

# BLUE RIBBON



FIFTEENTH EDITION

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# COOK BOOK





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## BLUE RIBBON LIMITED

Manufacturers and Packers of Blue Ribbon Tea, Coffee,  
Baking Powder, Extracts, Spices, etc.

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Entered according to Act of the Parliament of Canada, in the year one thousand nine hundred and five, by the **Blue Ribbon Manufacturing Company**, Winnipeg, at the Department of Agriculture.

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# BLUE RIBBON COOK BOOK

FIFTEENTH EDITION

Prepared Especially for Everyday Use in Western Homes



## Foreword

We may live without poetry, music and art;  
We may live without conscience, and live without heart;  
We may live without friends; we may live without books;  
But civilized man cannot live without cooks.

— LORD LYTTON.

Man, in his primitive state, lived upon roots and fruits of the earth. Then, at a later stage in his development he became a hunter and a fisher.

Man, today, still lives upon the fruits of the earth, the fowls of the air, and beasts of the fields and the fish of the sea; yet they are so cunningly prepared that they add immeasurably to his happiness and health.

The art of cookery is every day receiving increased attention; and that is as it should be, because good cooking has a great influence on health. We would all enjoy better health and be better able to withstand sickness if more attention were paid to the proper selection and preparation of food.

It is our sincere wish that this new and revised edition of the Blue Ribbon Cook Book may be of assistance to the women of Canada. Neither time nor expense has been spared to make it comprehensive and up-to-date. The recipes have all been tried and tested, and have been chosen with a view to the various requirements of Canadian households.

We desire to acknowledge our obligations to the editors of the M. A. C. Cook Book and to Florence H. Howden, B. Sc. (H. Ec.), Teacher of Home Economics in King Edward High School, Vancouver, B.C., for their assistance in the preparation of the manuscript.

BLUE RIBBON LIMITED.



# FOOD AND ITS USES



Food is anything which nourishes the body, and is necessary for growth, repair, heat and energy, and to regulate body processes.

After it is taken into the body, all food must undergo certain chemical changes before it can be used by the body, and this is the work of the digestive system.

## Foods are Classified as:

1. **Protein**—This is the great building material. Other foods give heat and energy, but protein is the only one which builds up and repairs the body, and is therefore essential.

Foods which are high in protein are milk, meat, fish, eggs, peas, beans and lentils. The cereals and vegetables other than the legumes, contain a considerable amount.

2. **Carbohydrate**—This is divided into two groups: sugars and starches. These supply heat and energy and may be converted into fatty tissue. The source of the starches is mainly the cereals, and certain vegetables. Cellulose is a form of carbohydrate, but is not digested in the body. It is necessary in the diet because it gives bulk to the food passing through the intestines, and so prevents constipation. Most vegetables are a prolific source of cellulose.

3. **Fats**—These supply heat in a concentrated form, giving  $2\frac{1}{4}$  times as much as carbohydrate. They are from animal or vegetable sources.

4. **Mineral Matter**—These supply building material and help to regulate body processes. The most important are calcium or lime, chlorine, iron, sulphur, phosphorus, potassium, magnesium and iodine. They are small in bulk, but of the utmost importance; especially during the growth period. The principal sources are: milk, butter, eggs, greens, fruits, vegetables, and whole grain products.

5. **Vitamins**—These are found in very minute quantities in certain foods, and are absolutely necessary for the prevention

of disease, and for growth promotion. They are of comparatively recent discovery, and four have been studied and are called: **Vitamins A, B, C and D.** They are found mainly in milk and milk products, fresh fruits and leafy vegetables, and so these are known as "protective foods" and should be included in the day's meals.

**6. Water**—This is more necessary than food. A person can exist several weeks without food, but only a few days without water. From 4 to 6 glasses daily should be taken.

The body, or human machine, is often likened to an automobile. The carbohydrates and fats are the fuels which give the machine heat and energy, and make it go. The proteins repair the body and build up new parts, just as a car has to be repaired and new parts bought. The mineral matter and water lubricate the machinery, as oil lubricates the car. Vitamins are needed for growth and normal development.

The fuel which we consume is also measured, as is the gallon of gasoline. Our fuel or food gives us heat, as does the coal burned in the furnace, or the gasoline in the car. The heat derived from food is measured by calories, and counting one's calories is growing in popularity.

## Food for Children

The daily diet for children should contain:

- (1) A quart of milk, since this is the only food which can adequately supply calcium, for the proper growth of bones and teeth. Suggested means of getting this into the menu is given elsewhere.
- (2) Fruit, preferably fresh; oranges are especially valuable for Vitamin C.
- (3) Vegetables, especially spinach, tomatoes and cabbage.
- (4) Eggs, preferably 1 each day, but at least 1 every other day.
- (5) Cereals, especially the whole grain, as rolled oats and cracked wheat. Use package cereals only for variety.
- (6) Bread, brown is preferable as it gives more bulk and supplies mineral matter and vitamins.

- (7) Water, from 4 to 6 glasses.
- (8) If protein can be supplied from other sources, it is advisable to omit meat until four years of age, and then give only in small quantities.

## Food for Adults

The daily diet should include:

- (1) One pint of milk as beverage, soup, etc.
- (2) Fruit, preferably fresh.
- (3) Vegetables, two every day, one raw if possible; non-starchy ones as spinach, cabbage, beets, carrots, lettuce, etc., to be preferred.
- (4) Eggs. One every day, or at least three a week.
- (5) Meat, or a meat substitute. For those in sedentary occupations, meat once a day is sufficient. The by-products formed in the body throw an undue tax on the excretory system.
- (6) Bread and Cereals. Preferably the whole grains.
- (7) Water, at least 4 to 6 glasses.

## Food for the Aged

Their daily diet approximates more nearly the child's diet and should consist of foods easily digested. It is advisable to practically eliminate meats, particularly the heavy ones.

## To Reduce in Weight

Eat plenty of vegetables, fruit and salads, which are bulky but of a low caloric value. Avoid starchy foods, fats and sugars. Take plenty of water, and exercise in the open air as much as possible.

## To Gain in Weight

Increase the starchy foods and fats, in addition to what is given under "**Food for Adults.**" Sleep and rest as much as possible.

# MEAL PLANNING



The day's meals should be planned so that they will include the foods previously mentioned. One must also consider the age, sex and occupation of the various members of the family. There is also the subject of cost in money, time, fuel and strength. Planning meals for a week ahead will be found a great help. In this way one can estimate their cost, and get a general view of what is to be served, and whether the less expensive foods are represented.

## Some Hints in Meal Planning

One hot dish every meal is to be preferred, as it aids digestion. Meals should be well-balanced as regards protein, fat and carbohydrate. Serve approximately the same amount every day. Food that stimulates the appetite and digestive juices, e.g. fruit and meat juices, should be served first. Serve hot foods hot, and cold foods cold.

Variety is needful, but do not have too much. If a woman is doing her own work elaborate meals are not necessary. Secure variety through methods of cooking and serving. A bit of color adds to the attractiveness. A meal where everything is whitish is unappetizing.

Do not have the same flavor or food twice at one meal, e.g. tomato soup and tomato salad. If possible do not have the same food twice a day. Exceptions to this would be fruit in season, and leftovers that will not keep.

Serve pickles and highly spiced foods sparingly, and do not give to children. Concentrated foods should be diluted, e.g. serve cheese as macaroni and cheese, rarebit, etc. Cereals and foods that contain the whole grain are preferable, as they give bulk to the diet, and help prevent constipation.

The "protective foods" should be included in each day's meals, e.g. milk, butter, eggs, fruit and leafy vegetables.

The standard for milk is 1 quart a day for every child, and a pint for every adult.

## TABLE SERVICE



**1. Table-Setting**—The first essentials are, of course, spotless, well-laundered table linen, shining silver and china, and sparkling glassware arranged neatly. A low decoration in the centre adds to the attractiveness. This might be a few well-arranged flowers, a fern, growing plant, or a bowl of fruit, but it should always be low enough so as not to obstruct the view across the table. Avoid using flowers with a heavy odor, as it may be disagreeable to some. Candles are very popular and effective.

A cover is the space allowed at the table for one guest, including the silver, china and glassware. Allow from 20 to 24 inches.

Place the silencer cloth on the table, and over this spread smoothly the table cloth. If a centre doily is used, place directly in the centre of the table. Runners and place mats of linen or lace are also suitable for family meals.

Place silver in the order in which it is to be used, beginning farthest from the plate. Place 1 inch in from the edge. Allow the width of the largest plate between the knife and fork. Put knives at right with sharp edge toward the plate, and forks at left, with prongs up.

Put spoons to the right of the knives, bowls up. The water glass stands at the point of the knife, and the bread and butter plate at left of point of fork, the butter spreader, if used, on it. Bread and butter plates are not used at formal dinners.

The folded napkin is laid below the bread and butter plate, the open edge toward the plate. Do not fold napkins in fancy shapes. Place salt and pepper shakers near the four corners, or between two covers, in line with the glass.

Olives, radishes, celery, pickles, etc., may be placed on the table at intervals with the necessary serving forks and spoons beside them.

Place the carving knife at the right and the fork at the left of the meat platter, and table spoons beside the vegetable dishes. Never place spoons in dishes before beginning the serving.

The coffee pot, sugar and cream, cups and saucers arranged in groups of two, are placed in front of the hostess at the time of serving. A tray may be used. Place handles of the dishes toward the hostess. Pass a cup and saucer so that the handle is facing the guest, with the spoon on the saucer to the right of the cup, handles parallel.

The table should never look crowded with dishes. When the hostess is serving the meals, a tea-wagon near by may hold the tea-tray, water pitcher, dessert, cheese, etc.

Place the chairs so that the edge of the seat just touches the tablecloth, but does not prevent it from hanging straight. Place cards may be used for seating a large number of guests. They are put above each plate.

See that the covers on opposite sides of the table are directly opposite, not out of line, or in the case of an odd number, equally distant from each other. (See illustration, Page 10)

**2. Styles of Serving**—There are three methods of serving meals: the Russian, the English, and the Compromise.

The Russian Service is most formal. No food is on the table except candy and nuts. The plates are served in the kitchen, and placed in front of the guest; or empty plates are in place, and the serving dishes are placed to the left of each person by a waitress. Each person helps himself, or is helped by the attendant. The dishes of food are not set down upon the table, but are returned to the pantry. This form is rarely used, except where there are servants.

The English Style is informal. Foods are served at the table by host and hostess and other members of the family. If there is a maid, the passing is done by her.

The Compromise Style is a combination of the other two. The main course is usually served at the table, while the soup, salad and dessert, are served directly from the kitchen. This is most frequently used in Canada.

There are two methods of serving guests: the right hand, and the left hand service. If the right hand service is used, all

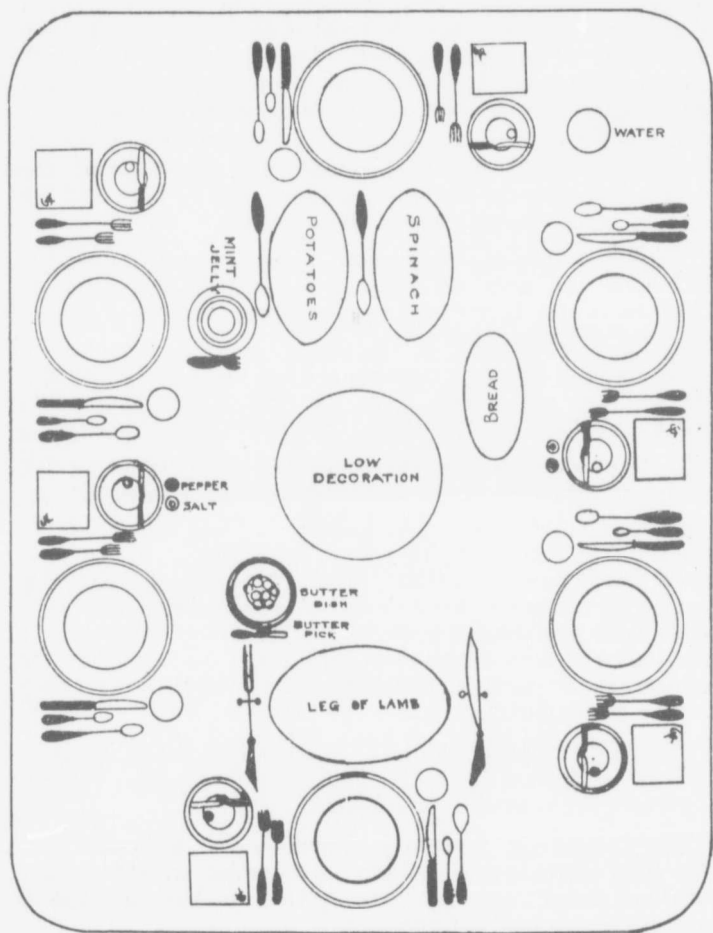


Diagram of table laid for home dinner (without service of maid).

dishes are placed and removed from the right, with the exception of dishes served from the side, the guest helping himself. In the left-hand service all dishes are placed and removed from the left, with the exception of beverages.

**3. Rules for Serving**—Just before the meal is served, fill each glass  $\frac{2}{3}$  full of water, and place a piece of butter upon each bread and butter plate. Hot breads should be placed inside a clean folded napkin to keep them hot.

The hostess assigns the places at the table. The lady guest of honor sits at the right of the host, and the second lady of importance at the left. The gentleman guest of honor at the hostess' right.

The guests stand behind their chairs until the hostess makes the move to be seated, then they sit down from the left hand side of the chair.

The hostess is served first, then the next person to the right, around the table in succession. If preferred the guest of honor may be served first, and then the others to her right in order of sitting.

In removing a course, take all dishes containing food first, then the soiled plates and silver, beginning with the hostess or lady guest of honor. Salts and peppers are removed last on a small tray. Bread and butter plates should remain upon the table until after the salad has been served. Use a folded napkin and plate, or small tray, to remove crumbs from the table.

Children should be taught to help in the serving. In many homes the mother is the only one to leave the table, remove dishes and bring in the next course; but this duty should devolve upon the younger members of the family, both boys and girls. If waiting on table, rise quietly, leaving napkin partially folded at left hand of plate.

Care should be taken to pass all the accompaniments of each course at the right time, but avoid the confusion of passing many things at once.



A few common rules of table etiquette are: See that one's clothing and person are neat and clean; eat slowly and quietly; never eat with a knife; sit erect with feet on the floor and elbows off the table. Do not butter a whole slice of bread at once; break off a small part and spread it. Do not break bread or crackers into the soup. Use the side of the spoon when taking soup, etc., never the tip. When filling the spoon move it away from you. Do not leave spoons in cups when not in use; handle a drinking glass near the base. Avoid talking when the mouth is filled with food; keep lips closed when masticating food.

When finished dinner place knife and fork side by side on right side of plate. Do not play with utensils on the table, nor criticize the food. Never use a tooth-pick at the table. The conversation should be about cheerful and pleasant things. Do not severely reprimand children while at the table; anger fear, etc., interferes with the digestive processes.

**In Entertaining Guests**—The first rule of all is not to attempt more than one can do easily and well. Anything conspicuously out of harmony with one's circumstances is in bad taste. It is, however, quite possible to combine simplicity with a pleasing presentation of food, and the accepted standards have been made with a view to minimizing the difficulties.

For instance, the placing of glasses, spoons and knives at the right of the plate, and the forks at the left is not an arbitrary regulation, but because the forks are used by the left hand and the other things by the right.

**Afternoon Tea**—This delightful form of entertaining is everywhere becoming more and more popular. Little preparation is needed, and it comes at the most leisurely hour of the day. It gives one a real chance to chat with one's friends, and so two or three at one time are usually all that are invited.

Needless to say, the best china, silver and linen are produced, and daintiness is the keynote. A tea-wagon is a real labor-saver, but a prettily arranged tray on a small, firm table, looks very inviting. If you have a nest of small tables, distribute them among your guests, keeping the largest one for the tray.

And then the tea itself! You will, of course, want the best, and this is where **BLUE RIBBON** can help you. Their tea has such a delicate flavor and delightful aroma, that once you have tried it you will use no other. It is also so rich and strong that less of it is required. Full directions for making it can be found elsewhere. If desired it may be served iced in summer, and is a wonderfully refreshing beverage.

If one prefers coffee instead of tea at these afternoon functions, **Blue Ribbon Coffee** is the best that can be purchased, and made according to directions, cannot be excelled.



## COMMON MISTAKES *in* COOKING



**Recipes** are written accurately by experts after they have been tried several times, so it is better to follow them exactly. Nine out of ten mishaps, or failures, are due almost entirely to a lack of mixing, or change of the recipe, or from failure to observe the proper heat. A cupful means a half pint, level; a teaspoonful means just what it says, a level teaspoonful; half a teaspoonful means exactly one-half of the level teaspoonful. Careless measuring of salt will make a dish so unpleasant that it is practically useless.

Divided recipes fail because they are not accurately divided.

Many mishaps occur from a lack of forethought. Do not begin to make a dish until you have carefully read over the recipe, collected all the ingredients, and fixed the fire. Do one thing at a time. Make haste without hurrying. Cakes, pastry and such delicate dishes, should be made when there is no other cooking going on in the kitchen. Give them your whole time.

Cornbreads are heavy when sweet milk is substituted for sour, and the soda is not changed to baking powder.

Sponge cake has heavy streaks near the bottom when the stove has been jarred, or the door of the stove slammed soon after the cake has been put in the oven.

When cakes are saggy in the middle they are not sufficiently baked. The centre of the cake is the last part to bake. Before removing a cake from the oven touch it lightly in the centre; if the finger makes an imprint the cake is not done; if it springs back and does not "tick" or "sing," it is done. A toothpick inserted in cake should have no dough adhering to it.

Fruit cake is rather light in color when it has not been cooked sufficiently long, or when it has been cooked too fast at first. It should either be steamed three hours and baked one or two hours, or be baked slowly for four hours.

Baking powder or soda biscuits, gems, articles containing baking powder, need a very hot oven, and should be baked on the bottom before they are browned on the top.

Cakes split in the centre and burst open when they have been baked too quickly on top.

Pop-overs depend for their lightness entirely upon the heat of the oven, and must be baked quickly with the greater heat underneath, to drive them up, as it were. Pop-overs are often sodden when the batter is too thick, or when they have not been sufficiently mixed.

Batter puddings are soggy and heavy when they contain too little flour, or when the baking powder has been mixed with the flour, and this added to the milk and egg sometime before the pudding has been baked.

Whole wheat bread should be as light as white bread; if it is not, too much flour has been added, or it has been kneaded a third time.

Pies lose their juices in the oven when the upper and under crusts are not well fastened together. Use a wide-rimmed dish; brush the edge of the under crust with water or white of egg before placing the upper crust. Then press the paste together on the inner edge of the rim, but loosen it from the outer edge of the dish. To be more explicit, if the undercrust fastens itself to the dish the upper crust, in swelling, separates from it, and the juices escape.

The meringue on a pie will usually remain fluffy, if it is left in the warm kitchen after taking from the oven; but if taken into the cold it will fall.

All pastry should be baked in a hot oven.

The hottest part of the oven. The question often arises as to which is the hottest part of the oven. "Where shall we bake pastry and cakes — on the grates, or on the floor of the oven?" This depends largely upon the stove. If it is a gas stove they should be baked on the grate, and, perhaps, one burner turned

out after the oven has been thoroughly heated. In a coal oven the greatest heat is near the firebox, and on the floor of the oven at the opposite side. The middle of the oven, on the grate, is the choice baking place for cakes.

Fried foods, as croquettes and oysters, are greasy because the fat has not been sufficiently hot to coagulate quickly the outside covering. All foods of this kind should be dipped in egg and bread crumbs before frying.

To prevent doughnuts being greasy. When frying them have a kettle of boiling water on the stove, and as each doughnut is taken from the fat, plunge for an instant into the hot water and drain.

Cream will not whip unless it is very cold and at least twenty-four hours old.

Dry boiled rice is the result of a rapid boiling and careful draining. Like potatoes, rice is rich in starch; if boiled overtime, just a moment too long, it absorbs water and becomes heavy and sodden; from ten to fifteen minutes is sufficiently long to boil rice. After draining, stand the sieve on a plate in a warm oven until the rice is dry.

Whites of eggs fail to beat stiff if they are not perfectly cold, or if they are too old.

Fondant fails "to come" when the syrup has not been boiled sufficiently long, or the stirring begins before the fondant is cool. The syrup grains because there has been motion during the boiling. A saltspoonful of cream of tartar, or double the amount of lemon juice, will prevent this mishap.

When boiled meat is tough and dry it has been boiled rapidly, not cooked, as it should be, below the boiling point.

All strong-flavored vegetables, should be cooked in uncovered vessels.

Slightly scorched foods may be much improved by taking the kettle at once from the fire, and setting in a pan of hot water for a moment or two. Of course any really burned bits should be at once removed.

# BLUE RIBBON COOK BOOK



## WEIGHT OF COMMON ARTICLES OF FOOD

ALMONDS — 1 cup, chopped = 3 ounces.	LEMON—Juice of 1 averages 3 tablespoons; grated rind = 2 teaspoons.
ALLSPICE BERRIES—6 tablespoons = 1 ounce.	MEAT—2 cups meat, chopped = 1 pound.
BEANS (dried)—4 cups = 1 pound.	MACARONI—3 cups = 1 pound.
BREAD CRUMBS (dried)—1 cup = 2 ounces.	MUSTARD SEED—4 tablespoons = 1 ounce.
BUTTER—2 cups = 1 pound; 2 tablespoons = 1 ounce; size of an egg = $\frac{1}{4}$ cup.	NUTMEG—1 average, grated = 5 teaspoons.
CELERY SEED—6 tablespoons = 1 ounce.	NUTS—1 cup = $\frac{1}{2}$ pound (more or less).
COFFEE (ground) — $4\frac{1}{2}$ cups = 1 pound; 4 tablespoons = 1 ounce.	OATS (rolled)— $4\frac{3}{4}$ cups = 1 pound.
CORNMEAL—1 cup = 6 ounces.	ORANGE—Juice of 1 averages $\frac{1}{2}$ cup.
CORNSTARCH—3 cups = 1 pound.	PRUNES—2 cups = 1 pound.
CURRENTS (dry)—1 cup = 6 ounces.	POTATOES—4 medium = 1 pound.
DATES—1 cup = $\frac{1}{2}$ pound.	RAISINS—2 cups = 1 pound.
EGGS—10 without shell = 1 pound; 8 with shell = 1 pound; 1 unbeaten = 3 tablespoons.	RICE—2 cups = 1 pound.
FIGS—1 cup = $\frac{1}{2}$ pound.	SALT—2 cups = 1 pound.
FLOUR—4 cups = 1 pound.	SUET—4 cups = 1 pound.
LARD—Same as butter.	SUGAR (brown)—3 cups = 1 pound; granulated—2 cups = 1 pound; icing—3 cups = 1 pound.
	TEA—1 cup = 2 ounces.

