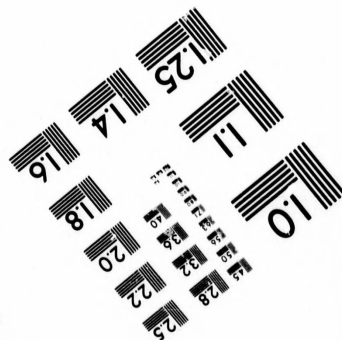
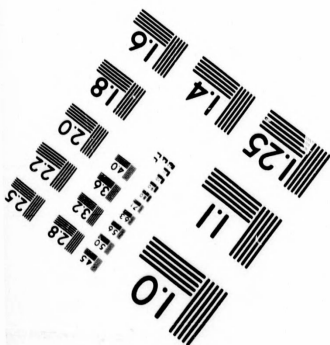
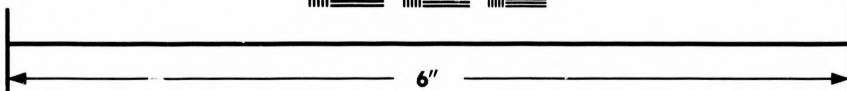
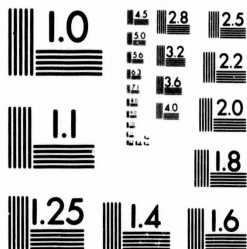


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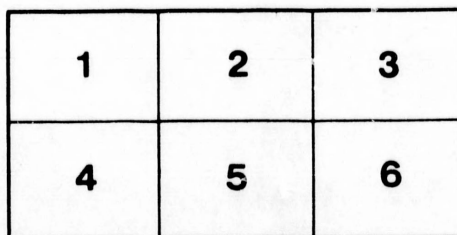
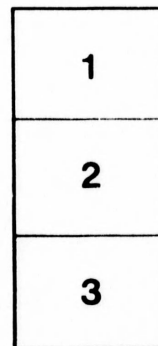
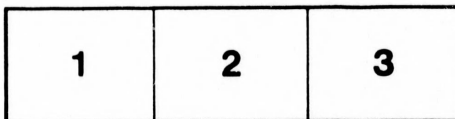
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PREFACE.

THE signs of the times are certainly evident to those who use their eyes and their ears. That we are tending to common-sense in matters pertaining to the welfare of our bodies is universally admitted. How shall I best promote the health of my family? the prudent mother and housekeeper now inquires. What shall my children eat, and in what way shall they be clothed, in order to insure good appetites, good digestion, and sound nerves? Wasp-waists are no longer fashionable, and the girl with a delicate appetite and super-sensitive sensibilities is not an object of admiration. It is no longer a sign of superior refinement for a woman to faint easily. The girl who is not able to walk a few miles with ease, run, if need be, climb fences and row a boat, is regarded with commiseration. She may read Cicero, converse in Parisian French and pretend to Browning, but she is not an agreeable companion for healthy, vigorous young folks. The tide of public opinion has set strongly against unnecessary invalidism; and while there is just as much sympathy in the world for the weakness and the ills that are unavoidable, there is a growing determination to eliminate as many of the causes of disease as possible. The tests of analysis to which the component articles of food

have been subjected for the past few years prove the great interest taken in the subject of health.

The kitchen has been called "the stomach of the house," and now people begin to understand that the stomach is the kitchen of the body, and if this room is in disorder, all the other departments of the human establishment must necessarily suffer. We know that health and poor digestion cannot exist in the same organism, and we also know that when our food is properly digested and assimilated disease is only possible where there are other and local causes. We know again that there is no such thing as the proper digestion and assimilation of improperly cooked food. Pure material, hygienically prepared and partaken of in reason, cannot fail to produce both mental and physical vigor. It is with the desire to assist in this good work that the following recipes, all of them simple, practical, and thoroughly tested, are given to the world.

There is less intelligence shown in the preparation of bread-stuffs than in any other department of cookery. Meats and vegetables can be rendered very unpalatable by improper cooking, but they cannot be made so dangerously indigestible as the bread and the biscuits and the cakes which form so large a part of the food we eat.

The most of the recipes given in this little volume are safe even for those whose digestions are impaired. Those containing fruits and spices are not, however, recommended for dyspeptics, but for the stomachs that have been sufficiently well cared for to bear a generous and varied diet.



A TALK ABOUT BREAD-MAKING.

