

LILLIAN MASSEY SCHOOL
OF
HOUSEHOLD SCIENCE AND ART

INDIVIDUAL RECIPES
FOR
CLASS WORK.

LILLIAN MARSEY SCHOOL OF HOUSEHOLD
SCIENCE AND ART, TORONTO.

uncat.
*
Cookery

Mrs. H. W. W. W.
235-
Toronto

LILLIAN MASSEY SCHOOL
OF
HOUSEHOLD SCIENCE AND ART



INDIVIDUAL RECIPES
FOR
CLASS WORK.

LILLIAN MARSEY SCHOOL OF HOUSEHOLD SCIENCE

These recipes are in individual amounts, and are especially designed for the use of Normal students and teachers of Household Science in Canada.

All measurements are made level.

One cup equals one-half pint.

Abbreviations used:

c.—Cup.

tbsp.—Tablespoon.

tsp.—Teaspoon.

MOLL
OLL
576 KS

Lesson 2
RECIPES

BEVERAGES

FILTERED COFFEE.

1 tbsp. finely ground coffee. $\frac{1}{2}$ c. boiling water.

Put a piece of unbleached cotton in a strainer, moisten with boiling water. Place strainer over a cup which has been set in hot water; put in coffee, and slowly pour boiling water through.

BOILED COFFEE.

1 tbsp. coarsely ground coffee. $\frac{1}{2}$ tsp. white of egg.
1 tbsp. cold water. Small piece of egg shell.
 $\frac{3}{8}$ c. boiling water.

Mix egg, shell, one-half cold water and coffee; stir together. Add boiling water, and boil 3 minutes. Remove to back of range, add remaining cold water; pour out a small quantity of coffee and return it to the pot. Let it stand 2 minutes to settle.

CEREAL COFFEE.

1 tbsp. cereal coffee. 1 tbsp. cold water.
 $\frac{1}{2}$ c. boiling water.

Mix coffee and cold water, add boiling water and boil 15 minutes. Settle 2 minutes and serve very hot with hot milk.

COCOA.

1 tsp. cocoa. $\frac{1}{2}$ c. water.
 $\frac{3}{8}$ tsp. sugar. $\frac{1}{4}$ c. milk.

Scald milk; mix cocoa, sugar and water; boil 5 minutes or until it thickens. Add milk and beat until thick froth forms. Serve very hot.

CHOCOLATE.

$\frac{1}{8}$ oz. unsweetened chocolate. $\frac{1}{8}$ c. boiling water.
late. $\frac{1}{8}$ c. scalded milk.
1 tsp. sugar.

Melt chocolate over hot water, add sugar and gradually boiling water. When smooth, place directly over the heat and boil 2 minutes; add hot milk, beat well, and serve with whipped cream.

GRAPE JUICE.

$1\frac{1}{2}$ c. Concord grapes. $1\frac{1}{2}$ tbsp. sugar.

Pick over, wash and remove grapes from stems. Heat slowly until they burst from their skins; stir constantly to prevent burning. Strain through a cheese-cloth; add sugar to juice, stir until the sugar is dissolved, then heat to boiling point. Pour into sterile bottle, cork and seal immediately.

CRANBERRY JUICE.

1 c. cranberries. 1 c. water.
 $\frac{1}{3}$ c. sugar.

Pick over and wash cranberries, add water and proceed as in method for Grape Juice.

BREAD**BREAD.**

$\frac{1}{4}$ c. milk. $\frac{3}{4}$ cake compressed yeast.
 $\frac{1}{4}$ tsp. salt. 1 tbsp. lukewarm water.
Flour.

Scald milk, add salt. When lukewarm add dissolved yeast, and sufficient flour to make a thick batter or sponge. Beat thoroughly, then add flour to make a stiff dough. Turn from the bowl on a floured baking-board, knead, adding flour if necessary, until soft and elastic. Return to bowl, moisten, cover and stand in a warm place until double in bulk. Cut down, knead slightly, and mould into a loaf, put in a greased pan, moisten, cover lightly, stand in a warm place. When doubled in bulk, bake 30 minutes.

Water, or milk and water may be used instead of all milk. Those who prefer may add $\frac{1}{4}$ tsp. sugar and 1 tsp. lard or butter to scalded milk. The large amount of yeast allows the bread to be made and baked in three hours.

PARKER HOUSE ROLLS.

$\frac{1}{4}$ c. milk.	$\frac{3}{4}$ yeast cake.
$\frac{1}{4}$ tbsp. butter.	1 tbsp. lukewarm water.
$\frac{1}{4}$ tbsp. sugar.	$\frac{1}{2}$ c. flour (for sponge).
$\frac{1}{4}$ tsp. salt.	Flour to make stiff dough.

Pour the hot milk on butter, sugar and salt. When lukewarm, add the dissolved yeast and flour to make a sponge, beat thoroughly, cover and stand in a warm place. When light, add flour to make a stiff dough, and knead until smooth. Let it rise until double its former bulk. Knead again, and roll the dough $\frac{1}{2}$ in. thick. Lift it from the board and let it shrink so that the rolls may be of uniform shape. Cut with a round or oval cutter. Place a bit of butter near the edge of the dough, then fold so that the edges are even. Press the roll on the straight side to prevent its separating as it rises. Place the rolls on a sheet to rise, and when light bake in a hot oven. This dough may also be used for Bread Sticks.

BUNS.

$\frac{1}{4}$ c. milk.	$\frac{3}{4}$ yeast cake.
$1\frac{1}{2}$ tbsp. sugar.	1 tbsp. lukewarm water.
$\frac{1}{4}$ tsp. salt.	$\frac{1}{2}$ c. flour.

Make a sponge with the above ingredients. Beat, and when light add

$\frac{1}{4}$ egg.	$\frac{1}{2}$ c. currants.
1 tbsp. butter (softened).	$\frac{1}{16}$ tsp. cinnamon.
Flour to make a stiff dough.	

Knead and let rise until it doubles in bulk, then shape and place on greased pan to rise. When light, bake in a moderate oven. When the buns have baked for 15 minutes, glaze them with a mixture of milk and sugar, and repeat this every 5 minutes until they are done.

CHELSEA BUNS.

$\frac{1}{4}$ c. milk.	$\frac{3}{4}$ yeast cake.
$1\frac{1}{2}$ tbsp. sugar.	1 tbsp. lukewarm water.
$\frac{1}{2}$ tsp. salt.	$\frac{1}{2}$ c. flour.

Make a sponge with above ingredients. Beat, and when light

add $\frac{1}{4}$ egg and flour to make a stiff dough. Knead, and let rise until it doubles in bulk, then roll $\frac{1}{4}$ inch thick. Spread with

2 tbsp. butter (softened). $\frac{1}{4}$ c. currants (scant).
1 tsp. cinnamon. $\frac{1}{4}$ c. brown sugar.

Roll the dough as in making Jelly Roll, and cut into slices 1 inch thick. Place in greased pan, with cut surfaces up and down. When very light, bake in a moderate oven 30 minutes.

STEAMED BROWN BREAD.

1 tbsp. white flour. $\frac{1}{2}$ tsp. salt.
2 tbsp. Graham flour. $\frac{1}{2}$ tsp. soda.
2 tbsp. cornmeal. $\frac{3}{4}$ tsp. sour milk.
1 tbsp. molasses.

Mix and sift dry ingredients; add milk and molasses mixed. Turn into a greased mould, cover tightly and steam $1\frac{1}{4}$ hours. Dry in oven a few moments after it is slipped from the mould. \square

CREAM TOAST.

2 tsp. butter. $\frac{1}{2}$ tsp. salt.
1 tsp. flour. $\frac{1}{2}$ c. milk.
1 slice toast.

Melt butter, add flour and salt, stir well together, then add milk. Stir and cook until there is no taste of raw starch. Pour over toast.

FRENCH TOAST.

1 tsp. egg. 2 tbsp. milk (scant).
Salt. 1 slice stale bread.

Add salt and milk to egg and dip the bread in the custard. Have a frying pan hot and well buttered; brown the bread on one side, place a small piece of butter on top of slice, turn and brown on the other side. Serve hot with cinnamon and sugar, or a syrup.

BUTTER BALLS.

Scald butter paddles, then chill thoroughly in cold water. Have butter cold and firm, cut in small pieces, and lightly roll each piece between paddles until round. Should the butter stick to the paddles, rub them with salt, scald again and chill. Thirty-two balls of one-half ounce each may be made from one pound of butter.

BATTERS AND DOUGHS

TEA BISCUIT.

$\frac{1}{2}$ c. flour.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{2}$ tsp. baking powder.	1 tsp. fat.
	2 tbsp. milk (scant).

Mix and sift dry ingredients. Cut in fat, or work it in with tips of fingers; add gradually the liquid, mixing to a soft dough. Toss on a floured board, pat or roll lightly to $\frac{1}{2}$ inch in thickness and cut into small biscuit. Place on greased pan, and bake in hot oven 12 to 15 minutes.

FRUIT ROLLS.

$\frac{1}{2}$ c. flour.	1 tsp. sugar.
$\frac{1}{2}$ tsp. baking powder.	1 tsp. fat.
$\frac{1}{2}$ tsp. salt.	$1\frac{1}{2}$ tbsp. milk.

Mix as Tea Biscuit, roll $\frac{1}{4}$ inch thick. Spread with

2 tsp. butter.	1 tbsp. brown sugar.
$\frac{1}{8}$ tsp. cinnamon.	2 tbsp. currants (scant).

Roll, cut in slices $\frac{3}{4}$ inch thick. Place in greased pan with cut surfaces up and down, and bake in hot oven 15 minutes.

PLAIN MUFFINS.

$\frac{1}{2}$ c. flour.	1 tsp. sugar.
$\frac{1}{2}$ tsp. baking powder.	1 tsp. fat.
$\frac{1}{8}$ tsp. salt.	3 tbsp. milk.

Mix as Tea Biscuit, and beat well. Bake in greased muffin pans 20 to 25 minutes.

CURRENT BUNS.

To Plain Muffin mixture add

$\frac{1}{2}$ tbsp. egg.	1 tbsp. currants.
	1 tbsp. raisins.

Bake in greased muffin pans 20 to 25 minutes.

GRAHAM MUFFINS.

2 tbsp. Graham flour.	$\frac{1}{2}$ tsp. baking powder.
2 tbsp. flour.	2 tbsp. milk.
$\frac{1}{4}$ tbsp. sugar.	1 tsp. egg.
$\frac{1}{8}$ tsp. salt.	$\frac{1}{2}$ tsp. butter (melted).