## MEASURES

DASH, PINCH, FEW GRAINS, SPECK = $\frac{1}{16}$ teaspoon.	16 TABLESPOONS = 1 cup.
SIZE OF A NUT = 1 teaspoon.	1 GILL = $\frac{1}{2}$ cup.
SIZE OF AN EGG = $\frac{1}{4}$ cup.	2 CUPS = 1 pint.
3 TEASPOONS = 1 tablespoon.	2 PINTS = 1 quart.
1 TABLESPOON averages 1 ounce dry, or 2 ounces liquid.	4 QUARTS = 1 gallon.
	8 QUARTS = 1 peck.

## Recipes for Fifty Servings

### Boiled Coffee

1 lb. coffee	2 c. cold water
2 eggs	8 qts. boiling water

### Cocoa

1½ c. cocoa	5 qts. milk
2 c. sugar	4 qts. boiling water

### Lemonade

4 c. sugar	8 qts. water
1 qt. water	3 doz. lemons

### Fruit Punch

2 lbs. sugar	1 pt. grape juice or tea
8 lemons	1 pt. canned pineapple juice
6 oranges	or other fruit juice
6 qts. water	1 pt. strawberries or
1 pt. shredded pineapple	cherries
1 qt. water	

### Escalloped Potatoes

6 qts. sliced potatoes	1½ c. butter
2 qts. hot milk	3 T. salt
½ c. flour	juice of 1 lemon

### Tomato Scallop

6 qts. tomatoes	4 T. salt
½ c. sugar	¼ t. cayenne
1 c. butter	8 c. bread crumbs

### Cream of Tomato Soup

6 qts. canned tomatoes	6 qts. scalded milk
6 bay leaves	1½ c. butter
1 t. peppercorns	1½ c. flour
2 onions	1 T. baking soda
½ c. sugar	salt and pepper to taste

### Cream of Potato Soup

8 lbs. potatoes	2 c. butter
4 onions	1½ c. flour
2 qts. boiling water	6 T. salt
¼ c. chopped parsley	1 T. celery salt
10 qts. scalded milk	¼ t. cayenne

**Vegetable Soup**

2 shins beef	4 bay leaves
10 qts. cold water	2 c. potatoes (cooked sep.)
6 qts. boiling water	2 qts. tomatoes
2 c. carrots	$\frac{1}{4}$ t. pepper
2 c. cabbage	juice of 2 onions
2 celery roots	4 T. chopped parsley
	4 T. salt

**Veal Loaf**

12 lbs. veal	6 eggs
2 lbs. salt pork	$\frac{1}{3}$ c. melted butter
3 T. salt	3 c. crumbs
1 t. pepper	milk to moisten

**Baked Beans**

3 qts. beans	1 c. molasses
2 lbs. salt pork	1 t. pepper
4 T. salt	2 onions
1 T. mustard	4 T. brown sugar

**Rolls**

1 $\frac{1}{2}$ qts. milk	2 T. salt
$\frac{3}{4}$ c. butter	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. lard	1 $\frac{1}{2}$ yeast cakes
7 qts. flour	3 c. lukewarm water

**Steamed Brown Bread**

1 qt. rye meal	1 $\frac{1}{2}$ qts. sour milk
1 qt. cornmeal	1 $\frac{1}{2}$ T. soda
1 qt. graham flour	1 $\frac{1}{2}$ T. salt
	1 $\frac{1}{4}$ c. molasses

**Tea Biscuits**

3 qts. flour	1 qt. milk or more
2 T. salt	6 T. butter
$\frac{1}{2}$ c. baking powder	6 T. lard

**Doughnuts**

$\frac{5}{8}$ c. butter	2 $\frac{1}{3}$ T. baking powder
1 $\frac{1}{2}$ c. sugar	$\frac{1}{2}$ t. cinnamon
6 eggs	$\frac{1}{2}$ t. nutmeg
1 $\frac{1}{2}$ c. milk	1 T. salt
Flour to roll	1 T. vanilla



**Fruit Salad**

6 heads lettuce	1 c. walnuts
2 doz. oranges	2 c. cubed celery
2 cans pineapple	6 bananas
1 lb. malaga grapes	1 qt. salad dressing
	$\frac{1}{4}$ lb. candied cherries

**Waldorf Salad**

4 qts. apples	2 c. walnuts
2 qts. celery	1 qt. salad dressing

**Tomato Jelly**

$\frac{3}{4}$ c. gelatine	12 allspice berries
1 gal. tomatoes	1 qt. cold water
1 onion	1 c. celery
$2\frac{1}{2}$ T. salt	2 c. carrots
$2\frac{1}{2}$ T. powdered sugar	1 bay leaf
	12 pepper corns

**Snow Pudding**

$1\frac{1}{2}$ boxes gran. gelatine	$6\frac{1}{2}$ c. sugar
2 c. cold water	2 c. lemon juice
2 qts. boiling water	10 whites of eggs

**Soft Custard**

10 yolks of eggs	2 T. vanilla
1 t. salt	$1\frac{1}{4}$ c. sugar
	$2\frac{1}{2}$ qts. milk

**Custard Ice Cream**

2 qts. milk	4 c. sugar
12 yolks eggs	4 T. vanilla
	2 qts. cream

**Strawberry Ice Cream**

2 lbs. sugar	3 qts. strawberries
	$4\frac{1}{2}$ qts. cream

**Orange Ice**

5 qts water	4 lbs. sugar
Rind of 6 oranges	Rind of 6 lemons
1 pt. orange juice	2 c. lemon juice

## INTOXICATING LIQUORS AVOIDED

In all recipes contained in the department of cookery, which advised the use of intoxicating liquors, we have substituted fruit juices — often using orange or lemon juice. Nothing can excel the unfermented juices of fruits as a flavoring, or for giving a desirable piquancy to various dishes. They make an almost perfect substitute for liquors, and for obvious reasons are much safer for family use. Fruit juice can be easily substituted for liquor in any recipe by those who desire to do so. In fruit cake, 2 tablespoons of molasses is equal to 1 wineglass of brandy or other liquor. Those so disposed can substitute molasses for liquor in this way in any such recipe found in books, magazines or newspapers. A cake thus made will be quite as good as though the liquor was used.



## PRINCIPAL METHODS OF COOKING

1. BROILING—Cooking over a glowing fire. . . . Direct application of heat.
2. ROASTING—Cooking in an oven. . . . . } Application by means
3. BAKING—Cooking in an oven . . . . . } of heated air.
4. BOILING—Cooking in boiling water . . . . . } Heat applied by means
5. STEWING—Cooking for a long time in water } of water.  
below boiling point. . . . . }
6. STEAMING—
  - (a) Moist—Cooking in steamer. . . . . By contact with steam.
  - (b) Dry—Cooking in double boiler. . . . . } By heat of steam surrounding vessel.
7. FRYING—Cooking in hot fat deep enough to } Heat applied by means  
cover food to be cooked . . . . . } of heated fat.
8. SAUTEING—Cooking in small quantity of hot fat . . . . . }
9. PAN-FRYING—Same as above . . . . . } Heat applied by means
10. PAN-BROILING—Cooking in frying pan or on } of heated metal.  
griddle, with little or no fat . . . . . }
11. BRAISING—A combination of stewing and baking. To cook in a covered dish in the oven with a small amount of liquid.
12. FRICASSEEING—A combination of frying and stewing.
13. TO CASSEOLE—To braise in a casserole dish. The dish is always taken to the table.
14. TO SCALLOP—To bake in a dish — the mixture is always cut small, with liquid, usually sauce, and bread crumbs. The French term is "au gratin."

## SOUPS

Soups are of two classes. Soups made with "stock," and soups without.

To the former class belong bouillon, brown stock, white stock, consommé and lambstock, or mutton-broth.

Soups without stocks are classed as cream soups, purees and bisques.

The best cuts for stock are: shanks of beef, neck cuts, knuckles of veal. Lower part of round.

Any coarse, tough part, is more appropriate, because it contains more extractives and more gelatine.

A **good rule** is to allow a quart or a little less of water to a pound of meat. This makes a rich soup. Simmer slowly, and when done, strain through a colander. If a clear soup is desired, it should be strained through a hair sieve or clean towel. All bones, pieces of beef, remnants of fowl, such as chicken and turkey, add a rich flavor to many kinds of soup. Oftentimes bits of meat and the odds and ends of fowl alone make a nice soup, but by adding some fresh meat, a rich flavor is imparted. Meats for soup should always be put on to cook in cold water, and allowed to simmer slowly for several hours in order that the essence of the meat may be drawn out thoroughly.

**Soup Flavorings**—Besides vegetables, there are rice, barley, beans, macaroni, vermicelli, mushrooms, beet-root, spices, herbs, celery seed, **Blue Ribbon celery salt**, etc. Many people are fond of onions sliced and fried in butter and flour. Soups are often spoiled by using poor spices. **Blue Ribbon spices** are always absolutely pure and of the choicest quality. **Blue Ribbon herbs** are also superior, being carefully selected and cured, hand-rubbed, and stems, etc., removed.

**To Clarify Soup Stock**—Put into a saucepan stock to be cleared, and into it stir the whites and crushed shells of as many eggs as there are quarts of stock. Heat and stir until it has boiled for 2 minutes; then keep it hot, without letting it simmer, for 20 minutes, in order that the albumin as it coagulates may entangle every solid particle in the stock. Pour through a fine strainer held above double cheese cloth laid over another strainer. The strainer keeps the scum from clogging the cloth.

**Brown Soup Stock, No. 1**—2 pound shin of beef, 1 pound knuckle of veal, 1 pound fresh cooked meat, 4 quarts of cold water. To each pound of meat and bone allow 1 heaping tablespoon each of onion, carrot, turnip cut in  $\frac{1}{2}$  inch cubes, half a head of celery, or 1 teaspoon of **Blue Ribbon celery salt**, 2 bay leaves, sprig of parsley, 6 cloves, 12 pepper corns, 1 tablespoon salt.

**Directions for Making Stock, No. 1**—Have the bones broken small, cut meat into small cubes. If raw meat only is used, brown one-third in a little fat in the frying-pan with the onions. Let meat and bones soak in water 1 hour, then simmer in covered kettle 4 or 5 hours, or until meat is in fragments. About 1 hour before removing stock from the fire add to it

vegetables and seasonings. When vegetables are soft, strain the stock through a coarse strainer and set aside until the fat solidifies on the surface. Remove every speck of this fat, saving it to clarify, and if stock is to be used for clear soup, clear it according to directions for "clearing soup."

**Stock, No. 2**—After straining off Stock No. 1, add more vegetables and any bones or scraps of meat left from roasts, etc., and a small amount of fresh meat; cover with water and simmer again for 4 or 5 hours, add more vegetables. This makes a good stock, but is not clear.

**Veal or White Stock**—Wipe 4 pounds of knuckle of veal, break the bones, put it into 1 gallon of cold water, heat slowly, and simmer 4 hours, skimming well; then add 1 stalk of celery, 1 onion, 1 bay leaf and 1 tablespoon salt, and simmer 1 hour longer. It should jelly when cold, and the fat can easily be taken off. It can be melted for use and strained through cheesecloth or flannel, or clarified with egg if necessary and is wanted very clear.

If soups have too much fat, remove by means of a piece of blotting paper or a piece of unglazed paper dipped in cold water and drawn across the top.

**Bouillon**—This is clear, brown stock, served as soup — usually in cups.

**Consomme**—2 pounds of lean beef, 2 pounds of veal, 1 onion, 1 bay leaf, stalk of celery, sprig of parsley, small-sized carrot, 3 quarts of cold water, 2 tablespoons of fat, tablespoon of salt.

The under part of the round of beef and the knuckle of veal are the best for this soup. Cut all the meat into pieces about 1 inch square. Put the fat in the soup kettle, add to it the meat, and stir over the fire about 5 minutes, or until the meat is nicely browned. Now add the water and let simmer for 4 hours. Add the vegetables and bay leaf and simmer 1 hour longer; strain through a sieve, and cool. When cold, remove the fat and it is ready for use.

**Scotch Mutton Broth**—Take 6 pounds of the neck of mutton,  $\frac{1}{2}$  cup of rice, 1 onion, 1 bay leaf, 5 quarts of cold water, 1 tablespoon salt, and pepper to taste. Wipe thoroughly the neck with a damp towel put it in a soup kettle and cover with the water; bring slowly to a boil, skim carefully; cover and simmer gently for 4 hours. Strain and stand away over night to cool. The next day remove all fat from the surface. Put the soup into the kettle, add the onion, bay leaf, and rice. Simmer 1 hour, season with salt and pepper, and serve. Then cut the meat into small pieces, and serve in the tureen with the soup. The soup may be thickened with rice or barley that has first been soaked in cold water, with a beaten egg or young corn, or with tomatoes scalded, peeled and cut in pieces.

**Everyday Soup**—Go to the pantry in the morning and put into the soup kettle all the nice meat bones, cold bits of meat, cold gravy, also any cooked vegetables left the day before. Get ready the meat for dinner and put the trimmings into the kettle. Season with a little salt, a few whole cloves, **Blue Ribbon pepper**, and an onion cut finely. Put in the kettle enough water to serve each person with  $\frac{1}{2}$  pint of soup. Simmer all together until an hour

before dinner; then strain and return to the kettle. Have ready, shredded and standing in cold water, some vegetables, either cabbage, turnips, carrots, asparagus, green peas, or spinach, and add to the soup. When the vegetables are done, serve with rolls or bread.

**Macaroni Soup**—To a rich beef or other soup, in which there is no seasoning other than pepper or salt, take  $\frac{1}{2}$  cup of cut macaroni, boil it for 15 minutes in the soup, and serve.

**Mock Turtle Soup**—Soak over night 1 pint of black beans. The next day boil them in 2 quarts of water until soft enough to rub through a sieve; return to the soup kettle. Tie in cheese cloth a bit each of **Blue Ribbon** thyme, parsley, and summer savory; let it boil in the soup. Add 1 tablespoon of butter, also salt and pepper to taste. Cut the yolks of hard-boiled eggs in quarters and add to the soup, with one sliced lemon. A good imitation of real turtle soup. If necessary, add more water.

**Oxtail Soup**—1 ox tail, 1 tablespoon of flour, 1 tablespoon fat, 1 quart water, 1 quart Brown Stock,  $\frac{1}{2}$  cup each of diced carrot, onion, celery, and turnip, 1 teaspoon salt, 1 tablespoon chopped parsley, 1 bay leaf, 3 cloves.

Disjoint oxtail, cut in small pieces, dredge with flour and brown in the fat. Add the water, simmer 1 hour, add the vegetables and seasoning and stock; cook gently until vegetables are soft.

**Vegetable Soup**— $\frac{1}{2}$  cup each of diced carrot, potato, onion and celery;  $\frac{1}{4}$  cup each of diced turnip and parsnip, and cabbage cut in small pieces; 1 tablespoon fat,  $1\frac{1}{2}$  cups tomatoes,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon **Blue Ribbon** pepper,  $\frac{1}{2}$  teaspoon sugar, 2 teaspoons chopped parsley; 2 cups Brown Stock, water.

Boil celery, turnip, carrot, parsnip, potato and cabbage in salty water enough to cover, for 5 minutes. Drain, keeping water. Brown onion in hot fat. Add water from vegetables, the stock and all other ingredients. Simmer until vegetables are tender. Do not strain.

It is best to partly cook the vegetables before adding to the stock, as much boiling injures the flavoring of the soup.

Another method is to brown all the vegetables in the fat. Add water, simmer gently until vegetables are partly cooked. Add stock and finish cooking.

**Tomato Bouillon**—Like Vegetable Soup, but omit carrots, turnips, parsnips, and potatoes and use 2 cups of tomatoes. Strain before serving. Omit parsley if desired.

**Cream Soups** are made of vegetables or fish, with milk, and seasonings. Always thickened.

**Purees** are made from vegetables or fish, forced through a strainer and retained in soup, milk, and seasonings. Generally thicker than cream soup. Sometimes White Stock is added.

**Bisques** are generally made from shell-fish, milk, and seasonings, and served with fish dice; made similarly to purees.

**Chowders** are really a kind of stew, but are usually classed as soups. When served as a main course they should be fairly thick.

**Cream Soups**—Delicious cream of vegetable soups can be made from almost any of the common vegetables by combining, in general,  $\frac{2}{3}$  of a cup of the vegetable pulp with a cup of thin white sauce.

Press the vegetable, cooked until soft, through a strainer; heat it, and pour it into the hot thin white sauce. Let the mixture come to the boiling point, remove the pan from the heat, and whip the soup for a minute with an egg beater. Serve it at once.

**Cream of Celery Soup**—Outer stalks and green leaves, or dried celery leaves may be used instead of fresh celery. Boil, force through coarse sieve, use  $\frac{2}{3}$  to 1 cup pulp to 1 cup thin white sauce.

**Cream of Carrot Soup**—Press cooked carrots through coarse sieve. Use  $\frac{2}{3}$  to 1 cup pulp to 1 cup thin white sauce.

**Cream of Corn Soup**—Made same as above. Sprinkle with finely chopped parsley..

**Cream of Baked Bean Soup**—Put beans through sieve. Add thin white sauce.

**Cream of Pea Soup**—Made like Cream of Carrot Soup.

**Rule for Thin White Sauce**—To 1 tablespoon of melted butter, add 1 tablespoon of flour,  $\frac{1}{2}$  teaspoon of salt, and a dash of **Blue Ribbon pepper**. Add 1 cup heated milk slowly. Bring to boil, stirring constantly, and let cook in double boiler for 10 minutes.

**Potato Soup**—2 cups hot riced or mashed potatoes, 1 quart milk, 2 slices onion, 3 tablespoons butter, 3 tablespoons flour,  $1\frac{1}{2}$  teaspoons salt, dash of pepper and cayenne, 1 teaspoon chopped parsley. Scald the milk with the onions; remove the onion; add the milk slowly to the potatoes. Melt the butter, add to it the dry ingredients; stir the mixture until it is well blended. Add the liquid mixture to this, stirring it constantly, and boil the soup for 1 minute. Strain it if necessary, add the parsley, and serve it hot. Water saved from cooking celery or carrots is a good addition to potato soup.

**Cream of Tomato Soup**—2 cups tomatoes, 1 teaspoon sugar,  $\frac{1}{4}$  teaspoon **Blue Ribbon soda**, 3 tablespoons butter, 3 tablespoons flour, 3 cups milk, seasoning. Cook tomato and sugar for a few minutes. Rub through sieve, and add soda to neutralize acid in tomatoes. Add slowly to white sauce made of milk, flour and butter. Have tomatoes and white sauce at same temperature or soup may curdle. Serve immediately.

**Vegetable Puree**—4 cups diced, fresh vegetables, 1 small onion, sliced, 1 tablespoon salt,  $\frac{1}{4}$  teaspoon **Blue Ribbon pepper**, 2 tablespoons fat, 9 cups water.

Put everything except the fat into the kettle. Simmer until tender. Press through sieve, add fat, reheat and serve.

Soup stock may be used instead of all or part of the water.

**Split Pea Soup—Puree**—1 cup dried split peas, 2 quarts cold water, 1 pint milk,  $\frac{1}{4}$  onion, 2 tablespoons butter, 2 tablespoons flour,  $1\frac{1}{2}$  teaspoons salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**, 2 inch cube fat salt pork.

Pick over peas and soak several hours, drain, add cold water, pork, and onion. Simmer 3 or 4 hours, or until soft; rub through a sieve. Add butter and flour cooked together, salt, and pepper. Dilute with milk, adding more if necessary. The water in which a ham has been cooked may be used; in such case omit salt.

**Note**—Always use **Blue Ribbon white pepper** instead of black for cream soups and sauces.

**Oyster Bisque**—1 quart oysters, 1 quart milk, 3 tablespoons butter,  $\frac{1}{4}$  cup cracker crumbs, 1 teaspoon salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**. Remove any shells; cook oysters in their own liquor until the edges curl (about 5 minutes), drain, chop fine or pound to a pulp.

**Vegetable Chowder**— $\frac{1}{3}$  cup diced salt pork or bacon, or 3 tablespoons fat, 2 cups diced potatoes, 1 cup diced turnip, 1 cup diced carrot, 1 medium-sized onion, minced, 2 medium-sized tomatoes, 1 cup minced celery, or 1 tablespoon dried celery leaves, or **Blue Ribbon celery salt**.

Cook the pork until brown, and brown the vegetables in the fat. Cover them with boiling water, add the salt, and cook them until tender. Add 1 quart of hot milk. Season further with salt and **Blue Ribbon paprika** if desired.

**Corn Chowder**—For corn chowder, follow the directions for vegetable chowder, omitting the turnip and carrot. Use 2 cups of corn, either canned or fresh, and 1 cup of diced potato.

**Fish Chowder**—Make a vegetable chowder, and add 1 cup of flaked cooked fish. Codfish may be used successfully. If salt fish is used, wash and soak it in cold water for 1 hour. Add it to the chowder, allowing 10 minutes to heat it thoroughly. Do not boil the chowder after the fish is added.



## FISH



To be eatable, they should be perfectly fresh, the eyes clear, the gills red, the scales bright, the flesh firm and free from any unpleasant odor, and to secure the best flavor should be cooked as soon as possible after leaving the sea, river or pond. They should be scaled and cleaned as soon as they come home from the market, washed quickly without soaking, removing all the blood. Sprinkle salt on the inside and put in a cold place until wanted.

The favorite modes of cooking fish are boiled, baked, broiled and pan-fried. Steaming fish is excellent, but it is not generally known that fish can be prepared this way.

## CUTS OF FISH

1. **A Steak**—This is a slice about  $\frac{1}{4}$ -inch thick, and is always cut from good-sized fish.

2. **A Fillet** is a piece of fish from which skin and bone have been removed.