THERE is nothing in the whole realm of cookery so rare as good bread, and strangely enough there is nothing in the world so easy to make. The process is simplicity itself. The principal requisites are good flour and yeast that can be thoroughly depended upon. There are perhaps a few old housekeepers who, through a long and laborious experience, have learned to make yeast that will *generally* produce desirable results; but this is accomplished by a wasteful expenditure of time and nerve force. A rise or a fall of temperature is sure to disturb the perfect conditions necessary to the evolution of the model loaf; so the housekeeper finds that "eternal vigilance is the price" of good bread. Very little necessity now exists for the domestic manufacture of yeast. Fleischmann's Compressed Yeast is to be found almost everywhere, and is as reliable as it is compact and handy. The grocers in all of our principal cities, towns, and villages are supplied with fresh yeast daily, and the yeast that is left over is gathered up by the company, in order to insure against the sale of anything less than perfect. Should a housekeeper have a cake that she is in doubt about, she need test it only with a

finger and thumb. If it is good, it will be firm. If unfit for use, it will dent easily.

In this connection it will be well to call attention to the yellow label which is placed upon every cake of this Compressed Yeast. A glance will suffice to see if Fleischmann's name is duly inscribed thereupon. If it is, the cook can go ahead, with the conviction that success will crown her efforts.

A lady inquiring about the proper proportions of yeast and flour wrote, that she thought "the whole of a Fleischmann's Compressed Yeast Cake was too much for two quarts of flour," as her dough became so light that it soured. A whole yeast cake might possibly be too much for two quarts of flour in the summer, when the sponge is set early in the evening, but it could hardly be so in winter. The condition spoken of is more likely to result from the dough standing too long before baking, than from too much yeast, though in this matter good judgment is very necessary. A Fleischmann's Compressed Yeast Cake is not too much for two quarts of flour, if mixed late in the evening and remolded and baked early in the morning. Or, if more convenient, it can be mixed immediately after breakfast and baked in the afternoon. This is the best plan for a beginner, provided the oven can be trusted in the latter part of the day, because the dough can then be carefully watched.

It takes some judgment and experience to tell when dough has arrived at the correct raising point. But if the bread is properly put together, and in summer is lightly covered and kept in a moderately warm place, and in winter is

well tucked up and kept from a chill, it will be ready to remix early in the morning. It is always best for novices to go entirely by rule. After making bread a few times the cook will become familiar with the appearance of the dough, and can then safely vary the time, and try any other experiments that her ingenuity and love of variety may suggest. But let not the young cook go to the work with a premonition of evil. "Faint heart" is as dangerous in bread-making as in courtship. With sleeves rolled back, a clean apron, and a bold, calm front, let the novice approach the flour barrel. "There is no such word as fail" for those who determine to succeed.

SELECTION OF FLOUR.

IN buying flour always avoid that which is powdery and unable to retain the form given it by a firm pressure of the hand. The top of a barrel of flour will often bear this test, when half a foot down it would be as impossible to give it a shape with the hand as it would be to bunch the powdered dust of the street. For this reason some housekeepers, who have been cheated a few times in this manner, insist upon testing the flour at the other end of the barrel.

There are many recipes for bread-making, but the following is easy, economical, and unailing; therefore the very best one for a beginner.

WHEAT BREAD.

To three quarts of sifted flour, add a great spoonful of salt and a teaspoonful of sugar. Dissolve a Fleischmann's Yeast

Cake in half a cup of warm water, and with the necessary mixing-fluid—warm milk or water—work into form, and knead until the dough does not cleave to the molding-board. Cover carefully, and set in a warm place to rise. In the morning, knead again, make into loaves, and when very light bake in a moderate oven from three-quarters of an hour to an hour. If the cook prefers bread a little short instead of spongy, let her rub a teaspoonful of lard into the flour before adding the yeast. This is entirely a matter of taste. Also, let the cook remember that while a Fleischmann's Compressed Yeast Cake is not too much for two quarts of flour, it is sufficient for three quarts if mixed over night with warm milk or water, and placed in a warm place to rise. Bread mixed with milk does not keep moist so long as that mixed with water, but it is richer and more nourishing. Housekeepers who make bread only once a week would do well to use warm water for the purpose.

CONCORD BREAD.

THE recipe for the far-famed Concord Bread is as follows.

This rule is more elaborate than the preceding one and takes more time, but the results are excellent.

