. When ready to serve cover with whipped cream, sweetened and flavored with vanilla. This makes sufficient for eight cups.

**Fried Apples**

Quarter and core apples without paring; heat the frying pan with butter in it and lay the apples in the pan, skin side down, sprinkle with a little sugar, and, when nearly done, turn and brown.

**Whipped Cream Cake**

1 c. Sugar 2 Tsp. Butter  
2 Eggs 4 Tbsp. Milk  
1 c. Flour 1 Tsp. Cream  
 $\frac{1}{2}$  Tsp. Soda of Tartar

When the cake is cool have ready one-half pint sweet cream whipped to a stiff froth, sweeten and flavor to taste, spread over the cake and serve while fresh. The cream will froth easier if made cold by setting on ice before whipping.

**Indian Pudding**

2 Qts. Milk 1 Teacup  
 $\frac{1}{2}$  c. Corn- Sugar or  
meal Molasses

1 c. Suet or 1 Tsp. Salt  
 $\frac{1}{2}$  c. Butter 1 Egg

Ginger to Taste

Take out one cup of cold milk and put the rest on to boil; when boiling stir in the meal, then let it cool; then add all of the other ingredients, except the cup of cold milk, which is added after the pudding gets thoroughly hot in the oven. Bake slowly two or three hours.

**Baked Custard**

1 Qt. Milk 3 Eggs  
1 c. Sugar Nutmeg

Heat the milk, beat the eggs very light, add the sugar and nutmeg, stir all into the milk when boiling hot, strain and bake.

**Strawberry Shortcake**

Beat together one teacupful sugar and one tablespoonful butter; beat three eggs very light and add; sift together two teacupfuls flour and a heaping teacupful of baking powder with a little salt, and stir in, using enough milk or cream to make it roll out easily. Bake in deep tin plates. With three pints of strawberries mix one teacupful of sugar and spread on the cake. The top layer of strawberries may be covered with a meringue made with a tablespoonful of powdered sugar and the white of an egg.

**Cookies**

1 c. Sugar 1 Tsp. Soda  
1 c. Butter 2 Tsp. Cream  
3 Eggs of Tartar

1 Tsp. Vanilla Flour to  
thicken

Roll thin.

**Oatmeal Macaroons**

1 c. Sugar 1 Tsp. Baking  
2 Large c. Powder in  
Rolled Oats 1 Tbsp. Flour

1 Tbsp. Butter 1 Tsp. Almond  
Extract

Beat eggs well before adding other ingredients, then beat all well together. Drop pieces size of walnut on well buttered tins. Bake in rather quick oven.



Leave on tins a minute or so before trying to remove them, but not too long or they will break in pieces.

#### Huckleberry Custard

Cook the berries and then rub through a fine sieve and then place in a mixing bowl

1 c. Huckle- 1 c. Milk  
berry Pulp 2 Eggs  
 $\frac{3}{4}$  c. Sugar  $\frac{1}{2}$  Tsp Cin-  
namon.

Beat with a Dover egg beater to thoroughly mix and then pour into well-greased custard cups. Place the cups in a pan containing hot water and bake in a slow oven until firm in the center. Serve with a spoonful of marshmallow whip and some whole berries for a garnish.

#### Hot Egg Chocolate

Make the chocolate according to any formula you like, but have it strong with chocolate. A very good way is to mix one heaping tablespoonful of grated chocolate with a quarter cupful of boiling water, stir until dissolved, fill up with hot milk, stir in quickly a well beaten egg and serve in a tall narrow cup with whipped cream on top. Or mix strong chocolate syrup with hot milk, add egg and whipped cream as in preceding. This with the addition of a cracker or a sandwich or vanilla wafer is nourishing enough for a full meal.

#### Hot Egg Coffee

Make the coffee strong stir in quickly a well beaten egg, add cream and sugar and serve. Sometimes the top is covered with whipped cream like the chocolate. This is a wonderful pick-me-up for a tired man or woman.

#### Hot Tomato Bisque

This is a great favorite, being even more popular than bouillon. One of the best ways of making it is to cook a can of tomatoes until reduced about half and then rub through a fine sieve. Melt a tablespoonful of butter, blend with a tablespoonful of corn starch and add four cupfuls boiling milk. Let this cook until it is thick, then add three tablespoonfuls of butter and the strained tomatoes and a pinch of bicarbonate of soda (cooking soda). Reheat and serve immediately with salt crackers or oysterettes.

#### Hot Grape Punch

This is very refreshing. Add to a glass or cup of hot milk two tablespoonfuls of grape juice, or more if liked, two teaspoonfuls of sugar and a well beaten egg. Serve with a grate of nutmeg sprinkled on the top.

#### Hot Clam Bisque

This is made of canned clam broth, thickened by the addition of a tablespoonful of flour to every two cupfuls. Season with salt and pepper. Add half the quantity of hot milk and serve. This is often served topped with whipped cream. Crackers may be served with it.

#### Egg Nog

For each individual about three-quarters of a glass of milk. Add the yolk of an egg that has been well beaten, with two level teaspoons of sugar. Stir this into the milk and then add the white of the egg which has been beaten stiff. Sprinkle the top with a little grated nutmeg.

#### Milk Shake

To a glass of milk add chocolate or fruit syrup according to the taste and a small serving of ice cream. If a particular color is desired when using a colorless syrup, add a touch of the "paste" made from a tablet of the harmless vegetable dyes used for tinting cake icings. Shake thoroughly in a deep glass or regular shaker and serve at once. (A regular deep shaker is made of metal with a strainer and a tight cover at the top, in which drinks may be thoroughly shaken back and forth and thus completely mixed)

#### Milk Punch

Sweeten milk with sugar; flavor with fruit juice or vanilla and a dash of nutmeg and finally add the beaten white of an egg for each glass. Mix well before serving.

#### Fruit Juice Drinks

Most pleasing summer drinks can be made at home from any of the many bottled fruit juices that are now available, Lime, Grape, Loganberry, Pineapple, Apple etc. These may be served diluted with cold water or shaved ice. If desired you can give it the "fizz" that delights the children by simply adding carbonated water. This can be obtained in bottles equipped with siphons from the druggist or grocer. By pressing the siphon lever you can inject whatever amount of "fizz" you desire into any beverage.

#### Cocoa Nut Bars

$\frac{1}{2}$  c. Butter 1 c. Cocoa or  
2 c. Sugar grated Choco-  
 $\frac{1}{2}$  c. Milk late  
 $\frac{1}{2}$  Tsp. Cream 3 Eggs  
of Tartar 3 c. Flour  
 $\frac{1}{2}$  Tsp. Soda 2 Tbsp. Chop-  
dissolved in 1 ped Nuts  
Tbsp. Water

Cream the butter and sugar together. Add the milk slowly; then two well-beaten eggs. Add the baking soda dissolved in water; then sift the cocoa into the mixture. Sift the Cream of Tartar with one cupful of flour and add to the mixture. Add the remainder of the flour. If more flour is needed, add. Place on floured board and roll out  $\frac{1}{4}$  inch thick. Cut into strips four inches long and one inch wide. Brush the top with well beaten egg and then sprinkle with chopped nuts. Bake in hot oven twelve to fifteen minutes.

#### English Walnut Candy

2 c. Brown 1 Tbsp. Butter  
Sugar 1 c. broken  
English Wal-  
nuts

Boil with sugar and butter until a little dropped in water forms a soft ball. Remove from fire and beat until the mixture begins to thicken. Then add the nut meats and pour into a buttered pan. Cut in squares.

#### Praline Creams

2 c. Sugar  $\frac{1}{4}$  Tsp. Cream  
2 c. Milk of Tartar  
1 c. Maple 2 c. Pecan  
Syrup Meats

Measure and mix the first four ingredients. Heat to the boiling point, stirring until the sugar is dissolved. Boil to soft ball stage remove from heat, add nuts and cool by placing the vessel in a pan of cold water. When cool beat until creamy and drop from a teaspoon on paraffine paper or pour into a buttered pan and cut into squares.