3. **A Turban** is a steak boned and skinned, and served in a round, compact form.

**To Skin a Fish**—Cut a narrow strip along the backbone, using a sharp knife, and removing the fin on the back; then run up the knife through and under the bony part of the gills and peel the skin off backwards toward the tail, holding the bony part of the gills with the thumb and finger; then peel off the skin from the other side in the same manner.

**To Bone a Fish**—Fish, like herring and shad, abounding in fine bones, are not boned; but whitefish, mackerel, cod, etc., can be boned as follows: clean, skin and spread it out flat on a board; then begin at the tail and run a sharp, thin knife under the flesh, close to the bone, and loosen the backbone with the forefinger. Take pains not to break the flakes; and when the flesh on one side is loosened, slip the knife under the bone on the other. When all the bone is loosened, pull it from the flesh. Any small bones remaining in the flesh can be felt and removed with the fingers.

The earthy or muddy taste which taints some kinds of fresh water fish, can be removed by rubbing on salt and letting them stand a few hours.

**Hints**—If fish are dipped in hot water for a minute they will scale much easier. To remove scales there is no instrument equal to a currycomb—it is every way superior to a knife. The scales and entrails should be removed, and also the blood and white skin along the backbone, as soon as possible after the fish is caught; then rinse, wipe dry, and keep near ice. Keep the eggs, or fish roe, and cook it with the fish.

**Baked Fish**—Select medium-sized fish, as whitefish, to bake whole. Remove the eyes and leave the head and tail on.

Clean the fish, bone, dry, and rub with salt; fill the cavity with dressing, allowing room for the dressing to swell slightly. Sew up the fish, using strong thread; skewer and tie in the shape of the letter S if fish is large. Season and dredge with flour and spread with butter or bacon fat or slices of fat pork, and place in a greased rack in the baking pan. If the fish is very dry put thin strips of salt pork on. Baste every 10 minutes. When the fish is brown, and the flesh may be pierced without the juice running out, remove the strings and skewers, garnish with lemon and parsley, and serve plain or with sauce.



If a fish-sheet or rack is not at hand, place strips of cotton cloth under the fish, by which it may be lifted from pan.

**Dressing for Baked Fish**—Take 1 cup bread crumbs,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, 1 teaspoon **Blue Ribbon parsley**, 4 tablespoons melted butter. This makes a dressing for a fish weighing 4 to 6 pounds.

**Dressing, No. 2**—Take bread crumbs, 1 well-beaten egg, 4 tablespoons melted butter, 1 teaspoon **Blue Ribbon parsley**, 2 tablespoons minced onion, a little pepper and salt. Stuff the fish, sew or tie up, and bake. 1 teaspoon chopped pickles may be added.

**Baked Smelts**—Wash and dry them with a cloth; arrange them in a buttered flat baking dish; cover them with a layer of fresh bread crumbs, first sprinkling the fish with a little salt and **Blue Ribbon white pepper**; place bits of butter over the bread crumbs and bake until brown. Send to the table in the dish in which they were baked. Squeeze the juice of a lemon over them just before sending to the table.

**To Fry Fish**—Clean fish, and wipe as dry as possible. Sprinkle with salt, dip in flour or crumbs, egg and crumbs, and fry in deep fat.

**To Saute a Fish**—Prepare as for frying, and cook in frying pan with small amount of fat; or, if preferred, dip in granulated corn meal.

**Broiled Fish**—Medium-sized fish may be split and broiled.

Large fish may be sliced and broiled, as salmon, chicken halibut.

Small fish may be opened out flat, or left in natural position to broil.

Grease broiler, lay in the fish, sprinkle with salt and pepper, and if not oily rub with melted fat. Broil flesh side of split fish, then broil other side until skin is crisp.

Broil small fish from 5 to 10 minutes, large fish from 15 to 20 minutes.

Spread with Maitre d'Hotel sauce.

Garnish with slices of lemon and parsley.

**Marinade for Broiled Fish**—Mix together  $\frac{1}{2}$  cup salad oil, 1 chopped onion, the juice of 1 lemon or 1 tablespoon vinegar, and 1 bunch herbs. Scores 1 inch apart are often made in the fish before putting it in the marinade. Let them soak in this  $\frac{1}{2}$  hour. Many kinds of dry fish are much improved by this treatment.

**Broiled Smoked Herring**—Let them stand 10 minutes covered with boiling water. Then wipe dry, and broil. Put them on a hot dish, moisten with butter, and serve. Time to broil, about 7 or 8 minutes.

**Boiled Fish**—Place the fish on a plate on a piece of cheese-cloth. Tie the edges together and put the fish into a kettle of boiling water. Add 1 teaspoon vinegar or lemon juice to each quart of water. Cook gently 10 to 15 minutes for each pound. Serve with sauce.

**Planked Fish**—Place the fish, cleaned, skin side down on a heated hardwood plank. Dot with fat. Lay narrow strips of bacon or salt pork on fish. Sprinkle with salt and pepper. Bake in hot oven, basting frequently. When the fish is cooked, surround with a border of duchess potatoes, shaping by means of a pastry bag and star tube. Brush the potatoes over with beaten egg yolk mixed with an equal quantity of milk. Let brown in the oven, and serve with maitre d'hotel butter. Garnish with lemon and parsley. A variety of garnishes may be used.

### TIME TABLE FOR FISH

**Steaming or Baking**—15 minutes per pound plus 10 minutes.

**Planked or Saute Steak**—1 inch thick, 20 minutes.

**Salmon and Caper Sauce**—2 slices of salmon,  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  teaspoon chopped parsley, 1 onion, salt and pepper to taste.

Lay the salmon in a baking dish, place pieces of butter over it and add the other ingredients, rubbing a little of the seasoning into the fish. Place in the oven and baste it frequently; when done, take it out and drain for a minute or two, lay it in a dish, pour caper sauce over it, and serve. Tomato sauce may be used in place of caper sauce.

**Salmon Cutlets**—Cut slices of salmon  $\frac{1}{8}$  of an inch thick, remove the skin and bone, season with salt and pepper, sprinkle on flour, dip in beaten egg, roll in bread crumbs and fry in hot fat. Or they can be sautéed in a frying pan.

**Creamed Salt Cod**—1 cup flaked cod, 1 cup cubed raw potato. Simmer gently until potatoes are tender (about 15 minutes). Drain, and add 1 cup thin hot white sauce made from 1 tablespoon butter, 1 tablespoon flour, 1 cup milk. Reheat and add 1 tablespoon lemon juice.

To prepare salt fish for cooking, soak about 24 hours in cold water.

**Cod Fish Balls**—Cook together 1 cup cod, and 2 cups diced raw potatoes. Simmer gently until tender. Drain, mash, add 1 beaten egg,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper** and 1 teaspoon butter. Drop from a tablespoon into deep fat and fry.

**Smoked Goldeyes** are very tasty. They should be placed in a shallow pan which has been covered with brown paper. Heat thoroughly in the oven with a moderate fire until the fish spread open. When cooked, the heads and skin are easily removed. Serve whole on a hot platter and garnish with parsley. If sufficient paper is used it will absorb all the oil.

**Kippered Herrings**—Remove fish from can, and arrange on a platter that can be put in the oven; sprinkle with **Blue Ribbon pepper**, brush over with lemon juice and melted butter, and pour over the liquor left in can. Heat thoroughly, and garnish with parsley and slices of lemon.

## UTILIZING COLD FISH

**Scalloped Fish**—Use remnants of any cold fish left from dinner, picking it to pieces and removing all bones. Make a cream sauce by cooking 2 tablespoons butter and 2 tablespoons flour until they bubble, then add 2 cups milk, 1 teaspoon salt, and **Blue Ribbon white pepper or cayenne**. Butter a pudding-dish, put in a layer of fish, then a layer of the sauce, and so on alternately. Spread bread or cracker crumbs on top, add bits of butter, and bake about 20 minutes in a hot oven. A little parsley, onion or lemon juice can be added to the sauce for flavor if desired.

**Curry of Fish**—Use cold boiled or baked fish of any kind; pick it to pieces and remove all bones. In a little butter fry a sliced onion until quite brown; add 1 cup hot milk and 1 teaspoon **Blue Ribbon curry powder**, then add 1 teaspoon flour which has been mixed in a little cold water and freed from lumps. Then strain the sauce, put in the fish, heat till warmed through, and serve.

**Fish Cakes**—Take remnants of any cold fish, pull them to pieces, and thoroughly incorporate with them a little butter and some mashed potatoes; season the whole with **Blue Ribbon white pepper** and salt to taste, and a little cayenne if desired. Form the mixture into cakes and fry in hot fat till a golden brown. Serve garnished with parsley. Time to cook, 1 or 2 minutes.

**Creamed Fish**—2 tablespoons butter, 2 tablespoons flour, 1 cup milk, yolks 2 hard-boiled eggs, 1 teaspoon Worcestershire sauce, 1 cup cold, boiled, flaked fish.

Make a sauce of butter, flour and milk. Mash yolks of eggs and mix with Worcestershire sauce, add to sauce, then add fish. Serve as soon as heated on pieces of toasted Graham bread. Eggs may be omitted.

**Salmon Box**—Line a pan, slightly buttered, with warm steamed rice. Fill the centre with cold boiled salmon, flaked, and seasoned with salt, **Blue Ribbon pepper**, and a slight grating of nutmeg. Cover with rice and steam 1 hour. Turn on a hot platter for serving, and pour Egg Sauce around.

**Canned Salmon**—A good way to serve it is to heat it, add **Blue Ribbon pepper** and salt to season, and serve on slices of toast, pouring over white sauce.

Another way to use canned salmon is to put the can for about 20 minutes in a kettle of hot water, then turn it into a dish and pour on drawn butter, to which finely cut hard-boiled eggs and chopped parsley have been added.

**Salmon Loaf**—1 small can of salmon, 1 cup cracker crumbs, 1 egg,  $\frac{1}{2}$  cup sweet milk; small amounts of nutmeg, paprika, salt.

Remove bones from salmon, break into small pieces, add well beaten egg, seasoning and cracker crumbs. Bake in a well-buttered dish for 15 minutes. Serve hot for lunch.

## SHELL FISH

**Oysters on the Half Shell**—Serve oysters on deep halves of the shells, allowing six to each person. Arrange on plates of crushed ice, with one-fourth of a lemon in the centre of each plate.

**Oyster Cocktail**—6 small raw oysters,  $\frac{1}{2}$  grape fruit, lemon juice, salt. Cut grape fruit in halves crosswise, remove tough portions, and add oysters seasoned with lemon juice, and salt; chill.

**Lobster Cocktail**—Allow  $\frac{1}{4}$  cup lobster meat, cut in pieces, for each cocktail, and season with 1 tablespoon tomato catsup, 1 tablespoon lemon juice, 6 drops Tabasco Sauce,  $\frac{1}{8}$  teaspoon finely chopped parsley, and salt to taste. Chill thoroughly, and serve in cocktail glasses.

**Sautéed Oysters**—Clean 1 pint oysters, sprinkle on both sides with salt and **Blue Ribbon pepper**. Take up by the tough muscle with fork and dip in seasoned cracker crumbs or cornmeal. Put 2 tablespoons butter in hot frying pan, add oysters, brown on one side, then turn and brown on the other.

**Pigs in Blankets**—Choose large oysters, season with **Blue Ribbon pepper** and salt. Wrap each one in a slice of bacon cut very thin, and fasten with a wooden toothpick. Cook in a hot frying pan just long enough to crisp the bacon. Have small pieces of toast ready, put each "pig" on one, without removing the skewer. Serve at once.

**Oyster Stew**—1 quart oysters, 1 quart milk, 3 tablespoons butter,  $\frac{1}{2}$  cup cracker crumbs, 1 teaspoon salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**.

Remove any shells. Heat milk and butter, add oysters and liquor. Cook until the edges "ruffle." Add salt, pepper, and cracker crumbs.

**Oyster Fritters**—Make a batter of  $1\frac{1}{4}$  cups flour, 2 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{4}$  teaspoon salt, 1 egg, beaten,  $\frac{2}{3}$  cup milk or oyster liquor.

Mix and sift dry ingredients. Beat egg and milk together, and combine mixtures. Beat until smooth. Chop  $\frac{1}{2}$  pint oysters, season with 1 tablespoon lemon juice. Add to batter. Fry. Oysters may be left whole if desired.

## FISH AND MEAT SAUCES AND GRAVY

### White Sauces—

1. Thin Sauce—1 tablespoon flour, 1 tablespoon butter, 1 cup milk,  $\frac{1}{2}$  teaspoon salt.
2. Medium Sauce—2 tablespoons flour, 2 tablespoons butter, 1 cup milk,  $\frac{1}{2}$  teaspoon salt.
3. Thick Sauce—3 tablespoons flour, 3 tablespoons butter, 1 cup milk,  $\frac{1}{2}$  teaspoon salt.

Melt butter, add flour and stir till frothy. Add hot milk and stir constantly until it boils and thickens. Add seasoning.

**Drawn Butter Sauce**—Make as white sauce, using water instead of milk, and twice as much fat. Add half of fat just before serving.

**Egg Sauce**—To Drawn Butter Sauce add 2 hard-boiled eggs cut in small pieces.

**Caper Sauce**—To Drawn Butter Sauce add  $\frac{1}{2}$  cup capers drained from their liquor. Serve with boiled mutton.

**Mock Capers**—Pick full grown seeds of nasturtiums, which have not turned yellow; wash them, put in a glass jar, add vinegar to cover, and in 7 or 8 days they can be used.

**Hollandaise Sauce**—Rub  $\frac{1}{2}$  cup butter to a cream, add the yolks of 2 eggs (1 at a time) and beat well. Add  $\frac{1}{2}$  teaspoon salt, a pinch of cayenne pepper, and  $\frac{1}{2}$  cup of boiling water. Cook in double boiler, stirring constantly till thick. Then add juice of half a lemon last.

**Mint Sauce**—Mix 1 tablespoon of white sugar and  $\frac{1}{2}$  cup of vinegar; add 2 tablespoons of mint chopped fine, and let it infuse for half an hour in a cool place before sending it to the table.

Serve with roast lamb or mutton.

**Bread Sauce**— $\frac{1}{2}$  cup grated bread crumbs, 2 cups milk, and 1 onion, stick 6 cloves in onion; boil until sauce is smooth, take out onion and stir in 2 tablespoons butter, with  $\frac{1}{2}$  teaspoon salt and dash **Blue Ribbon pepper**. Beat until quite smooth.

Boil once, and serve with roast poultry or any kind of game.

**Brown Sauce**—2 tablespoons butter, 2 cups of brown stock, 2 tablespoons of flour,  $\frac{1}{2}$  teaspoon of onion juice,  $\frac{1}{2}$  teaspoon of salt,  $\frac{1}{8}$  teaspoon of white or black **Blue Ribbon pepper**.

Melt the butter, stir until a dark brown, add the flour, mix well. Add the stock and stir constantly until it boils. Add onion juice, salt and pepper, and it is ready to use.

**Olive Sauce**—Add  $\frac{1}{3}$  cup of chopped olives to 1 cup hot brown sauce. Good with roast duck or other game.

**Nut Sauce**—Add  $\frac{1}{3}$  cup chopped nuts to 1 cup hot brown sauce.

**Onion Sauce**—Peel 1 dozen small onions, put them in a saucepan, cover with boiling water, add 1 teaspoon of salt, and boil  $\frac{1}{2}$  hour, then drain and press through a fine sieve. Make a white sauce, add  $\frac{1}{2}$  cup onion to a cup of sauce.

This is nice with boiled fowl.

**Tartar Sauce**—Take 2 tablespoons each of Worcestershire sauce and vinegar, 1 tablespoon of lemon juice and  $\frac{1}{2}$  teaspoon of salt. Put them in a bowl and set in a pan of hot water to heat. Put  $\frac{2}{3}$  of a cup of butter in a sauce-pan, brown it, strain, and add to the other ingredients.

Serve it hot with boiled fish.

**Vinaigrette Sauce**— $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon paprika, dash of **Blue Ribbon white pepper**, mixed with 3 tablespoons tarragon or plain vinegar, 6 tablespoons oil, 1 tablespoon gherkins, 1 teaspoon **Blue Ribbon parsley**, all minced fine. One teaspoon green pepper will be an addition.

**Tomato Sauce**— $\frac{1}{2}$  can of tomatoes or  $1\frac{1}{2}$  cups fresh stewed tomatoes, 1 slice of onion, 3 tablespoons butter, 3 tablespoons flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**.

Cook onion with tomatoes 15 minutes, rub through a strainer and add to butter and flour (to which seasonings have been added). Cook together.

**Currant Jelly Sauce**—To 1 cup gravy made to serve with roast lamb, add  $\frac{1}{2}$  cup currant jelly, and 1 tablespoon lemon juice.

**Maitre D'Hotel Butter**— $\frac{1}{4}$  cup butter  $\frac{1}{2}$  teaspoon salt, 1 tablespoon lemon juice,  $\frac{1}{2}$  tablespoon chopped parsley,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**.

Put butter in a bowl, and with small wooden spoon work until creamy. Add salt, pepper and parsley, then lemon juice slowly.

**Horseradish Sauce, No. 1**—3 tablespoons grated horseradish, 1 tablespoon vinegar, few grains cayenne,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup heavy cream. Beat cream stiff, and add to other ingredients.

**Horseradish Sauce, No. 2**—To one cup medium white sauce add 3 tablespoons horseradish.

**Sauce Tartare**—Put the yolks of four eggs into a saucepan, and add  $\frac{1}{2}$  teaspoon salt and 1 teaspoon **Blue Ribbon mustard**; then add alternately 1 teaspoon each of olive oil and vinegar (adding them very gradually) until it is of the right consistency. Then add 2 tablespoons chopped pickled onions and gherkins.

This sauce is often too acid. It does well with fried oysters or fish, or with boiled tongue or codfish.

**Cranberry Sauce**—1 quart of cranberries, 2 cupfuls of sugar and 1 pint of water; wash the cranberries, add the water; stew together in a covered saucepan over a moderate but steady fire. Boil from 5 to 7 minutes, remove from the fire, turn into a deep dish and set aside to cool. If to be kept, they can be put at once into air-tight jars. Or, for strained sauce,  $1\frac{1}{2}$  pints of fruit should be stewed in 1 pint of water for 10 to 12 minutes, or until quite soft, then strained through a sieve, and  $\frac{3}{4}$  pound of sugar thoroughly stirred into the pulp; after cooling it is ready for use.

Serve with roast turkey or game.

**Gravy**—In any roast pour off all but  $\frac{1}{4}$  cup of fat for every  $\frac{1}{2}$  cup flour used, cool a little and add flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon **Blue Ribbon pepper**. Add 2 cups boiling water slowly, stirring constantly. Boil 3 minutes.

**Giblet Gravy**—Cook the giblets (liver, heart and gizzard) in 3 cups water until tender—about 1 hour. Remove, chop. Brown 1 tablespoon onion in 4 tablespoons fat. Cool, add 4 tablespoons flour, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon **Blue Ribbon pepper**. Stir until smooth. Add stock from giblets; cook 3 minutes, add giblets.

## MEATS



The most important kinds of meats are beef, veal, mutton, lamb, pork, ham and bacon, vension. Poultry includes chickens, turkeys, ducks, geese, etc. Examples of game are wild duck, partridge, etc.

The color of meat should be clear and bright. There should be little odor and meat should be firm and elastic to the touch.

Meat is valuable chiefly for its protein, fat and ash constituents. As a result of protein digestion, by-products are formed which are hard for the body to dispose of, and so excessive meat eating is often followed by disease.

## Roasting

Wipe, trim, tie or skewer meat into shape. Place on a rack in a pan and place pieces of fat from the meat over it. Rub meat over with salt and dredge meat and pan with flour. Place in the hottest part of the oven to sear the outside and brown the flour; then remove to a lower shelf and reduce the temperature; baste meat every 10 minutes until done, or use a covered roaster.

The best cuts of beef for roasting are: tip or middle of sirloin, back of rump, or first three ribs.

## Time Table for Roasting

BEEF, rare	10 to 12 minutes per pound, 15 minutes extra.
MUTTON	20 minutes per pound, 20 minutes extra.
VEAL	25 to 30 minutes per pound, 20 minutes extra.
PORK	30 minutes per pound, 20 minutes extra.
CHICKEN	3-4 pounds, 1 to 1½ hours.
GOOSE	7-8 pounds, 2½ to 3 hours.
TURKEY	10 pounds, 3 to 4 hours.
DUCK	6-7 pounds, 2 to 2½ hours.
WILD DUCK	30 minutes to 1 hour.

## Broiling

Remove extra fat from meat. Grease the broiler with some of the fat. Place broiler close to flame to sear meat, then remove to lower part of broiling oven to finish cooking, turning often. Season with butter, salt and pepper. For a steak 1 inch thick allow 8 to 10 minutes.

The best cuts of beef for broiling are, porterhouse, sirloin, cross-cut of rump steaks, and second and third cuts from top of round.

## Pan Broiling

Heat an iron pan very hot. Remove extra fat from steak or chops. Sear meat on both sides, then turn frequently until cooked as desired. Season with butter, salt and pepper.

**Braising** is cooking meat in a small amount of water in the oven in a tightly covered pan. Cuts not tender enough for roasting but of better quality than those used for stews are cooked in this way. Sear the surface as for roasting. If meat is placed on a bed of vegetables (diced) the flavor is improved.

**Pot Roast**—(Tough cuts may be used). Wipe meat; sear surface; place in kettle; add 1 cup boiling water and cover tightly. Cook slowly until meat is tender, adding only enough water to prevent burning. Season when done. Serve with brown gravy made from liquid in pan.

**Fricasseeing** is sautéing and serving with a sauce. Tender meat is fricasseed without previous cooking; less tender meat requires cooking in hot water before fricasseeing. Chicken or rabbit is often cooked this way.

**Boiling**—Plunge the meat into boiling water, which hardens the albumen outside of the meat and keeps the juices in. Cook at this temperature 10 minutes, then simmer until the meat is tender. By this means much of the juice and flavor is kept in the meat. If the water bubbles it is too hot. All tough meats may become tender if cooked this way. The water should be saved for soup.

**Time**—For meat weighing less than 10 pounds to be cooked in water, allow 20 minutes to the pound and 20 minutes extra.