Use one quart of milk, lard the size of an egg, or, what is its equivalent in actual measurement, a rounded tablespoonful, two quarts of flour, one of them even, the other a heaping quart; one cake of Fleischmann's Compressed Yeast, a heaping teaspoonful of salt, and an even teaspoonful of white sugar. Dissolve the yeast, salt, and sugar in a very little tepid water, just as little as possible; scald the lard in the milk, and when

cool, add to the yeast, and stir in the flour to make a rather stiff dough, but do not knead. Let it rise over night; in the morning, the very first thing, stir it down, and when it is risen again do not knead, but shake with the flour on the board, take out the dough and work with the hands just enough to make it smooth and free from the flour; put into the pans to rise again, and bake from thirty to forty minutes, according to the size of the loaves, having the oven very hot when the bread is first put in.

BRAN BREAD.

Two cups of rye meal, one cup of brown sugar, three cups of Indian meal, a small handful of salt; mix into a soft batter with warm milk, into which a Fleischmann's Compressed Yeast Cake has been dissolved. Do this over night. In the morning, place in a carefully buttered pan and set to rise again. The loaf should be covered while baking in order to keep the crust from hardening.

BROWN BREAD.

BROWN BREAD is considered especially difficult to make, even by good cooks, but, like wheat bread, the process is perfectly simple. Brown bread requires long baking, and as the tendency of brown bread is toward a thick crust, the oven should be only moderately heated. The loaf should be carefully covered, and with a deep vessel that will not interfere with the rising. Four hours is none too long for the baking. It is more woe to steam brown bread, but by so doing all danger of a thick crust is avoided, as the whole loaf is sure to be more moist.

One of the principal causes of failure in making brown bread is to be found in the use of rye flour instead of rye meal. Rye flour is too fine and makes a pasty mixture, which is very undesirable. Neither is the finely bolted Indian meal the best for this purpose. Two cups or two bowls of white meal to one cup or one bowl of rye meal is about the proper proportion. For a small family, two coffee-cups of white or yellow Indian meal and one of rye meal will be sufficient. Add to these a teacup of Graham flour, a cup of molasses, and warm milk enough to make a soft batter. Dissolve a Fleischmann's Compressed Yeast Cake in some warm water, and stir well into the mixture. Add a great spoonful of salt. Let it rise over night. In the morning stir briskly, and pour into a pan or steamer, and let it rise again. Steam from three to four hours.

BROWN BREAD TOAST.

COMPARATIVELY few persons are aware of the deliciousness of brown bread toast. It is exceedingly appetizing and easily digested. But the brown bread which produces nice toast is made quite differently from the usual kind. Take one cup of wheat flour, one cup of rye meal, one cup of yellow corn meal, one teaspoonful of salt, three tablespoonfuls of sugar, and a Fleischmann's Compressed Yeast Cake, dissolved in a little warm water. Mix with milk which has been scalded and cooled until it is of the right consistency to shape; when light, put into pans; let it rise again, and bake one hour. The next day it can be sliced and toasted. Make a cream gravy and serve hot.

BUTTERMILK BREAD.

SIFT enough flour into a quart of hot buttermilk to make a thick batter; add a Fleischmann's Yeast Cake which has been dissolved in warm water, and set to rise. When light, work in half a teaspoonful of soda which has been dissolved thoroughly in a great spoonful of warm water. Add flour enough to work over without stickiness. After rising the second time, make into loaves and bake slowly.

GRAHAM BREAD.

ONE-THIRD as much wheat flour as Graham is the proper proportions for Graham bread and also for Graham biscuit. To six cups of Graham flour add two cups of wheat flour, one tablespoonful of lard, one even teaspoonful of salt, one cup or a half cup of molasses, according to the taste of the family. Dissolve a Fleischmann's Yeast Cake in a little warm water, add warm milk enough to make a moderately firm dough. Mix well, and set to rise. When light, place in pans, let rise again, and bake in a slow oven.

MILK BREAD.

To a quart of warm new milk add a Fleischmann's Yeast Cake which has been dissolved in a little warm water, and a great spoonful of melted butter. Stir into this a pint of sifted flour and a dessert-spoonful of sugar. Beat well, and set to rise. When light, work in flour enough to make a firm dough. Raise again, place in pans; raise again, and bake in a moderately slow oven.

POTATO BREAD.

MASH half a dozen potatoes very fine. Add a great spoonful of melted butter, two cups of warm milk, a teaspoonful of salt, and a teaspoonful of sugar. Dissolve a Fleischmann's Yeast Cake in warm water, and sift in flour enough to make a moderately stiff batter. Mix well, and set to rise. When light, put into pans and raise again. Bake slowly.