#### Grape Paste

Dissolve a package of orange Jell-O in  $\frac{1}{2}$  cup boiling water. Make a syrup of 1 pound granulated sugar and  $\frac{1}{2}$  cup water by bringing to the boil slowly and then boiling slowly for 10 minutes, being careful to prevent burning by seeing that the sugar is dissolved before nearing the boiling point. Take from the fire and add Jell-O, one cup of grape juice and the grated rind of half an orange. Nut meats may be added. Rinse a pan in cold water and pour the mixture into it through a sieve, to a depth of about one inch. Put in a cool place to "set." Cut in cubes and roll in confectioner's sugar.

#### Queen Pudding

Beat well together the yolks of four eggs and one teaspoonful of sugar; add one quart of milk and one pint of bread crumbs with a piece of butter as large as an egg.



When baked spread with jelly, and on this a frosting made of the whites of the eggs whipped to a froth with five teaspoonfuls of sugar, and the grated rind of a lemon for flavoring. Put into the oven and brown.

#### Spanish Cream

1 Qt. Milk 4 Eggs  
 ½ Box Gelatine 1 c. Sugar  
 Flavor Vanilla to Flavor

Soak gelatine in the milk for thirty minutes, heat, beat yolks and sugar together and add to the boiling milk, stir and cook until it thickens; take from the fire, add the whites beaten very light, stirring them in thoroughly, flavor and put in a mould to cool. Or, a meringue may be made of the beaten whites, the juice of one lemon, and one-half cup of sugar; pour over cream and brown slightly in the oven.

#### Junket (Coffee)

¾ c. Milk ¼ Tbsp. Rennet, or  
 2 Tbsp. Coffee (liquid) ¼ Junket  
 1 Tbsp. Sugar Tablet

Dissolve the junket tablet in a little cold water. Heat milk lukewarm, add the other ingredients, mix well and pour into glass cups. Cool and set on the ice.

#### Cornmeal Pudding with Apricots

Pour three cupfuls of scalding hot milk on one cupful of sifted cornmeal; stir in two tablespoonfuls of sugar, one teaspoonful of powdered ginger and half a teaspoonful of salt. Now add six apricots, canned, sliced thin. Bake for one hour and a half in a moderate oven. Garnish with sliced apricots and serve with sauce made from the juice of the apricots.

#### Gold Nuggets from Canned Peaches

2 c. Milk 1 Tsp. Vanilla  
 ¼ c. Cornstarch 1 Tsp. Extract  
 ¾ c. Sugar 1 Pt. Jar  
 ¼ Tsp. Salt Canned Yellow Peaches

1 Tsp. Melted Shortening  
 Put the milk on to boil; when boiling, add the cornstarch, which has been mixed with a little cold milk. Boil for twenty minutes; add sugar, salt and flavoring. Brush ten custard cups with melted shortening and half fill them. Put two halves of peaches, which have been drained, in the center of the cornstarch. Cover quickly with cornstarch, and set in a cold place until ready for use. Care-

fully loosen from the sides and turn out on individual dishes; pour the peach syrup over and around the nuggets.

#### Chocolate Blanc Mange

One pint of milk, two eggs, pinch of salt, two tablespoons sugar, two tablespoons cornstarch, a square of chocolate and half a teaspoon of vanilla. Heat the milk in a double boiler and melt the chocolate. Make a paste of the starch with a little cold water and beat the eggs with the sugar. When the milk is hot, stir in the other ingredients carefully and add the melted chocolate last. Pour into moulds and serve with whipped cream.

#### New England Pumpkin Pie

Stew the pumpkin until soft and then press through a sieve. To a quart of pumpkin allow two quarts of milk and six eggs. Beat the eggs well and stir into the milk, adding the sifted pumpkin gradually. Add a little melted butter, sweetening to taste, a pinch of salt, a very little cinnamon and a generous flavoring of ginger. Pour into shells of pie-paste and bake in a quick oven.

#### Sweet Potato Custards

2 c. Mashed Sweet Potato 2 Tsp. Ground Ginger  
 ½ Tsp. Ground Mace  
 2 c. Milk ½ Tsp. Ground Cinnamon  
 2 Eggs 2 Tsp. Shortening  
 ½ c. Sugar  
 2 Tsp. Salt

Mash the sweet potato through a wire strainer or potato ricer; then add the milk and the yolks of the eggs, the sugar, salt, ginger and mace; beat for three minutes; then fold in the whites of the eggs, which have been beaten until dry. Brush custard cups with butter and fill them two-thirds full; sprinkle the tops with cinnamon, place in a moderate oven and bake for thirty-five or forty minutes. Serve in the cups in which the custards were baked.

#### Feather Pudding

Take two tablespoonfuls of cornstarch, mix it to a smooth paste with a little cold milk, then add to it two cupfuls of milk and one tablespoonful of sugar; flavor with the grated peel of one lemon; put into a double boiler and boil until it becomes thick; remove from the fire, stir in a cupful of canned cherries, let it cool a little, then pour into a serving bowl and decorate with some of the canned cherries and whipped cream.

#### Lemon Rice Pudding

½ c. Rice Juice of 1 Lemon  
 1 Tbsp. Butter Whites of 3 Eggs  
 1 Scant c. Sugar ½ c. Sugar  
 Yolks of 3 Eggs 1 Tsp. Grated Lemon  
 1 Pt. Milk

Boil rice twenty minutes in salted water. Drain, add butter, sugar, yolks of eggs, milk and lemon juice. Bake half an hour in moderate oven. Make a meringue of the whites of eggs. Add sugar and grated lemon. Dot the top of the baked pudding and brown slightly.

#### Chocolate Marshmallow Pudding

1 Pt. Milk ½ c. Sugar  
 1 Tbsp. Cornstarch 2 Tbsp. Baker's Chocolate,  
 2 Eggs melted and  
 Vanilla Flavoring boiled with  
 the milk

Line dish with marshmallows, pour custard over them while hot and add whites of eggs beaten with one tablespoon powdered sugar. Dot the top with cut-up marshmallows.

#### Floating Island

6 Eggs Salt to Taste  
 1 Qt. Milk Flavor to Taste  
 Sugar Grated Coconut

2 Tablespoons Powdered Sugar  
 Make a custard of the yolks of eggs, milk, salt and sugar; beat and strain yolks before adding to the milk; place custard in a large pan, and set on the stove, stirring constantly until it boils; remove, flavor with lemon or rose, and pour into a dish, a shallow, wide one is best, spread smoothly over the boiling hot custard the well-beaten whites; powder with sugar, and add coconut, if desired. Set the dish in a pan of ice-water and serve cold. Or, prepare the whites by dropping a spoonful at a time on boiling water, lifting it out carefully, when cooked, with a skimmer and laying it gently on the float. Or, pour custard into cups to cool, set whites on ice and just before serving beat very stiff with two tablespoons powdered sugar; heap upon custard in cups and serve at once.

#### Orange Layer Cake

Cream half a cupful of butter, one cupful of sugar and one teaspoonful of vanilla. Add one cupful of milk and two cupfuls of flour with three teaspoonfuls of baking powder, and last one well-beaten egg white. Mix well and bake in three lay-



ers. When cool spread orange icing between the layers. For the icing boil together one cupful of white corn syrup and one cupful of water until it spins a thread. Pour this into the stiffly beaten white of one egg, the juice of one orange and the grated rind of two. Use when cool.

#### Custard Pie

1 Pt. Milk 3 Eggs  
3 Tbsp. Sugar A Little Salt  
Flavoring to Taste

Scald the milk over hot water; beat eggs, sugar and salt together, and pour slowly over them the scalded milk. Take a pie plate, at least one inch deep, line with nice pastry and fill with the custard. Bake in a moderately quick oven. If nutmeg is used, grate over the custard before putting into the oven. Or, make a custard by mixing one-half tablespoon cornstarch with one tablespoon of milk, and thicken the boiling milk; after cooking, pour it over two beaten eggs, and finish as above.

#### Cream Pie

Beat together one tablespoonful of flour, the white of an egg and half a teacupful of sugar; add a teacupful of milk; sprinkle grated nutmeg over all. No top crust.

#### Blueberry Pie

Stew the blueberries with sugar, and when done add a very little lemon juice. Do not use until cold. Take rich pastry for both crusts, and before putting on the upper crust, sprinkle one tablespoon of flour on the fruit, and dot with bits of butter. Bake in a quick oven.