Mix and sift dry ingredients; add gradually milk mixed with beaten egg, then melted butter. Bake in greased muffin pan 25 minutes. This amount will make one muffin.

CORNMEAL MUFFINS.

3 tbsp. cornmeal.	$\frac{1}{4}$ tsp. sugar.
3 tbsp. flour.	3 tbsp. sour milk.
$\frac{1}{4}$ tsp. soda (scant).	1 tsp. egg.
$\frac{1}{8}$ tsp. salt.	$\frac{1}{2}$ tsp. butter (melted).

Mix and bake as Graham Muffins.

WAFFLES.

$\frac{1}{2}$ c. flour.	2 tsp. butter.
1 tsp. baking powder.	1 egg.
$\frac{1}{8}$ tsp. salt.	$\frac{3}{8}$ c. milk.

Mix and sift dry ingredients. Cut in the butter, and add gradually milk mixed with the well-beaten yolk of egg. Fold in white of egg beaten stiff, and bake at once.

SOUR MILK GRIDDLE CAKES.

1 tbsp. stale bread, or bread crusts.	2 tbsp. flour.
1 tbsp. boiling water.	$\frac{1}{16}$ tsp. soda.
2 tbsp. sour milk.	Salt.
	$\frac{1}{2}$ tsp. sugar.
	$\frac{1}{4}$ tsp. butter (melted).

Add boiling water to bread, when soft beat until smooth, and add sour milk. Combine with mixed and sifted dry ingredients, add butter and beat thoroughly; bake.

CEREALS AND GRUELS

STEAMED RICE.

$\frac{1}{2}$ c. boiling water. $\frac{1}{2}$ tsp. salt. ✓
1 tbsp. rice.

Put rice, salt and boiling water in a cup, place it in a steamer over rapidly boiling water, and steam until kernels are very tender.

BOILED RICE.

$\frac{1}{2}$ c. boiling water. $\frac{1}{2}$ tsp. salt. ✓
1 tbsp. rice.

Pick over and wash rice add slowly to boiling salted water. Boil uncovered 25 minutes or until soft. Drain in coarse strainer, and pour boiling water through the rice. Return to saucepan and stand uncovered on back of range to dry. Kernels will be quite separate.

CREAM OF WHEAT.

1 c. boiling water. $\frac{1}{8}$ tsp. salt.
2 tbsp. cream of wheat.

Add the cream of wheat slowly to the boiling salted water and cook directly over the heat 30 minutes.

OATMEAL GRUEL.

$\frac{1}{2}$ c. oatmeal. 2 c. cold water.
 $\frac{1}{2}$ tsp. salt.

Soak oatmeal in water 1 hour. Strain, add salt to liquid, and cook over hot water 45 minutes. All milk may be used instead of water, or part milk and part water.

PLAIN FLOUR GRUEL.

1 tbsp. flour. 1 c. hot milk.
 $\frac{1}{2}$ c. cold milk. 4 raisins.
 $\frac{1}{4}$ tsp. salt.

Mix the flour and cold milk to a smooth paste, and stir this into the hot milk. Wipe the raisins with a damp cloth, tear in quarters, add to gruel, and cook over hot water 1 hour. Add salt, strain and serve.

CRANBERRY GRUEL.

1 tbsp. flour.
 $\frac{3}{4}$ c. cold water.
 $\frac{1}{4}$ tsp. salt.

1 c. boiling water.
 $\frac{3}{4}$ c. cranberries.
1 tbsp. sugar.

Mix flour and cold water to a smooth paste, and stir this into the boiling salted water. Cook over boiling water 45 minutes. Pick over and wash cranberries; add to gruel. Cook till cranberries are soft. Add the sugar, stir until dissolved. Press through a strainer, and serve.

EGGS**FOAMY OMELET.**

1 egg.
 $\frac{1}{2}$ tsp. salt.

Pepper.
1 tbsp. milk (scant).
 $\frac{1}{2}$ tsp. butter.

Beat the yolk of the egg until light and creamy, add the seasoning and milk; beat the white until stiff, but not dry. Heat an omelet pan, put in butter and turn so as to butter sides and bottom. Cut and fold white into yolk; when pan is very hot, turn in the omelet, spread evenly, then reduce heat. When the omelet is set put it into a hot oven for a few minutes to dry slightly on top, fold, garnish with parsley and serve immediately.

BREAD OMELET.

1 egg.
2 tbsp. milk.
2 tbsp. stale bread crumbs.

$\frac{1}{2}$ tsp. salt.
Pepper.
 $\frac{1}{2}$ tsp. butter.

Soak crumbs in milk 10 minutes, add to beaten yolk and seasonings, cut and fold in beaten white. Cook as Foamy Omelet.

CREAM SAUCE OMELET.

$\frac{1}{2}$ tbsp. butter.
 $\frac{1}{2}$ tbsp. flour.
 $\frac{1}{8}$ tsp. salt.

Pepper.
 $\frac{1}{2}$ c milk.
1 egg.
 $\frac{1}{2}$ tsp. butter.

Cook first five ingredients as white sauce until thick, cool, then add beaten yolk of egg. Finish as Foamy Omelet.

FRENCH OMELET.

1 egg.	Pepper.
1 tbsp. milk.	$\frac{1}{2}$ tsp. salt.
	1 tsp. butter.

Beat egg slightly, enough to blend the yolk and white, add milk and seasonings; put butter in hot omelet pan, when melted turn in the mixture. As it cooks draw the edges toward the centre until the whole is of a creamy consistency; place on hotter part of range that it may brown quickly underneath; fold and turn on hot platter. Garnish.

ORANGE OMELET.

1 egg.	2 tsp. orange juice.
Kind of $\frac{1}{2}$ orange.	2 tsp. fruit sugar.
	$\frac{1}{2}$ tsp. butter.

Beat the yolk of the egg until light and creamy, add the orange rind, juice, and then the sugar. Fold in the beaten white, and cook as a Foamy Omelet. Fold omelet, sprinkle well with fruit sugar and score with a red-hot poker.

CREAMY EGG.

$\frac{1}{2}$ egg.	$\frac{1}{2}$ tsp. butter.
$\frac{1}{8}$ c. milk.	Pepper.
$\frac{1}{8}$ tsp. salt.	1 slice of toast.

Beat the egg slightly and add the butter, seasoning and milk. Cook in double boiler. When the egg coagulates around the sides and bottom of the boiler lift it away with a spoon. Continue in this way until all of the egg is cooked. If cooked too much, the egg will curdle. Serve on toast.

DEVILLED EGG.

1 hard cooked egg.	$\frac{1}{2}$ tsp. lemon juice.
Salt.	1 tsp. olive oil or butter.
Cayenne.	1 tbsp. chopped ham or tongue.
$\frac{1}{2}$ tsp. mustard.	

Cut hard cooked egg in half lengthwise. Remove yolk and rub it to a paste with oil and seasonings. Add ham or tongue and mix well. Refill the whites. Serve on a lettuce leaf.

CHEESE

CHEESE STRAWS.

1 tsp. butter.	1/16 tsp. salt.
1/2 c. flour.	Pepper.
1/4 c. fresh bread crumbs.	Cayenne.
1/4 c. grated cheese.	1 tbsp. milk.

Cream butter, add flour, crumbs, grated cheese, seasoning; mix thoroughly, and then add milk. Roll $\frac{1}{4}$ inch thick and cut in strips $\frac{1}{4}$ inch wide and 5 inches long. Shape one strip into a ring to hold straws in place in serving. Bake until brown in a moderately hot oven.

WELSH RAREBIT.

3 tbsp. grated cheese.	1/2 tsp. butter.
1/4 tsp. mustard.	1 tbsp. milk.
1/4 tsp. salt.	1 egg.
Cayenne.	1 slice toast.

Place cheese in double boiler, sprinkle over mixed seasonings. Add butter in pieces and milk. When cheese is melted stir in well-beaten egg. Cook a moment. Serve on toast or wafers.

MACARONI AND CHEESE.

1 1/2 sticks macaroni.	Pepper.
1/2 tbsp. butter.	1/2 c. milk
1/2 tbsp flour.	1/4 c. grated cheese.
1/8 tsp. salt.	1/2 c. buttered crumbs.

Break macaroni into 1 inch pieces. Cook in a large amount of boiling salted water; when tender, drain and rinse with cold water. Make sauce, add macaroni and cheese, turn into a buttered baking dish, cover with crumbs, and brown in hot oven.

NOODLES AND CHEESE.

1/2 c. noodles.	Pepper.
1/2 tbsp. butter.	1/4 c. milk.
1/2 tbsp. flour.	1/4 c. grated cheese.
1/8 tsp. salt.	1/2 c. buttered crumbs.

Cook noodles in boiling salted water until tender; drain. Make a white sauce, add noodles and cheese. Turn into a buttered patty dish and cover with buttered crumbs. Place dish in a pan of hot water and bake until crumbs are brown.

BUTTERED CRUMBS.

1 c. bread crumbs. Pepper.
 $\frac{1}{8}$ tsp. salt. 1 tbsp. butter.

Melt the butter, add the seasoned crumbs and stir lightly.

CHEESE SOUFFLÉ

1 tsp. butter. Cayenne.
 1 tsp. flour. 2 tbsp. milk.
 $\frac{1}{8}$ tsp. salt. $\frac{1}{2}$ egg.
 $\frac{1}{2}$ c. grated cheese.

Cook first five ingredients as white sauce until thick; remove from fire and add cheese and well beaten yolk of egg. Set away to cool. When cold, fold in the white of egg beaten stiff. Turn into a buttered baking dish, and bake in a slow oven from 15 to 20 minutes. Serve at once.

For Fish Soufflé use $\frac{1}{2}$ c. cooked flaked fish instead of cheese.

SOUPS AND BROTHS**POTATO SOUP.**

$\frac{1}{4}$ c. hot riced potato. 1 tsp. flour.
 $\frac{2}{3}$ c. milk, or, $\frac{1}{4}$ tsp. salt.
 milk and water. Pepper.
 $\frac{1}{4}$ tsp. onion. Cayenne.
 1 tsp. butter. Celery salt.
 $\frac{1}{4}$ tsp. chopped parsley.

Scald milk with onion, and add slowly to potatoes. Make white sauce of milk mixture and remaining ingredients, except parsley. Strain, and just before serving add parsley.