RYE BREAD.

A HEAPING quart of rye flour, and a scant pint of wheat flour, a small handful of salt, an even great spoonful of butter or lard, and half a cup of molasses or sugar. Dissolve a Fleischmann's Yeast Cake in warm milk enough to make a good dough. Knead for several minutes, and set to rise. In the morning knead, put into pans and raise the second time. Bake an hour.

RISEN CORN BREAD.

DISSOLVE half of a Fleischmann's Yeast Cake in a little warm water, and add milk enough to make a soft batter of two cups of Indian meal — white or yellow — and one cup of sifted wheat flour. Use half a teaspoonful of salt. When light, stir in three eggs, the whites and yolks beaten separately, a scant cup of sugar, and a spoonful of melted butter. Set to rise again, and when light, bake in large pans or patty pans.

BISCUITS.

BREAD and biscuits can be mixed at the same time, and thus save time and labor by making a little larger batch. In

the morning take enough of the light dough to make as many biscuits as are necessary. To a quart bowl of dough add a heaping great spoonful of butter. Work in well, sifting in a little more flour if necessary. Do not roll out, but make into small biscuits with the hands, and set in warm place to rise. Cover with a bread cloth, and when very light bake in a quick oven.

FRENCH ROLLS.

MUCH inquiry has been made for a rule for tender French rolls with a brittle crust. One must have rich warm milk to begin with. The flour must be the whitest and best procurable. To a quart of sifted flour add a generous half-cup of sweet butter, a little more than half of a Fleischmann's Yeast Cake dissolved in warm milk, and a great spoonful of powdered sugar. This dough requires considerable kneading. Set to rise in a warm place. In the morning remould, adding the whites of two eggs beaten to a froth. Make into oblong rolls, let them rise again, and bake in quick oven.

TEA ROLLS.

Two quarts of sifted flour, a Fleischmann's Yeast Cake dissolved in warm milk, a little salt, two great spoonfuls of powdered sugar, two-thirds of a cup of butter, and warm milk enough to make a soft dough. Set to rise immediately after breakfast; an hour or more before tea beat the whites of two eggs to a stiff froth, work in carefully; then make into rolls and set to rise again. Twenty minutes to half an hour in a quick oven will be sufficient.

MIXED BISCUITS.

ONE-THIRD rye flour, one-third Graham, and one-third wheat middlings. Add a little salt, a tablespoonful of sugar, and a tablespoonful of butter. Mix with warm milk, into which a Fleischmann's Yeast Cake has been dissolved. Knead thoroughly, set to rise over night, knead well again in the morning and make into biscuits. Raise the second time and bake in a moderate oven. Loaves made in the same way are as digestible as they are palatable.

MIDDLINGS BISCUITS.

BOIL one quart of milk, and when partly cool, add a little salt and two spoonfuls of sugar. Dissolve a Fleischmann's Yeast Cake in a little warm water, and stir in enough middlings to make a soft batter. In the morning, add two eggs well-beaten, and sifted flour enough to make a moderately firm dough. Place in pans and let rise until light. Bake in a quick oven.

ANTI-DYSPEPTIC BISCUITS.

THE following recipe and remarks are from "Aunt Annie," the famous Vermont housekeeper. She says: "I have made these biscuits many a time for poor, half-starved creatures who had not been able to digest even the simplest food for weeks, and I have never yet seen the person who had the slightest trouble in taking care of them. Milk, you know, is the rankest poison to some stomachs, and there is no milk in these biscuits, and very little of what I call 'pulp,' or 'wads of dough.' Sift a quart of flour two or three times, into which a teaspoonful

of salt has been thrown. Take a piece of butter the size of an egg and rub well into the flour. Then dissolve the larger half of a Fleischmann's Yeast Cake in a little tepid water, and stir in; add cold water enough to make a soft dough. Roll to thin cookie thickness and cut out. Place two together, separating only by tiny pieces of butter. Bake a rich brown in a pretty hot oven. I will guarantee them to be crisp, delicious and digestible."

RYE BISCUITS.

Two cups of rye flour, one cup of wheat flour, a great spoonful of sugar, a little salt. Dissolve a Fleischmann's Yeast Cake in a little warm water; add to this enough flour to make a soft batter. Mix over night or early in morning. When light, remould, place in pans and let rise again.

POPULAR PUFFS.