#### Cocoanut Pie

1 Pt. Milk 1 Cocoanut,  
1 Teacup Sugar Grated  
3 Eggs

Mix cocoanut with yolks of eggs and sugar. Stir in the milk, filling the pan even full, and bake. Beat whites of eggs to a froth, stir in three tablespoons of powdered sugar, pour over pie and bake to a light brown. If prepared cocoanut is used, one heaping teacup is required.

#### Fruit Tarts

Line small patty pans with short crust, fill them with red currants, black currants, raspberries, or other fruit; heap them high in the center, add powdered sugar, wet the edge of the paste with water, lay on a top cover an eighth of an inch thick, press the two edges of the pastry together and with a sharp knife pare off the excess of pastry from the edges of the pans, holding

the knife in a slanting position toward the center of the tart or patty; now with the thumb press the paste around the base of the fruit, about half an inch from the edge of the pan; press it hard enough to all but break the paste so as to push the fruit up in a cone in the center; wash with water and bake. The object of pressing the paste so thin around the base of the fruit, is that the juice of the fruit may break through the paste in baking and run around the groove formed by the pressing of the paste, and give a rich and pretty effect.

#### Pineapple Pie

One cupful of powdered sugar, one-half cupful of butter, two eggs, one small pineapple.

Grate the pineapple. Beat the butter and sugar together until creamy, add the beaten yolks of the eggs and the pineapple. When well mixed, add the whites of the eggs beaten to a stiff, dry froth, mix lightly and turn into the pie plate. Bake with an under crust only.

#### Squash Pie

3 Eggs 1 c. Sugar  
1 Pt. Milk 1 c. Sifted  
1 Tsp. Cinna- Squash  
mon ¼ Tsp. Nut-  
meg

Prepare the squash as for the table and, while warm, stir into it the well-beaten eggs, sugar and spices. Mix thoroughly with warm, rich milk. This makes two small pies.

#### Nut Custard Pie

Beat two eggs, add one and one-half cups of milk, two tablespoonfuls of thin cream, one-quarter cup of sugar, a pinch of salt, one teaspoonful of vanilla and one-quarter cup of prepared cocoanut or English walnut meats chopped very fine. Bake slowly until the center is firm and serve cold.

It is a better way to line a plate for a custard pie with crust and bake it partly before turning in the custard; this will prevent soaking and allow the custard to be cooked slowly.

## Breads, Muffins, Etc.

#### A Ring of Nuted Bread

Sifted together one cupful of rye flour, one cupful of white flour, three teaspoonfuls of baking powder, a quarter of a teaspoonful of salt and an eighth of a teaspoonful of mace. Mix together one cupful and a quarter of milk, one egg and one tablespoonful of sugar and add to the flour. Turn onto a floured board;

knead well, roll out in long piece one inch thick; cut into three strips; braid and join together to form a ring. Brush over with egg yolk, sprinkle with sugar and chopped nuts. Bake in the oven for from fifteen to twenty minutes.

#### Spider Bread

2 Cupfuls of 2 Tablespoon  
Corn Meal, fuls of  
Yellow or Sugar  
White 1 Teaspoon-  
ful of salt  
1½ Cupfuls of 4 Teaspoon-  
Milk fuls of  
2 Well-Beaten 2 Baking  
Eggs Powder  
2 Tbsp. of  
Cooking  
Oil

Mix in the order given; beat well; add the baking powder, and mix lightly; pour into a shallow, well-greased pan, put into a hot oven and bake for from twenty-five to thirty minutes.

#### Corn Bread

¾ Cupful Corn ¼ Teaspoonful  
Meal Salt  
¾ Cupful Flour ¾ Cupful Milk  
3 Teaspoonfuls and Water  
Baking Mixed  
Powder 2 Tablespoon-  
fuls Melted  
1 Tablespoonful Bacon Fat  
Sugar

Mix in order given; beat well; bake in a well-greased shallow pan in a hot oven about twenty minutes. Left-over pieces may be split, buttered, and browned in oven.

#### Rice Waffles

Heat one cupful of milk; add one tablespoonful and a half of butter and the beaten yolk of one egg; then add one cupful and a half of flour and beat well. Now add the beaten white of the egg, half a cupful of cooked rice and two teaspoonfuls of baking powder. Beat the batter for two minutes and cook on a hot, well-greased waffle iron. When the waffles are done serve them hot with maple sirup, honey, powdered sugar or jelly.

#### Boston Brown Bread

(Sour Milk)

1 Cupful of 4 Tsp. of Bak-  
ing  
Corn Meal ing  
1 Cupful of Powder  
Rye Meal ¾ Cupful of  
1 Cupful of Molasses  
Bread 1 Tsp. of Salt  
Flour 1¼ Tsp. Soda  
2 Cupfuls of Buttermilk  
or Sour Milk

Sift together the meal, flour, baking powder and salt; crush soda and mix thoroughly with the sour milk; add the molasses



and stir into the dry ingredients; turn into three well-buttered, empty baking powder boxes (pound size), cover, set to cook in a steamer at the boiling point for three hours. If the steamer is filled with water to the height of the rack it will not need to be replenished. If necessary to replenish use hot water.

#### Corn Meal and Raisin Gems

Mix one cupful of corn meal with one tablespoonful of sugar; add one teaspoonful of salt, two tablespoonfuls of butter melted and one cupful and a half of hot milk. Cool; add half a cupful of seeded raisins, one cupful of flour sifted with four teaspoonfuls of baking powder, and one well-beaten egg. Mix well and divide into hot, greased gem pans. Bake for twenty minutes in a moderate oven.

#### Spicy Pancake

With one cupful of white flour and one cupful of rye flour sift a pinch of salt, a little grated nutmeg and two teaspoonfuls of baking powder. Add one beaten egg, and pour in one cupful and a half of skim milk by degrees, stirring until smooth. Fry the pancakes on a hot pan; when nicely browned spread with apple butter, roll up and serve hot. Sprinkle cinnamon lightly on top. When baked in large size they may be rolled and cut across like rolled omelets.

#### Banana Fritters

One and one-quarter cups flour, 1 teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt, 1 cup milk, 2 eggs, 1 tablespoon melted butter, 5 bananas cut in quarters, 2 tablespoons grape juice, 2 table spoons powdered sugar. Remove the skins from the bananas, cut in halves lengthwise, then across. Place in a shallow dish, pour over the grape juice, and sprinkle with the sugar; cover and stand one half hour.

Sift together thoroughly the flour, baking powder and salt. Add the milk gradually, then the butter, yolks of the eggs beaten until thick, and the whites of the eggs beaten to a stiff froth. Drain the bananas, dip in the batter and fry in hot fat. Drain on brown paper, sprinkle with sugar and serve as an entree or with a sauce for dessert.

#### Graham Nut Bread for Sandwiches

Stir one teaspoonful of baking soda into half a cupful of molasses; add two cupfuls of sweet or sour milk, half a cupful of sugar, one teaspoonful of salt,

one cupful of white flour, two cupfuls of Graham flour and one cupful of English walnut meats cut into small pieces. Mix well and pour into a long, narrow, well-greased pan. Bake in a moderate oven for one hour.

#### Potato Biscuits

Into two cupfuls of hot mashed potatoes put two teaspoonfuls of salt, two tablespoonfuls of butter, one teaspoonful of baking soda stirred into two cupfuls of sour milk, three cupfuls of rye flour and two cupfuls of white flour or sufficient to make a soft dough. Roll out, cut with a small cutter, place on greased tins, allow to stand in a cool place for one hour and bake in a hot oven for fifteen minutes.

#### Cream Toast

Heat sweet cream to the boiling point, setting it in boiling hot water to prevent scorching; add a little salt. Let the slices of bread be toasted by the time the cream is ready, and put them into a deep dish covering each one with plenty of cream and serve immediately, keeping the dish covered.

#### Corn Muffins

One cup corn meal,  $\frac{3}{4}$  cup flour, 2 teaspoons baking powder, 1 teaspoon salt,  $\frac{1}{4}$  cup molasses,  $\frac{3}{4}$  cup milk, 1 egg, well beaten, 1 tablespoon melted butter. Sift together thoroughly the corn meal, flour, baking powder and salt. Add gradually the milk and molasses and beat thoroughly, then add the egg and butter. Bake in hot buttered gem pans 25 minutes.