**Stewing**—The object in stewing meat is to keep part of the juice in the meat and to extract part to flavor the gravy, so some of the meat is put on in cold water, and some browned in the frying pan before adding. Meat for stews should contain some bone and fat. The bone makes the stew gelatinous, and the fat gives the desired richness. Vegetables are used in stews to give flavor and thickening, and herbs and spices season them. By far the best way to cook stews is in the double boiler or the Fireless Cooker; then one can be sure that the temperature never reaches the boiling point.

**To Egg and Bread Crumb**—The best way to make bread crumbs is to rub stale bread through a wire sieve or put through food-chopper, because the crumbs should be very fine. If they are to be used for meat or fish, a little **Blue Ribbon pepper** and salt can be added; if for sweet dishes, add a little sugar. The eggs should be beaten up lightly; a teaspoon of water to each egg helps in beating it thin. Drip the article that is to be egged and bread-crumbed first in the crumbs to dry it; let it dry a little, then dip it in the beaten-up egg, drain it, and then roll it again in the bread crumbs and leave it in the crumbs until it is put in the hot fat. Cracker crumbs may be used.



**To Thaw Frozen Meat**—Put it in cold water, and do not try to cook it until it is fully thawed. Do not thaw it until just before it is to be cooked. To ascertain whether the thawing is complete, drive an iron skewer through the thickest part of the joint; if there is a core of ice within, it will be distinctly felt by the resistance it offers.

**Garnishing** meat adds much to its appearance. Slices of carrots are suitable for hot or cold boiled beef. Mint is used for hot or cold roast lamb, either with or without parsley. For roast veal slices of lemon are used. For boiled meats or stews, use capers, boiled onions or pickled gherkins. Slices of red beet root go well on boiled beef or cold meat, and for poultry, fish, cold meats, etc., parsley is very generally used.

**Creamed Chipped Beef**— $\frac{1}{4}$  pound dried beef sliced, 3 tablespoons fat, 3 tablespoons flour,  $1\frac{1}{2}$  cups milk.

Make a white sauce of fat, flour and milk. Add beef and season to taste. Serve on slices of hot toast.

**Beef a la Mode**—Use a 4 pound pot roast. Cut thin strips of salt pork or bacon, season with onion juice, chopped parsley, **Blue Ribbon thyme, pepper and vinegar**. Cut gashes all over the meat and insert bacon strips. Brown 2 onions in 1 tablespoon fat. Put meat in the kettle and add  $\frac{1}{2}$  can of tomatoes and enough water to keep from burning. Cover tightly and simmer 3 hours. Vegetables may be added if desired.

**Mock Duck**—Take a good piece of upper round steak, make a dressing as for turkey, and spread it over the steak; roll it up and wind it with a string. Bake it as you would roast beef, but not so long. It can be served hot, or allowed to cool with the string around it, when it can be cut in thin slices. If served cold, garnish with sliced lemon and green parsley.

**Beef Pot Pie**—A good dinner which combines the needed variety of foods in one dish is a beef or mutton stew. 2 pounds of cheap meat, neck of mutton, shin or round of beef, is enough for 4 to 6 persons. Cut the meat in inch pieces, season with salt and pepper, and roll in flour. Put the bones in cold water and heat slowly; when boiling, put in the meat, already browned in the frying pan, with a little hot fat. Add 1 or 2 small onions sliced and fried with the meat, if liked; a stalk of celery, or a  $\frac{1}{2}$  cup of strained tomato also gives a nice flavor. Simmer 1 hour, then add a medium-sized carrot and turnip, cleaned and cut in 1 inch squares; cook 2 hours, or till the meat is tender;  $\frac{1}{2}$  hour before serving put in 6 sliced potatoes. Taste and season more, if liked, and skim all fat from the top; 10 minutes before dinner-time; put in the dumplings and cook without removing the cover.

**The Dumplings**—2 cups of flour, 1 teaspoon of salt, 4 level teaspoons **Blue Ribbon baking powder**, sifted together and mixed into a soft dough with 1 cup more or less of milk or water. Drop from the tip of a spoon on a piece of meat or vegetable, cover closely and in 10 minutes take up on a hot platter or place around the platter on which the stew is served.

**Hamburg Steak**—Force through a meat chopper, or finely chop, one pound lean raw beef; season highly with salt, pepper, and a few drops onion juice, and add  $\frac{1}{4}$  cup milk. Shape, cook, and serve as Meat Cakes. A few gratings of nutmeg and one egg slightly beaten may be added.

**Swiss Steak**—Select a flank steak or a slice of round steak  $1\frac{1}{2}$  to 2 inches thick. Pound into the steak, on both sides, as much flour as it will take up. Place in frying pan, brown the meat on both sides in bacon fat. Add boiling water to partly cover and let simmer about 2 hours. Peel a small onion for each person to be served; parboil 5 minutes, drain, and put to cook around the meat or slice in a layer over the top of the meat. The sauce around the meat should be thick and brown and well seasoned.

**Beefsteak Smothered in Onions**—Cut 6 onions very fine, put them in a saucepan with 2 cups hot water, 2 tablespoons butter,  $\frac{1}{2}$  teaspoon **Blue Ribbon pepper**, salt, and dredge in a little flour; let stew until onions are quite soft. Have the steak broiled, put it into the saucepan with the onions, let simmer 5 or 10 minutes; send to the table very hot.

**Veal Loaf**—Wipe 3 pounds lean veal, and remove skin and membrane. Chop finely or force through meat chopper, then add  $\frac{1}{2}$  pound fat salt pork (also finely chopped), 1 cup crumbs,  $\frac{1}{2}$  cup milk, 2 tablespoons lemon juice, 1 tablespoon salt,  $\frac{1}{2}$  teaspoon **Blue Ribbon pepper**, and 2 tablespoons chopped onion. Pack in a small pan, smooth evenly on top, brush with white of egg if desired, and bake slowly  $2\frac{1}{2}$  hours, basting with  $\frac{1}{4}$  cup pork fat. Prick frequently while baking, that pork fat may be absorbed by meat. Serve hot or cold, and cut in thin slices.

**Veal Cutlets, Breaded**—Egg and bread-crumb the cutlets, and sauté slowly in hot fat, turning them until well done. Then take up, and pour over them a good brown gravy; serve hot. They may be garnished with parsley.

**Yorkshire Pudding**—1 cup milk, 1 cup flour, 2 eggs,  $\frac{1}{4}$  teaspoon salt. Mix salt and flour, add eggs beaten 2 minutes, using an egg beater, then add milk gradually. Cover bottom of 2 hot bread pans with some of beef fat fried out from roast, pour mixture in pan  $\frac{1}{2}$  inch deep. Put in hot oven and bake 20 minutes, decreasing the heat as the baking is accomplished. Cut into squares for serving.

May be baked in same pan as roast, shoving it to one end.

**Pork Chops**—Wipe chops, sprinkle with salt and **Blue Ribbon pepper**, place in a hot frying pan, and cook slowly until tender, and well browned on each side.

**Pork Chops with Fried Apples**—Arrange pork chops on a platter, and surround with slices of cored apples, cut  $\frac{1}{2}$  inch thick, and fried in the fat remaining in pan.

**Roast Spare Ribs**—Choose a long piece of spare ribs. Wipe carefully, sprinkle with a little salt and **Blue Ribbon pepper**. Place a small piece of spare rib on the bottom of baking pan, form a roll around it, using the large piece of spare ribs. Fill the cavity in centre with any dressing desired. Bake in a rather hot oven for about 1½ hours.

**Roast Pork Tenderloin**—Place 2 or 3 tenderloins side by side, laying the thin part of one opposite the thick part of the other. Make a gash 1 inch deep down the centre of the thick part of each. Spread them open, sprinkle with salt and **Blue Ribbon pepper** and spread with a well seasoned dressing. Lay them together and bind or sew, and bake.

**Irish Stew**—This is a nice and economical dish, and can be made from any kind of meat. Remove nearly all the fat from 2 pounds of meat, and cut it into pieces. Peel and slice 3 pounds potatoes, and also slice 1½ pounds onions. Put a layer of potatoes in the kettle, then a layer of onions, then meat; pepper and salt it well, and so put in all the materials in layers. Add 1 or 2 cups stock, cover closely, and let it stew (not boil) 2 or 3 hours.

**Boiled Ham**—To boil a ham it must first be thoroughly washed and scraped in warm water containing a little **Blue Ribbon baking soda**; then rinse in cold water. Put it over the fire, skin side upward in the kettle, with water enough to completely cover it; let it simmer slowly 3 or 4 hours, according to size; if it cooks rapidly it will break in pieces. When done, take it from the kettle and remove the skins while hot, leaving on all the fat; stick cloves all over the fat part, and put it into the oven to brown a little, or sprinkle browned bread crumbs over the fat while it is warm. It should be entirely cold before it is cut. Mustard, spiced vinegar, catsup or pickles, are used as condiments with this.

**Headcheese** (English Brawn)—The cheeks of pigs' heads are reserved for salting with the hams and shoulders; the remainder is cut in pieces and soaked over night in salted water; the next morning wash thoroughly and put over the fire in a kettle with just enough water to cover the meat (the cleansed pigs' feet may be added). Simmer slowly until the bones will easily separate from the meat, then take it up in a pan and pick out every bone; cut the meat into small pieces, season to taste with salt, **Blue Ribbon pepper** and sifted sage; pour over the broth from the kettle, and put it in a cold place to harden. When cold, remove the fat from the top of the pan, cut in slices and serve with hot or baked mashed potatoes.

**Curried Mutton**—Wipe and cut meat from fore-quarter of mutton in 1 inch pieces; there should be 3 cups. Put in kettle, cover with cold water, and bring quickly to boiling point; drain in colander and pour over 1 quart cold water. Return meat to kettle, cover with 1 quart boiling water, add 3 onions cut in slices, ½ teaspoon **Blue Ribbon pepper**, and a sprig each of thyme and parsley. Simmer until meat is tender, remove meat, strain liquor, and thicken with ¼ cup each of butter and flour cooked together; to the flour add ½ teaspoon curry powder, ½ teaspoon salt, and ⅛ teaspoon pepper. Add meat to gravy, reheat and serve with border of steamed rice.

Many object to the strong flavor of mutton; this is greatly overcome by removing the pink skin and trimming off superfluous fat.

## Internal Organs

Nearly all internal organs, as heart, liver, etc., should be soaked 1 hour before cooking.

**Liver**—Calf's liver is best. Soak in cold water 1 hour, or cut in  $\frac{1}{2}$  inch slices and let stand in boiling water for 5 minutes. Drain, wipe, remove membrane and any veins.

**To Broil**—Sprinkle with salt and **Blue Ribbon pepper**. Place in a greased broiler and broil 5 minutes, turning often. Serve very hot, seasoning well.

**Liver and Bacon**—Pan broil bacon, use the fat for sautéing the liver. Roll liver in corn meal. Sauté in the fat. The liver is cooked sufficiently when it has a fawny brown appearance throughout. To the fat in the pan, add 1 tablespoon lemon juice and 2 tablespoons tomato catsup.

**Kidney**—Lamb kidneys are the most tender. Kidneys spoil readily; if fresh they will have a smooth glossy appearance. Soak 1 hour, peel off membrane, split lengthwise, cut off any bluish portions. Kidneys require to be cooked either for a very few minutes, or for a long period.

**Stewed Kidneys (Lamb's)**—Prepare kidney, add seasonings, sauté in a little fat and remove to a hot dish. In the pan put  $\frac{1}{2}$  tablespoon finely chopped onion, sauté, add 3 tablespoons flour and  $1\frac{1}{2}$  cups hot stock. Season, add kidneys, reheat and serve.

**Stewed Kidneys (Beef)**—Stew in salted water until done, put on a hot platter, season, thicken and season stock, color with caramel and pour over kidneys.

(Kidneys are often used with beefsteak to form a meat pie.)

**Sweetbreads**—Soak in cold water for several hours. Parboil 10 minutes. Drain, remove fatty parts, etc. Cook in any desired way such as sautéed, broiled, creamed, fried, etc. — on toast is most common.

**Calf's Heart**—Wash, remove veins, arteries, and clotted blood. Stuff and sew. Sprinkle with salt and **Blue Ribbon pepper**, roll in flour, and brown in hot fat. Place in small, deep baking pan, half cover it with boiling water, cover closely, and bake slowly 2 hours, basting every 15 minutes. Thicken the liquid, season with salt and pepper, and pour around the heart before serving.

**Stuffing for Heart**—2 cups fine bread crumbs, 1 chopped onion, seasonings, 2 tablespoons butter, hot water to moisten.

**Buffalo**—Buffalo meat is either baked, boiled, pan-fried or broiled, in the same way as beef.

**Venison**—As the hairs often cling to the meat, it should be cleaned carefully before cooking. The best cuts for steaks or roasting come from the loin or saddle. The rules given for cooking beef or mutton apply equally to venison. Stew the tougher parts. Currant jelly is considered the best thing to serve with venison, or garnish with slices of lemon.

**Boiled Tongue**—If the tongue is salted, soak over night in plenty of cold water; the next morning put it over the fire with enough cold water to cover it, and boil slowly 3 or 4 hours, according to the size; skin the tongue while hot, and set away to cool. When cold, cut in very thin slices. If the tongue is fresh, then soak it over night in cold water, in which is a handful of salt.

## Ways of Warming Over Meat

### General Rules:

1. Remove skin, gristle and excess fat and hard parts.
2. Cut meat in cubes, or thin slices, or chop finely.
3. Use bones for soup stock.
4. Season suitably.
5. Reheat carefully, avoiding re-cooking.
6. Make appearance as attractive as possible.

**Casserole of Rice and Meat**—2 cups chopped, cooked meat, 1 teaspoon salt,  $\frac{1}{2}$  cup bread crumbs, **Blue Ribbon pepper**, parsley, 1 egg (may be omitted), 3 cups boiled rice; onion juice, stock or gravy.

Season meat and mix with crumbs and beaten egg; add enough stock to make it pack easily. Line a mold with 3 cups rice, fill with the meat, cover with the remainder of rice, cover tightly and steam 45 minutes.

**Shepherd's Pie**—2 cups chopped roast beef, gravy, 2 cups mashed potatoes, seasoning.

Combine ingredients, except potatoes. Place in a buttered baking dish, and cover with mashed potatoes. Brush with beaten egg. Bake until the potatoes are slightly browned.

**Browned Hash**—1 cup meat, 2 cups mashed potatoes,  $\frac{1}{2}$  cup boiling water,  $\frac{2}{3}$  tablespoon fat, seasoning, onion juice.

Put the mixture in a frying pan in which 1 tablespoon fat has been heated. Spread smoothly, cook over moderate heat so it will brown slowly and not burn. Cook about  $\frac{1}{2}$  hour and do not stir. Fold like an omelet. (The same mixture may be made into small cakes and browned).

**Scalloped Veal**—2 cups chopped, cooked veal, 2 cups thin white sauce, 1 cup bread crumbs, seasoning.

Mix ingredients, turn into greased pan, cover with  $\frac{1}{2}$  cup buttered crumbs, and bake 15 minutes.

**Meat Pie**—Arrange diced cooked meat and vegetables in baking dish, cover with gravy, or stock, season. Cover with a biscuit dough, cut hole in centre to allow steam to escape. Cook 15 minutes in a hot oven, then moderate heat and cook 20 minutes longer.

**Pilaff**—1 onion, 2 cups minced cold meat, 2 cups tomatoes, 2 tablespoons butter or bacon fat, 1 cup rice.

Put the butter in a frying pan and cut the onion in, then fry to a delicate brown; add the rice, and brown that in the butter, taking care not to let it scorch. Next add the tomatoes and 1 pint of hot water; cover and cook until the rice is done, adding more water if needed; but it should not be watery when done. Season with salt, **Blue Ribbon pepper** and **cayenne**, and **curry powder**, if liked; then put in the chopped meat, and reheat.

**Scrapple**—This can be made of odds and ends of fresh meat, such as would be used for soups — pig's heads and feet, beef shanks and trimmings. Boil the meat with sufficient water to cover it well, until the meat separates from the bones; then take it up, remove the bones, cut or chop the meat finely, and return it to the broth; add salt, pepper and **Blue Ribbon herbs** if liked. Let it boil up again and stiffen with corn meal to make a stiff mush, and cook it thoroughly. Put it in pans to solidify, and when cold, cut off in slices and fry in salt pork fat dripping, or sausage fat. Finely minced remnants of any kind of cold meats, with the gravy, can be utilized in the above manner, instead of the fresh meat.

**Creamed Ham**—Make a white sauce of 2 tablespoons butter, 2 tablespoons flour, 1 cup milk,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**. Add 1 cup minced cooked ham. Serve on toast. Mushrooms browned first in the butter add greatly to the flavor.

**Corned Beef Hash**—1 cup chopped corned beef, 1 cup chopped boiled potato, 1 tablespoon chopped onion,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**, 1 tablespoon fat. Brown onion in fat, add other ingredients and heat.

## Vegetables and Accompaniments

### TO SERVE WITH DIFFERENT MEATS AND FISH

- 1. Beef, Corned**—Potatoes, cabbage, carrots, beets, parsnips, turnips, pickles.
- 2. Beef, Roast**—Potatoes, beets, beans, macaroni, boiled rice, squash, turnips, or any vegetables that are in season; horseradish, mushroom sauce, Yorkshire pudding.
- 3. Beefsteak**—Same as roast beef.
- 4. Boiled Beef**—Potatoes, onions, carrots, turnips, parsnips, dumplings.
- 5. Chicken, Boiled**—Potatoes, boiled rice, parsnips, tomatoes, turnips; currant jelly; cranberry, celery or oyster sauce; dumplings.

6. **Chicken, Roast**—Potatoes, beans, beets, celery, corn, cauliflower, squash, and any vegetable in season; currant, or other acid jelly.
7. **Duck**—Potatoes, corn, beans, onions, boiled rice, squash, apple sauce.
8. **Goose**—Potatoes, beans, baked macaroni, onions, boiled rice, squash, turnips; apple sauce; giblet gravy.
9. **Turkey**—Potatoes, beans, corn, parsnips, onions, sweet potatoes, squash, tomatoes, turnips; cranberry, plum, currant, or other acid jelly; sausage dressing.
10. **Game**—This requires an acid jelly, while potatoes, tomatoes, spinach, and salads are appropriate.
  - Fish, Baked**—Beans, corn, lettuce, mashed potatoes, sweet potatoes, squash; drawn butter or Hollandaise sauce.
  - Fish, Boiled**—Potatoes, squash, turnips, tomatoes, horseradish; lemon, tomato sauce, or tartar sauce.
  - Fish, Fried**—Cucumbers, potatoes, squash, tomatoes; horseradish, sauce tartare.
11. **Lamb, Roast**—Potatoes, string beans, corn, spinach, green peas, asparagus, cauliflower, squash, turnips, mint sauce; pickles.
12. **Mutton**—Potatoes, baked macaroni, onions, parsnips, turnips, squash; currant jelly, mint sauce, pickles.
13. **Pork, Roast**—Onions, boiled rice, potatoes, sweet potatoes, tomatoes, squash; apple sauce or fried apples.
14. **With Pork Sausage** serve fried apples or apple sauce.
15. **Sweetbreads**—Peas, asparagus, cauliflower, tomatoes, macaroni, and cheese.
16. **Veal**—Potatoes, asparagus, horseradish, parsnips, cauliflower, spinach, sweet potatoes.
17. **Venison Roast**—Onions, potatoes (mashed), squash, turnips; currant or other acid jelly.

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## POULTRY AND GAME



Of the birds we use for food, fowl and chicken, turkeys and tame ducks and geese are classed together as poultry; quail, partridge, grouse, wild ducks and geese, and other wild fowl being classed as game.

**Food Value**—The flesh of ducks and geese, like pork, is so fat that it is not easily digested.

The light meat from the breast of poultry is very tender, but not so well flavored as the leg.

**Selecting Poultry**—Chicken not more than 5 months old is "spring chicken"; chicken over a year old, fowl. Full grown poultry is finer in flavor than young birds.

In a chicken or young fowl the feet are yellow and soft, and the breast-bone yielding. Older fowl have horny scales, a hard breast-bone, thicker and yellower skin, and more fat, and hairs.

A young turkey is known by the same points as a young fowl. Good turkeys have, besides plump breasts, black legs and white flesh. A young gobble has small spurs. As a rule hen turkeys are best.

In a young duck or goose, the windpipe is brittle enough to snap readily between the thumb and finger; and the feet are soft and yellow. Neither ducks nor geese are good if more than 1 year old.

**Dressing and Cleaning Poultry**—Remove hairs and down by singeing over a flame. Draw out pin-feathers, using a small pointed knife or tweezers. Cut off the head. Cut through skin around leg  $1\frac{1}{2}$  inches below the leg joint, care being taken not to cut tendons; snap bone at this cut; then pull off the foot, and with it the tendons. In old birds remove tendons separately, using a steel skewer. Cut through skin below breast-bone, just large enough to admit hand. With the hand remove the entrails, gizzard, heart, and liver. Be careful not to thrust the finger into the centre, for if the gall bladder is broken, it will impart a bitter taste to whatever it may touch. Remove lungs and kidneys from ribs and backbone, also crop and windpipe, draw down neck skin, cut off neck close to body, leaving skin long enough to fasten under the back. Remove oil bag and wash bird carefully, then wipe inside and outside.

If there is disagreeable odor, suggesting that fowl may have been kept too long, clean at once, wash inside and out with soda water, and sprinkle inside with charcoal, and place some under wings.

**To Truss a Fowl**—After stuffing the fowl, sew the skin of the neck over the back. Then run a long skewer through the wing, and then through the body and out through the other wing, pressing them close to the body. Also press a skewer through the thigh and body, and out through the other thigh. Pass a string over the projecting ends of the skewers, and tie it firmly at the back to keep the bird trussed. The legs can be crossed over the tail and tied. The wings and thighs can be tied in place by winding a string around the body, if you have no skewers. Cut the string off carefully when done, so as not to tear the flesh.

**To Make Old Fowls Tender**—Take an old fowl and stew or steam it from 2 to 4 hours; then roast it in the oven, basting frequently.



**Garnishes and Relishes**—Turkey, use parsley, celery tips, rings of carrots, or sauted sausages.

Goose, use watercress and bright red cranberries.

Serve cranberry sauce with turkey, apple sauce with goose, orange sauce or currant jelly with wild duck.