CREAM OF TOMATO SOUP.

$\frac{1}{4}$ c. stewed and strained 1 tsp. flour.
 tomatoes. $\frac{1}{2}$ tsp. salt.
 Soda. Pepper.
 1 tsp. butter. $\frac{1}{3}$ c. milk.

To hot tomatoes add soda; make a white sauce, add the tomatoes and strain. Serve immediately.

CARROT SOUP.

$\frac{1}{4}$ c. stock.	$\frac{3}{4}$ c. milk.
$\frac{1}{4}$ c. carrot (grated).	1 tsp. butter.
Onion.	1 tsp. flour.

Salt and pepper.

Cook carrot and onion in water until tender; strain (there should be $\frac{1}{4}$ c. stock), add milk. Make a white sauce of milk mixture and remaining ingredients.

CREAM OF CELERY SOUP.

$\frac{1}{4}$ c. celery or fresh celery leaves.	$\frac{1}{2}$ tbsp. butter.
$\frac{1}{2}$ c. boiling water.	$\frac{1}{2}$ tbsp. flour.
$\frac{1}{2}$ c. milk.	$\frac{1}{4}$ tsp. salt.
	Pepper.

Onion juice.

Cook celery in boiling water until very soft, press through a strainer (there should be $\frac{1}{4}$ c. stock), add to milk. Make a white sauce of milk mixture and remaining ingredients.

RICE SOUP.

2 tbsp. cooked rice.	1 tsp. butter.
$\frac{1}{2}$ c. rice water.	$\frac{1}{2}$ tsp. flour.
$\frac{1}{3}$ c. milk.	$\frac{1}{4}$ tsp. salt.
Onion.	Pepper.
Piece of dried celery leaf.	Few grains cayenne.
	$\frac{1}{4}$ tsp. chopped parsley.

Heat rice in rice water, press all through a strainer. Scald milk with onion and celery leaf, strain and add to rice. Make a white sauce of milk mixture and remaining ingredients, except parsley. Just before serving add parsley. Rice kernels may be left whole.

TOMATO SOUP.

$\frac{1}{2}$ c. tomatoes.	Onion.
$\frac{1}{4}$ c. water.	$\frac{1}{4}$ tsp. sugar.
2 pepper berries.	$\frac{1}{2}$ tsp. salt.
Bit of bay leaf.	1 tsp. butter.
1 clove.	1 tsp. flour.

Cook the first seven ingredients 15 minutes; strain, add salt. Finish as a white sauce.

OYSTER STEW.

$\frac{1}{4}$ c. milk.	2 tsp. oyster juice.
$\frac{1}{16}$ tsp. salt.	$\frac{1}{4}$ tbsp. butter.
Pepper.	4 oysters.

Heat milk over hot water, add seasonings and strained oyster juice. When hot add butter and cleaned oysters. Cook until oysters are plump; serve at once.

VEGETABLES**VEGETABLE SAUCE.**

1 tsp. butter.	$\frac{1}{2}$ tsp. salt.
1 tsp. flour.	Pepper.
$\frac{1}{4}$ c. milk.	} or $\frac{1}{4}$ c. milk.
$\frac{1}{4}$ c. vegetable stock.	

Melt butter, add flour and seasonings, stir well together, then add liquid, and cook until there is no taste of raw starch.

STEWED CELERY.

Wash and scrape the celery, cut in $\frac{1}{2}$ in. pieces, cook $\frac{1}{2}$ c. until tender and serve with Vegetable Sauce. Carrots may be prepared in the same way.

CREAMED POTATOES.

Scrub and rinse potatoes, cook, with skins on, in boiling water. When tender, drain, dry, peel, and cut in small cubes. Prepare Vegetable Sauce, using all milk for liquid; add $\frac{1}{2}$ c. cooked potatoes. Heat and serve.

STUFFED POTATO.

1 baked potato.	$\frac{1}{2}$ tsp. salt.
1 tsp. butter.	Pepper.
	1 tbsp. hot milk.

Cut a slice from the side of the potato, and scoop out the inside. Mash, add butter, salt, pepper and milk. Beaten white of egg may be added. Refill skin, and brown in a hot oven.

STUFFED TOMATO.

1 ripe tomato (med. size).	$\frac{1}{2}$ tsp. salt.
1 tsp. butter.	Pepper.
$\frac{3}{8}$ c. stale bread crumbs.	Onion juice.

Wipe and remove thin slice from stem end of tomato; scoop out the inside. Sprinkle inside of shell with salt, invert and let stand a short time.

Melt the butter, add the crumbs and seasonings. Mix part of the crumbs with chopped pulp, cook 5 minutes, then refill shell. Put remainder of crumbs on top, and bake in a slow oven 15 minutes.

MACARONI AND TOMATO.

2 sticks macaroni.	Few drops onion juice.
$\frac{1}{4}$ c. tomatoes.	$\frac{1}{4}$ tsp. sugar.
$\frac{1}{4}$ c. water.	$\frac{1}{8}$ tsp. salt.
1 pepper berry.	$\frac{1}{2}$ tbsp. butter.
Bit of bay leaf.	$\frac{1}{2}$ tbsp. flour.

Break macaroni into 1 inch pieces. Cook in a large amount of boiling salted water. When tender, drain and rinse with cold water. Cook tomatoes with water and seasonings 15 minutes, strain. Finish as a white sauce and add macaroni.

NOODLES.

$\frac{1}{4}$ egg.	Flour.
--------------------	--------

To well-beaten egg add flour to make a stiff dough, then knead until smooth. Roll very thin and cut in fine strips. When dry put in a closely covered jar.

MEAT AND FISH**HAMBURG STEAK.**

2 tbsp. chopped beef.	$\frac{1}{8}$ tsp. onion juice.
$\frac{1}{8}$ tsp. salt.	$\frac{1}{2}$ tsp. chopped parsley.
	Pepper.

Add seasonings to meat and mix well. Shape into a cake and pan-broil. Garnish with parsley.

VEAL CUTLET.

1 piece cutlet.
Egg.

Salt and pepper.
Bread crumbs.
1 tsp. fat for pan.

SAUCE.

$\frac{1}{4}$ tbsp. butter.
 $\frac{1}{4}$ tbsp. flour.
 $\frac{1}{8}$ tsp. salt.

Pepper.
 $\frac{1}{4}$ c. stock or water.
 $\frac{1}{4}$ tsp. Worcestershire Sauce.
 $\frac{1}{4}$ tsp. chopped parsley.

Season meat, roll in bread crumbs, dip in beaten egg and again in crumbs. Melt fat in frying-pan and when hot, brown cutlet in it. Make a brown sauce of the first five ingredients, strain over the cutlet, and cook just below the boiling point for 1 hour, or until tender. Add Worcestershire Sauce and parsley just before serving.

BREADED LAMB CHOPS.

2 French chops.
 $\frac{1}{2}$ tbsp. butter.
1 tbsp. flour.

$\frac{1}{2}$ tsp. salt.
Cayenne.
 $\frac{1}{4}$ c. milk.
1 tbsp. chopped ham.

Make thick white sauce, add ham; set aside to cool. Broil the chops, season with salt and pepper, cool and spread both sides with a layer of the sauce. Let stand on a buttered plate until firm, then dip in crumbs, egg and crumbs, and fry in deep fat. Serve with Cuban or Tomato Sauce.

BROWNE HASH.

$\frac{1}{2}$ c. chopped cooked meat.
 $\frac{1}{2}$ c. mashed potatoes.
1 tsp. boiling water or more.
1 tsp. fat.

Salt and pepper.
Onion juice.
Chopped parsley.
1 tsp. fat (for pan).

Mix and shape into two small cakes. Heat frying-pan, put in fat and, when very hot, the cakes. Reduce heat, so that they may brown slowly. Garnish with parsley.

HASH ON TOAST.

$\frac{1}{4}$ c. meat cut in dice.	Pepper.
$\frac{1}{4}$ c. potato cut in dice.	$\frac{1}{4}$ c. water or stock.
$\frac{1}{4}$ tbsp. fat.	3 drops Worcestershire Sauce.
$\frac{1}{4}$ tbsp. flour.	1 slice toast.
Salt.	Toast points.

Parsley.

Make a brown sauce heat the meat and potatoes in it, and serve on toast. Garnish with parsley and toast points.

SCALLOPED MEAT.

$\frac{1}{4}$ c. chopped cooked meat.	1 tsp. fat.
$\frac{1}{4}$ tsp salt.	2 tsp. flour.
Pepper.	3 tbsp. stock.
Onion juice or parsley.	$\frac{1}{4}$ c. buttered crumbs.

Mix the seasonings with the meat. Make a brown sauce and add meat. Place one-half crumbs in bottom of buttered baking dish. Turn in the meat mixture, and cover with remaining crumbs. Brown in a hot oven.

CASSEROLE OF RICE AND MEAT.

$\frac{1}{4}$ c. chopped cooked meat.	$\frac{1}{4}$ tsp. chopped parsley.
$\frac{1}{2}$ tsp. salt.	$\frac{1}{2}$ tbsp. fine crumbs.
Pepper.	1 tsp. egg.
Onion juice.	$\frac{1}{2}$ c. cooked rice.

Mix all ingredients except rice. Add enough stock to make mixture pack easily. Line a buttered mould with part of the rice. Fill with meat and cover with remaining rice. Cover tightly and steam 30 minutes. Serve with Tomato Sauce.

BEEF TIMBALE WITH MACARONI.

1 long stick macaroni.	Onion juice.
$\frac{1}{4}$ c. cooked meat.	$\frac{1}{4}$ tsp. chopped parsley.
$\frac{1}{2}$ tsp. salt.	$\frac{1}{2}$ tbsp. bread crumbs.
Pepper.	1 tsp. egg.

Stock or hot water.

Cook macaroni whole in boiling salted water. Chop the meat fine, add the seasoning, crumbs, egg, and enough stock to make it pack easily. Coil macaroni around inside of buttered timbale mould; fill with meat mixture, cover with greased paper and steam 30 minutes. Unmould, garnish with parsley, and serve with Tomato or White Sauce.

FISH BALLS.

$\frac{1}{4}$ c. salt codfish.
 $\frac{1}{2}$ c. potatoes.

2 tsp. egg.
 $\frac{1}{2}$ tsp. butter.

Pepper.