#### Nut Bread

4 c. Whole 2 Eggs  
Wheat  $\frac{1}{2}$  c. Sugar  
Flour 2 c. Milk  
4 Heaping Tsp. 1 c. Chopped  
Baking Nut Meats  
Powder 1 Tsp. Salt  
Bake slowly. Will make one large or two small loaves.

#### Corn Fritters

Take one can of corn, add one pint of sweet milk, two eggs, one good tablespoon flour, butter size of an egg, pepper and salt to taste. Beat all together thoroughly, butter well your frying pan, and when quite hot drop a tablespoonful in a place. When nicely browned, turn. Serve hot. Green corn can be used the same.

#### Anchovy Toast

Six anchovies, two hard-boiled eggs, two ounces butter, six croutons of bread, cayenne, lemon juice. Wash and bone the anchovies, and pound them to a

paste with the egg yolk, butter and cayenne; for extra fine ones, run through a puree sieve. Fry rounds of bread, spread with the above paste, and spread over them the whites of the egg chopped very fine.

#### Corn and Rice Muffins

Pour two-thirds of a cupful of hot milk over one cupful of cooked rice and work with a fork to separate the grains; add half a cupful of corn meal to the hot mixture, two tablespoonfuls of bacon fat, half a teaspoonful of salt and one tablespoonful of brown sugar; set aside to cool. When the mixture is cold, add half a cupful of flour and three teaspoonfuls of baking powder; beat it thoroughly; bake in well-greased muffin pans in a hot oven for twenty minutes.

#### Tomato Toast

Slices of Toast 1 C. Milk (hot)  
(as many 1 Tbsp. Corn-  
as desired) starch or  
1 Pt. Stewed arrowroot  
Tomatoes Pepper, Salt,  
Butter

Put the tomatoes through the colander. Season with the pepper and salt. Add butter and let it come to a boil. Butter the slices of toast and lay on a hot platter. Add the cornstarch (or arrow-root) to milk, mix with tomatoes; pour it over the toast.

#### Virginia Spoon Bread

2 c. Warm 2 Eggs  
Water 2 Tsp. Salt  
1 c. of Milk 1 Tbsp. of Fat  
1 Cupful of Corn Meal

Mix the corn meal with the water and cook, stirring meantime for three minutes. Remove; add the eggs beaten with the milk, then the salt and butter. Place in a well-greased baking pan and bake for about twenty-five minutes in a hot oven. Let it brown well. Serve with a spoon from the pan.

#### Corn Meal Scones

1 Cupful of  $\frac{1}{2}$  Cupful of  
Corn Meal Granulated  
1 Cupful of Sugar  
Flour 1 Cupful of  
1 Teaspoonful Currants or  
of Baking Chopped  
Powder Raisins  
2 Tablespoon- 1 Egg  
fuls of  $\frac{1}{4}$  Cupful of  
Shortening Milk

Sift together the flour, corn meal and baking powder; rub in the shortening. Add the sugar, currants or chopped raisins, the beaten egg and the milk. Put on greased biscuit pans by spoonfuls. Bake in a hot oven until a golden brown. These may be served either hot or cold.



**Potato Fritters**

2 Cups Mashed Potatoes  
 1/2 Teaspoon Salt  
 1/2 Cup Flour  
 2 Eggs  
 4 Tbsp. Butter  
 1/2 Pint Milk

Melt butter and mix with potato; stir all the ingredients together, adding whites of the eggs last. Have a stiff batter. Drop very carefully into the lard so the batter will not break in falling.

**French Toast**

Toast slices of stale bread; dip first in sweet milk, then in well-beaten egg, and fry in hot fat.

**Apple Fritters**

6 Medium-Sized Apples  
 2 Tsp. Baking Powder  
 1/2 Tsp. Salt  
 2 Eggs  
 1 c. Milk  
 1 c. Flour

Wash, pare and core the apples; cut into rounds a quarter of an inch thick. Dip into the batter and then fry in deep, hot fat or oil. Sprinkle with pulverized sugar. The batter is made as follows: Sift the flour, baking powder and salt into a bowl; add the milk slowly and the well-beaten eggs; mix well, and it is ready for the apples.

**Pecan Muffins**

1/2 C. of Graham Flour  
 2 C. of Stone Ground Yellow Corn Meal  
 3 Tsp. of Baking Powder  
 1 Tbsp. of Brown Sugar  
 1 Egg  
 1 1/2 C. of Milk

Put the Graham flour, corn meal, baking powder, brown sugar, salt and butter into a bowl. Mix with it one well-beaten egg and the milk. Fill well-greased muffin tins with the batter, and sprinkle chopped pecan nuts over the top of each. Bake in moderate oven.

The nuts may be put through the meat chopper and mixed with the batter if desired. Peanuts, almonds or walnuts may be used instead of the pecans if preferred.

**Corn Meal Wafers**

1 1/2 c. Corn Meal  
 1 Tbsp. Melted Butter  
 1 c. of Milk  
 4 Tbsp. Sugar  
 2 Eggs  
 1 Tsp. of Salt

4 Teaspoonfuls Baking Powder

Put the corn meal and milk into a bowl; add the eggs well-beaten, the butter, salt and sugar, and beat for five minutes; add the baking powder, and mix lightly. Brush a baking sheet with butter and put the wafer dough on by spoonfuls, leaving space to spread. Bake in a hot oven until the edges are brown and crisp.

**Fairy Gingerbread**

One-half cup butter, one cup brown sugar, one-half cup milk, one and seven-eighths cups bread flour, one teaspoon baking powder, two teaspoons ginger. Cream the butter, add gradually the sugar, then the milk very slowly. Sift together thoroughly the flour, baking powder and ginger and add to the mixture. Spread thin with a broad-bladed knife on a buttered inverted dripping pan. Bake in a moderate oven. Cut in squares before removing from the fire.

**Cornmeal Souffle**

1/2 c. Milk  
 1/4 Tsp. Salt  
 2 Tbsp Butter  
 2 Egg Yolks  
 2 Tbsp. Corn-Meal  
 Beaten Light  
 2 Eggs, Whites  
 1/2 c. Grated Cheese  
 Beaten Stiff  
 1/8 Tsp. Paprika

Melt the butter; add the milk, then stir in the cornmeal and salt. Cook over boiling water for forty-five minutes, stirring occasionally. Add the egg yolks, grated cheese and paprika, then fold in the egg whites. Pour the mixture into a buttered dish and bake for about twenty minutes. Serve at once from the baking dish.

**Johnnie Cake**

1 Egg  
 1 c. Flour  
 1/2 c. Sugar  
 1 c. Sour Milk  
 1 Tsp. Baking Powder  
 and 1 Tsp. Soda sifted into Flour  
 1 c. Cornmeal

Bake about twenty-five minutes in medium oven.

**Corn Meal and Rice Fritters**

1 c. Cold Soft-Boiled Rice  
 1 Egg  
 4 Tsp. Baking Powder  
 1 c. Corn Meal  
 1 Tsp. of Salt  
 1 c. of Milk  
 2 Tbsp. Brown Sugar  
 1/2 c. of Flour

Put the rice and milk into a bowl and mix well; add the rest of ingredients and the well-beaten egg. If you find it too thick, add a little more milk; it all depends on how dry the rice has been cooked. The baking powder should be added last and mixed well. These cakes must be thin and baked very brown on a hot griddle.

**Amber Corn Gems**

One cupful and a half of corn meal, one cupful of flour, three teaspoonfuls of baking powder and half a teaspoonful of salt are sifted together. Then rub in one tablespoonful of chicken fat or butter as finely as possible, and one well-beaten egg mixed with about seven-eighths of a cupful of

milk, just enough to make a soft batter. Fill greased muffin tins one-quarter full; on top of this put a teaspoonful of apple jelly, cover with the batter and bake in a hot oven for twenty minutes.

**Hominy Croquettes, Cheese Sauce**

1/2 c. Hominy  
 2 c. Strained Tomatoes  
 1 Tbsp Butter  
 1 c. Sifted Bread Crumbs  
 1/2 Tsp. Salt  
 1/8 Tsp. Paprika  
 1 Egg

Wash the hominy in cold water; drain, and add the tomatoes, salt and paprika. Let cook over boiling water until tender; then add the butter, and turn into a shallow dish to cool. When cold, but not too firm, shape, roll in the crumbs, then cover with slightly beaten egg and roll in the crumbs again. Fry in deep fat to a golden brown. Serve with a white sauce to which cheese has been added.