**Roast Chicken**—Dress, clean, stuff and truss a 4 pound chicken. Rub with salt and **Blue Ribbon pepper** and place in a covered roasting pan, and cover breast with bacon strips. Dredge bottom of pan with flour. Place in a hot oven, and when flour is browned baste with  $\frac{1}{4}$  cup of butter melted in  $\frac{1}{2}$  cup boiling water. Reduce oven heat and baste every 10 minutes until chicken is done. If water dries from the bottom of the pan, add more. A 4 pound chicken requires  $1\frac{1}{2}$  hours to roast.

**Plain Stuffing**—Take 2 cups fine bread crumbs, season with salt and pepper, and add 1 teaspoon each of **Blue Ribbon parsley** and **summer savory**, and  $\frac{1}{2}$  teaspoon **Blue Ribbon marjoram**; moisten with  $\frac{1}{4}$  cup melted butter.

Fill the cavity in the fish or meat, but do not crowd it in; sew up, or wind the meat with a string. This is excellent for fish, poultry, game, etc. For ducks use **Blue Ribbon sage**, instead of **Blue Ribbon summer savory**, **parsley** and **marjoram**. If stuffing is to be served cold, add 1 beaten egg.

**Oyster Stuffing**—Omit seasoning and add  $\frac{1}{2}$  cup oysters..

**Celery Stuffing**—Add  $\frac{1}{2}$  cup chopped celery to stuffing.

**Potato Stuffing** (For Roast Goose)—2 cups hot mashed potatoes, 1 egg, 1 finely chopped onion,  $\frac{1}{4}$  cup butter, 1 teaspoon salt,  $\frac{1}{4}$  cup soft stale bread crumbs,  $\frac{1}{4}$  cup finely chopped fat salt pork or bacon, 1 teaspoon **Blue Ribbon sage**.

**Chestnut Stuffing** (For Roast Turkey)—2 cups chestnuts,  $\frac{1}{4}$  cup milk,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**, 1 teaspoon salt,  $\frac{1}{8}$  cup butter, 1 cup bread crumbs.

Shell and blanch chestnuts. Cook in boiling salted water until soft. Drain and mash, using a potato ricer. Add  $\frac{1}{4}$  cup butter, salt, pepper and milk. Melt remaining butter, mix with bread crumbs, then combine mixture.

**Stuffing for Ducks**—A peanut stuffing may be used. Make like chestnut, using peanuts for chestnuts, and only  $\frac{1}{4}$  cup of butter.

Or a bread stuffing as follows: Cover pieces of dry bread with boiling water. As soon as bread has absorbed water, press out water, season with salt, **Blue Ribbon pepper**, melted butter, and finely chopped onion.

**Boiled Fowl**—Dress, clean, and truss a 4 pound fowl, place on rack in a kettle, barely cover with boiling water, cover, and cook slowly until tender, turning occasionally. Add salt the last hour of cooking. It is not desirable to stuff a boiled fowl. A steamed bird retains its flavor better.

**To Cut up a Fowl for Stewing or Fricassee**—Follow directions for cleaning poultry. Cut through flesh at thigh, bend back legs and cut off. Separate second joint and drum stick. Remove wings and cut off the tips. Separate the back from the breast by cutting through the ribs. Cut breast in two with a cleaver.

**To Stew**—Cover the pieces of fowl with boiling water. Simmer until tender, adding salt when half cooked.

**Fried Chicken**—Dip stewed chicken in flour, egg and flour. Brown in chicken fat or butter. Serve with brown sauce.

**Fricasseed Chicken**—Prepare according to directions above. Half cover with boiling water and cook slowly till tender. Remove chicken and saute. Reduce stock and thicken. A little cream may be added. Pour gravy around chicken, or serve separately. Good served with halves of hot biscuits.

**Maryland Chicken**—Dip stewed chicken in flour, egg and fine crumbs. Place in a dripping-pan with pieces of salt pork or chicken fat. Cover and bake 30 minutes. Serve with cream sauce, broiled bacon and corn fritters.

**N.B.**—If chicken is tender it may be cooked without previous stewing.

**Chicken Pie**—1 stewed fowl, cut in pieces, 2 cups brown sauce, parsley, rich biscuit crust (2 cups flour).

Place the chicken in a buttered baking dish, add the brown sauce, heat and add parsley and cover the mixture with the biscuit crust. Bake in a hot oven.

**Chicken Patties**—Take 1 pint of cream, 1 tablespoon of cornstarch, 1 pint of cooked chicken, chopped coarsely.

Let half the cream come to a boil in a stew pan. Mix the remainder of the cream with the cornstarch and add as soon as it boils; when this thickens, take off the fire, add the chopped chicken, and season to taste with salt, **white Blue Ribbon pepper**, and any other seasoning liked. Line patty pans or small saucers with rich pie-crust, and bake. When all is cold, place a heaping spoon of the chicken on each crust and serve.

**Jellied Chicken**—Half chicken and half veal or pork is cheaper, and practically as good. Use 2 cups diced cooked meat, 2 cups chopped celery, 2 cups stock, 2 tablespoons granulated gelatine,  $\frac{1}{2}$  cup cold water, 1 teaspoon onion juice.

Soften gelatine in water, add to boiling stock along with onion juice, salt and **Blue Ribbon pepper** to taste. Remove from fire, add meat and celery and put in mould to set.

**Roast Goose with Potato Stuffing**—Singe, remove pinfeathers, wash, and scrub a goose in hot soapsuds; then draw. Wash in cold water and wipe. Stuff, truss, sprinkle with salt and **Blue Ribbon pepper**, and lay thin strips fat salt pork over breast. Place on rack in dripping-pan, put in hot

oven, and cook 15 to 20 minutes per pound. Baste every 15 minutes with fat in pan. Remove pork last half-hour of cooking. Place on platter, cut string, and remove string and skewers. Garnish with watercress and cranberries. Serve with apple sauce. Goose is sometimes parboiled before roasting.

**Roast Duck**—Clean and stuff, rub duck outside and in with salt and do not stuff too full. Lay pieces of bacon on breast and bake in moderate oven 1 hour, if young. If old, parboil or steam until tender before roasting. Serve with currant jelly.

**Roast Turkey**—Clean, stuff and truss the turkey. Rub entire surface with salt. Put in pan and cover breast with strips of bacon. Cook in moderate oven. Baste with fat in pan and add 2 cups of boiling water; continue basting every 15 minutes until turkey is cooked, which will require about 4 hours for a 10 pound turkey. For basting use  $\frac{1}{2}$  cup butter melted in 1 cup boiling water, and after this is used baste with fat in pan. Serve with cranberry jelly.

**Turkey Ragout**—Cut all the meat left from roast turkey in as large pieces as it will allow. Break up the bones, put them in a stew pan, with cold water to cover them, boil an hour, and strain out the bones. Season the liquor with pepper, salt, a little chopped celery or **Blue Ribbon celery salt**; stir in a thickening made of flour rubbed smooth in a little cold milk,  $\frac{1}{2}$  cup milk and butter the size of an egg. Stir over the fire constantly until thick as cream, put in the cold turkey, simmer 5 minutes and serve.



## GAME



All water birds should be eaten as fresh as possible, as their flesh is oily and soon becomes rank. If there is a large quantity of game on hand at one time, it will be well to cook the young game first, and the old one or two days later, as old birds will keep longer than young ones. Old birds also need longer cooking. Young game cooks rather more quickly than poultry, and the flavor is best retained by cooking it plainly. The rule is that while dark-meated game may be rare, white-meated game should be well done.

Wild ducks and geese are so oily that they should be washed with warm water and soap or baking soda before drawing, as anything less effectual will not cleanse them properly. The objectionable flavor of wild ducks comes from the oil in the skin. If it is very strong they can be skinned, then spread with butter, dredge thickly with flour, and put in a very quick oven to roast.

The directions for "drawing" and "trussing" given for poultry will apply equally well for wild fowls.

**Overcoming the Wild Flavor**—It is sometimes desired to overcome the wild flavor in the large birds, as it is disliked by some people. There are

various ways to do this: (1) Peel a lemon and lay it inside; renew it every 10 or 12 hours and continue for 1 or 2 days. From most game this will absorb the unpleasant flavors. (2) Put for 10 or 12 hours in salt and water. (3) They may be put in soda and water for 2 or 3 hours. (4) Parboil in water containing 1 to 2 onions. (5) Sprinkle charcoal inside.

Game birds are usually stuffed with sliced onion or apple to help remove strong flavor. These are not eaten.

**Restoring Tainted Game**—If game becomes slightly tainted, it should at once be picked clean and put into milk for a full day (24 hours), keeping it entirely covered. This will sweeten it, and it should be cooked at once.

**Rabbits** or hares are only fit for use when young. They should be drawn directly after being killed, and should not be skinned until ready for use.

**Baked Rabbit**—Cut rabbit up and place in pan of hot water. Simmer about 20 minutes. Remove from water, drain, and sprinkle meat with salt and **Blue Ribbon pepper**. Dip in flour, egg and crumbs. Place in a well-greased pan and bake 20 minutes in a hot oven. Baste with bacon dripping. Arrange on platter and pour over it thickened gravy made in the pan in which the rabbit was baked.

## CARVING POULTRY AND GAME

"Let's carve him as a fish fit for the gods,  
Not hew him as a carcass fit for hounds."—SHAKESPEARE.

The carving knife should be well sharpened before being brought to the table. Always try to cut at right angles with the fibres of the meat.

The difficulty in carving poultry arises from the awkward shape of the bird, but this may be largely overcome by plunging the fork upright into the very centre of the breastbone, and keeping it there until the carving is done. A second fork will be necessary, especially with a large bird, as a turkey.

**Fowl**—Remove the legs first by passing knife between thigh and body until bone is reached, then thigh is forced back and the joint laid open; then remove leg with the point of knife. In removing the wings, a part of the breast may be sliced away with it, carving close to the ribs, then when joint is reached, bend out wing to expose the joint, then sever with knife. The breast may then be sliced.

**Roast Turkey** is carved the same way, taking care to cut good looking slices without destroying the appearance of the bird. The slices are made in a transverse direction.

**Roast Goose**—Slices are cut off the breast by a downward and outward movement of the knife. The legs and wings are removed in the usual way.

**Duck** is served in the same way as goose, but as the legs are considered best, they are usually the first removed.

**Canvasback Duck**—The breast only is served, and it is sliced after removing the wings.

**Quail, Pigeons**, and other small birds are split lengthwise into halves.

## VARIOUS METHODS of COOKING EGGS

Eggs are a very valuable food, containing as they do both protein and fat in an easily digested form. Their high iron content makes them especially valuable for children and invalids.

Newly laid eggs may be preserved by cold storage or water glass. Other methods practised to some extent, and more or less successfully, are packing the eggs in sawdust, salt, lime or coating the shell with lard, paraffin or wax. Cold storage and use of water glass are best methods.

Always wash eggs before using them. Keep in a cold place.

The yolk of an egg may be kept from hardening, by covering the bowl in which it is placed, with a cloth wrung out of cold water, or by covering it with paraffin paper.

**Soft Cooked Eggs**—Place eggs in saucepan and cover with boiling water. Cover saucepan and let stand in warm place from 6 to 8 minutes. Another method is to cover the eggs with cold water and bring to boiling point.

**Hard Cooked Eggs**—Prepare as for soft-cooked eggs but allow to remain in water 45 minutes. Another method is to boil for 15 minutes. Plunge at once into cold water to prevent further cooking and discoloration of yolk.

**Baked Egg**—Butter a ramekin dish, add a layer of buttered bread crumbs, break the egg carefully into this, cover with crumbs and bake in a pan of water in the oven until the white is firm.

Eggs may be baked in small tomatoes. Cut a slice from stem end of tomato, scoop out the pulp, slip in an egg, sprinkle with salt and **Blue Ribbon pepper**, cover with buttered crumbs, and bake.

**Eggs in Casseroles**—Chop cooked spinach and season with butter and salt. Put one tablespoon spinach in each buttered individual casserole, sprinkle with 1 tablespoon grated cheese, and slip into each an egg. Cover each egg with  $\frac{1}{2}$  tablespoon cheese. Bake until eggs are set and serve immediately.

**Eggs a la Goldenrod**—3 hard-cooked eggs, 1 tablespoon butter, 1 tablespoon flour, 1 cup milk,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**, 5 slices of toast, parsley.

Make a thin white sauce with butter, flour, milk and seasonings. Separate yolks from whites of eggs. Chop whites finely and add them to the sauce. Cut 4 slices of toast in halves lengthwise. Arrange on platter, and pour over the sauce. Force the yolks through a potato ricer or strainer, sprinkling over the top. Garnish with parsley and remaining toast, cut in points.

**Poached Eggs**—Rub the bottom of an omelet pan lightly with butter, then fill  $\frac{3}{4}$  full of boiling water. Slip the egg into the boiling water, lower the flame, and let cook 3 to 5 minutes. Serve on buttered toast. May also be poached in milk, stock, gravy or tomato juice.

In poaching eggs, a few drops of lemon juice or vinegar in the water keeps the whites from spreading.

**Scrambled Eggs**—4 eggs,  $\frac{1}{2}$  cup milk, seasonings, 2 tablespoons butter. Beat eggs slightly, add seasoning and milk. Heat omelet pan, put in butter, and when melted pour in the mixture. Cook until creamy, stirring to prevent sticking to pan. (A larger proportion of milk may be used, and the mixture cooked over hot water, giving creamy egg.) Garnish with toast points.

**Egg-in-Nest**—Arrange stiffly beaten white of an egg on a slice of buttered toast. Make a depression in the centre and drop in the unbeaten yolk. Sprinkle with salt. Brown in a moderate oven.

**Foamy Omelet**—2 eggs,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  tablespoon butter,  $\frac{1}{8}$  teaspoon **Blue Ribbon white pepper**, 2 tablespoons milk, or water.

Separate the yolks from the whites. Beat the yolks until light and creamy, add salt, pepper and milk. Beat the whites until stiff; cut and fold them into the first mixture. Heat an omelet pan and spread the fat over the sides and bottom, then turn in the mixture, spread evenly. Cook slowly until well puffed up, and a delicate brown underneath. If desired, place the pan in the oven until dry on top. Fold over, turn into a hot platter, and serve at once.

**To Fold and Turn Omelet**—If not in regular omelet pan, hold the pan by handle with the left hand. With a knife make two one-half inch incisions opposite each other at right angles to handle. Place knife under the part of omelet nearest handle, tip pan to nearly a vertical position; by carefully coaxing the omelet with knife, it will fold and turn without breaking.

**Various Omelets**—Any sort of omelet can be made by folding into the omelet either sardines, tomatoes, ham, oysters, cheese, kidney, mushrooms, macaroni, or whatever one desires or has on hand. Asparagus tops are nice in an omelet. The ingenious cook can devise many new and attractive dishes. Cooked vegetables may be spread on omelet just before folding.

**Sweet Omelet**—Do not use any pepper, but add a little sugar — about 1 teaspoon for each egg. Make like a plain omelet, and when done sprinkle sugar on top. This can be varied by putting jam, jelly, marmalade or preserves on top, or they can be folded inside when the omelet is turned over.

**Anchovied Eggs**—Prepare slices of toast, spread them with butter and anchovy paste, and put a poached egg on each slice. Sardine paste may be used instead of anchovy, if preferred.

**Curried Eggs**—3 hard-boiled eggs, 2 tablespoons butter, 2 tablespoons flour,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon **Blue Ribbon curry powder**,  $\frac{1}{8}$  teaspoon pepper, 1 cup milk.

Melt butter, add flour and seasonings, and gradually hot milk. Cut eggs in eights lengthwise, and reheat in sauce.

**Devilled Eggs**—Simmer 6 eggs 30 minutes, take from water and remove shells, cutting the eggs in halves lengthwise, remove yolks while eggs are hot, and add 1 teaspoon butter, a pinch of salt,  $\frac{1}{4}$  teaspoon **Blue Ribbon mustard** mixed in vinegar. Mix together and press back into the white part, and serve on lettuce leaves. These are nice for a picnic lunch.



## VEGETABLES



Vegetables are a very important part of our diet, and the leafy ones have been called "protective foods." They are valuable for the mineral salts and vitamins, and also supply bulk. The legumes rank high in protein; roots and tubers high in carbohydrate. Serve vegetables every day. They are necessary to good health.

### General Rules for Cooking Vegetables

1. Buy vegetables in season.
2. Select medium-sized vegetables in good condition.
3. If vegetables are wilted, soak in cold water to restore crispness.
4. Wash thoroughly, pare or scrape if skins are to be removed.
5. If vegetables are to be boiled, have water boiling; when added use 1 teaspoon salt to 1 quart water.
6. Steaming is better than boiling, as the soluble matter is not lost.
7. Never allow vegetables to stand in water after they are cooked. Drain, and keep hot over boiling water.
8. Cook strong flavored vegetables uncovered.
9. To conserve fuel satisfactorily, vegetables may be baked in a small amount of water in a covered pan in the oven, if the oven is being used for something else.

## Time Table for Boiling Vegetables

ARTICHOKES . . . . .	25 to 40 minutes.
ASPARAGUS . . . . .	20 to 30 minutes.
BEETS (young) . . . . .	45 minutes.
BEETS (old) . . . . .	3 to 4 hours.
BEANS (string) . . . . .	30 to 45 minutes.
BRUSSELS SPROUTS . . . . .	25 to 30 minutes.
CELERY . . . . .	20 to 30 minutes.
CARROTS . . . . .	30 to 50 minutes.
CABBAGE (cut) . . . . .	25 to 40 minutes.
CAULIFLOWER . . . . .	20 to 30 minutes.
CORN ON COB . . . . .	12 to 25 minutes.
LEEKS . . . . .	15 to 35 minutes.
ONIONS . . . . .	35 to 50 minutes.
PEAS (green) . . . . .	20 to 60 minutes.
PARSNIPS . . . . .	30 to 50 minutes.
MARROW . . . . .	15 to 20 minutes.
SQUASH (Summer) . . . . .	20 to 30 minutes.
SQUASH (Winter) . . . . .	30 to 40 minutes.
SPINACH . . . . .	15 to 25 minutes.
TURNIPS . . . . .	30 to 45 minutes.

Time for cooking the same vegetables varies according to freshness and age, therefore timetables for cooking serve only as guides.

## POTATOES

Potatoes are in the best condition for use in the late summer and autumn.

The mineral matter is soluble in water, and may be lost in the cooking when cooked in water. The best ways to cook potatoes are: Baking, boiling in their jackets, or steaming.

**To Boil**—Wash and scrape new potatoes, but do not peel. Steam or cook in boiling salt water, enough to cover. When done, drain, return to the fire and shake for a few minutes to thoroughly dry.

Always put potatoes into boiling salted water — never cold or lukewarm.

Winter potatoes should be pared and soaked in cold water before boiling. Cook in boiling salted water, following the directions for new potatoes.

**Baked Potatoes**—Select smooth, medium sized potatoes, scrub well with vegetable brush. Put in pan and bake in a hot oven 45 to 60 minutes. Prick skin when cooked to allow steam to escape.

Baked potatoes, if wanted in a hurry, may be partially boiled in their skins, then baked.

**Baked Stuffed Potatoes**—2 tablespoons butter,  $\frac{1}{4}$  cup hot milk,  $\frac{3}{4}$  teaspoon salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**, 6 baked potatoes.

Select medium-sized potatoes and bake, following recipe for baked potatoes. Remove from oven and cut potatoes in half; then, without



breaking the skin, remove the inside; mash, add seasoning, butter and milk and fill the shells, leaving the top rough. Place in a hot oven for 10 minutes or until potatoes are a light brown. The white of an egg may be beaten light and added if desired; this makes a more delicate and fluffy mixture.

**Brown Baked or Franconia Potatoes**—Wash and pare potatoes of uniform size, and 1 hour before meat is done, put them in the baking pan around the meat and baste with dripping every time you baste the meat.

**Scalloped Potatoes**—Wash, pare, and slice potatoes. Put a layer in a buttered baking dish, season with salt and **Blue Ribbon pepper**, dredge lightly with flour, dot with small pieces of butter; repeat until dish is almost full. Add hot milk until it comes almost to top layer. Cover with buttered crumbs. Bake until soft, about 1 hour. A little chopped onion is an improvement.

**Mashed Potatoes**—To every 2 cups potatoes (about 3 medium) add 2 tablespoons butter, and about  $\frac{1}{2}$  cup hot milk, and a dash **Blue Ribbon pepper**. A little salt may be added if necessary. Beat hard with potato masher or fork until creamy. Pile lightly on hot serving dish.

**Boston Chips or French Fried**—After paring potatoes, soak them 1 hour in cold water, dry thoroughly in towel, then cut them into strips, slices, or use a fancy cutter. After this, do not wet them again. Have a kettle of hot fat ready; put the chips in a basket, and fry until they turn a golden brown. Then lift out, drain, sprinkle on salt, and serve at once.

**Lyonnaise Potatoes**—Slice 6 cold boiled potatoes, or cut into dice. Put a little butter in the frying pan, put in  $\frac{1}{2}$  onion chopped fine, and fry it a light brown; put in the potatoes, turning them without breaking; then stir in 1 tablespoon of minced parsley, and serve hot. A few drops of vinegar added with the onion improves the flavor.

**Duchess Potatoes**—2 cups hot riced potatoes, 2 tablespoons butter, seasoning, 2 yolks of eggs, 2 tablespoons milk.

Combine ingredients, beat until creamy. Shape, using pastry bag and tube. Brush over with diluted egg white and brown in a hot oven.

**Delmonico Potatoes**—Cut cold, boiled potatoes, into small dice, mix in saucepan with thin white sauce, and season well. Butter a fireproof serving dish, arrange potatoes alternating with a sprinkling of cheese, cover with buttered crumbs, grated cheese, and bake until top is browned. A chopped hard-boiled egg adds to nourishment of the dish.

**Peas in Potato Cups**—Take about 1 cup cold mashed potatoes for 1 person. Shape into a ball, then indent with small greased cup, bottle, large end of egg, etc. Brown in oven and fill with peas.

**Potato Turnovers**—Have some cold roast beef, or veal and ham mixed, and cut very fine. Take hot mashed potatoes and make into a paste with 1 or 2 eggs, according to quantity. You should have twice as much potato as meat. Roll the potato out, dredging with flour. Cut this round, about the size of a small saucer. On one half put the chopped meat, fold the other half over, and brown in pan.