A PINT of flour and a pinch of salt, sifted twice. Rub a half a teacup of butter into the flour, and add part of a Fleischmann's Yeast Cake that has been dissolved in a little warm water. Mix to a soft batter with warm milk. Set to rise. When light, add the whites of three eggs beaten to a stiff froth, and a great spoonful of granulated sugar. Stir briskly, and bake in patty pans in hot oven. These are delicious.

SQUIRRELS' TAILS.

THIS is a comparatively new delicacy, and was first made by an ingenious lady of Providence, R. I., from which place many novel and delicious recipes have come.

To a quart of flour that has been twice sifted, add a little salt, a piece of butter the size of an egg, then rub well into the flour. Dissolve half a Fleischmann's Yeast Cake in a little warm water, and add to this warm milk enough to make a moderately soft batter. Do not spare the kneading. Set to rise. When light, add the whites of two eggs that have been beaten to a stiff froth. Let rise again. Make a sauce of one cup of granulated sugar, and half a cup of butter. Beat until white and creamy. Roll the dough out thin, cut in strips about an inch and a half wide and six inches long, and spread the sauce upon them. Roll each strip up separately, place in pan, let rise again, and bake in a hot oven.

HOT CROSS BUNS.

MAKE a sponge of one pint of sweet milk, wheat flour, a little salt, and a Fleischmann's Yeast Cake dissolved in warm milk. When light, add a cup of sugar, half a cup of butter, and a little cinnamon. Sift in flour enough to roll out. Knead well and set to rise again. Roll into square cakes and make a deep cross upon each with a knife, and place in oven. When done brush with a feather dipped in the white of an egg which has been beaten with sugar.

"THE MARTHA'S VINEYARD BREAKFAST BUN."

THIS is a unique delicacy, but why "bun" is hard to tell. They are baked in gem pans, and are eaten hot with butter. The recipe is as follows: One cup of wheat flour, one cup

of Graham flour, half a cup of rye flour, two heaping spoonfuls of butter, a little salt, half of a Fleischmann's Yeast Cake dissolved in warm water, and enough milk to make a soft, but not "runny" sponge. Set in warm place to rise over night. In the morning add two eggs well beaten, a generous half cup of sugar, and let stand a few moments. Bake in a quick oven.

SALLY LUNN.

ADD five well-beaten eggs to two cups of warm milk, and two tablespoonfuls of melted butter, a little salt, and a cup of sugar. Stir in enough sifted flour to make a soft batter. Set to rise. When light, pour into patty pans, and bake quickly.

CHILDREN'S RUSK.

MAKE a soft sponge of one pint of warm milk, half of a Fleischmann's Yeast Cake dissolved in warm water, and sifted flour. Let it rise over night. In the morning add half a cup of melted butter, one cup of sugar, one egg, and a little salt. Flavor with cinnamon. Sift in flour enough to make a firm dough. Mold into rolls, place in pans, let rise again, and bake in quick oven. These are improved by the addition of a few currants or raisins. When done, dampen the tops slightly and sift on some powdered sugar.

WAFFLES.

THE best waffle recipe I know of is as follows: If for breakfast, mix at night one pint of milk, half a Fleischmann's Yeast Cake, and one pint of sifted flour. In the morning add a little

salt, a tablespoonful of melted butter, two eggs, yolks and whites beaten separately. If intended for tea, mix in the morning.

BUCKWHEAT CAKES.

At a recent gathering of savants and scientists, buckwheat was declared perfectly innocent of the inflammatory principle which has so long and vigorously been used against it. While it contains more carbon than wheat, this fact does not detract from its favor, as the manufacture of caloric is a blessing with the thermometer in the zero neighborhood. The testimony of workingmen, that a breakfast of buckwheat cakes was better to labor on than a meal of meat and potatoes, was carefully considered by these scientific inquirers after truth. There is one infallible rule for perfect cakes, cakes that will not weaken or inflame the stomach. Take a quart of warm milk, a little salt, a great spoonful of Indian meal, and buckwheat enough to make a soft batter. Then dissolve part of a Fleischmann's Yeast Cake in a little warm water and stir in briskly. Cover closely, and set in a warm place to rise. In the morning stir again, and bake on a hot griddle.

Eat with butter and maple syrup.

CORN-MEAL FLAPJACKS.

DISSOLVE a Fleischmann's Yeast Cake in a quart of warm milk. Add a cupful of Indian meal, a cup of sifted flour, and a little salt. In the morning stir in two eggs lightly beaten, and a little sugar or molasses if sweetness is preferred. Should the batter not be thick enough, sift in more flour. Bake on hot griddle.

FLANNEL CAKES.