Wash the fish in cold water and break in small pieces; wash and pare the potatoes and cut in pieces. Cook the fish and potatoes together in boiling water until the potatoes are soft, drain and shake over the fire until dry; mash, add the beaten egg, butter and pepper, add more salt if needed, and beat until light. Take up the mixture by spoonfuls, mould slightly, and fry in deep fat.

SCALLOPED OYSTERS. *Lesson 1*

4 oysters.
 $\frac{1}{8}$ tsp. salt.

Pepper.
 $\frac{1}{2}$ c. buttered crumbs.

2 tsp. oyster juice.

Strain the oyster juice through a cloth. Pick over oysters, remove pieces of shell and pour cold water over them in a colander. Cut in half. Season. Put one-quarter of the crumbs on bottom of a buttered scallop shell, then one-half the oysters; repeat, sprinkle with oyster juice, and put remaining crumbs on top. Bake 15 minutes in a hot oven.

FRICASSEED OYSTERS.

$\frac{1}{4}$ tbsp. butter.
 Pepper.

$\frac{1}{4}$ tsp. salt.
 Cayenne.

4 oysters.

Place butter and seasonings in a saucepan. When hot add oysters, shake the pan occasionally. When oysters are plump, drain and place them where they will keep hot. Add enough milk to make liquid 2 tbsp.

SAUCE.

$\frac{1}{4}$ tbsp. butter.
 $\frac{1}{4}$ tbsp. flour.

2 tbsp. milk and oyster liquor.
 $\frac{1}{8}$ tsp. lemon juice.

$\frac{1}{4}$ yolk of egg.

Cook first three ingredients as white sauce, add egg and lemon juice. Reheat oysters in sauce. Serve on wafers or toast.

LOBSTER CUTLETS.

$\frac{1}{4}$ c. chopped lobster meat.	Few grains nutmeg.
$\frac{1}{2}$ tsp. salt.	$\frac{1}{2}$ tsp. lemon juice.
Few grains cayenne.	$\frac{1}{2}$ tsp. chopped parsley.

SAUCE.

$\frac{1}{2}$ tbsp. flour.	$\frac{1}{4}$ tbsp. butter.
	$\frac{1}{2}$ c. milk.

Mix seasonings with lobster meat, and add sauce; cool. Shape in form of cutlet, dip in crumbs, egg and crumbs, fry in deep fat, and drain. Insert a small lobster claw in end of cutlet. Garnish and serve with Sauce Tartare.

HOLLANDAISE SAUCE.

1 tbsp. butter.	Cayenne.
$\frac{1}{4}$ yolk egg.	1 tbsp. boiling water.
Salt.	$\frac{1}{2}$ tsp. lemon juice.

Cream butter, add egg and beat well; then add salt, cayenne and water; cook over hot water, stirring constantly, until the sauce thickens. Remove from fire, add lemon juice and serve at once.

ENTRÉES**RICE CROQUETTES.**

$\frac{1}{2}$ c. cold cooked rice.	$\frac{1}{2}$ tsp. salt.
1 tsp. milk.	Pepper.
2 tsp. egg.	Cayenne.
1 tsp. butter.	1 tsp. chopped parsley.

Warm the rice and milk in a double boiler. Add the beaten egg, butter and seasoning. Cook until the egg thickens. Spread the mixture on a plate to cool, then shape into rolls. Roll in fine bread crumbs which have been seasoned with salt and pepper; dip in beaten egg, and roll in crumbs again. Cook in deep fat until brown.

CHICKEN OR VEAL CROQUETTES.

$\frac{1}{3}$ c. cooked chicken or veal (chopped).	$\frac{1}{2}$ tsp. parsley.
$\frac{1}{4}$ tsp. lemon juice.	

SAUCE.

3 tbsp. milk.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{2}$ tbsp. butter.	Pepper.
1 tbsp. flour.	Cayenne.
	$\frac{1}{8}$ tsp. celery salt.

Add seasonings to meat. Make sauce and add to meat. Cool as in making Rice Croquettes; shape and cook in the same way.

CREAMED SWEETBREAD.

2 tbsp. sweetbreads (cooked).	$\frac{1}{4}$ tbsp. flour.
$\frac{1}{4}$ tbsp. butter.	$\frac{1}{2}$ c. milk.
	Salt.
	Cayenne.

Make a white sauce; add sweetbreads. When hot, serve in a Swedish timbale, a bread canapé, or in a patty dish.

STUFFED PEPPER

1 medium-sized green pepper.	Onion juice.
$\frac{1}{2}$ tbsp. butter.	$\frac{1}{4}$ c. milk.
$\frac{1}{2}$ tbsp. flour.	$\frac{1}{3}$ c. cooked veal or chicken (chopped).
$\frac{1}{8}$ tsp. salt.	1 tbsp. buttered crumbs.

Cut the top from the pepper; remove the seeds and tongue. Cut a thin slice from the bottom so that it will stand. Make a white sauce of butter, flour, salt, onion and milk; add the meat and fill the pepper with the mixture, cover with buttered crumbs. Place the pepper in a baking pan and cover the bottom with boiling water. Bake in a moderate oven 30 minutes.

SALAD DRESSINGS

FRENCH DRESSING.

$\frac{1}{8}$ tsp. salt.	1 tbsp. vinegar.
$\frac{1}{16}$ tsp. pepper.	1 tbsp. olive oil.

Mix ingredients, and stir until well blended.

MAYONNAISE DRESSING.

$\frac{1}{4}$ tsp. mustard.	1 yolk of egg.
$\frac{1}{4}$ tsp. salt.	$\frac{1}{4}$ c. olive oil.
Cayenne.	$\frac{1}{2}$ tbsp. lemon juice.

Mix the mustard, salt and cayenne, and when well blended add the unbeaten egg; beat well with a wooden spoon. Add a few drops of oil and stir steadily. Repeat until one-half the oil has been used, then add lemon juice and oil alternately. If the dressing is very thick, a small amount of cream, or the beaten white of egg, may be added just before serving.

BOILED DRESSING.

$\frac{1}{4}$ tsp. salt.	1 tbsp. vinegar.
$\frac{1}{4}$ tsp. mustard.	$\frac{1}{2}$ yolk of egg.
$\frac{1}{4}$ tbsp. sugar.	2 tbsp. milk (heated).
Cayenne.	$\frac{1}{4}$ tbsp. butter.

Mix seasonings, add egg slightly beaten, butter, milk, and vinegar very slowly. Cook over boiling water until mixture thickens; strain and cool.

APPLE SALAD.

1 medium-sized apple.	$\frac{1}{2}$ c. celery cut in dice.
2 tsp. Cream Dressing.	

Remove pulp of apple with a spoon, and cut in dice. Mix $\frac{1}{2}$ c. apple with the celery and dressing, and fill the apple cup. Serve on lettuce.

STEWED PRUNES.

4 prunes.
 $\frac{1}{2}$ c. water.

$\frac{1}{2}$ tbsp. sugar.
 $\frac{1}{4}$ tsp. lemon juice.

Wash the prunes and soak them over night in the water. Cook slowly until tender in the water in which they were soaked; add the sugar and lemon juice and cook 5 minutes.

BAKED BANANA.

$\frac{1}{2}$ banana.
 $\frac{1}{2}$ tbsp. water.

$\frac{1}{2}$ tbsp. sugar.
 $\frac{1}{8}$ tsp. butter.
 $\frac{1}{2}$ tsp. lemon juice.

Remove skin from banana, cut in halves lengthwise, and place in granite pan. Make syrup of sugar and water, add butter and lemon juice. Pour syrup over banana, and bake in a slow oven 20 minutes, basting at the end of 10 minutes.

CRANBERRY JELLY.

$\frac{1}{2}$ c. cranberries.

$\frac{1}{2}$ c. water.
 3 tbsp. sugar.

Pick over and wash the cranberries; cook them with the water until they burst from their skins, press through a strainer, add the sugar and stir until it is dissolved; stop stirring and cook 2 minutes, or until it jells; pour into a moistened mould and set away to cool.

GRAPE JAM.

1 c. grapes.

$\frac{1}{2}$ c. sugar.

Pick over, wash and remove grapes from stems. Press pulp from skins, reserving skins. Heat the pulp gradually and cook until it will separate from the seeds. Press through a strainer to remove seeds. Add skins and sugar, cook over a moderate heat until thick. Pour into sterile glasses and when cool, seal.

PEACHES CANNED IN SYRUP.

1 c. sugar.

$\frac{1}{2}$ c. boiling water.
 6 peaches.

Make a syrup by boiling together water and sugar. Wipe peaches, cut in halves, pare, cook in syrup till tender. Place in sterile jar and seal at once.

PASTRY

PLAIN PASTRY.

$\frac{1}{4}$ c. pastry flour.
 $\frac{1}{16}$ tsp. salt.

$1\frac{1}{2}$ tbsp. fat.
Cold water.

Sift flour and salt. Cut in one-half the fat, and add cold water to make a stiff dough. Roll in a thin sheet, and spread remaining fat on one-half the dough. Fold, pat and roll out; repeat.

LEMON PIE.

$1\frac{1}{2}$ tbsp. flour.
3 tbsp. sugar.
 $\frac{1}{3}$ c. boiling water.

2 tsp. lemon juice.
Grated lemon rind.
 $\frac{1}{4}$ tsp. butter.

$\frac{1}{3}$ yolk of egg.

Mix the sugar and flour together, and add the boiling water. Cook about 5 minutes, stirring frequently. Add the mixture to the beaten egg, add butter and cook until the egg thickens. Remove from fire, add lemon juice and rind; when mixture has cooled a little, turn into a baked crust. Cover with a meringue made of $\frac{1}{2}$ white of egg and 1 tsp. icing sugar, and bake until a delicate brown.

PUFF PASTE.

3 oz. butter.
3 oz. sifted flour.
 $\frac{1}{2}$ tsp. salt.

$\frac{1}{2}$ tsp. sugar.
White of $\frac{1}{2}$ egg.
 $\frac{1}{2}$ c. or more cold water.

Wash butter in cold water until it becomes smooth and pliable, then pat to free from water. Reserve $\frac{1}{2}$ tsp. and form remainder into a cake. Set on ice to chill. Place flour on a cold plate, make a depression in the centre, and in it place sugar, salt, reserved butter and egg. Work to a paste with the tips of the fingers; add cold water to make a soft dough. Knead until smooth and elastic. Roll into a rectangular sheet. Cut chilled butter into small pieces and place on lower half of paste. Dredge well with flour and fold upper half of paste over butter. Press edges together. Pat and roll into a long sheet, one-fourth inch thick. Fold in the sides and then the ends to the centre. Turn paste half-way around. Now pat and roll as before. Repeat until it has been rolled and folded six times. Chill, shape and chill thoroughly again before baking. If paste sticks to board it must be chilled between rollings.