**Sweet Potatoes**—They may be boiled or baked as other potatoes.

**Artichokes**—Cut the stalks close, clip the sharp points from the leaves, wash and lay head down in cold salted water for  $\frac{1}{2}$  hour. Cook in boiling salted water for about 40 minutes, or till tender enough to draw out the leaves easily. Turn them upside down and drain. Serve hot with sauce, or cold with French dressing.

**Asparagus**—Wash carefully, remove coarse scales, cut in equal lengths, removing tough ends. Tie in bunches. Cook in boiling salted water until tender. Stand bunches on end while cooking, so that tender tips are out of the water for first 10 minutes. Then put the tips under water for 5 minutes. Drain, remove string, season with salt, **Blue Ribbon pepper** and butter. Serve on small pieces of buttered toast or with white sauce. The water in which the asparagus was boiled may be used to soften the toast, or in the sauce, or for a soup.

Left-over asparagus may be used for soup, or salad, or in an omelet.

**String Beans**—Break off the ends, pulling off the strings. Cut or break the pods in inch pieces and freshen in cold water. Cook until tender, in boiling salted water. Drain and season, or serve with a white sauce.

Any left-overs may be served as a salad.

**Beets**—Cut off top 1 or 2 inches from beet. Wash carefully, neither cutting nor scraping, that juice and color may be preserved. Boil until tender. Slice hot, and season with plenty of butter, **Blue Ribbon pepper**, salt and a little vinegar, and serve; or serve with a cream sauce. Slice some up for pickles, and put in cold spiced vinegar or plain vinegar. The tops of the young beets thinned out make excellent greens.

**Brussels Sprouts (Boiled)**—Pick off all dead or discolored leaves, and soak in cold salted water 1 hour before cooking; then put them in boiling water containing a little salt and soda; the latter to preserve their green color. Leave the kettle uncovered, and boil briskly until tender. Drain and send to the table at once, as they cool quickly. Serve with melted butter, or maitre d'hotel sauce.

**Boiled Cabbage**—Take off outside leaves, cut in quarters, and remove tough stalk. Soak 30 minutes in salted water, then boil rapidly, uncovered, until tender, but no longer, in slightly salted water. Push it down with a spoon as it rises above the water. When done, drain, put it in a vegetable dish, and put bits of butter over it. Remember that the secret of boiling cabbage is to boil it rapidly, uncovered, and in plenty of water, and boil until tender, but no longer. If boiled longer it becomes wilted, yellow, and loses flavor.

**Scalloped Cabbage**—Cut boiled cabbage in pieces; put in buttered baking dish, sprinkle with salt, **Blue Ribbon pepper**, and add medium white sauce. Lift cabbage with fork, that it may be well mixed with sauce, cover with buttered crumbs, and bake until crumbs are brown.

**Cauliflower**—Select cauliflower with white heads and fresh green leaves; if dark spots are on the heads they are not fresh. Remove the leaves, cut off the stalk, and soak 30 minutes (head down) in cold water. This to get rid of insects. Cook (heads up) in boiling salted water, or steam. Drain, separate flowerets and reheat in 1½ cups white sauce.

Cauliflower may be served whole with cheese sauce, or may be covered with buttered crumbs, and browned in oven.

**Celery**—To prepare celery for table, cut off roots and leaves, separate stalks, wash, scrape, and chill in ice-water.

Use the root of celery, if tender, or for soup if tough. Use the tough stalks and leaves to flavor soups. The delicate yellow leaves may be used instead of lettuce to garnish salads. If tops of stalks are gashed several times before putting in water, they will curl back and make celery look more attractive.

**Stewed Celery**—Wash and scrape the celery and cut in ½ inch lengths. Cook until tender, drain and serve with a sauce.

**Carrots**—Young carrots, even if whole, will cook in ½ hour. If they are to be cooked whole, scrape skin off after cooking. Old ones should be cut in strips, slices, or cubes, soaked and cooked until tender. Season with **Blue Ribbon pepper**, or serve in a white sauce.

**Boiled Green Corn**—Remove husks and silky threads. Cook in boiling water. Serve whole, or cut from cob and season with butter and salt.

**Cucumbers**—Large cucumbers are served cooked or raw. To cook, remove skins and seeds, cut in strips, roll in flour, pepper, brown in pan, and serve on toast like asparagus. Or cube and cook in a small amount of water, drain and serve with a white sauce. To serve raw, cut off both ends till the seeds show, pare and slice into cold water an hour before serving.

Small pickled cucumbers are called gherkins.

**Dandelions**—Gather only the freshly-grown plants. The tender leaves make an excellent salad with bacon dressing. The whole plant, after thorough washing, may be boiled until tender, drained, chopped fine, seasoned with salt, vinegar and butter. Those who think it too bitter may use half spinach or beet leaves.

**Fried Egg Plant**—Wash, pare and slice the egg plant ½ inch thick. Boil in salted water 5 minutes to extract the strong taste; drain. Dip each slice in beaten egg, and then in bread crumbs. Fry a light brown on both sides in butter or dripping.

**Greens**—Dandelion, beet tops, spinach, Swiss chard, and tough lettuce leaves may be used. Wash thoroughly in 6 waters or more, cook in a small quantity of water until tender, drain, chop and season. Steaming greens conserves the mineral matter.

**Lettuce** should be separated by removing leaves from stalk (discard wilted outer leaves), washed, kept in cold water until crisp, then drained. Arrange lettuce for serving in nearly its original shape.

**Shallot, Leek, Garlic, and Chive** are principally used to give additional flavor to food. Shallot, garlic, and chive are used, to some extent, in making salads.

**Leeks on Toast**—Wash and trim leeks, cook in boiling salted water until soft, and drain. Arrange on pieces of buttered toast and pour over melted butter, or white sauce, seasoned with salt and **Blue Ribbon pepper**.

**Fried Mushrooms**—Peel, cut off the stalks, and place them in the frying pan with a little butter. Cook gently until they are quite tender. Season, serve, and pour the contents of the frying pan over them. If desired, put them on buttered toast before pouring on the gravy.

**Marrow**—See recipe for **Squash**.

**Onions**—Peel under cold water; parboil for 5 minutes in boiling water and drain; add enough boiling water to cover and cook until soft. Drain, and serve with butter, salt and **Blue Ribbon pepper** or white sauce.

**Stuffed Onions**—Remove skins from onions, parboil 10 minutes, remove part of centres. Fill cavities with a dressing of bread crumbs, finely chopped onions, melted butter, chopped cooked veal. Place in buttered baking pan, sprinkle with buttered crumbs and bake in a moderate oven until onions are soft.

**Fried Onions**—Remove skins from 4 medium-sized onions. Cut in thin slices and put in a hot pan with  $1\frac{1}{2}$  tablespoons butter. Cook until brown, occasionally shaking pan that onions may not burn, or turn onions, using a fork. Sprinkle with salt one minute before taking from fire.

**Parsnips**—Scrub, scrape off the skin, cut each parsnip into quarters lengthwise, and cook in boiling salted water. Place in a serving dish and pour a white sauce over them, or serve with vinegar on the table. They may be buttered after boiling, placed in the oven and baked a golden brown, or browned in a frying pan.

**Parsnip Cakes**—Mash cold, boiled parsnips, season with butter, salt and **Blue Ribbon pepper**, shape in small flat cakes, roll in flour and brown in pan.

**Green Peas**—Shell them, but do not wash, as this injures the flavor. Put them in boiling salted water; add  $\frac{1}{2}$  teaspoon sugar and cook. Drain, pepper and salt lightly, and serve hot.

**Creamed Peas**—Drain boiled peas, and to 2 cups peas add  $\frac{1}{4}$  cup medium white sauce. Canned peas are often drained, and reheated in this way.

**Peppers**—Green and sweet red are much used as a seasoning.

**Puff Balls**—Cook like mushrooms.

**Pumpkin**—Pumpkins are boiled, baked, or steamed same as squash, but require longer cooking. They are used principally for making pies.

**Radishes**—Radishes are used most as a relish, and are served uncooked. To prepare radishes for table, remove leaves, stems, and tip end of root; wash well.

**Spinach**—Pick over carefully and wash thoroughly in several waters until every bit of sand is removed. Use warm water first, then cold. Put into large kettle and add very little boiling water, about  $\frac{1}{2}$  cup. Young spinach does not need any water. Boil until tender. Drain thoroughly, chop fine and drain again. Season with salt, **Blue Ribbon pepper**, and garnish with slices of hardboiled eggs. Spinach may be steamed and in this way none of the valuable mineral matter will be lost.

**Boiled Summer Squash**—They should be so young that the thumb nail will strike through the shell. Wash and quarter, or slice them, then boil until tender in salted water. Turn in a cheesecloth placed over a colander, drain, and wring in cheesecloth. Mash, and season with butter, salt and **Blue Ribbon pepper**.

**Baked Summer Squash**—Pare the squash, remove the seeds, and steam it until tender; then mash, season with butter, **Blue Ribbon pepper** and salt. Stir, put it in a greased baking dish, reheat and bake.

**Fried Summer Squash**—Peel the squash, cut it in small squares, and fry in hot butter. Season with **Blue Ribbon pepper** and salt.

Both summer and winter squashes are also steamed. Unless squash is very dry, it is much better steamed than boiled.

**Baked Winter Squash**—Cut squash in halves, remove seeds and stringy portion, place in a dripping pan, cover, and bake 1 hour, or until soft, in a slow oven. Remove from shell, mash, and season with butter, salt, and **Blue Ribbon pepper**. Reheat in oven.

**Swiss Chard**—The tops are used as greens; the stalks may be cut in small pieces, boiled, and served with a white sauce.

**Sliced Tomatoes**—Wipe, and cover with boiling water; let stand one minute, plunge into cold water and they will be easily skinned. Chill thoroughly, and cut in  $\frac{1}{8}$  inch slices.

**Stewed Tomatoes**—Wipe, pare, cut in pieces, put in stewpan—no water is needed—and cook slowly 20 minutes, stirring occasionally. Season with butter, salt, and **Blue Ribbon pepper**.

**Stuffed Ripe Tomatoes**—Cut slice from the stem end of the tomato. Scoop out centre and fill cavity with chopped meat, onion and dressing. Bake in a moderate oven, serve with cream sauce. This may be served uncooked as a salad.

**Scalloped Tomatoes**—6 medium-sized tomatoes, 1 cup bread crumbs, 1 tablespoon butter, salt and **Blue Ribbon pepper**.

Butter a baking dish and cover the bottom with bread crumbs. Cover this with a layer of sliced tomatoes and season with salt and pepper. Continue until dish is filled. Cover the top with buttered bread crumbs. Bake in hot oven until crumbs are brown.

**Fried Tomatoes**—These are delicious fried in the pan in which bacon was cooked. Do not peel, cut thick.

**Turnips**—Serve turnips boiled or mashed, and season with salt and **Blue Ribbon pepper**.



## SALADS

The food value of salad greens is in the vitamins and mineral salts. They are called "Protective Foods" and should be eaten every day, if possible. Those most generally used are lettuce, celery, cabbage, watercress, chicory, endive, Swiss chard, dandelions.

Salads are of three types:

1. Those served as one course in a meal of three or more courses. They should always be simple, often the salad green alone.
2. Those served as a main dish. These are the chicken, meat, fish, and vegetable salads.
3. Those served as a dessert — fruit salads.

### General Rules

1. Have all ingredients cold, the uncooked materials crisp, and the foundation material, such as lettuce, dry.
2. Wash salad greens thoroughly and dry between towels. Place in refrigerator or in a covered dish in a cool place.
3. The outer leaves of lettuce may be shredded and used as the foundation for fruit and vegetable salads.
4. Ingredients should be cut in attractive shapes and in suitable sizes.
5. Do not add dressing to salad greens until just before serving, as it makes them limp and wilted.
6. In serving a mixed vegetable salad marinate each vegetable separately, then mix them together lightly with mayonnaise dressing just before serving. To "marinate" a salad is to let it stand for a time to season, sprinkled with French dressing. If you have never done this, you will find a great difference in the flavor of your salad when you try it. This applies particularly to cooked vegetables, meat and fish.
7. Use enough dressing to flavor the salad, but not enough to make too moist.
8. Make the salad attractive, but do not over garnish.

## Salad Combinations or Suggestions

1. Apple, celery and nuts — Waldorf.
2. Apple, celery and dates.
3. Grapefruit, nuts and dates.
4. Oranges, nuts and dates.
5. Equal parts of orange and grapefruit sections.
6. Bananas rolled in chopped nuts.
7. Pineapple, banana, cherries.
8. Apple rings made by slicing apple stuffed with cheese.
9. Peach, apricot, or pear halves filled with mayonnaise and nuts.
10. Cheese balls served on slices of raw ripe pineapple, or on lettuce only.
11. Grapes, halved and stoned with mayonnaise and nuts.
12. Dates stuffed with cream cheese and mayonnaise.
13. Tomatoes, sliced, cut in wedges or whole, and stuffed with diced meat, celery and mayonnaise, or boiled dressing.
14. Sliced tomatoes may be combined with cucumbers, celery or green peppers.
15. Tomato rings made same as apple rings.
16. **Tomato Jelly Salad**—Heat 1 can tomatoes, 1 teaspoon salt, 1 teaspoon sugar, 1 small slice onion, whole clove, add 3½ tablespoons soaked gelatine. Strain, pour into molds, chill. Serve on lettuce.
17. Finely shredded cabbage with boiled dressing (cold slaw). Celery, walnuts or apples may be added if desired.
18. Cooked beets, diced, peas and beans. Almost any combination of vegetables can be used.
19. Diced potatoes, sliced hard-cooked eggs.
20. Potatoes, onion, beets, celery, hard-cooked eggs.
21. Potatoes, cucumbers, green peppers or pickles.
22. Potatoes, and peas, in a lettuce cup.
23. Olives, cream cheese.
24. Celery stuffed with cream cheese and cut in 2 inch pieces.
25. Salmon, tuna fish, chicken haddies, lobster or shrimp with celery and mayonnaise. A slice or two of sour pickles is an improvement.
26. Asparagus tips with strip of pimento or cooked beet to bind them.
27. Green pepper rings — made same as apple rings.
28. Diced chicken, celery, and nuts. Veal or pork may be substituted for part of the chicken. Green peas, fried mushrooms, olives, etc., may be added.

To curl celery, cut the stalks into 2 inch pieces. Make several cuts from each end to within ½ inch of center. Place in cold water to curl.

Radish roses are made by peeling the prepared radish in ⅛ inch strips from top to ¼ inch of the stem. Place in cold water to curl.

## Salad Dressings

**French Salad Dressing**—Mix 1 teaspoon salt and  $\frac{1}{2}$  teaspoon **Blue Ribbon black pepper**; then add three tablespoons salad oil, slowly, and one tablespoon vinegar, and pour it over the salad. If liked,  $\frac{1}{4}$  teaspoon onion juice can be added; some people also add  $\frac{1}{4}$  teaspoon of **Blue Ribbon mustard or paprika**. Lemon juice or tarragon vinegar can be used instead of the vinegar, if preferred. For a French dressing the standard proportion is to use three times as much oil as vinegar, but some people use as high as six times as much oil as vinegar, and others as low as  $\frac{1}{2}$  as much. Tastes differ and these rules are all variable. This dressing may be prepared by shaking all together in a bottle just before serving.

**Mayonnaise Dressing**—Break the yolks of two eggs in a bowl, beat smooth with a silver fork and add oil, a few drops at a time, until it begins to thicken, when it can be added in larger quantities; but the stirring must be kept up constantly, and with a rapid motion. When it grows thick add a few drops of vinegar, beat smooth again, and then add 1 teaspoon salt,  $\frac{1}{4}$  teaspoon **Blue Ribbon mustard**, and a dash of **Blue Ribbon cayenne**. The vinegar should be added a little at a time until 2 tablespoons have been used. The amount of oil depends on the quantity of dressing required, but a scant cupful will be an abundance for an ordinary salad. Should the mayonnaise curdle, or crack, as it is called, take another egg, add oil in small quantities until it thickens, and then stir in the curdled mixture, which will soon grow smooth and velvety in appearance. Take special pains in hot weather to have both ingredients and utensils ice cold.

**To Color Mayonnaise**—Lobster coral will produce a bright red, and spinach green or chopped parsley will color it green.

**Thousand Island Dressing**—1 cup mayonnaise,  $\frac{1}{4}$  cup chopped olives, pickles, parsley, capers and onions.

**Boiled Salad Dressing**—1 teaspoon **Blue Ribbon mustard**, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon **Blue Ribbon cayenne**, 1 tablespoon sugar,  $1\frac{1}{2}$  tablespoons flour, yolks of two eggs, 2 tablespoons of melted butter, 1 cup of milk,  $\frac{1}{4}$  cup of vinegar. Mix dry ingredients in double boiler, add beaten egg yolks, butter, and milk, cook over boiling water, stirring constantly. Remove from fire, cool, and add vinegar.

**Fruit Salad Dressing, No. 1**—To boiled salad dressing, add 1 cup whipped cream just before serving.

**Fruit Salad Dressing, No. 2**—3 egg yolks,  $\frac{1}{2}$  cup of honey,  $\frac{1}{4}$  cup of salad oil,  $\frac{1}{2}$  teaspoon of salt, few grains **Blue Ribbon paprika**, 3 tablespoons lemon juice, 1 cup whipped cream.

Beat yolks in a sauce-pan, heat honey to boiling, pour into yolks, stirring constantly. Return to fire for one minute still beating, remove, and beat for about 5 minutes or until thick. Add salt, oil, and paprika, and beat 2 minutes longer. Let cool, add lemon juice, and just before serving fold in the whipped cream.



**Egg Dressing**—Rub to a paste the yolks of 2 hard-boiled eggs. Add  $\frac{1}{2}$  teaspoon each of **Blue Ribbon mustard** and salt, 1 teaspoon sugar, with  $\frac{1}{2}$  teaspoon of **Blue Ribbon pepper**, drop in about two tablespoons salad oil or sweet cream, and add 4 tablespoons lemon juice. This is a nice dressing for canned salmon also.

**To Serve with Salads**—Plain or toasted unsweetened crackers very crisp is the usual accompaniment to a green salad. Cheese straws, small strips of toast with grated cheese are also served.

Fruit salads are usually served alone.



## HINTS ON BREAD MAKING

Flour taken from a cold place should be warmed before using to about the temperature of the hands, and the dough kept at this temperature. If allowed to become chilled, the dough will not rise. Too much heat also weakens the dough and spoils the color.

The best temperature for bread rising over night is 65° F. to 70°, while for bread raised in the daytime, 75° to 80° brings quicker results. 70° is safe at any time.

Always make a sponge when dry yeast cakes are used. With homemade or compressed yeast it may be made into a dough at once.

A sponge should always rise at least twice its size or until it begins to fall.

Dough should always double itself and increase twice its size when placed in the pans.

Do not work dough too much, as it is better to underwork than to overwork.

Do not let it rise too much in dough or it will be slow in pans. If risen too long it will be full of large holes; if not risen enough it will be heavy and soggy.

Mix the dough soft. It has enough flour when it ceases to stick to the fingers.

Dough is kneaded the first time that the ingredients may be thoroughly mixed. It is then allowed to rise to double its bulk. The second kneading breaks the bubbles, and distributes evenly the gas already formed.

Bread is baked to kill the yeast plant, drive off the alcohol and gas, cook the starch cells and form a crust.

An oven too cold will allow the bread to rise too much, and cause it to run over the sides of the pans. If the oven is too hot, it crusts over the top of the loaf and causes it to crack at the sides; it will also do this if it has not sufficiently risen in the pan before putting it in the oven.

When bread is baked, put the loaves to cool on a wire rack or against the pans, that the air may circulate freely around them. Do not cover, and do not wrap bread in a cloth when putting it away. Cotton and linen fibre sours quickly, causing the bread to mould.

A bread mixer is a wonderful labor saver.

**Utilizing Stale Bread**—Bread crumbs can be utilized in so many ways that every piece of stale bread and the ends of loaves should be saved. Some may be dried, ground in a food chopper, and kept covered in a jar for future use.

Dry toast cut in various shapes is often used for garnishing.

Dry bread may be buttered, cut in cubes and browned in the oven. These are called croutons and may be used with or in soup.

**Buttered Crumbs**—1 cup fine crumbs,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon or more melted butter. Mix all together thoroughly. Use over top of scalloped dishes.

## YEAST

Yeast is a microscopic plant used to make fermented bread. It requires warmth, air and moisture for its growth. The best temperature is from 70° to 75° Fahrenheit, and bread dough is a good soil. The yeast changes the sugar into carbon dioxide gas and alcohol. The gas rises and in its efforts to escape stretches the gluten of the flour to two or three times its original size.

Yeast keeps best in the form of dry yeast cakes, and for those who live where it is necessary to keep the yeast for some length of time, this is the safest way to buy it.

Being dry, the cakes do not decay, although if kept too long, they lose their vitality, and should be used as fresh as possible.

The compressed moist yeast should not be kept more than a few days. If dark and mouldy, it is old; if it breaks up like putty, it is weak. When good, it breaks up easily, has a crisp feeling, and a pleasant wine-like smell.

Home-made yeast sometimes gives very satisfactory results, but is apt to contain so many species of yeast plants that it is extremely hard to obtain uniform results, and it is considerable trouble to make and keep it right.

One compressed yeast cake is equal to two dry yeast cakes, or two cups of home-made yeast.

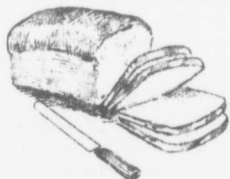
The dry yeast cakes work more slowly than compressed or home-made yeast, and should be set with a sponge, preferably over night.

Sugar hastens the growth or fermentation of the yeast. Salt makes the action less rapid.

## Breads -- Time Temperature Table

HOT 400° — 450° F.	VERY HOT 450° F.
YEAST BREAD (decrease to 350° F.) —45 to 60 minutes.	POPOVERS—30 to 35 minutes.
BAKING POWDER BREAD—40 to 50 minutes.	
CORN BREAD—20 to 30 minutes.	
ROLLS—15 to 20 minutes.	
BISCUITS—12 to 15 minutes.	
MUFFINS—20 to 25 minutes.	