**Corn Meal Soup Sticks**

1 1/2 c. White Corn Meal  
 2 Eggs  
 1 Tsp. Salt  
 1 1/2 c. Butter-milk or Soda  
 1 Tsp. Baking Soda  
 1 Tbsp. of Oil

Mix the corn meal and milk with the eggs, well-beaten; heat for three minutes; add the salt, baking soda, which has been dissolved with one tablespoonful of hot water, and oil; put into very hot, well-greased bread-stick pans. Bake in a very hot oven until a rich brown.

**French Rolls**

Mix as for lunch rolls and add a scant pint of milk, mixing into a firm dough. Roll pieces of the dough into short, thick rolls, tapering at the ends, and put two of these side by side, pressing the ends together to make the finished roll. Wash over with milk and bake in a hot oven.

**Ginger Bread**

1 c. Sugar  
 1/2 Tsp. (scant) Soda  
 1/2 c. Butter  
 2 Eggs  
 1 c. Molasses  
 1 Tsp. Cinnamon  
 1 c. Sweet Milk  
 1 Tsp. Ginger  
 3 c. Flour  
 1/2 Tsp. Allspice  
 1/4 Tsp. Cloves  
 Pinch of Salt

Mix together butter, sugar and molasses. Dissolve soda in molasses. Add milk, flour, eggs, spices and salt.

**Buttermilk Biscuits**

1 Quart Flour  
 1 Tbsp. Lard  
 1 Tsp. Salt  
 1 Tsp. Soda

Make a soft dough with sour buttermilk; mould into small, round balls; set closely together in a greased pan, bake one-half hour.



**Cinnamon Rolls**

Mix some shortening, an egg and a little sugar into a piece of light bread dough; roll out to one-fourth inch thickness, spread with butter, and sprinkle with sugar and cinnamon; roll up, and slice off with a sharp knife like jelly roll. Place in pans like biscuit, let rise, and when light, put a lump of butter, a little sugar and cinnamon on each one and bake.

**Clam Fritters**

$\frac{1}{2}$  Pint Clams  $\frac{1}{2}$  Pint Sweet Milk  
Salt Flour

4 Eggs to Each Pint Liquid  
Beat yolks and whites of the eggs separately; stir yolks, salt and liquid together, add whites and flour sufficient to stiffen, and the finely chopped clams, raw. Fry like other fritters.

**Soft Waffles**

Sift together one quart of flour, two teaspoonfuls of baking powder, one teaspoonful of sugar and a half a teaspoonful of salt; rub in butter and add two beaten eggs; with one and a half pints of milk. Mix the whole into a smooth batter and pour into hot and well-greased waffle iron. Sprinkle with sifted sugar and serve hot.

**Georgia Hominy Spoon Bread**

$\frac{1}{2}$  c. Corn Meal  $\frac{1}{2}$  c. Butter  
3 c. Cooked Hominy 1 Tsp. Baking Powder  
Grits 1 Tsp. Salt

$\frac{1}{2}$  Cupfuls Skimmed Milk  
Add the cooked hominy grits, while they are still warm, to the corn meal. Add the skimmed milk, butter, salt and baking powder. Pour into a shallow greased pan and bake brown.

**Virginia Egg Bread**

4 c. Corn Meal 2 Eggs  
1 c. Wheat 1 Tbsp Butter  
Flour 3 c. Milk

Sift together the corn meal, flour and salt. Beat the eggs and the melted butter into the milk, and add the liquid to the flour, making a thin batter. Bake in greased cups or a tin pan in a hot oven.

**Fried Mush**

Have it made very stiff; place it in a long, deep dish to cool. When cold cut into thick slices; dip in a beaten egg, then in flour, drop into a kettle of hot lard and fry like doughnuts. Oatmeal and wheat mushes can be fried in a similar manner and are very nice.

**Graham Gems**

Sift together one and a half pints of graham flour, half a pint of cornmeal, two teaspoonfuls of

baking powder and one teaspoonful of salt; add one and a quarter pints of milk and beat into fairly stiff batter. Bake in a quick oven ten or twelve minutes.

**Oatmeal Wafers**

1 c. of Oatmeal 2 Well-Beaten Eggs  
 $\frac{1}{2}$  Tsp. of Salt

1 Tablespoonful Melted Butter  
Mix well in the order given and drop by spoonfuls on well-greased baking sheets, leaving room to spread. Smooth the top and bake in a moderate oven until light brown.

**Hominy Muffins**

$3\frac{1}{2}$  Pts. Flour  $1\frac{1}{2}$  Tbsp. Butter  
1 Pint Warm Milk  $\frac{1}{3}$  c. Sugar  
1 c. Boiled Hominy  $\frac{2}{3}$  c. Yeast  
2 Eggs

If the hominy is cold stir until smooth in a little of the warm milk. Beat eggs and sugar together, stirring in the melted butter. Add milk and flour alternately, then the hominy and yeast, beating well for five minutes. Let rise over night. In the morning, butter pan and rings, fill the rings three-fourths full, let rise one hour, and bake one hour in a hot oven.

**Maple Muffins**

2 c. Rye Flour 2 c. White Powder  $\frac{1}{2}$  Tsp. Salt  
4 Tsp. Baking Flour  
1 Tbsp. Melted Butter 1 Egg, Added to Milk to Make 2 Cupfuls

Small Quantity of Butter and Grated Maple or Brown Sugar for Spreading in Sandwich Fashion

Sift together the rye flour, white flour, baking powder and salt. Add the butter and mix. Beat up the egg and add sufficient milk to make two cupfuls in all. Work the dough until smooth, place on a floured kneading board, divide into four portions and, handling each part lightly, roll out quickly and cut into rounds—two rounds for each biscuit. Spread with butter and grated maple sugar or brown sugar. Put together sandwich fashion, place in a greased pan and leave in a warm place to rise for ten minutes. Bake in a quick oven for twenty minutes.

**Popovers**

1 Egg 1 c. Milk  
1 c. Flour 1 Tbsp. Melted Butter  
Pinch Salt

Mix together, adding egg un-beaten, and beat all together five minutes with Dover beater. Fill greased and heated gem pans one-half full and bake one-half hour in hot oven.

**Sally Lunn**

1 Pint Milk 1 Tsp. Sugar  
 $1\frac{1}{2}$  Pints Flour 1 Tsp. Salt  
4 Tsp. Butter 3 Eggs  
 $\frac{1}{2}$  Cup Yeast

Scald the milk, add the butter and let cool. When lukewarm, add salt, sugar, yeast and flour. Beat well, cover and set in a warm place to rise until very light, which will be in two hours in summer, but longer in winter. Beat the yolks and whites of eggs separately, add them to the batter, and stir lightly. Let rise for fifteen minutes. Put in a pan and bake in a moderate oven forty minutes. Serve hot.

**Oatmeal Gems**

Mix with one and a half teacupfuls of finely ground oatmeal, half a teacupful of cornmeal, a teacupful of flour and a teaspoonful of baking powder. Mix in a tablespoonful of butter, two tablespoonfuls of sugar, one teaspoonful of salt and two teacupfuls of milk. Put in hot tins and bake in a hot oven.

**Quick Graham Bread**

3 c. Sour Milk  $\frac{1}{2}$  c. Molasses  
2 Tsp. Soda 1 Tsp. Salt

Dissolve the soda in a little hot water before stirring into the milk, add molasses, salt, and as much graham flour as can be stirred in with a spoon; pour in well-greased pan, put in oven as soon as mixed, and bake 2 hours.

**Fine Sour Cream Biscuits**

One pint flour, one-half teacupful soda, one teaspoon salt, one teaspoon cream tartar. Sift all together. Add one teacupful lard, one cup sour cream or enough to mix soft. Cut one inch thick and bake 15 minutes.

**Sour Milk Muffins**

Set iron muffin pans where they will heat. Measure two-thirds cup of sour milk and fill the cup with sour cream. Beat two eggs thoroughly, add the milk and cream and one and one-half cups of flour in which one-half level teaspoon each of salt and soda have been sifted. Pour into hot greased pans and bake in a quick oven.