HOT PUDDINGS

SCALLOPED APPLE.

- | | |
|---------------------------------|---|
| $\frac{1}{2}$ tbsp. butter. | 1 tbsp. brown sugar. |
| $\frac{1}{2}$ c. crumbs. | $\frac{1}{8}$ tsp. nutmeg and cinnamon. |
| $\frac{1}{2}$ c. chopped apple. | $\frac{1}{16}$ tsp. grated lemon rind. |
| | 1 tsp. lemon juice. |

Melt the butter and add the crumbs. Mix the sugar, spice and lemon rind. Put one-quarter of the crumbs in bottom of a buttered baking dish, then one-half of the apples. Sprinkle with one-half the sugar and spice; repeat, sprinkle the lemon juice over this and put the remaining crumbs on top. Bake from 30 to 45 minutes. Cover during first part of baking.

APPLE DUMPLING.

- | | |
|-----------------------------------|------------------------------|
| $\frac{1}{2}$ c. flour. | 2 tbsp. milk (scant). |
| $\frac{1}{8}$ tsp. baking powder. | 1 medium-sized apple. |
| $\frac{1}{8}$ tsp. salt. | 2 tbsp. sugar. |
| 2 tsp. fat. | $\frac{1}{8}$ tsp. cinnamon. |

Mix first five ingredients as for Tea Biscuit, and roll into a thin sheet. Wipe, core and pare apple, place on dough and fill centre with mixed cinnamon and sugar. Draw dough up around apple to cover. Steam or bake until apple is tender. Serve with cream and sugar or maple syrup.

STRAWBERRY SHORTCAKE.

- | | |
|-----------------------------------|-----------------------|
| $\frac{1}{2}$ c. flour. | 2 tsp. fat. |
| $\frac{1}{8}$ tsp. baking powder. | 2 tbsp. milk (scant). |
| $\frac{1}{8}$ tsp. salt. | 12 strawberries. |
| | 2 tsp fruit sugar. |

Mix first five ingredients as for Tea Biscuit. Toss on floured board, roll to $\frac{1}{8}$ inch thickness, shape in two rounds with cookie cutter. Put the two pieces together, place in greased biscuit pan and bake 15 minutes in hot oven. Wash and hull berries, saving the largest and best. Mash remaining berries, sweeten, let stand for a short time. When cake comes from oven, place on serving dish, remove upper half, spread strawberries over lower, replace upper, cover with mashed berries, or place on whole berries and dust with fruit sugar. Serve with whipped cream.

APPLE SHORTCAKE.

Make same as Strawberry Shortcake, using one-half apple stewed instead of strawberries.

PEACH SHORTCAKE.

Make same as Strawberry Shortcake, using four pieces stewed dried peaches instead of strawberries.

FRUIT ROLY POLY.

$\frac{1}{2}$ c. flour.	2 tsp. fat.
$\frac{1}{2}$ tsp. baking powder.	2 tbsp. milk (scant).
$\frac{1}{2}$ tsp. salt.	1 tbsp. jam.

Mix first five ingredients as for Tea Biscuit. Toss on a floured board. Roll $\frac{1}{4}$ inch thick, spread with jam. Roll, place on a plate, cover with a cloth and steam. Serve with sugar and cream or a sauce.

STEAMED APPLE PUDDING.

$\frac{1}{2}$ apple.	$\frac{1}{2}$ tsp. baking powder.
Sugar.	$\frac{1}{16}$ tsp. salt.
$\frac{1}{4}$ c. flour.	$\frac{1}{2}$ tbsp. butter.
	2 tbsp. milk.

Core, pare and slice apple. Place in buttered baking dish, sprinkle with sugar, and steam until nearly tender. Mix remaining ingredients as Tea Biscuit, pour over apples, cover, and steam 15 to 20 minutes longer. Turn on a hot plate—apples will be on top. Serve with sugar and cream or a sauce.

APPLE CAKE.

$\frac{1}{4}$ c. flour.	1 tsp. egg.
$\frac{1}{2}$ tsp. baking powder.	2 tbsp. milk (scant).
1-16 tsp. salt.	$\frac{1}{4}$ apple.
$\frac{1}{2}$ tsp. butter.	1 tsp. fruit sugar.

Cinnamon.

Mix and sift dry ingredients, cut in the butter, and add the egg and milk mixed. Spread in a buttered pan. Core and pare apple, cut into four sections; lay on top of dough, pressing sharp edge in. Sprinkle mixed cinnamon and sugar over apple. Bake in a moderate oven.

ORANGE PUFFS.

2 tsp. butter.
2 tbsp. sugar.
 $\frac{1}{4}$ egg.

1 tbsp. milk.
 $3\frac{1}{2}$ tbsp. flour.
 $\frac{1}{2}$ tsp. baking powder.
Salt.

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour, baking powder and salt; add alternately with milk to first mixture; turn into a buttered timbale mould, and bake 25 minutes. Serve with Orange Sauce.

BREAD PUDDING.

$\frac{1}{4}$ c. stale bread crumbs.
 $\frac{1}{2}$ c. scalded milk.
 $\frac{1}{4}$ egg.

2 tsp. sugar.
 $\frac{1}{16}$ tsp. salt.
 $\frac{1}{2}$ tbsp. butter.
 $\frac{1}{2}$ tsp. vanilla.

Soak crumbs in milk until soft. Add sugar and salt to egg, then combine mixtures, add butter and vanilla. Turn into a buttered cup and bake in a slow oven.

CHOCOLATE BREAD PUDDING.

$\frac{1}{4}$ c. stale bread crumbs.
 $\frac{1}{2}$ c. scalded milk.
 $\frac{1}{4}$ egg.

$1\frac{1}{2}$ tbsp. sugar.
Salt.
 $\frac{1}{4}$ oz. chocolate.
 $\frac{1}{2}$ tsp. vanilla.

Prepare first five ingredients as for Bread Pudding. Melt chocolate over hot water, and gradually add enough of pudding mixture to make it of consistency to pour. Combine mixtures and flavor. Bake as Bread Pudding.

Crusts may be used in this pudding.

CHOCOLATE OATMEAL PUDDING.

$\frac{1}{4}$ c. cooked oatmeal.
 $\frac{1}{2}$ c. milk.

2 tsp. egg.
2 tsp. sugar.
1 tsp. cocoa.

Mix ingredients in order given; beat thoroughly. Pour into a buttered pudding dish and bake in a moderate oven 25 to 30 minutes. Serve with sugar and cream or a sauce.

SUET PUDDING.

$\frac{1}{4}$ c. flour.
 $\frac{1}{16}$ tsp. soda.
 Salt.
 $\frac{1}{16}$ tsp. cinnamon or
 cloves.

1 tbsp. finely chopped suet.
 1 tbsp. chopped raisins.
 1 tbsp. molasses.
 1 tbsp. sour milk.
 1 tsp. egg.

Mix and sift dry ingredients, add suet and raisins; mix well and add molasses, milk and egg. Turn into a greased mould, cover and steam $1\frac{1}{4}$ hours.

CARROT PUDDING.

$1\frac{1}{2}$ tbsp. flour.
 $\frac{1}{16}$ tsp. soda.
 Salt.
 1 tbsp. sugar.

1 tbsp. finely chopped suet.
 1 tbsp. chopped raisins.
 1 tbsp. currants.
 1 tbsp. grated potato.
 1 tbsp. grated carrot.

Mix and sift dry ingredients, add suet and fruit; mix well. Add vegetables and stir until well blended. Steam as Suet Pudding.

FRUIT PUDDING.

$\frac{1}{4}$ c. flour.
 $\frac{1}{2}$ tsp. baking powder.
 Salt.
 $\frac{1}{16}$ tsp. nutmeg.
 $\frac{1}{2}$ tbsp. molasses.

1 tbsp. finely chopped suet.
 1 tbsp. chopped raisins.
 1 tbsp. currants.
 1 tbsp. milk.

Prepare and steam as Suet Pudding.

APPLE TAPIOCA.

1 tbsp. pearl tapioca.
 $\frac{1}{4}$ c. boiling water.
 $\frac{1}{16}$ tsp. salt.

$\frac{1}{2}$ apple.
 2 cloves.
 2 tsp. sugar.

Soak the tapioca over night or several hours in enough cold water to cover; drain, add boiling water and salt; cook until transparent. Core, pare and cut apple in four pieces. Stick cloves in apple, place in buttered pudding-dish and sprinkle with sugar. Pour tapioca over apple, and bake in a moderate oven until apple is soft. Serve with sugar and cream. Sago may be used instead of tapioca.

PUDDING SAUCES

HARD SAUCE.

1 tsp. butter.
1 tbsp fruit sugar.

3 drops flavoring
or grated nutmeg.

Cream the butter, add sugar gradually, and flavoring; chill.

LEMON SAUCE.

1 tbsp. sugar.
1 tsp. flour.
 $\frac{1}{3}$ c. boiling water.

$\frac{1}{2}$ tsp. butter.
 $\frac{1}{2}$ tsp. lemon juice.
Grated lemon rind.

Mix sugar and flour; add boiling water and cook until there is no taste of raw starch. Remove from fire, add butter, lemon juice and rind. For Vanilla Sauce use $\frac{1}{4}$ tsp. vanilla instead of lemon juice and rind.

CUSTARD SAUCE.

$\frac{1}{2}$ c. milk.
 $\frac{1}{2}$ yolk of egg.

1 tbsp. sugar.
Salt.
 $\frac{1}{8}$ tsp. vanilla.

Heat milk; beat egg slightly, add sugar, salt and the hot milk gradually. Cook in a double boiler, stirring constantly until it thickens; strain, and when cool, flavor. For Lemon Custard Sauce, cook thin shaving lemon rind with milk. It is removed when custard is strained.

COLD DESSERTS

JUNKET.

$\frac{1}{3}$ c. milk.

1 tsp. sugar.
 $\frac{1}{3}$ tsp. dissolved rennet.

Heat the milk until lukewarm, add the sugar and stir until it is dissolved, add rennet, stir, pour into a glass dish, sprinkle with cinnamon or nutmeg, let stand in a warm place until firm, then put in refrigerator; serve with cream.