ONE quart of milk, one Fleischmann's Yeast Cake dissolved in warm water, one tablespoonful of melted butter, three eggs well beaten, a little salt, and flour enough for a soft batter. Add the butter and eggs in the morning. Bake on a hot griddle.

WHEAT MUFFINS.

TWO cups of sifted flour, a little salt, a great spoonful of sugar, and a great spoonful of melted butter. Dissolve a Fleischmann's Yeast Cake in a little warm water, and add milk enough to make a moderately firm batter. When risen, beat three eggs, lightly, and stir in. Bake in rings and eat immediately.

DROP MUFFINS.

TAKE two eggs, well beaten, one and a half pints of milk or water, one great spoonful of butter, one teaspoonful of salt, and a Fleischmann's Yeast Cake dissolved in a little warm water. Stir enough wheat flour into this mixture to make a good batter. In the morning don't stir the batter, but drop it a spoonful at a time in a dripping-pan. Bake in rather a quick oven for half an hour.

GRANDMA'S MUFFINS.

MAKE a batter of one pint of warm milk and wheat flour. Add a little salt and a Fleischmann's Yeast Cake dissolved in a little warm water or milk. Set to rise over night. In the morning stir in three eggs, whites and yolks beaten separately, and half a cup of granulated sugar. Sift in a little more flour, and

let rise again. When very light, pour into rings and bake in a quick oven.

GRAHAM MUFFINS.

To one quart of warm milk add three cups of Graham flour, one cup of wheat flour, a little salt, one tablespoonful of butter and one of lard, half a cup of sugar. Add a Fleischmann's Yeast Cake which has been dissolved in a little warm water, and stir well. When light, bake in muffin rings.

CRUMPETS.

ONE pint of warm milk, two tablespoonfuls of melted butter, a little salt, and flour enough to make a soft batter. When light, pour into patty pans, let rise a few moments, and bake in a quick oven. Sweet crumpets are made by adding a half cup of sugar.

PARCH CAKES.

ONE cup of granulated sugar, three-quarters of a cup of milk, piece of butter the size of an egg, and two eggs well beaten. Add flour enough to make a soft batter, then stir briskly in a couple of tablespoonfuls of warm milk in which a Fleischmann's Yeast Cake has been dissolved. When light, add two large cups of popped corn. This must be of the best quality, and all the hard grains eliminated. Bake at once in muffin rings, and eat when warm.

DOUGHNUTS.

Two cups of sugar, half a cup of butter, one pint of milk, a half teaspoonful of salt, and cinnamon and nutmeg to taste.

Dissolve a Fleischmann's Yeast Cake in a little warm water; add flour enough to make a firm dough. Set to rise. In the morning add three eggs, beaten light, and flour enough to make the dough the proper consistency. Set to rise again. When light, roll into a thick sheet, cut out, and fry in boiling lard. Sift powdered sugar over them while hot.

STRAWBERRY OR RASPBERRY SHORT-CAKE. No. 1.

To a quart of sifted flour add a little salt, a heaping tablespoonful of butter, a teaspoonful of sugar, and a Fleischmann's Yeast Cake which has been dissolved in warm milk or water. Work into dough with warm milk and set to rise. When light, roll into sheets about half an inch thick and let rise again. Bake in a quick oven. Sweeten the berries to taste and place between the cakes, and on top. Serve with cream.

STRAWBERRY SHORT-CAKE. No. 2.

IF cream is to be had, dissolve a part of a Fleischmann's Yeast Cake in a little warm water, and then add a cup of cream. A pint of sifted flour will make a cake large enough for a medium-sized family. The rule can be enlarged or diminished to suit the necessities of the situation. If there is no cream, rub a generous half cup of butter into the pint of flour. If there is cream, leave out the butter. Add half a cup of sugar, a little salt, and set to rise. When light, roll into thin cakes and bake. Then butter, and spread the strawberries, which have been

rolled—not jammed—in powdered sugar. Three pints of berries are none too much for the pint of flour.

IMPERIAL JUMBLES.

THREE cups of powdered sugar, two-thirds of a cup of butter, a cup of milk, and sifted flour enough to make an ordinary cake batter. Add part of a Fleischmann's Yeast Cake dissolved in a little warm water, and then stir thoroughly. Set to rise. When light, add four eggs, which have not been beaten, stirring in one at a time briskly. Bake in patty pans or in large cakes. Success depends upon the beating and baking.

NUT CAKE.