**Rye Muffins**

Sift and mix one pint of rye flour, half a pint of corn meal, half a pint of flour, three teacupfuls of baking powder, one tablespoonful of sugar and one teaspoonful of salt; work in one tablespoonful of lard and butter, and add two beaten eggs with one pint of milk; beat into a firm batter. Grease muffin pans well and fill to two-thirds of their capacity. Bake in hot oven.



# COTTAGE CHEESE RECIPES

Suggested by the Department of Agriculture

## Cream of Cottage Cheese Soup

Make thin cottage cheese sauce neutralizing the acid of the cheese with baking soda. Season by reheating with the soup a slice of onion, a small slice of the yellow part of the lemon rind, and a blade of mace or a little nutmeg. No one of these flavors should predominate, and the seasoning should be very delicate. Serve croutons with this soup.

**Suggested Supper Menu.**—Cream of cottage cheese soup, croutons; fried potatoes and dandelion greens; or, green corn on the cob, and tomato and lettuce salad; toasted corn muffins; tea or coffee; fruit or dessert.

## Cottage Cheese and Peanut Butter Soup

Make thin cottage cheese sauce neutralizing the acid of the cheese with baking soda. Blend the peanut butter with the cheese before adding the sauce, using 1 tablespoon peanut butter for each cup of sauce. Season with a slice of onion, a bit of bay leaf, and a pinch of powdered sage heated with the milk.

**Suggested Menu.**—Cottage cheese soup, potato salad with stuffed olives or sweet pickles, corn or graham gems, preserved or fresh fruit, tea or coffee.

## Cottage Cheese Nut Loaf

2 cups cottage cheese  
1 cup chopped nuts (use local nuts if possible)  
1 cup cold leftover cereal (any kind)  
1 cup dry bread crumbs  
2 tablespoons chopped onion, or ½ teaspoon onion juice  
1 tablespoon fat  
Salt, pepper  
½ teaspoon soda or more to neutralize acid

Poultry seasoning or mixed herbs Worcestershire sauce, or kitchen bouquet if desired.

Mix all ingredients together thoroughly and bake in a buttered pan in a hot oven till top and sides are well browned over. Turn out on a hot platter. Serve with a brown or tomato sauce if desired.

**Variations.**—This loaf is particularly good made with peanuts. Substitute for the cup of chopped nuts in the rule above, 2 tablespoons of peanut butter and ½ cup of coarsely chopped nuts, and season with ½ teaspoon of ground sage or with 1 teaspoon of mixed poultry seasoning. Where walnuts are used pimentos make a good garnish.

**Suggested Menu.**—Cottage cheese loaf, mashed potato, string beans or spinach, radishes, dressed lettuce, or green onions, barley bread, jam tart, coffee.

## Cottage Cheese Loaf No. 1

1 cup cooked rice (dry or flaky)  
1 cup cottage cheese  
½ cup ground peanuts  
1 cup bread crumbs (or more)  
1 tablespoon chopped onion  
1 tablespoon savory fat or drippings  
¼ teaspoon soda  
1 cup strained tomato

Mix well and form into a roll. Brush over with melted butter and bake in a moderate oven 25 minutes. Serve with a medium white sauce to which may be added 2 teaspoons minced pimentos.

## Cottage Cheese Loaf No. 2

2 cups cottage cheese  
1 cup leftover cereal  
1 cup bread crumbs (dried in oven)

4 teaspoons peanut butter  
½ cup chopped peanuts  
1 teaspoon onion juice  
A pinch of sage  
Salt, cayenne and paprika  
Liquid, if necessary, to mix

Form into a loaf and bake in a hot oven 20 or 25 minutes or until brown. Or bake in a greased bread tin and turn out on a platter. The cracklings left from tried-out fat or partially tried-out ground suet may be used in place of peanut butter.

## Scalloped Eggs With Cottage Cheese

6 hard cooked eggs  
½ cup cottage cheese  
1 cup white sauce  
1 sweet red pepper cut in strips

Cut the eggs into quarters and place about one-fourth of the amount in a buttered baking dish. Cover this layer with

sauce into which the cottage cheese has been folded and sprinkle over it a layer of sliced green or red sweet pepper. Repeat until the dish is full. Sprinkle bread crumbs on top, dot with butter and brown in a hot oven.

## Creamy Eggs With Cottage Cheese

1 cup milk  
1 tablespoon flour  
4 eggs  
1 cup cottage cheese  
¼ teaspoon soda  
1 tablespoon butter  
½ teaspoon pepper  
½ teaspoon salt  
Paprika  
Parsley or pimentos

Make a thick sauce with the milk, flour, butter and seasonings. Cook 5 minutes and pour gradually on the cheese, which has been neutralized with the soda dissolved in a little of the milk. When the cheese and sauce are well blended, return them to the top of the double boiler and reheat over hot water. Beat the eggs slightly, pour them into the warm sauce, and mix well. As the mixture sets in a soft custard on the bottom and sides of the boiler, scrape it up carefully, forming large soft curds. The mixture is cooked when it is of a creamy consistency throughout. This quantity will serve eight or more people.

## Cottage Cheese Omelet

2 eggs  
¼ teaspoon salt  
3 rounded tablespoons cottage cheese  
1 tablespoon chopped pimentos  
2 tablespoons milk  
⅛ teaspoon soda

Beat the yolks and whites of the eggs separately. Add to the yolks the salt, the milk and the cheese with which have been blended the pimentos, finally fold in the stiffly beaten whites; pour into a hot frying pan in which has been melted about ½ tablespoon fat. Cook the omelet slowly until the egg has set, place in the oven a few minutes to finish cooking and fold over in the center. Garnish with parsley. Other seasoning may be used, such as chopped parsley, green pepper or minced ham.



### Scrambled Eggs With Cottage Cheese

Proportions.—For each egg, use 1 tablespoon milk,  $\frac{1}{8}$  teaspoon salt, plenty of pepper, 1 rounding tablespoon cottage cheese, pinch of baking soda, fat to grease pan.

Method.—Mix eggs, seasonings, and 1 tablespoon milk for each egg. Scramble eggs as usual in greased pan till entirely cooked. Neutralize acid in cheese with soda, stir lightly into egg. Serve immediately.

### Cottage Cheese Sausage

1 cup cottage cheese  
1 cup dry bread crumbs, or  $\frac{1}{2}$  cup cold cooked rice, and  $\frac{1}{2}$  cup bread crumbs  
 $\frac{1}{4}$  cup peanut butter, or 2 tablespoons savory fat  
 $\frac{1}{4}$  cup coarsely chopped peanut meats  
 $\frac{1}{2}$  teaspoon powdered sage  
 $\frac{1}{2}$  teaspoon thyme  
1 tablespoon milk  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{8}$  teaspoon soda  
1 tablespoon finely chopped onion

The bread crumbs may be made from leftover corn, barley or other quick breads.

Cook the onion in the fat until tender but not brown. Dissolve the soda in the milk and work into the cheese. Mix all other dry ingredients thoroughly with the bread crumbs. Blend peanut butter and onion with the cheese, and mix with them the bread crumbs. Form into flat cakes, dust with bread crumbs or cornmeal, and fry a delicate brown in a little fat in a hot frying pan.

Variations.—To utilize leftover cereals, use 1 cup of cooked rice, oatmeal or cornmeal mush with  $\frac{3}{4}$  cup of bread crumbs.

Dry cornmeal or finely ground oatmeal may be used for stiffening the above mixture, but in such case it is better to form into a loaf and bake it in the oven about 25 minutes.

Other seasonings may be used in place of the above.

The amount of liquid will vary in every case. The mixture should be very stiff, since the cheese tends to soften it during the cooking.

Suggested Breakfast Menu.—Orange or grapefruit; cottage cheese sausage; corn bread or toasted white bread; coffee. For a heartier meal, include creamed potatoes.

### Baked Cowpeas and Cheese

1 tablespoon butter  
1 tablespoon finely chopped onion  
1 tablespoon finely chopped sweet green pepper or celery  
2 cups cooked cowpeas  
 $\frac{1}{2}$  cup cottage cheese  
 $\frac{1}{8}$  teaspoon soda to neutralize, if desired

Press the peas through a sieve to remove the skins, and mix with the cheese. Cook the onion and pepper or celery in the butter or other fat, being careful not to brown, then add them to the peas and cheese. Form the mixture into a roll, place on a buttered dish and cook in a moderate oven until brown, basting occasionally with butter or other fat and water. Serve hot or cold like meat.