NOTE—1. Dissolve one rennet tablet in 1 tbsp. cold water.
2. If milk becomes too hot, cool to lukewarm temperature before adding dissolved rennet.

FRUIT JUNKET.

3 almonds. ½ c. milk.
 ¼ banana. 2 tsp. sugar.
½ tsp. dissolved rennet.

Blanch and cut almonds in pieces, cut banana in small pieces; place in serving dish. Prepare remaining ingredients as for plain junket and pour over the fruit.

CARAMEL JUNKET.

½ c. milk. ½ tsp. caramel.
 2 tsp. sugar. 4 drops vanilla.
½ tsp. dissolved rennet.

Prepare as for plain junket, adding flavoring before the rennet.

JUNKET CUSTARD.

½ c. milk. Salt.
 ¼ yolk of egg. Few gratings nutmeg.
 ½ tsp. sugar. ½ tsp. dissolved rennet.

Heat milk; add to beaten egg, sugar and salt. Strain; flavor, and when lukewarm add dissolved rennet.

IRISH MOSS BLANC MANGE.

½ c. milk. Salt.
 1 tbsp. Irish moss (scant). Flavoring.

Soak the moss in cold water to cover 15 minutes, drain, pick over, and wash. Put into a double boiler with milk. Cook until it thickens when dropped on a cold plate. Add salt, strain and flavor. Pour into a moistened cup. Unmould, serve with cream and sugar.

BAKED OR STEAMED CUSTARD.

½ c. milk. Salt.
 ¼ egg. ¼ tsp. caramel or a few
 2 tsp. sugar. gratings nutmeg.

Heat milk; beat egg slightly, add sugar, salt, hot milk gradually, and flavoring. Strain into cup. Place in a pan of hot water and bake in moderate oven until firm, or steam, until firm, over gently boiling water.

FLOATING ISLAND.

$\frac{1}{4}$ c. milk.	$\frac{1}{2}$ tbsp. sugar.
$\frac{1}{2}$ yolk of egg.	Salt.
	4 drops vanilla.

Cook in the same manner as Custard Sauce, cool. Make a meringue of $\frac{1}{2}$ white of egg and $\frac{1}{2}$ tbsp. icing sugar. Drop in large spoonfuls on the custard.

CARAMEL CUSTARD.

1 tbsp. sugar.	Salt.
1 tbsp. hot water.	1 tbsp. egg.
$\frac{1}{3}$ c. scalded milk.	4 drops vanilla.

Melt sugar to caramel and add hot water stir to a syrup and add to scalded milk. Finish as a Steamed Custard.

LEMON SNOW.

$\frac{1}{2}$ c. water (scant).	$\frac{1}{2}$ tbsp. cornstarch.
2 tbsp. sugar.	$\frac{1}{2}$ tbsp. cold water.
Piece lemon rind.	$\frac{1}{2}$ tbsp. lemon juice.
	$\frac{1}{2}$ white of egg.

Make a syrup of water, sugar and lemon rind. Cook 2 minutes, remove rind. Mix cornstarch with cold water, add to syrup and cook until there is no taste of raw starch. Remove to back of range, add strained lemon juice, fold in white of egg beaten stiff, not dry; mould, chill. Serve with Lemon Custard Sauce.

CARAMEL PUDDING.

3 tbsp. brown sugar.	1 tbsp. cornstarch.
2 tbsp. boiling water.	Salt.
$\frac{1}{3}$ c. scalded milk.	1 tbsp. cold milk.
	4 drops vanilla.

Melt sugar to caramel and carefully add boiling water. Mix cornstarch, salt and cold milk and add to hot milk. Cook until mixture thickens, then add caramel. Cook, stirring constantly, until there is no taste of raw starch. Flavor, turn into a moistened mould, and when cold serve with sugar and cream or Custard Sauce.

LEMON JELLY.

2 sheets gelatine.	2 tbsp. sugar.
1 tbsp. cold water.	Thin shaving lemon rind.
$\frac{1}{4}$ c. boiling water.	1 tbsp. lemon juice.

Make a syrup by boiling water, sugar and lemon rind 3 minutes. Soften gelatine in cold water, dissolve in hot syrup, add lemon juice; strain through cheese cloth. Turn into a moistened mould and chill.

ORANGE JELLY.

2 sheets gelatine.	2 tbsp. sugar.
1 tbsp. cold water.	3 tbsp. orange juice.
3 tbsp. boiling water.	1 tsp. lemon juice.

Make as Lemon Jelly.

COFFEE JELLY.

2 sheets gelatine.	2 tbsp. boiling water.
1 tbsp. cold water.	2 tsp. sugar.
	$\frac{1}{4}$ c. boiled or filtered coffee.

Make as Lemon Jelly. Serve with sugar and cream.

COFFEE CREAM.

2 sheets gelatine.	2 tbsp. black coffee.
1 tbsp. cold water.	1 tbsp. sugar.
	$\frac{1}{4}$ c. rich milk.

Soften gelatine, dissolve in hot coffee, add sugar. When dissolved, strain, add milk, mould and chill.

JELLIED APPLE.

$\frac{1}{4}$ apple.	1 tbsp. cold water.
$\frac{1}{2}$ c. boiling water.	$\frac{1}{2}$ c. boiling water.
1 tbsp. sugar.	2 tbsp. sugar.
2 sheets gelatine.	Thin shaving lemon rind.
	1 tbsp. lemon juice.

Core, pare and cut apple into four sections. Cook in syrup, as for Apple Compôte, until clear. Make Lemon Jelly of remaining ingredients. Chill a small mould, pour in a little jelly and turn around until surface is lightly coated. Arrange sections of apple in mould, and when set, pour in remaining jelly. Chill, unmould. Serve with cream and sugar.

JELLIED PRUNES.

- | | |
|-------------------------------|----------------------|
| 2 sheets gelatine. | 2 tbsp. sugar. |
| 1 tbsp. cold water. | 1 tbsp. lemon juice. |
| $\frac{1}{4}$ c. prune water. | 3 cooked prunes. |

Prepare first five ingredients as Lemon Jelly. Stone and cut prunes in quarters, and when jelly is partially set, add prunes. Mould and chill. Serve with sugar and cream.

FRUIT JELLY.

- | | |
|---------------------------------|--------------------------|
| 2 sheets gelatine. | Thin shaving lemon rind. |
| 1 tbsp. cold water. | 1 tbsp. lemon juice. |
| $\frac{1}{3}$ c. boiling water. | 2 walnuts. |
| 2 tbsp. sugar. | 1 orange section. |

Small piece of banana.

Prepare first six ingredients as Lemon Jelly; cut fruit and nuts in small pieces, and add to jelly when partially set. Mould and chill.

SNOW PUDDING.

- | | |
|----------------------------------|----------------------------------|
| 1 $\frac{1}{2}$ sheets gelatine. | 2 tbsp. sugar. |
| 1 tbsp. cold water. | Thin shaving lemon rind. |
| 2 tbsp. boiling water. | $\frac{1}{2}$ tbsp. lemon juice. |
| | $\frac{1}{2}$ white of egg. |

Prepare first six ingredients as Lemon Jelly, strain, and set aside in a cool place; stir occasionally. When partially set, beat until foamy, then add white of egg beaten stiff, and beat until mixture begins to stiffen. Mould and serve with Custard Sauce.

BANANA SPONGE.

- | | |
|----------------------------------|----------------------------------|
| 1 $\frac{1}{2}$ sheets gelatine. | 2 tbsp. sugar. |
| 1 tbsp. cold water. | $\frac{1}{2}$ tbsp. lemon juice. |
| 1 tbsp. boiling water. | 3 tbsp. banana pulp. |
| | $\frac{1}{2}$ white of egg. |

Prepare first five ingredients as Lemon Jelly, strain, and set aside in a cool place; stir occasionally. When partially set, add banana pulp and beat until foamy. Finish as Snow Pudding.

GRAPE SPONGE.

1½ sheets gelatine.	2 tsp. sugar.
1 tbsp. cold water.	1 tsp. lemon juice.
1 tbsp. boiling water.	3 tbsp. grape juice.
	½ white of egg.

Prepare as Snow Pudding. Strained grape jam may be used and sugar omitted.

BAVARIAN SPONGE.

1½ sheets gelatine.	2 tsp. lemon juice.
1 tbsp. cold water.	3 tbsp. sugar.
¼ c. orange juice.	1 egg.
	1 lady finger.

Soften gelatine in cold water. Mix fruit juice, sugar and yolk of egg slightly beaten. Cook over hot water as a soft custard. Pour over the softened gelatine, strain and set aside in a cool place; stir occasionally. When partially set, beat until foamy, then fold in white of egg beaten stiff. Turn into a mould which has been lined with pieces of lady finger; chill.

CHARLOTTE RUSSE.

1½ sheets gelatine.	2 tbsp. fruit sugar.
1 tbsp. cold water.	¼ tsp. vanilla.
2 tbsp. hot milk.	½ c. cream (whipped).
	1 lady finger.

Soften gelatine in cold water, and dissolve in hot milk. Strain and add sugar, stir until it is dissolved; flavor. Set aside in a cool place; stir occasionally. When partially set, beat until foamy, then beat in a little of the whipped cream, and lightly fold in remaining cream. Turn into a mould which has been lined with pieces of lady finger.

COFFEE CHARLOTTE.

1½ sheets gelatine.	2 tbsp. fruit sugar.
1 tbsp. cold water.	½ c. cream (whipped).
2 tbsp. hot black coffee.	1 lady finger.

Prepare as Charlotte Russe.

CHOCOLATE CHARLOTTE.

2 sheets gelatine.	3 tbsp. fruit sugar.
1 tbsp. cold water.	1 tbsp. boiling water.
2 tbsp. hot milk.	$\frac{1}{2}$ tsp. vanilla.
$\frac{1}{4}$ oz. chocolate.	$\frac{1}{2}$ c. cream (whipped).

1 lady finger.

Soften gelatine in cold water, and dissolve in hot milk; strain. Melt chocolate over hot water, add one-half sugar, and gradually the boiling water; stir until smooth, and add to dissolved gelatine. Add remaining sugar and finish as Charlotte Russe.

CARAMEL CHARLOTTE.

$1\frac{1}{2}$ sheets gelatine.	2 tbsp. boiling water.
1 tbsp. cold water.	$\frac{1}{2}$ tsp. vanilla.
2 tbsp. granulated sugar.	$\frac{1}{2}$ c. cream (whipped).