## BREADS



**Five-Hour Process Straight Dough Method**  
—12 cups (sifted) flour, 4 cups scalded milk, or milk and water, or potato water, 1 tablespoon sugar, 1 tablespoon butter, 3 teaspoons salt, 2 cakes compressed yeast. (These ingredients make 4 one-pound loaves.)

Pour hot liquid over salt, sugar and shortening. Let stand until lukewarm. Do not have too hot or it will kill the yeast. Add the yeast which has been mixed to a paste with a little lukewarm water. Beat in enough flour to make a batter. Beat this batter until it is full of bubbles, then add more flour to make a soft dough. When too stiff to beat, rub a little flour on the bake board, and turn the dough out.

**Kneading**—Dust a little flour on the dough, and on the palms of your hands. Fold the edge of the dough farthest from you toward the centre of the mass, immediately pressing the dough down and away from you with a gentle rolling motion of the palms of the hands twice repeated. Turn the dough, so that what was the right-hand part of it shall be the farthest away from you, fold over and knead as before; continue to do this, turning the dough and flouring your hands and the board, to keep the dough from sticking. Should it stick to the board, scrape it free with a dull knife, and flour the board anew. Knead the dough until it does not stick to yours hands or the board, is smooth on the surface, feels spongy and elastic, and rises quickly after being indented.

This takes about 1 hour to prepare.

**First Rising**—Replace the dough ball in a buttered bowl, cover and set in a warm place.

**Second Rising**—When the dough has risen to twice its original bulk, lift it on the board and shape into small loaves, handling lightly, and using little or no flour. Put into buttered pans and let it stand in a warm place covered with a clean cloth, until it has again doubled in bulk.

**Baking**—When nearly risen, test the oven. It should be hot enough to turn a piece of writing paper dark brown in 5 minutes. Bake 45 to 60 minutes.

For the first half hour bread needs a hot oven. For 15 minutes the loaf should continue rising, and then begin to brown, and continue this for 15 or 20 minutes. The last 15 minutes it should finish baking.

The oven should be about 400° Fahrenheit when the bread goes in, and this, after 15 minutes, can be decreased gradually to 350°. Avoid opening the oven door unless absolutely necessary.

When done a loaf shrinks from the pan, and when tapped with the finger gives a hollow sound.

If a more tender crust is desired, brush with melted butter 3 minutes before removing from oven.

**Overnight Bread**—The above recipe may be used for overnight bread, in which case only 1 yeast cake will be needed.

**Sponge Method**—A sponge is made by mixing the yeast, liquid, half of the sugar and about half of the flour. Let rise till double in bulk. It will then fall at the touch of a finger. Then add the other ingredients, and the rest of the flour to make a soft dough. Knead, set to rise, and continue process as in "straight dough" method. When other material, especially egg, is to be added, a sponge method is preferable. Stir extra ingredients in before adding the last half of the flour. When nothing is to be added there seems to be no advantage in using the "sponge" method.

**Home-made Yeast**—Pare 4 good-sized potatoes, and let them lie in cold water for a half hour. Put 1 quart of boiling water in a sauce pan. Now grate the potatoes quickly and stir them into the boiling water; stir over the fire for 5 minutes, then take from the fire, add  $\frac{1}{2}$  cup of sugar, and 2 tablespoons of salt, turn into a stone jar or bowl, and let stand until lukewarm; then add 1 cupful of good yeast, or 1 cake of compressed yeast, cover and ferment 3 or 4 hours; stir it down every time it comes to the top of the vessel; then put it into a jar or large bottle, or something you can cover tightly, and stand it in a place where it will keep very cold, but not freeze. It will keep 2 weeks. Save 1 cupful of this yeast to start with next time.

**Overnight Bread with Potato Sponge**—Peel and boil 4 medium-sized potatoes in 1 quart of water. When done, mash and pour both potatoes and water boiling hot over about 1 pint of flour, stirring well. Do this at dinner time. When cool add 1 yeast cake for 4 loaves of bread, 1 tablespoon of salt, 1 of sugar, and flour sufficient to make a moderately stiff batter. Keep in a warm place, and in the evening add flour enough to knead. Do this thoroughly, cover well, keep warm, and in the morning knead down and let it rise again. When sufficiently light, make into loaves, and let rise. Bake in a hot oven from  $\frac{3}{4}$  to 1 hour.

**Soft Whole Wheat Bread**—Scald 1 pint of milk, add  $\frac{1}{2}$  cup sugar and 1 teaspoon salt; after it has cooled add 1 yeast-cake dissolved in  $\frac{1}{2}$  cup of lukewarm water, and  $4\frac{1}{2}$  cups wheat—whole wheat or Graham flour.

Mix well with a broad knife or spoon; cover and set it to rise for about 3 hours, or until it doubles its bulk; then cut it down, turn it into buttered pans, having pans one-half full, let it rise again, and bake about 50 minutes. Whole or entire wheat bread is mixed soft, or only stiff enough to handle with spoon or knife. Entire wheat bread is more crumbly than white flour bread.  $\frac{1}{4}$  cup of molasses may be used instead of the sugar. Raisins also may be added.

**Graham Bread**—1 cup of milk, scalded and cooled, 1 cup of boiling water, cooled,  $\frac{1}{4}$  cup molasses or brown sugar, 2 tablespoons butter, 1 teaspoon salt, 1 cake compressed yeast, 4 cups Graham flour, 1 cup white flour.

Dissolve yeast, butter, salt and sugar in the lukewarm liquid. Add flour gradually to make a dough; knead thoroughly, cover, and let rise in a warm place for about 2 hours, or until double in bulk. Then shape into loaves, place in greased pans, cover, and let rise again until light. Bake in a slower oven than for white bread.

**Bran Bread**—Made like white bread, using 7 cups white flour and 5 cups bran instead of all white flour.  $\frac{1}{4}$  cup molasses may be used instead of the sugar.

**Oatmeal Bread**—1 cup rolled oats, 2 cups boiling water 1 tablespoon butter,  $1\frac{1}{2}$  teaspoons salt,  $\frac{3}{4}$  yeast cake mixed with  $\frac{1}{2}$  cup lukewarm water,  $\frac{1}{2}$  cup molasses, 5 cups flour.

Mix rolled oats, boiling water, butter, and salt. Let stand until lukewarm. Porridge left from breakfast may be used. Add yeast and molasses and stir well. Add flour, knead, let rise. Shape into loaves, fill greased tins half full, cover, and let rise about 1 hour. Bake 45 minutes in a hot oven.

Oatmeal bread is best when cut the day after baking. Use a very sharp knife.  $\frac{1}{2}$  cup chopped walnuts may be added if desired.

**Date Bread**—1 cup milk,  $\frac{1}{2}$  cup sugar, 1 teaspoon salt, 2 tablespoons butter, 1 cake of compressed yeast, 1 cup of chopped dates, 3 cups flour, 1 egg.

Dissolve yeast and 1 tablespoon of the sugar in the milk, which has been scalded and cooled. Add  $1\frac{1}{4}$  cups of the flour (sifted) and beat well. Cover and let rise until light, about an hour, in a warm place. Add the salt, the remainder of the sugar, the creamed butter and well-beaten egg, the dates, and the remainder of the flour, or enough to make a dough. Knead well. Place in a greased bowl, cover and let rise in a warm place until double in bulk. Shape into loaves, put in greased pans and let rise again, about 1 hour. Bake 45 minutes in a hot oven.

Nuts may be substituted for the dates, or half of each used. Spices may also be added. **Blue Ribbon spices** are always pure.

**Baking Powder Bread**—Sift together thoroughly, 1 quart sifted flour, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon sugar, and 8 level teaspoons **Blue Ribbon** baking powder.

Add enough water, or milk, to make a soft dough (about  $1\frac{1}{2}$  cups more or less, according to the flour) and stir it together quickly with a large spoon, add  $\frac{1}{2}$  cup of melted butter, then turn it immediately into a well-greased pan, and bake in a hot oven.

**Boston Brown Bread**—1 cup corn meal,  $\frac{1}{2}$  cup white flour, 1 cup Graham flour, 1 $\frac{1}{2}$  teaspoons **Blue Ribbon soda**, 1 teaspoon salt,  $\frac{1}{2}$  to  $\frac{3}{4}$  cup molasses, 2 cups sour milk.

Mix dry ingredients together, add molasses and milk, stir until well mixed. Turn into greased pans and fill  $\frac{3}{4}$  full. 1 pound **Blue Ribbon baking powder cans** make excellent moulds, as the round slices are attractive. Steam 2 hours.

**Corn Bread**—1 cup corn meal, 1 cup white flour,  $\frac{1}{2}$  teaspoon salt, 2 table-  
spoons sugar, 4 teaspoons **Blue Ribbon baking powder**, 1 egg, 1 cup milk  
(about), 1 tablespoon melted butter.

Mix all the dry ingredients thoroughly, add milk and beaten egg. Last of all add the melted butter. Put into greased pan and bake  $\frac{1}{2}$  hour in a moderate oven.

**Florida Pone**—Mix 4 level teaspoons of **Blue Ribbon baking powder** and  $\frac{1}{2}$  teaspoon of salt into 2 cups of white corn meal.

Mix with sufficient water to make a thick batter, and beat in a table-  
spoon of fat. Make in a thin cake and bake until well browned. Good  
with meat.

**Sally Lunn**—1 cup milk, 1 tablespoon melted butter, 3 eggs beaten  
separately, 2 cups flour, 1 tablespoon sugar, 2 teaspoons **Blue Ribbon**  
**baking powder**,  $\frac{1}{2}$  teaspoon salt.

Add milk and melted butter to beaten yolks of eggs. Sift in all dry  
ingredients and beat well. Fold in stiffly beaten egg whites. Bake in a  
shallow pan or muffin tins in a moderate oven for 30 or 40 minutes.

## ROLLS, BUNS and RUSKS

**Parker House Rolls**—2 cups milk, scalded and cooled, 1 cake com-  
pressed yeast, 2 tablespoons sugar, 1 $\frac{1}{2}$  teaspoons salt, 2 to 4 tablespoons  
shortening, 6 cups sifted flour.

To the lukewarm milk add the yeast, sugar, and melted shortening. Beat in  $\frac{1}{2}$  of the flour very thoroughly, and allow to rise in a warm place to double its bulk. Then add the salt, and remainder of the flour, or enough to make a dough. Knead until smooth, place in a greased bowl and let rise again to double its bulk. Roll dough about  $\frac{1}{4}$  inch thick, and cut with floured 3 inch biscuit cutter. Crease through the middle of each biscuit with a dull knife. Brush lower half with melted butter, fold and press together with one edge slightly over the other. Place 1 inch apart on greased pans, let rise, bake in a hot oven 15 to 20 minutes.

2 inch Parker House rolls are nice for luncheons and afternoon teas.

**Sweet French Rolls**—To the above recipe add 1 well-beaten egg, and 2 tablespoons more sugar after the first rising.

**Cinnamon Buns**—Use recipe for Parker House rolls. Roll dough  $\frac{1}{4}$  inch thick, keeping in rectangular shape. Spread with the following mixture:  $\frac{1}{2}$  cup soft butter, 2 tablespoons **Blue Ribbon cinnamon**, 1 cup currants or seedless raisins, 1 cup brown sugar. Roll like a jelly roll. Slice across 1 inch thick. Place in greased pans cut side up. Let rise. Bake 25 or 30 minutes in a moderate oven.

When baking bread, part of the dough might be made into buns.

**Swedish Tea Ring**—Made the same as Cinnamon Buns, but shape the jelly roll as a ring; cut with scissors, let rise, bake.

**Hot Cross Buns**—1 cup milk, scalded and cooled; 1 cake compressed yeast, 4 tablespoons sugar,  $\frac{1}{2}$  teaspoon salt, 4 tablespoons shortening, 1 egg,  $\frac{1}{2}$  cup currants or raisins, 1 teaspoon **Blue Ribbon lemon** extract, 3 cups sifted flour.

Dissolve yeast and 1 tablespoon sugar in lukewarm milk. Add  $1\frac{1}{2}$  cups flour, beat until sponge is smooth, cover, and let rise in warm place until light. Cream shortening, add the remaining sugar, and well-beaten egg, raisins which have been floured, salt and extract. Add to sponge with enough flour to make a soft dough. Knead on board, let rise until double in bulk. Shape by hand into round buns. Place on greased pans 1 inch apart. Let rise again. Brush over with egg diluted with water. Cut a cross on the top of each. Bake 20 minutes. While hot fill cross with frosting.

**Potato Rolls**—4 small potatoes, 2 cups scalded milk, 1 tablespoon shortening, 2 tablespoons sugar, 2 teaspoons salt,  $\frac{1}{4}$  yeast cake dissolved in  $\frac{1}{2}$  cup lukewarm water.

Add the hot potatoes, riced, to the milk, butter, salt, sugar, and flour enough to make a sponge. Let rise and add flour to make a dough. Knead, cover, and let rise to double in bulk. Knead again and shape into balls. Place on greased pans 1 inch apart, let rise, and bake 15 to 20 minutes in a hot oven.

**Rusks**—2 cups milk, scalded and cooled, 1 cake compressed yeast, 1 cup sugar, 2 teaspoons salt, 6 tablespoons shortening, 6 cups sifted flour,  $\frac{1}{2}$  teaspoon **Blue Ribbon lemon extract**, and  $\frac{1}{4}$  teaspoon nutmeg.

To the lukewarm milk add the yeast,  $\frac{1}{4}$  cup sugar, and melted shortening. Beat in  $\frac{1}{3}$  of the flour very thoroughly, cover, and allow to rise in warm place to double its bulk. Then add the salt, the remainder of the sugar, the extract, spices, and flour enough to make a dough. Cover, let rise till very light, cut down, let rise again until very light. Roll  $1\frac{1}{2}$  inches thick. Cut with 3 inch cutter. Place in pans, letting them almost touch. Let rise once more until very light. Bake 20 minutes in a hot oven. Glaze with 1 tablespoon milk, and 3 tablespoons sugar, if desired.

**Handy Buns**—2 heaping tablespoons butter, 2 heaping tablespoons flour. Mix well, then add 2 cups boiling water, stir and let cool. Add 2 teaspoons salt, 2 beaten eggs, 1 cup sugar, 1 yeast cake dissolved in half cup of water. Thicken with flour, beating and kneading stiff.

Let rise in a cool place in a crock 48 hours at least, pushing dough down every 24 hours. Make into buns size of an egg; let buns rise 12 hours; bake 20 minutes. Put in patty pans, or gem tins to bake.

Dough is good for 5 or 6 days.

## FLOUR MIXTURES

Flour mixtures are made up of varying proportions of flour and liquid, and are classified according to consistency of the mixture.

- I. (a) **Pour Batter**—1 cup liquid to 1 cup flour. (Popovers, griddle cakes.)
- (b) **Drop Batter**—1 cup liquid to 2 cups flour. (Muffins, drop cookies.)
- (c) **A Cake Mixture** is between the two batters.
- (d) **Soft Dough**—1 cup liquid to 3 cups flour. (Bread, biscuits.)
- (e) **Stiff Dough**—1 cup liquid to 4 cups flour. (Pastry, cookies.)

### II. METHOD OF MIXING:

1. **Pastry**—Cut fat into flour and other dry ingredients, and add liquid carefully.
2. **Butter Cake**—Cream fat with the sugar, and add liquid and dry ingredients alternately.
3. **Muffin Mixture**—Mix dry ingredients, add liquid, then melted fat.
4. **Sponge Cakes**—Beat eggs until light and fold in the dry ingredients.



### III. RULES FOR USE OF LEAVENING AGENTS:

1. Use 2 teaspoons of **Blue Ribbon baking powder** to leaven one cup flour. Lessen this amount  $\frac{1}{2}$  teaspoon for every egg used after the first.
2. Use  $\frac{1}{2}$  teaspoon **Blue Ribbon soda** to 1 cup sour milk.
3. Use  $\frac{1}{2}$  teaspoon **Blue Ribbon soda** to 1 cup molasses. If milk or molasses are very acid, use in addition, 1 teaspoon baking powder to each cup flour.
4. Use 1 teaspoon **Blue Ribbon cream of tartar** with  $\frac{1}{2}$  teaspoon soda to 1 cup flour.
5. More leavening is needed if coarse flours are used.



## BISCUITS



**Tea Biscuits**—2 cups flour, 2 to 4 tablespoons shortening, 4 level teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  teaspoon salt. Milk to make soft dough, from  $\frac{2}{3}$  to 1 cup, according to the flour used.

Sift flour, **Blue Ribbon baking powder** and salt in a mixing bowl. Add shortening, and cut it into flour with two knives. Add milk by degrees. Turn out on lightly-floured board; roll quickly about an inch thick, and cut with a floured cutter. Bake in a hot oven 12 to 15 minutes.

**Cream Biscuits**—To 4 cups sifted flour use 8 teaspoons **Blue Ribbon baking powder**, 1 teaspoon salt, and rich sweet cream to make a soft dough. Bake in a quick oven.

**Graham Biscuits**—Use 2 cups Graham flour, 2 cups white flour, 4 tablespoons butter, 2 tablespoons brown sugar, 8 teaspoons **Blue Ribbon baking powder**,  $1\frac{1}{2}$  teaspoons salt. Make like tea biscuits.

**Tutti Frutti Biscuits**—Mix bits of fruit liberally into the dough of tea biscuits before baking them.

**Pinwheel Biscuits**—Roll tea biscuit dough  $\frac{1}{4}$  inch thick. Keep in rectangular shape. Brush with melted butter, sprinkle with sugar and **Blue Ribbon cinnamon**, ( $\frac{1}{4}$  cup sugar to 1 teaspoon cinnamon), and raisins. Roll like jelly roll, cut in  $\frac{1}{2}$  inch slices, lay cut side down on greased pan, and bake.

**Emergency Biscuit**—Use more milk to tea biscuit recipe and make a stiff batter. Drop from spoon on greased pans or muffin tins. Bake.

**Bran Biscuits**—1 cup flour, 1 cup bran, 4 teaspoons **Blue Ribbon baking powder**,  $\frac{3}{4}$  teaspoon salt, 2 to 4 tablespoons shortening,  $\frac{3}{4}$  to 1 cup milk.

**Scones**—Use tea biscuit recipe but add 1 beaten egg and 2 more tablespoons shortening. Lessen milk. Roll out, brush with milk, sprinkle with sugar, cut in small, three-cornered pieces. Bake.

The addition of  $\frac{1}{2}$  cup currants or seedless raisins is an improvement.

**Nut and Date Bread**—To biscuit recipe add  $\frac{1}{2}$  cup sugar, 1 egg, enough milk to make a stiff batter,  $\frac{1}{8}$  cup chopped walnuts, and 1 cup chopped dates. Put in greased bread tin. Bake in a moderate oven. ( $\frac{1}{2}$  cup Graham flour may be used instead of all white.)



## MUFFINS

**Muffins**—2 cups flour, 2 tablespoons sugar, 4 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  teaspoon salt,  $\frac{3}{4}$  to 1 cup milk, 1 egg, beaten; 2 tablespoons melted shortening.

Mix dry ingredients. Mix all wet materials in another bowl. Add wet to dry. Add melted shortening last. Bake in hot oven 15 to 20 minutes.

**Graham Muffins**—Use Muffin recipe, but substitute 1 cup Graham flour for 1 cup white flour.

**Bran Muffins**— $1\frac{1}{2}$  cups bran, 1 cup white flour,  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon **Blue Ribbon baking powder**, 2 tablespoons melted shortening,  $\frac{1}{4}$  cup molasses or brown sugar, 1 cup sour milk,  $\frac{1}{2}$  cup seeded raisins.

Mix the dry ingredients; add sour milk, mixing well, add melted shortening and floured raisins.

**Honey Corn Flake Muffins**— $\frac{3}{4}$  cup corn flakes,  $\frac{3}{4}$  cup Graham flour, 1 cup white flour, 1 tablespoon shortening,  $\frac{1}{2}$  teaspoon salt, 1 egg, 2 tablespoons honey, 3 teaspoons **Blue Ribbon baking powder**. Mix melted shortening and honey. Add to the egg, well beaten, then add milk. Mix all the dry ingredients thoroughly, and add the liquids to them. Bake in well-greased muffin tins 20 to 25 minutes.

**Corn Gems**—1 cup yellow corn meal, 1 cup flour,  $\frac{1}{2}$  teaspoon salt, 4 level tablespoons butter, 2 eggs, 1 cup cold milk, 4 level teaspoons of **Blue Ribbon baking powder**, 1 cup boiling milk.

Put the meal into a bowl, put the butter into the centre and pour over it the boiling milk; stir, then add the cold milk, the eggs well-beaten, and salt. Beat well, add the baking powder and flour, and mix thoroughly. Pour into greased iron gem pans, and bake in a hot oven 30 minutes.

**Sour Milk Nut Bread**—1 cup brown sugar, 2 cups flour ( $\frac{1}{2}$  cup Graham and  $1\frac{1}{2}$  cups white), 1 cup raisins or dates,  $\frac{1}{2}$  cup nuts, 1 teaspoon soda, few grains salt, 2 tablespoons fat, 1 egg, 1 cup sour milk.

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## GRIDDLE CAKES

**Sour Milk Griddle Cakes**— $2\frac{1}{2}$  cups flour, 1 teaspoon **Blue Ribbon soda**,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon sugar, 1 tablespoon melted shortening, 2 cups sour milk, 1 egg.

Mix and sift dry ingredients, add milk slowly, then beaten egg. Beat thoroughly and add the shortening. Drop by spoonfuls, or pour from pitcher, on a greased hot griddle. When puffed, full of bubbles, and cooked on edges, turn, and cook on the other side. Do not turn twice as it makes griddle cakes tough. Serve at once.

Sour milk griddle cakes are more tender than those made with sweet milk.

**Sweet Milk Griddle Cakes**—Use the above recipe, but substitute sweet milk, and 4 teaspoons **Blue Ribbon baking powder**, for sour milk and soda.

**Rice Griddle Cakes**—To 1 cup boiled rice add 1 cup milk, the yolks of two eggs,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  teaspoon salt, 3 teaspoons **Blue Ribbon baking powder** and 1 tablespoon melted butter.

Beat the whites of the eggs to a stiff froth, fold into the other ingredients and bake as soon as possible after they are added, on a hot, greased griddle.