THREE cups of light dough, made according to bread rule, four eggs, lightly beaten, two cups of sugar, three-quarters of a cup of hickory nuts which have been very carefully cleared of the shells. Add the nuts last after a vigorous beating of the mixture. Pour into pans and let stand half an hour. Bake in a moderate oven. This recipe is perfect for currant or citron cake. If currant cake is desired, substitute a cup of this fruit, which has been thoroughly washed, dried, and floured. If citron cake is wanted, slice a half pound into thin slices, flour, and stir in carefully.

BREAD CAKE.

To one pint of risen bread dough, made according to rule previously given, add half a cup of butter, a coffee cup of

sugar, three eggs, well beaten, a pound of stoned raisins, carefully floured, a little nutmeg, and sifted flour enough to make a proper cake consistency. Place in pans, let stand fifteen minutes and bake very slowly.

SPICED CAKE.

To a cup of risen dough, add four eggs, whites and yolks beaten separately, half a cup of butter, two cups of sugar, a teaspoonful of ground cloves, another of ground cinnamon, a little nutmeg, and a pound of stoned raisins, well floured. Sift in flour enough to make a good batter. Pour into pans and let stand half an hour. Bake slowly.

GOLD CAKE.

ONE coffee cup of sifted flour, a little salt, a part of a Fleischmann's Yeast Cake dissolved in a little warm water. Make into a soft batter with warm milk, and set to rise. When light, add a cup and a half of granulated sugar, three-quarters of a cup of butter, the yolks of five eggs carefully beaten, and sifted flour enough to make a good cake batter. Flavor with vanilla. Let stand in pans fifteen minutes, and bake very slowly.

ELECTION CAKE.

Two coffee cups of sifted flour, a little salt, two-thirds of a Fleischmann's Yeast Cake dissolved in a little warm milk or water, and sufficient warm milk to make a soft dough. When very light, add one cup of butter, the whites and yolks of seven eggs, beaten separately; two coffee cups of sugar, and

flour enough to make a reliable cake batter. Then add one pound of raisins, one pound of currants, and one pound of sliced citron, well floured, one teaspoonful of ground cloves, one of cinnamon, half a teaspoonful of maize, and half a pint of brandy or wine. Sherry is the best for this purpose. Pour into pans and let stand one hour. Bake in a moderate oven, slowly.

CHRISTMAS CAKES.

To one pint of risen bread dough add two cups of granulated sugar, one cup of butter, three eggs, whites and yolks beaten separately, one teacup of hickory nuts, one great spoonful of caraway seeds, two cups of stoned raisins, and a little grated nutmeg. Cover closely and let stand till light. Pour into patty pans and bake slowly. When cool, ice them and sift over a few fine candies.

AUNTIE'S COOKIES.

ONE and a half cups of sugar, half a cup of butter, one egg, half a Fleischmann's Yeast Cake dissolved in warm water, and a teaspoonful of ground cinnamon. Sift in flour enough to make a good cake batter. Roll into very thin cakes, cut into cookies and bake in a quick oven.

RISEN ANGEL-CAKE.

ONE coffee cup of sifted flour, two-thirds of a Fleischmann's Yeast Cake dissolved in warm milk, and warm milk enough to make a soft batter. Set to rise. When very light stir in half a cup of butter, two cups of confectioners' sugar, and the whites of eight eggs, beaten to a stiff froth. Then stir in about two cups

of sifted flour, and flavor with extract of almond. Pour into a pan and let rise till very light. Bake in a slow oven. This cake when properly made is most delicious.

BATTER PUDDING.

RUB a great spoonful of butter into a pint of sifted flour and a little salt. Dissolve a part of a Fleischmann's Yeast Cake in a little warm water. Add warm milk enough to make a moderately soft batter. Set to rise. When light, add four eggs, the yolks and whites beaten separately. Cook in double boiler three-quarters of an hour. Serve hot with hard, soft, or cream sauce.

PEACH POT-PIE.

THIS most delicious dish is made by carefully wiping as many peaches as may be desirable, and placing in pot with just enough water to cover them. Add sugar according to quantity of fruit. When boiling, cover with a crust which has been made from the rule for wheat bread, with the addition of half a cup of butter to a coffee cup of dough. In the whole realm of desserts there is nothing more delicious or more easily taken care of. A baked pie can be made by peeling, halving, and sweetening the peaches, and covering with crust in the same manner. Half a cup of boiling water is sufficient for this delicacy. Serve with cream sauce made of butter and sugar.

SUET PUDDING.