1 lady finger.

Melt sugar to caramel, add boiling water, stir to a syrup, pour over softened gelatine, and proceed as in method for Charlotte Russe.

CREAM PUFFS.

$\frac{1}{4}$ c. boiling water.	$\frac{1}{4}$ c. pastry flour.
2 tbsp. butter.	1 small egg.

Put water and butter in a saucepan, heat to boiling point, then add flour all at once and stir until smooth; cook until paste cleaves from the sides of the pan. When cool, add unbeaten egg, and stir until perfectly smooth. (The mixture should be stiff enough to hold its shape without spreading). Chill, then drop by tablespoons, or force through a large pastry tube, on a buttered baking sheet. Bake in a hot oven 25 to 30 minutes. When cold, make an opening in the side and fill with cream filling.

CREAM FILLING.

$\frac{1}{3}$ c. milk.	Salt.
$1\frac{1}{2}$ tbsp. flour.	$\frac{1}{4}$ egg.
$2\frac{1}{2}$ tbsp. sugar.	$\frac{1}{2}$ tsp. butter.
	$\frac{1}{8}$ tsp. vanilla.

Scald milk; mix sugar, flour and salt, and add the hot milk. Cook in double boiler, stirring occasionally, for 10 minutes. Beat egg slightly and add to milk mixture; add butter and cook until egg thickens. Cool slightly and flavor.

FROZEN DESSERTS

LEMON ICE.

$\frac{1}{2}$ c. water.

$\frac{1}{4}$ c. sugar.

Thin shaving lemon rind.

$1\frac{1}{2}$ tbsp. lemon juice.

Make a syrup by boiling water, sugar and lemon rind 10 minutes; add lemon juice; cool, strain, and freeze.

FROZEN MINT.

Make Lemon Ice, and when half-frozen add $\frac{1}{2}$ tbsp. fresh mint, finely chopped.

ORANGE ICE.

$\frac{1}{2}$ c. water.

$\frac{1}{4}$ c. sugar.

Rind of $\frac{1}{4}$ orange.

$\frac{1}{4}$ c. orange juice.

$\frac{1}{2}$ tbsp. lemon juice.

Make as Lemon Ice.

GRAPE FRAPPÉ.

$\frac{1}{2}$ c. boiling water.

2 tbsp. sugar.

$\frac{1}{4}$ c. grape juice.

1 tsp. lemon juice.

Make syrup by boiling sugar and water 3 minutes. Remove from fire and when cold add fruit juice. Strain and freeze to a mush, pack, and just before serving beat thoroughly. The frappé may be made with grape jelly or jam in the following proportions: $\frac{1}{2}$ c. boiling water, 1 tbsp. sugar, 2 tbsp. jelly or jam and 1 tsp. lemon juice.

CRANBERRY SHERBET.

$\frac{1}{4}$ c. water.

2 tbsp. sugar.

$\frac{1}{4}$ c. cranberry juice.

$\frac{1}{2}$ tbsp. lemon juice.

Make and freeze as Grape Frappé.

MILK SHERBET.

$\frac{1}{3}$ c. milk. 3 tbsp. sugar.
2 tsp. lemon juice.

Dissolve sugar in lemon juice, and add milk gradually. (The mixture may have a curdled appearance, but will be smooth when frozen.) Freeze and serve.

VANILLA ICE CREAM.

$\frac{1}{2}$ sheet gelatine. $1\frac{1}{2}$ tbsp. sugar.
 $\frac{1}{2}$ c. thin cream. $\frac{1}{2}$ tsp. vanilla.

Scald cream with gelatine, add sugar and stir until it is dissolved; strain. When cool, add flavoring and freeze.

STRAWBERRY ICE CREAM.

$\frac{1}{3}$ c. thin cream. $\frac{1}{2}$ c. sugar.
 $\frac{1}{3}$ c. strawberries.

Rinse, hull and press strawberries through a strainer; add the sugar and let stand until it is dissolved. Add cream, and freeze.

PEACH ICE CREAM.

$\frac{1}{3}$ c. thin cream. 3 tbsp. sugar.
 $\frac{1}{4}$ c. canned peaches.

Make as Strawberry Ice Cream.

CAKE**PLAIN CAKE.**

1 tbsp. butter. $\frac{1}{2}$ tsp. baking powder.
4 tbsp. fruit sugar. $\frac{3}{4}$ c. flour.
 $\frac{1}{2}$ egg. $\frac{1}{4}$ tsp. spice, 8 drops flavor-
2 tbsp. milk. ing. $\frac{1}{4}$ oz. chocolate, or
1 tbsp. cocoa.

Cream the butter, add the sugar gradually, then the beaten yolk of egg. Mix well, and add alternately the milk, and flour and baking-powder sifted together. Add flavoring, then fold in beaten white of egg. Bake 25 minutes in a moderate oven. If chocolate is used, melt over hot water and add after yolk of egg. Spice or cocoa may be mixed and sifted with the flour.

SPONGE CAKE.

Yolk of 1 egg.
 $\frac{1}{2}$ c. fruit sugar.
 $\frac{1}{2}$ tsp. lemon juice.

Few gratings lemon rind.
 White of 1 egg.
 $\frac{1}{2}$ c. flour.

Salt.

Beat yolk until thick and lemon-colored, add sugar gradually, beating all the time. Add lemon juice, rind, and white of egg beaten until stiff and dry. When white is partially mixed with yolk, carefully cut and fold in flour mixed and sifted with salt. Bake in an unbuttered pan, in a slow oven, for $\frac{1}{2}$ hour.

HOT WATER GINGERBREAD.

1 tbsp. butter and lard.
 2 tbsp. brown sugar.
 $\frac{1}{2}$ egg.
 2 tbsp. molasses.

$\frac{1}{4}$ tsp. soda.
 Salt.
 $\frac{3}{4}$ c. flour.
 $\frac{1}{4}$ tsp. ginger.

2 tbsp. boiling water.

Cream butter and lard, add sugar, beaten egg and molasses; then mixed and sifted dry ingredients, and boiling water. Pour into a greased pan and bake in a slow oven 25 to 30 minutes.

FRUIT CAKE.

$1\frac{1}{2}$ oz. butter.
 $1\frac{1}{2}$ oz. brown sugar.
 1 egg.
 $1\frac{1}{2}$ oz. flour.
 $\frac{3}{4}$ tsp. mixed spice.
 $4\frac{1}{2}$ oz. raisins.
 $1\frac{1}{2}$ oz. currants.
 $\frac{3}{4}$ oz. dates.

$\frac{3}{4}$ oz. figs.
 $\frac{3}{4}$ oz. shelled almonds.
 1 tsp. lemon juice.
 Grated lemon rind.
 2 tsp. cold coffee.
 2 tsp. preserved fruit juice.
 $\frac{3}{4}$ oz. citron peel.
 $\frac{1}{4}$ oz. lemon peel.

Line the pan with three thicknesses of paper; butter the top layer only. Seed the raisins and tear in quarters; wash and dry the currants; stone the dates and cut them and the figs in small pieces. Blanch and chop the almonds; cut citron and lemon peel in thin slices and then in small pieces. Mix the fruit (except peel) and dredge with $\frac{1}{2}$ tbsp. of the flour. Dredge citron and lemon peel with flour. Mix and sift remaining flour with the spices. Cream the butter, add sugar, yolk of egg well beaten, then white of egg beaten stiff, lemon juice and rind; beat thoroughly. Add liquid and sifted flour alternately, beat well, then add fruit. Put a layer of the mixture into the pan, then a layer of the peel, repeat until pan is two-thirds full; have cake mixture for top layer. Bake in slow oven 2 to 3 hours.

COOKIES.

$\frac{1}{2}$ tbsp. butter.	1 tsp. egg.
1 tbsp. sugar.	$\frac{1}{4}$ tsp. baking powder.
$\frac{1}{4}$ tsp. milk.	3 tbsp. flour.

4 drops vanilla.

Cream the butter, add sugar, milk, egg and flavoring, then the flour and baking powder mixed and sifted together. It should be a stiff dough; more flour may be required. Roll and cut into cookies, or drop from a teaspoon on a buttered sheet and pat into shape with a cup which has been dipped in flour. Bake in a moderate oven about 10 minutes.

PEANUT COOKIES.

$\frac{1}{2}$ tbsp. butter.	$\frac{1}{4}$ tsp. baking powder.
1 tbsp. sugar.	Salt.
2 tsp. egg.	$\frac{3}{8}$ tsp. milk.
2 tbsp. flour.	2 tbsp. finely chopped peanuts.

 $\frac{1}{8}$ tsp. lemon juice.

Cream the butter, add sugar, egg, and mixed and sifted dry ingredients; then add milk, peanuts and lemon juice. Drop from a teaspoon on an unbuttered baking sheet one inch apart, and place one-half peanut on top of each. Bake in a slow oven 12 to 15 minutes. This recipe will make eight cookies.

ROLLED ALMOND WAFERS.

$\frac{1}{2}$ tbsp. butter.	1 $\frac{3}{4}$ tbsp. bread flour.
1 tbsp. fruit sugar.	5 drops vanilla.
$\frac{1}{2}$ tbsp. milk.	Finely chopped almonds.

Cream the butter, add the sugar gradually, then the milk very slowly. Add flour and flavoring; mix thoroughly. Spread the mixture very thin on a buttered baking sheet, mark in 3 inch squares and sprinkle with almonds. Bake in a slow oven until a delicate brown. Draw the baking sheet to the door of the oven, separate the squares, turn them over, and roll quickly.

MACAROONS.

2 oz. almonds.

2 oz. fruit sugar.

 $\frac{1}{2}$ white of egg (scant).

Blanch almonds and put them through the meat chopper, using the nut grinder. Add sugar and mix thoroughly, then gradually add unbeaten white of egg. The mixture should be stiff enough to hold its shape. Cover baking sheet with un-buttered paper, and drop mixture on it, allowing 1 tsp. for each macaroon. Bake in slow oven 15 minutes, or until a delicate brown. The time should not exceed 20 minutes. When done, remove paper with macaroons and invert on a cake cooler. Wring a cloth out of cold water place it over the paper and allow it to remain until macaroons may be easily removed.

GLUTEN WAFERS.

1 tbsp. cream.

 $\frac{1}{4}$ tsp. salt.Gluten flour (about $\frac{1}{4}$ c.).