### Pimento and Cottage Cheese Roast

2 cups cooked cereal (rice, etc.)  
1 cup cottage cheese  
1 cup dry bread crumbs  
3 pimentos (chopped fine)  
 $1\frac{1}{8}$  teaspoons salt  
 $\frac{1}{4}$  teaspoon soda  
 $\frac{1}{4}$  teaspoon pepper  
Liquid, if necessary

Blend all together very thoroughly, making the mixture very stiff. Form into a roll and bake about 25 minutes, basting from time to time with savory fat or meat drippings if necessary.

## Cottage Cheese, Vegetable Dishes and Sandwiches

### Hashed Brown Potatoes With Cottage Cheese

Chop cold boiled potatoes fine and season them well with salt, pepper, and onion juice. Mix with them enough milk to help them brown when turned upon a hot frying pan lightly greased with savory fat, and cook the potatoes slowly without stirring till they are browned next the pan.

Meanwhile soften a generous amount of cottage cheese with cream or milk till it will spread easily. Mix with it any desired seasoning such as chopped parsley or pimentos, a little leftover ham or bacon, chili sauce or piccalilli, and spread it over the potatoes. Let the mixture stand long enough to warm up the cheese and soften it; then fold over the potatoes, like an omelet, turn it upon a hot platter, and serve at once.

Many persons enjoy the slight acid flavor of the cheese with this dish. If desired, however, the acid of the cheese may be neutralized by adding  $\frac{1}{4}$  teaspoon or more of soda for each cup of cheese.

Suggested Supper Menu.—A little cold meat thinly sliced; hashed brown potatoes with cottage cheese; salad; tea or coffee; warmed up corn muffins; apple or berry pie.

### Creamed Potatoes and Cottage Cheese

Reheat cold diced or sliced potatoes in medium white sauce with cottage cheese. The best seasoning for this sauce is a slice of onion added to the milk while heating and chopped parsley and pimentos;  $\frac{2}{3}$  cup of potatoes and  $\frac{1}{3}$  cup of sauce make a generous serving.

Boiled new potatoes may be served whole with this sauce.

### Cheese and Potato Croquettes

1 cup cottage cheese  
2 tablespoons chopped parsley  
1 rounding teaspoon chopped green pepper  
 $\frac{1}{4}$  teaspoon soda  
 $\frac{1}{2}$  teaspoon salt  
Dash of cayenne  
Dash of paprika

Mix these ingredients very thoroughly and form into small rolls. Then imbed the rolls in mashed potatoes which have been seasoned with salt and pepper, forming a larger roll of each. Roll the finished croquettes in egg and bread crumbs and fry in a pan containing about 1 tablespoon of hot fat or brush with melted fat and brown in a hot oven.

### Cottage Cheese Balls

$\frac{1}{2}$  cup thick white sauce, made from  $\frac{1}{2}$  cup milk  
2 tablespoons flour  
1 tablespoon fat  
Salt and pepper  
2 cups cottage cheese  
2 cups mashed potatoes  
1 egg, beaten  
Bread crumbs

Make white sauce. Gradually beat cottage cheese into it. Add mashed potatoes, season, make into soft balls, roll in bread crumbs, then in beaten egg, then in bread crumbs again. Fry in kettle of deep fat until a golden brown. These cheese balls are delicious served with tomato sauce.



### Cottage Cheese Club Sandwich

This sandwich is made of three good-sized slices of toasted bread one or more being spread thickly with cottage cheese. Lettuce or water cress and salad dressing are also used. The rest of the filling may be varied to suit the table or the larder. The sandwich is cut diagonally across, and served on an individual plate with the halves arranged in diamond shape. It is desirable to toast the bread on one side only, and to cut it immediately after toasting, as otherwise the pressure of cutting crushes out the cheese and spoils the appearance of the sandwich. The cut slices may be placed together again while the sandwich is being filled, and the filling may be sliced through with a sharp knife.

Variations.—In addition to the cottage cheese, these club sandwiches may contain:

1. Tomato, lettuce, mayonnaise dressing.

2. Thin sliced cold ham spread with mustard, lettuce, mayonnaise.

3. Sliced tart apple, nuts lettuce, mayonnaise.

4. Sliced orange, watercress, mayonnaise.

5. Sliced Spanish onion, pimento, lettuce, mayonnaise.

6. Two tiny strips of bacon, lettuce, mayonnaise.

7. Cucumber or green pepper, pimento, lettuce, mayonnaise.

8. Sweet sandwiches may be made with layers of cottage cheese and marmalade, or a paste made of dried fruits. For these the bread need not be toasted, and the lettuce and mayonnaise should not be used.

Use.—As the main dish of a light luncheon or supper.

Suggested Menu.—Cream soup, cottage cheese club sandwich, tea or coffee, dessert.

### Sandwich Fillings

Cottage cheese may be used as a sandwich filling, taking the place of meat or egg filling. Oatmeal, graham and Boston brown bread lend themselves well to cottage cheese sandwiches.

Variations.—The cheese may be combined with nuts: grated cheese, pimentos, horseradish, chopped or sliced olives, whole or chopped nuts, sliced celery, prunes softened by soaking, freshly crushed mint leaves, honey, jelly, or marmalade.

These additions may be blended with the cheese, or may be spread in a layer over it.

Suggested Luncheon or Supper Menu.—Brown bread and cottage cheese sandwich; corn on cob or other vegetable; milk or coffee; fruit or made dessert.

### Fried Bread With Cottage Cheese

Spread slices of stale bread thickly with cottage cheese, with which pimentos, nut meats, or some marmalade or jelly has been blended. Dip in a mixture of egg and milk, and fry quickly in butter or other fat.

Variation.—The egg and milk may be omitted and the bread may be fried lightly in a very small amount of bacon fat.

### Cottage Cheese Salad

Cottage cheese lends itself especially well to salads. If enough is used the salad may serve as the main dish of the meal. French, mayonnaise and boiled dressings all go well with cheese salad. The cheese may be formed into balls or slices, it may be moulded in tiny cups, or passed through a pastry tube.

Variations.—Foods that combine well with cottage cheese in salads are crisp fresh vegetables; cooked or canned vegetables; fresh, dried, canned or preserved fruits; nuts; olives; rice; potatoes. With the two last, some highly flavored and bright garnish, like pimentos or green peppers, should be used, and celery, or cabbage should be used to add succulence.

Menu.—For a hearty luncheon or supper: Tomato soup; cottage cheese and potato salad with French dressing and garnish of sweet pickles and pimentos; oatmeal biscuits; cocoa or coffee; raisin cornmeal cookies.

### Cottage Cheese Roll (Uncooked)

Various loaves or rolls can be made by combining cottage cheese with cold cooked rice or with fresh bread crumbs, and seasoning with horse radish, olives, onion juice, parsley, chopped celery, sage, pimentos, green peppers, grated cheese, or other desired seasoning. Chopped nuts, finely cut celery or cubed cucumbers are pleasing additions. Leftovers of boiled ham, fried bacon, cold meats, salmon, tuna fish, or other fish, may be used to add variety. If desired,

the loaf may be rolled, just before serving, in sifted bread crumbs that have been slightly browned in the oven. These rolls are specially attractive if served on a bed of lettuce leaves, shredded lettuce, or grape leaves, and garnished with fresh or cooked vegetables that have been tossed in French dressing. Salad dressing is frequently served with these rolls.

Sweetened rolls may be made for a hearty dessert. These may contain fresh, dried, or candied fruits and nuts, or they may be served with canned or preserved fruits as a garnish. Preserved ginger is particularly delicious served with such a cheese roll. This roll might be sprinkled with almond- or macaroon dust, or with dry crumbs made from stale cake.

Suggested Hot Weather Supper.—Cottage cheese roll made with rice and leftover salmon, on a bed of lettuce leaves, with mayonnaise dressing; sliced tomatoes; oatmeal bread with nuts; whey lemonade; crisp fifty-fifty raisin cookies.