TAKE a coffee cup of suet which has been chopped as fine as possible, and rub it carefully into a quart of sifted and salted

flour. Dissolve a part of a Fleischmann's Yeast Cake in warm water, and stir in with warm milk enough to make a soft batter. Let it rise in a warm place. When light, add two well-beaten eggs, and boil in a loosely-tied bag an hour and a half. A simple and delicious sauce for this and other puddings is made as follows: Take one cup of sugar and one egg, beat to frothiness, and three-quarters of a cup of milk — very hot but not boiling — stirred in just before serving.

BERRY ROLY-POLY.

IF for midday dessert, mix the dough immediately after breakfast and set in warm place to rise. Sift two coffee cups of flour, add a little salt, and two teaspoonfuls of butter. Rub in thoroughly. Dissolve half of a Fleischmann's Yeast Cake in a little warm water or milk, and then mix into a soft dough with warm milk. When this is light, roll into a long strip and spread the berries thickly over it. Sift over them a little flour. Roll carefully, place in a pudding bag or steamer and cook three-quarters of an hour. Huckleberries, blackberries, and raspberries can be used for this dish; also sliced ripe peaches.

PIE-CRUST.

A HOUSEKEEPER from Maine writes as follows: "I have an original recipe for pie-crust, and my family and my neighbors pronounce it perfect. For years I had used lard and baking powder because the latter gave to the crust a tenderness which was very agreeable. But after a while we found that we were

always uncomfortable, if not really ill, after eating pies made in this fashion. So I put my wits to work and evolved the following: If I wish to make four pies I take four medium-sized cups of sifted flour, a teaspoonful of salt, one half cup of melted beef suet, one great spoonful of lard and two of butter. Then I add half of a Fleischmann's Yeast Cake dissolved in a little warm water. Next I rub the shortening carefully into the flour, and then add tepid water enough to make the proper dough. I prepare this over night and set in warm place to rise. In the morning it is all ready to roll out into tender, flaky, delicious crust."

HARD SAUCE.

ONE cup of sugar, and half a cup of butter. Beat to a froth and flavor with brandy or wine.

CREAM SAUCE.

HALF a pint of cream, one cup of sugar, one teaspoonful of vanilla, and one egg. Beat the sugar and egg together, heat the cream almost to boiling-point, and add to the sugar and egg immediately before serving. If cream is not obtainable, milk will do.

MUGWUMP SAUCE.

ONE cup of sugar, half a cup of butter, and one egg. Stir all together without having previously beaten the egg. Beat till very light. Flavor to taste. Notwithstanding its name this is the best sauce made.

CLAM POT-PIE.

THE clams must be raw, and the cook must be careful that they are not gritty. Cut off the black heads and separate the bellies from the rest of the clams, and chop the heads and the rims. Strain the clam water. Fry out five or six slices of nice fat pork. This will be sufficient for a solid quart of clams. When this is done, take out the pork and cut two or three onions into the pork fat. When there is time it is better to chop the onions. When these are cooked, pour into a dish, and place the slices of pork in the bottom of the pot which is to have the honor of holding your pot-pie. Add a layer of the onions, a layer of thinly-sliced potatoes, a layer of clams—the heads and the rims—then sprinkle in pepper and salt and a little flour. Build up in this way until you have used all your materials. Then add half a dozen cloves. Fill just to the edge with boiling water. Have ready a raised crust, made of a scant pint of flour into which a great spoonful of butter has been rubbed. Use half of a Fleischmann's Yeast Cake which has been dissolved in a little warm water. The dough should be soft. Raise twice as for bread. Roll out, and when the pot is boiling place the crust on top, having made a hole in the middle for the escape of steam. Cook half an hour. Take off the crust and stir in the clam bellies, and let boil a minute longer. Add a little water if there is not quite gravy enough, and season to taste.

ROOT BEER.

DELICIOUS home-made root beer can be evolved from the dried roots found in the drug stores; but if you are in the

country and can get the fresh roots, so much the better. The amount and variety of roots depend very much on taste, but a good proportion is to take equal parts of dandelion and yellow dock, half as much sassafras, wintergreen or birch bark to flavor, and a little handful of prince's pine. Boil them together, not too long, but just to extract the flavor, strain and cool. When lukewarm add a Fleischmann's Yeast Cake, and sweeten with molasses. Brown sugar may be used if preferred, but the molasses seems to have most affinity with the roots. Let it stand twenty-four hours, skimming it frequently. Bottle tightly. It will be ready to drink in eight or ten days.