Add salt to cream, and then enough flour to make a stiff dough. Knead till smooth, then roll thin till the grain of the board shows through. Mark well with a grater, and cut in shape. Bake in a hot oven till a light brown.

PLAIN FROSTING. $\frac{1}{2}$ tbsp. boiling water or
milk. $\frac{3}{4}$ tsp. lemon juice, or $\frac{1}{2}$ tsp.
cocoa, or 3 drops flavor-
ing.

icing sugar.

To liquid add enough sifted sugar to make it spread easily; then add flavoring. Fruit juice may be used instead of the water.

CANDY**CARAMEL.** $\frac{1}{4}$ c. sugar. $\frac{1}{4}$ c. boiling water.

Melt sugar in frying-pan, and brown to color desired. Add water slowly and cook to desired thickness.

PEANUT BRITTLE. $\frac{1}{3}$ c. sugar. $\frac{3}{4}$ c. unshelled peanuts.

Shell peanuts, remove brown skin, and roll fine. Put the sugar into a frying-pan and heat, stirring constantly, until melted to a syrup. Add peanuts, mix thoroughly and turn at once on an unbuttered baking-sheet; roll to desired thickness. Mark in squares before it hardens.

CANDIED ORANGE PEEL.

Peel of $\frac{1}{2}$ orange.
 $\frac{1}{4}$ c. sugar.

$\frac{1}{4}$ c. water in which the
 orange was cooked.

Wipe the orange, remove the peel in quarters, and scrape off the white. Cut in thin strips, and cook slowly in boiling water until tender; drain; make a syrup of the sugar and orange water, add the orange rind and cook slowly until most of the syrup has evaporated. Drain the rind and roll in coarse granulated sugar.

STUFFED DATES.

4 dates.
 Sugar.

1 English walnut or
 2 peanuts.

Wipe dates, and make a cut along their entire length; remove stones and fill each date with one-fourth English walnut or one-half peanut. Press lightly and roll in granulated sugar.

FONDANT.

1 c. sugar.

$\frac{1}{2}$ tsp. cream of tartar.
 $\frac{1}{3}$ c. boiling water.

Put the ingredients in a saucepan and stir until the sugar is dissolved, then remove the spoon. Heat gradually to boiling point, and boil slowly without stirring until the soft ball stage is reached, or until it threads from a fork. Remove from fire, let stand a minute, then pour slowly on an oiled plate. Let it stand undisturbed until a dent can be made in the surface; beat with a wooden spoon until white and creamy, and work in the hands until perfectly smooth. Put in a glass, cover with oiled paper, and let stand 24 hours. If during the boiling, crystals form on the sides of the saucepan, wipe off with a damp cloth.

INDEX.

	PAGE.		PAGE.
Apple, Baked	24	Cake, Apple	28
Apple Cake	28	Cake, Fruit	40
Apple Compôte	24	Cake, Plain	39
Apple Dumpling	27	Cake, Sponge	40
Apple, Jellied	34	Candied Orange Peel	43
Apple Pudding, Steamed	28	Caramel	42
Apple Salad	23	Caramel Charlotte	37
Apple Sauce	24	Caramel Junket	32
Apple, Scalloped	27	Caramel Pudding	33
Apple Shortcake	28	Carrot Pudding	30
Apple, Steamed	24	Carrot Soup	14
Apple, Tapioca	30	Casserole of Rice and Meat	19
Baked Apple	24	Celery, Stewed	16
Baked Banana	25	Charlotte Russe	36
Baked or Steamed Custard	32	Cheese Straws	12
Banana Sponge	35	Cheese Soufflé	13
Bavarian Sponge	36	Chelsea Buns	5
Beef Timbale with Macaroni	19	Chicken or Veal Croquettes	22
Biscuit, Tea	7	Chocolate	4
Boiled Coffee	3	Chocolate Bread Pudding	29
Boiled Dressing	23	Chocolate Charlotte	37
Bread	4	Chocolate Oatmeal Pudding	29
Bread Omelet	10	Cocoa	3
Bread Pudding	29	Coffee, Boiled	3
Breaded Lamb Chops	18	Coffee, Cereal	3
Broth, Beef	15	Coffee Charlotte	36
Broth, Nutritious Beef	15	Coffee Cream	34
Broth, Peptonized Beef	15	Coffee, Filtered	3
Brown Bread, Steamed	6	Coffee Jelly	34
Browned Hash	18	Cookies	41
Buns	5	Cookies, Peanut	41
Buns, Chelsea	5	Cornmeal Muffins	8
Buns, Currant	7	Cranberry Gruel	10
Butter Balls	6	Cranberry Jelly	25
Buttered Crumbs	13	Cranberry Juice	4
		Cranberry Sherbet	38

INDEX.

45

	PAGE.		PAGE.
Cream of Celery Soup	14	Grape Juice	4
Cream of Tomato Soup	13	Grape Sponge	36
Cream of Wheat	9	Griddle Cakes, Sour Milk	8
Cream Puffs	37	Gruel, Cranberry	10
Cream Sauce Omelet	10	Gruel, Oatmeal	9
Cream Toast	6	Gruel, Plain	9
Creamed Potatoes	16	Hamburg Steak	17
Creamed Sweetbread	22	Hard Sauce	31
Creamy Egg	11	Hash, Browned	18
Croquettes, Chicken	22	Hash on Toast	19
Croquettes, Rice	21	Hollandaise Sauce	21
Croquettes, Veal	22	Hot Water Gingerbread	40
Currant Buns	7	Ice, Lemon	38
Custard, Baked	32	Ice, Orange	38
Custard, Caramel	33	Ice Cream, Peach	39
Custard, Junket	32	Ice Cream, Strawberry	39
Custard Sauce	31	Ice Cream, Vanilla	39
Custard, Steamed	32	Irish Moss Blanc Mange	32
Dates, Stuffed	43	Jellied Apple	34
Devilleed Egg	11	Jellied Prunes	35
Filtered Coffee	3	Jelly, Fruit	35
Fish Balls	20	Jelly, Coffee	34
Floating Island	33	Jelly, Cranberry	25
Foamy Omelet	10	Jelly, Lemon	34
Fondant	43	Jelly, Orange	34
French Dressing	23	Junket	31
French Omelet	11	Junket, Caramel	32
French Toast	6	Junket, Custard	32
Fricassee Oysters	20	Junket, Fruit	32
Frosting, Plain	42	Lamb Chop, Breaded	18
Frozen Mint	38	Lemon Ice	38
Fruit Cake	40	Lemon Jelly	34
Fruit Jelly	35	Lemon Pie	26
Fruit Junket	32	Lemon Sauce	31
Fruit Pudding	30	Lemon Snow	33
Fruit Roly Poly	28	Lobster Cutlets	21
Fruit Rolls	7	Macaroni and Cheese	12
Gingerbread, Hot Water	40	Macaroni and Tomato	17
Gluten Wafers	42	Macaroons	42
Graham Muffins	8	Mayonnaise Dressing	23
Grape Frappé	38	Meat, Scalloped	19
Grape Jam	25		

INDEX.

	PAGE.		PAGE.
Milk Sherbet	39	Pudding, Snow	35
Muffins, Cornmeal	8	Pudding, Suet	30
Muffins, Graham	8	Puff Paste	26
Muffins, Plain	7	Rice, Boiled	9
Noodles	17	Rice, Croquettes	21
Noodles and Cheese	12	Rice, Soup	14
Nutritious Beef Broth	15	Rice, Steamed	9
Oatmeal Gruel	9	Roly Poly, Fruit	28
Omelet, Bread	10	Rolled Almond Wafers	41
Omelet, Cream Sauce	10	Rolls, Fruit	7
Omelet, Foamy	10	Rolls, Parker House	5
Omelet, French	11	Salad, Apple	23
Omelet, Orange	11	Salad Dressing, Boiled	23
Orange Ice	38	Salad Dressing, French	23
Orange Jelly	34	Salad Dressing, Mayonnaise	23
Orange Puffs	29	Sauce, Apple	24
Oysters, Fricassee	20	Sauce, Custard	31
Oysters, Scalloped	20	Sauce, Hard	31
Oyster Stew	16	Sauce, Hollandaise	21
Parker House Rolls	5	Sauce, Lemon	31
Peach Ice Cream	39	Sauce, Vegetable	16
Peach Shortcake	28	Scalloped Apple	27
Peaches, Canned in Syrup	25	Scalloped Meat	19
Peanut Brittle	43	Scalloped Oysters	20
Peanut Cookies	41	Sherbet, Cranberry	38
Pepper, Stuffed	22	Sherbet, Milk	39
Peptonized Beef Broth	15	Shortcake, Apple	28
Pie, Lemon	26	Shortcake, Peach	28
Plain Cake	39	Shortcake, Strawberry	27
Plain Flour Gruel	9	Snow Pudding	35
Plain Frosting	42	Soup, Carrot	14
Plain Muffins	7	Soup, Cream of Celery	14
Plain, Pastry	26	Soup, Cream of Tomato	13
Potato Soup	13	Soup, Potato	13
Potato, Stuffed	16	Soup, Rice	14
Potatoes, Creamed	16	Soup, Tomato	14
Prunes, Jellied	35	Soup, Vegetable	15
Prunes, Stewed	25	Sour Milk Griddle Cakes	8
Pudding, Bread	29	Sponge, Banana	35
Pudding, Caramel	33	Sponge, Bavarian	36
Pudding, Carrot	30	Sponge Cake	40
Pudding, Chocolate Bread	29	Sponge, Grape	36
Pudding, Chocolate Oatmeal	29	Steak, Hamburg	17
Pudding, Fruit	30		

INDEX.

47

	PAGE.		PAGE.
Steamed Apple	24	Tea Biscuit	7
Steamed Apple Pudding	28	Toast, Cream	6
Steamed Brown Bread	6	Toast, French	6
Steamed Rice	9	Tomato Soup	14
Stewed Celery	16	Tomato, Stuffed	17
Stewed Prunes	25	Vanilla Ice Cream	39
Strawberry Ice Cream	39	Veal Cutlet	18
Stuffed Dates	43	Vegetable Sauce	16
Stuffed Pepper	22	Vegetable Soup	15
Stuffed Potato	16	Wafers, Gluten	42
Stuffed Tomato	17	Wafers, Rolled Almond	41
Sweetbreads, Creamed	22	Waffles	8
Suet Pudding	30	Welsh Rarebit	12