### Spiced Cheese Pudding

2 slices stale bread  
2 eggs  
 $\frac{1}{2}$  teaspoon salt  
1 cup milk  
1 cup cottage cheese  
 $\frac{1}{4}$  teaspoon soda  
 $\frac{1}{2}$  cup sugar  
 $\frac{3}{4}$  cup seeded raisins  
 $\frac{1}{2}$  teaspoon allspice  
 $\frac{1}{4}$  teaspoon mace  
 $\frac{1}{4}$  teaspoon cloves

Cut the bread into cubes and place in a greased baking dish. Beat the yolks and whites of the eggs separately. Blend with yolks the milk, salt and sugar, and cheese, to which has been added the soda. Add the spice and chopped raisins and lastly fold in the stiffly beaten whites. Pour this mixture over the cubes of bread and bake like a custard in a moderate oven.

If desired the white of 1 egg may be beaten separately, sweetened with 1 tablespoon of sugar, and spread over the top of the pudding just before removing it from the oven.

Corn muffins or cold rice cooked dry and flaky may be substituted for bread.

### Sauces for Creamed and Scalloped Dishes

Cottage cheese sauces are useful for creaming potatoes, eggs, toast, and leftover vegetables, and for scalloping these and



other dishes. The cheese materially increases the protein and lime content of the sauce, thickens it somewhat, and, unless the acid is neutralized with baking soda, lends it a slight sour or acid flavor which is desirable in some dishes and undesirable in others. From  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon of soda is necessary to neutralize completely the acid flavor in one cup of cheese. The soda should be dissolved in a little milk or hot water, and blended with the cheese.

#### Proportions for White Sauces With Cottage Cheese

##### THIN SAUCE—

1 cup milk  
 $\frac{1}{2}$  tablespoon butter  
 $\frac{1}{2}$  tablespoon flour  
 $\frac{1}{3}$  teaspoon salt  
 Dash pepper  
 $\frac{1}{4}$  cup cottage cheese

##### MEDIUM SAUCE—

1 cup milk  
 $\frac{1}{2}$  tablespoon butter  
 1 tablespoon flour  
 $\frac{1}{3}$  teaspoon salt  
 Dash pepper  
 $\frac{1}{4}$  cup cottage cheese

##### THICK SAUCE—

1 cup milk  
 1 tablespoon butter  
 2 tablespoons flour  
 $\frac{1}{2}$  teaspoon salt  
 Dash pepper  
 $\frac{1}{4}$  cup cottage cheese

Variations.—Add 1 tablespoon of grated American cheese and reduce fat by half. Season with cayenne pepper.

Add 1 tablespoon of peanut butter, blended with cheese.

Mix a little curry powder with the flour used in the white sauce foundation, and add onion juice if desired.

Add a few drops of Worcestershire sauce and some finely chopped parsley.

Add chopped parsley and pimentos; this sauce is especially good for creamed potatoes.

Make the sauce by any desired method, cook it thoroughly, and cool it slightly before adding the cheese. Stir the sauce gradually into the cheese till well blended, then reheat carefully. If the cheese is strongly acid it may curdle the sauce unless the acid is neutralized. Avoid boiling the sauce, for this will toughen the cheese and make it more difficult to digest.

Scalloped dishes made with cottage cheese sauce should be placed in a quick hot oven so that the crumbs may brown before the sauce boils.

#### Salad Combinations

2 cups cottage cheese  
 1 cup pickled beets, cut up  
 Mix and add salad dressing.

This makes a very pretty red salad. Serve on crisp lettuce.

1 cup chopped cabbage  
 $\frac{1}{2}$  cup chopped celery  
 1 cup chopped apple (red peeling may be left on)

Add cottage cheese salad dressing and serve on lettuce leaf.

#### Salad Dressing

$\frac{1}{2}$  cup milk  
 $\frac{1}{4}$  cup vinegar (not too strong)  
 1 egg  
 1 cup soft cottage cheese  
 1 cup sour cream, whipped  
 1 teaspoon salt  
 1 teaspoon mustard  
 $\frac{1}{2}$  teaspoon paprika  
 2 teaspoons flour  
 1  $\frac{1}{2}$  teaspoons melted butter

Mix the dry ingredients together and cream them with the melted butter. Add the creamed mixture to the heated milk and stir until very thick. After the mixture has boiled, add vinegar slowly, stirring all the while. Cool slightly and add beaten egg. Put the cottage cheese through a sieve if necessary to break up lumps. Using an egg beater, beat the cottage cheese gradually into the dressing until smooth. Lastly fold whipped cream into dressing.

## Cottage Cheese Desserts

#### Cottage Cheese Tart

1  $\frac{1}{3}$  cups cottage cheese  
 Whites of 2 eggs beaten stiff  
 $\frac{1}{3}$  cup heavy cream, whipped  
 $\frac{1}{3}$  cup sugar  
 2 teaspoons lemon juice  
 Few gratings of lemon rind  
 2 to 3 tablespoons sweet milk

Soften the cheese with the milk. Add part of the whipped cream, and the flavoring, which should be very delicate. Fold in last the beaten egg whites. Heap lightly into ready cooked, delicately browned pastry cases, made by baking pie crust in muffin tins or on the bottom of inverted pie tins. Garnish the top of the tart with the rest of the whipped cream, and with fresh or canned fruit if desired. This makes a large one-crust pie or tart.

Variations. — Cinnamon or nutmeg may be substituted for lemon in the above recipe.

Fresh dried or canned fruits may be folded into the filling just before serving or the top may be garnished with jelly or marmalade or with fresh fruit lightly dusted with powdered sugar.

Suggested Menu.—Potato puff with nuts, border of vegetables in cream of curry sauce, twice-baked bread or crisp rolls; dressed lettuce or cucumbers; cottage cheese tart, black coffee.

#### Cottage Cheese With Cream and Sugar

Use in place of meat or eggs for breakfast or supper.

Variations.—Add berries, peaches, or other fresh fruits; canned fruits, raisins, cut dates or other dried fruits; brown sugar, honey, jam or marmalade, or chopped nuts.

Suggested Menu for a Summer Breakfast.—Cottage cheese with cream and fruit (cornflakes if desired); toasted Victory bread; coffee. For a heartier meal, include baked or fried potatoes, or a cereal.

#### Cottage Cheese Pie

1 cup cottage cheese  
 $\frac{2}{3}$  cup sugar  
 $\frac{2}{3}$  cup milk  
 2 egg yolks, beaten  
 1 tablespoon melted fat  
 Salt  
 $\frac{1}{4}$  teaspoon vanilla

Mix the ingredients in the order given. Bake the pie in one crust. Cool it slightly and cover it with meringue made by adding 2 tablespoons of sugar and  $\frac{1}{2}$  teaspoon of vanilla to the beaten whites of 2 eggs and brown it in a slow oven.—N. Y. State Col. Agr.

#### Conservation Crust

(For Two Pies)

$\frac{3}{4}$  cup cornmeal, cornflour or other substitute  
 $\frac{3}{4}$  teaspoon baking powder  
 3 tablespoons shortening  
 $\frac{3}{4}$  cup wheat flour  
 1 teaspoon salt  
 Cold water to mix (about  $\frac{1}{2}$  cup)

Sift together the dry ingredients; cut in the shortening, blending it thoroughly with the dry materials. Mix with dry materials. Mix with very cold water to a rather stiff dough. Roll as thick as can be handled. Line two pie tins and use the trimmings to cross-bar the tops if desired. This crust may be baked before filling the pie, if the nature of the filling makes it desirable.





# How Do You Spend A Ten Dollar Bill?

The housewife who is conscientiously trying to feed her family wisely, so as to assure them the best of health and at the same time keep down her food bill, will make milk the most important food in her menus.

Dr. Henry C. Sherman, of Columbia University says: "In every dollar you spend for food, use 44 cents in the purchase of dairy products."

The following are Dr. Sherman's recommendations for the correction of the average American menu:

	% now used	Should be
Meat and Fish.....	35%	12%
Milk and its products.....	20%	44%
Bread and cereals.....	15%	13%
Vegetables and fruit.....	13%	17%
Eggs.....	6%	6%
Sugar.....	5%	3%
Miscellaneous.....	6%	5%

Following the above suggestions ten dollars would be spent as follows:—

Milk and its Products.....	\$4.40
Vegetables and fruit.....	1.70
Bread and cereals.....	1.30
Meat and fish.....	1.20
Eggs.....	.60
Miscellaneous.....	.50
Sugar.....	.30

**Eat More Milk. Both your health and your pocketbook will note the difference**







Photo, Courtesy American Red Cross

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