**Raised Buckwheat Griddle Cakes**— $2\frac{1}{2}$  cups boiling water,  $\frac{1}{2}$  yeast cake dissolved in 2 tablespoons lukewarm water,  $1\frac{1}{2}$  cups buckwheat flour,  $\frac{1}{2}$  teaspoon salt, 4 teaspoons sugar,  $\frac{1}{2}$  cup white flour,  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**.

Use only 2 cups of the water cooled to lukewarm. To this add the yeast, the flour, salt and 1 teaspoon sugar. Mix and let stand overnight. Then add the other  $\frac{1}{2}$  cup of lukewarm water, with the sugar and soda dissolved in it. Bake at once. Keep  $\frac{1}{2}$  cup and use in place of yeast for the next day. Store in a cool place.

**Quick Buckwheat Cakes**—To 2 cups of buckwheat flour and  $\frac{1}{2}$  cup of white flour, add 5 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  teaspoon salt, and 1 tablespoon of brown sugar, or molasses.

When ready to bake, add 2 cups cold water, or enough to make a batter. Cornmeal or Graham flour may be added if desired.

**Potato Griddle Cakes**—2 cups grated raw potato, 2 tablespoons flour, 1 egg, beaten;  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon pepper.

Mix well, and make thin cakes. Cook slowly on greased griddle.

**A Substitute for Maple Syrup**—Take 2 cups brown sugar and 1 cup water, and boil 5 minutes, add 2 tablespoons butter, then flavor with a teaspoon of **Blue Ribbon vanilla** when cold. Nice with griddle cakes and hot biscuits. Use other flavoring if desired.

**Imitation Maple Syrup**—Boil clean corn cobs in water; then remove the cobs, add brown sugar, and boil to a nice, thick syrup. One can hardly tell it from genuine maple syrup. The cobs give the maple flavor.

**Bread Crumb Griddle Cakes**—2 cups stale breadcrumbs, soaked in 1 cup boiling water, 2 cups flour,  $\frac{3}{4}$  teaspoon **Blue Ribbon soda**,  $\frac{1}{4}$  cup sugar, 1 egg,  $1\frac{1}{2}$  cups sour milk, 2 tablespoons melted butter,  $\frac{1}{2}$  teaspoon salt.

**Pop Overs**—1 cup milk, 1 cup flour, 2 eggs,  $\frac{1}{2}$  teaspoon melted butter, a pinch of salt.

Beat the whites and yolks of the eggs separately until very light, then beat all well together with a Dover egg-beater for 3 minutes. Turn into very hot greased iron gem pans, and bake in a hot oven for 10 minutes; then decrease the heat and bake 30 minutes longer.

They should be crusty with a hollow centre.



## WAFFLES

Heat the iron well, both sides, grease it and fill about  $\frac{3}{4}$  full, leaving room for them to rise; cook one side a minute, then turn and cook the other. Serve with lemon syrup, maple syrup or caramel sauce.

**Waffles**—2 cups flour,  $\frac{3}{4}$  teaspoon **Blue Ribbon soda**,  $\frac{1}{2}$  teaspoon salt,  $1\frac{1}{2}$  cups sour milk, 2 eggs, 4 tablespoons shortening.

Mix and sift dry ingredients, add milk slowly, then well-beaten egg yolks and melted shortening. Fold in stiffly beaten egg whites. The batter is a trifle thicker than for griddle cakes.

**Rice Waffles**—1 cup boiled rice,  $1\frac{1}{2}$  cups milk, 2 tablespoons melted shortening,  $\frac{1}{2}$  cup flour, 2 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  teaspoon salt, 2 eggs.

Mash rice, or put through ricer, add milk and shortening. Sift the baking powder and salt with the flour, and add to the rice. Beat yolks of eggs and add, then fold in stiffly beaten egg whites.

## DEEP FAT FRYING

## GENERAL RULES:

1. Choose a heavy kettle, preferably iron. A frying basket is a great convenience, though a wire egg-beater may be used. A thermometer is important.
2. The vegetable oils are most satisfactory, as they do not burn readily nor absorb odors. It is not advisable to use lard alone, but  $\frac{2}{3}$  lard and  $\frac{1}{3}$  suet is a good animal fat combination.
3. See that there is enough fat to entirely cover the food. Do not add too much food at one time, and always test fat before adding more food.
4. Drain food on soft paper. Never pile together.
5. Temperature for deep fat frying:
  - (a) Cooked materials, as croquettes, 385-395 degrees F. If no thermometer is at hand, test fat with inch cube of bread, which should brown in 40 seconds.
  - (b) Uncooked mixtures, as fritters and doughnuts, 360-370 degrees F. Bread test 60 seconds.
  - (c) French fried potatoes, 395-400 degrees F. Bread test 30 seconds. Do not rely on the smoking of the fat as a test, as fats smoke at different temperatures.
6. In cleaning up, strain fat through cheese cloth. If fat is dark, clarify by adding thin slices of raw potato, and cooking until bubbling ceases. Strain. Wipe utensils with paper, put in pan, cover with cold water, add washing soda and let come to boil. Throw water away and wash.

**Doughnuts, No. 1**—2 to 4 tablespoons shortening,  $\frac{1}{2}$  cup sugar, 2 eggs, 1 cup milk,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon **Blue Ribbon nutmeg**, about 4 cups flour, 4 teaspoons **Blue Ribbon baking powder**.

Cream butter, add sugar, then well-beaten eggs. Measure and sift together 3 cups flour, and other dry ingredients. Add alternately with milk to first mixture. Add more flour to make a dough that is just stiff enough to handle easily. Turn on floured board, press lightly with floured hands to  $\frac{1}{4}$  inch thickness. Cut in rings, twists, or balls and fry. As doughnuts come to the top, turn at once, and keep turning frequently. They will cook in about 2 minutes. When cool, roll in powdered sugar.

**Doughnuts, No. 2**—Use sour milk and  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**, instead of sweet milk and baking powder.

**Raised Doughnuts**—1  $\frac{1}{2}$  cups milk,  $\frac{1}{2}$  yeast cake,  $\frac{1}{2}$  cup brown sugar, 2 eggs,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon **Blue Ribbon nutmeg or mace**,  $\frac{1}{2}$  cup butter, about 4  $\frac{1}{2}$  cups flour.

Scald milk, cool, add yeast and flour enough to make a sponge. Let rise about 3 hours in a warm place. Cream butter, sugar and spices and well-beaten eggs. Beat well, add it to yeast mixture with enough flour to make a dough. Knead well; let rise overnight. In morning, knead again, let rise until double in bulk. Roll or pat dough to desired thickness,  $\frac{1}{2}$  to 1 inch. Cut with 2 inch cutter. Let rise until double in bulk, about 45 minutes. Fry in deep fat about 4 or 5 minutes. Have fat about 350 degrees F. Raised doughnuts are usually cut with no hole in centre.

**Jelly Doughnuts**—Use Raised Doughnuts recipe. Roll a little thinner and put 1 teaspoon of jelly or jam in centre. Shape so that this is covered. Let rise. Fry.



## FRITTERS

These are composed of batters of various kinds; usually enclosing fruits or sweets of some sort, and are fried in deep fat; they are eaten hot, and some sweet sauce or sugar served with them. They should be quickly made, and thoroughly beaten. The batter should be smooth, and thick enough to cling to whatever is dipped into it.

**Fritter Batter, No. 1**—1 cup flour,  $\frac{1}{4}$  teaspoon salt, 1 tablespoon sugar for sweet fritters,  $\frac{2}{3}$  cup milk or water,  $1\frac{1}{2}$  tablespoons melted butter or olive oil, 1 egg white.

Mix and sift dry ingredients; add water and beat smooth; then add shortening. Fold in stiffly beaten egg whites.

**Fritter Batter, No. 2**— $1\frac{1}{2}$  cups flour, 2 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{4}$  teaspoon salt,  $\frac{2}{3}$  cup milk, 1 egg.

Mix and sift dry ingredients; add milk gradually, and egg well beaten.

**Fruit Fritters**—Almost every kind of fruit will make fritters. If the fruit is cut up, sprinkled with sugar, and allowed to stand 2 or 3 hours before being used, the flavor is improved. A little grated lemon peel, or juice, may be added also, if desired. Then drain the fruit, dip or mix it in batter, and fry in deep fat. Apples, bananas, apricots, peaches, pears, pineapples, etc., make nice fritters in this way. Canned fruit may also be used.

**Lemon Fritters**—The lemons must be sliced as thin as paper, the seeds carefully removed, and then cover them with batter, and fry in deep fat.

Orange fritters can be made the same way.

**Corn Fritters**—Boil the corn, cut it from the cob; or use canned corn, and little or no milk. Mix it in the fritter batter, and drop by spoonfuls into deep, hot fat.

**Vegetable Fritters**—Boil the vegetables until tender, and either cut in slices, dip them in the fritter batter and fry, or chop fine, mix the pieces into fritter batter, and drop it by spoonfuls into hot, deep fat, and fry a delicate brown. This is a good way to use left-over vegetables.

**Meat Fritters**—Take cold meat of any kind, cut it into small pieces, season with pepper and salt, cover with fritter batter, and fry in hot, deep fat; drain on paper and serve. A few drops of lemon juice or vinegar on the meat, and a little **Blue Ribbon ground nutmeg** will be an improvement, or the lemon juice or vinegar can be added to the fritter batter.

**Tripe** makes good fritters. Make like other meat fritters.

**Oyster Fritters**—Drain the liquor from the oysters, and use this for part or all of the liquid of the batter. Chop the oysters, add them to the batter, and drop by the spoonful into hot fat. Serve immediately when done. Or (2) dip in each oyster whole, and fry in hot fat. A little lemon juice, vinegar or onion juice, added either to the oysters or the batter will be an improvement.

**Quality Fritters**—3 tablespoons butter,  $\frac{1}{2}$  cup boiling water,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  teaspoon salt, 2 eggs.

Put butter and water in saucepan. When boiling add flour and salt all at once, and stir until mixture does not stick to pan — about 2 minutes. Remove from fire; add 1 egg unbeaten. Beat in well, reheat, add other egg and again beat. Drop by spoonfuls into the hot fat, and fry until well puffed and browned. Drain. Cut an opening in each and fill with marmalade, jam or jelly. Serve with powdered sugar, or hot sauce such as chocolate sauce.

**Raised Fritters**—These may be made from bread dough, with a teaspoon of jam or jelly in the centre like Raised Doughnuts.

**Swedish Timbales**— $\frac{3}{4}$  cup flour,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon sugar,  $\frac{1}{2}$  cup milk, 1 egg, 1 tablespoon olive oil or melted butter.

Make like Fritter Batter. Put mixture into a cup. Heat the timbale iron in the fat. Take out iron, let drain a moment, dip it three-fourths into the batter, and then into the hot fat. If the batter clings to the iron, it is thick enough. Fry a delicate brown, about 2 minutes. If it slips off the iron into the fat, there is too much fat on the iron. Remove from iron and drain. Fill with creamed oysters, or chicken, or with fresh fruit.

These are better eaten hot, as they soften on standing.



## CROQUETTES

The food material is cooked, chopped fine, and held together with a thick white sauce. It is then shaped into small forms, as cone, ball, cylinder, etc., egged and crumbed and fried in deep fat about 2 or 3 minutes. This is a good way to use leftovers.

**To Egg and Crumb**—Use fine bread or cracker crumbs, or cornmeal. Beat eggs slightly in a plate, add 2 tablespoons water or milk, and  $\frac{1}{2}$  teaspoon salt. Dip croquette in crumbs, then in egg, and again in crumbs. See that all the surface is covered.

#### Proportions for Croquettes:

To 2 cups of the solid material such as fish, meat, chicken, vegetables, cereal, add 1 cup thick white sauce made of 3 tablespoons fat, 3 tablespoons flour, and 1 cup milk, stock or gravy, and seasonings. The mixture must be just stiff enough to hold its shape. Cool, shape, egg and crumb, and fry in deep fat.

**Potato Croquettes**—1 cup cold riced potato,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup flour, 1 egg, beaten separately, seasonings.

Mix, adding stiff egg white last. These do not require egg and crumb, but may be dropped from a spoon into the hot fat.

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## PASTRY

### GENERAL RULES:

1. Use good materials:

(a) **Flour**—Pastry flour should be used, if not, substitute in each cup, 2 tablespoons cornstarch for 2 tablespoons flour. Sift before measuring.

(b) **Shortening**—This must be fresh. All lard or Crisco may be used or part butter. All butter makes a tough crust.

(c) **Water** should be ice cold. Use as little as possible.

(d) **Baking Powder**—Use  $\frac{1}{2}$  teaspoon **Blue Ribbon** baking powder to each cup of flour.

2. Have everything as cold as possible.

3. Handle quickly and lightly. Roll on only one side, and away from the centre, in plain pastry. In puff pastry keep dough in rectangular shape.

4. Puff pastry is better kept over night — chill well before baking.

5. In baking, have the oven hot with strong underheat first, then brown on top. Pies should bake, as a rule, in  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. They should slip on the tin when done. Crust alone should brown in about  $\frac{1}{2}$  hour.

A pastry shell requires a very hot oven, about 500° F.





## Chart of Oven Temperature for Pastry

Slow	Hot	Very Hot
300° F.	450° F.	500° F.
Meringue.	Filled pie, Puff paste, Tarts	Pastry shell.

**Plain Pastry**— $1\frac{1}{2}$  cups pastry flour,  $\frac{1}{2}$  cup shortening,  $\frac{3}{4}$  teaspoon salt,  $\frac{1}{4}$  cup ice water. Enough for two crusts.

Cut or rub shortening into flour until it is about the size of peas. Add water slowly; mix lightly. Use a little more than half of dough for under crust. Roll out lightly as directed, until piece is a little larger than the plate, and  $\frac{1}{8}$  inch thick. Place on plate and press gently into crevices. If top crust is to be used, moisten edge of lower with cold water after filling it in, and press the edges together. Trim off edge with a sharp knife or pastry jagger, which trims and flutes at the same time. Cut upper crust in centre, or make a pattern. This is to allow the steam to escape.

Pastry shells may be baked on inside or outside of pie plate, or layer-cake pan, and should be well perforated with a fork.

**Puff Pastry**— $1\frac{1}{2}$  cups pastry flour,  $\frac{3}{4}$  cup washed butter,  $\frac{1}{4}$  cup or a little more ice water.

Part of the shortening is cut in, and the remainder rolled in. Keep as cold as possible, and chill before putting in oven.

**Apple Pie**—Line pie plate with paste. Fill with thin slices of sour apples. Sprinkle  $\frac{1}{4}$  cup of sugar, and  $\frac{1}{4}$  teaspoon **Blue Ribbon nutmeg** over apples. Dot with pieces of butter. Cover with uppercrust, and bake.

**Deep Dish Apple Pie**—Make in a baking pan with no under crust.

**Apple Custard Pie**—Take 2 cups milk, 2 cups apple sauce, 3 eggs; flavor and sweeten, and bake with an undercrust only. This will make 2 pies.

**Pumpkin Pie, a One Crust Pie**—The following recipe is a sufficient quantity for 2 pies. Take 3 cups scalded milk—a little cream is an improvement—2 cups boiled, and strained pumpkin,  $1\frac{1}{2}$  cups brown sugar, a little piece butter,  $\frac{1}{4}$  teaspoon salt, 3 eggs, the yolks beaten thoroughly and stirred in, and the whites beaten to a froth, and added just before putting the pie in the oven;  $1\frac{1}{2}$  teaspoons of **Blue Ribbon ginger, cinnamon, cloves and nutmeg** mixed.

Should you desire to use squash instead, you can make equally as good a pie as with pumpkin.

To avoid soggy undercrust, coat it with white of egg before putting in pumpkin mixture. This is better eaten the same day it is made, but if only one pie can be used, reserve half the filling, make an extra shell, and when pie is required cook mixture on top of stove, cool a little, pour into shell, cover with meringue and brown in oven.

**Raisin Pie**—1 cup brown sugar, 2 tablespoons flour, 1 cup cold water, 1 cup seeded raisins, 3 tablespoons lemon juice,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon butter.

Mix ingredients, cook until mixture thickens; cool, bake between crusts.

**Mince Pie**—Use 2 crusts. Fill undercrust even full of mincemeat. Bake 30 minutes.

**Mince Meat for Pies**—2 pounds raisins, seeded, 2 pounds currants,  $\frac{1}{2}$  pound mixed peel,  $\frac{1}{2}$  pound mixed nuts; if desired, 2 pounds of lean beef, cooked and minced, 1 pound suet, 5 pounds tart apples, chopped, 3 teaspoons salt, 1 tablespoon each **Blue Ribbon allspice, cinnamon, mace and nutmeg**, 1 teaspoon cloves,  $\frac{1}{2}$  cup lemon juice, 3 cups orange juice, 4 cups brown sugar.

Mix all ingredients, except nuts, simmer slowly 35 to 45 minutes, add nuts. Pack in jars and seal. Let ripen at least one week.

**Butterscotch Pie**—1 cup brown sugar, 3 tablespoons flour, 3 tablespoons butter,  $1\frac{1}{2}$  cups milk, 2 eggs,  $\frac{1}{2}$  teaspoon **Blue Ribbon vanilla**.

Mix sugar and flour, add hot milk, cook. Add to beaten egg yolks, add other ingredients. Cool, put in shell, cover with meringue made of the egg whites and sweetened.

**Custard Pie**—2 eggs,  $\frac{1}{4}$  cup sugar,  $\frac{1}{4}$  teaspoon salt, 2 cups hot milk,  $\frac{1}{2}$  teaspoon flavoring.

Beat eggs slightly, add sugar and salt, add hot milk; stir until sugar is dissolved, add flavoring. Cook in one crust, using a moderate oven. **Blue Ribbon nutmeg** sprinkled on the top is well liked.

**Cocoanut Pie**—Before baking, add  $\frac{1}{2}$  cup of cocoanut to the custard filling.

**Chocolate Pie**—Add 2 squares chocolate, melted, or  $\frac{1}{2}$  cup cocoa, to custard filling.

**Banana Pie**—Dice a banana and stir into custard filling.

**Corn Syrup Pie**—2 eggs,  $\frac{1}{2}$  cup brown sugar, 1 tablespoon flour, 1 cup corn syrup.

Bake with two crusts. This makes a sweet, but very nice pie.

**Lemon Pie**—1 cup sugar, 3 tablespoons cornstarch, 2 eggs, 1 lemon, grated rind and juice, 1 cup water, 1 tablespoon butter.

First make the crust, and bake.

For the filling mix the cornstarch with the sugar, and stir in boiling water to thicken. In another dish beat the yolks of the 2 eggs. Stir the two mixtures slowly and carefully, pouring the hot mixture into the eggs. Cook for a few minutes in double boiler. Add other ingredients, cool, put in shell. Spread with the whites of the eggs beaten to a froth, and sweetened with 4 tablespoons icing sugar, and place in oven until browned.

**Orange Pie**—Made like lemon pie, but substitute orange juice for the water, and use only  $\frac{1}{2}$  a lemon.

**Prune Pie**—Stew prunes as for sauce, stone them, have ready a pie dish lined with paste, fill this dish with the stoned prunes, sprinkle over them  $\frac{1}{2}$  cup sugar, and a little **Blue Ribbon cinnamon**, and grated rind and juice of  $\frac{1}{2}$  lemon. Bake it with an upper crust, or lattice top, or after baking cover it with deep frosting made of the whites of 2 eggs, 2 to 3 tablespoons powdered sugar and any flavor desired.

**Cranberry Pie**— $1\frac{1}{2}$  cups cranberries, 1 cup sugar,  $\frac{1}{2}$  cup water, 2 table-  
spoons flour. Cook before putting into crusts.  $\frac{1}{2}$  cup raisins may be added.

**Berry Pies**—Almost any berries can be used, as blue-berries, black-berries, goose-berries.

The latter should be first cooked. 2 crusts are generally used. It is advisable to rub undercrust with unbeaten egg white, or sprinkle over with flour. This will prevent sogginess. A funnel of paper placed in the centre will prevent juice overflowing.

**Fruit Pies**—Apricots, apricots and prunes, peaches, cherries, etc., make good pies.

**Apple Tarts**—Line patty pans with crust. Put in each, chopped apple and a little white sugar; bake in a moderate oven and let cool. Whip a little cream very stiff, sweeten slightly and flavor with a drop or two of **Blue Ribbon extract of lemon or vanilla**. Just before serving, cover the apple in each tart with the whipped cream. A drop of currant jelly on the top of each one adds to the effect.

**Currant Tarts**—1 cup currants, 1 cup brown sugar, two eggs,  $\frac{1}{4}$  cup melted butter, 1 teaspoon **Blue Ribbon vanilla**. This makes about 20 tarts.

**Raisin Tarts**—Use seedless raisins in the above recipe.

**Turnovers**—Roll pastry about 4 inches square. Put about 1 table-  
spoon of any filling on one half. Wet edges with cold water, fold over and press together. Prick with a fork.

**Butter Tarts**—2 cups brown sugar, 2 tablespoons melted butter, 2 eggs, 1 teaspoon cornstarch, 2 teaspoons cream,  $\frac{1}{2}$  teaspoon **Blue Ribbon vanilla or lemon extract**.

**Cheese Straws**—The "scraps" of pie crust may be used for cheese straws. Roll paste to about  $\frac{1}{4}$  inch thickness; cover with a layer of grated cheese, press it in lightly and sprinkle with salt and paprika. Now fold the paste so as to have three layers; roll again to  $\frac{1}{4}$  inch thickness, and cut in strips about 5 inches long and  $\frac{1}{4}$  inch wide. Place on baking sheet so that straws do not touch each other, and bake in a hot oven 8 minutes or until well browned. Serve with salad.

**Garnish Cups**—If one has very tiny muffin tins for forms, tiny pastry cups may be made, and used to hold mayonnaise on the side of a salad, filled with tartar sauce and served with fried fish or scallops, or filled with jelly to serve with chicken or turkey.

## CAKES



All ingredients should be prepared before commencing to mix any of them. Flour should be sifted, and thoroughly mixed with the baking powder. Pastry flour makes a lighter, more tender cake than bread flour, as it contains less gluten. If bread flour is used, substitute 2 tablespoons corn-starch in each cup. Sugar should be rolled and sifted;

eggs fresh from the ice-box or cellar, as they beat up much lighter and quicker when cold. They should be well beaten, whites and yolks separately, as specified; the yolks to a thick cream, the whites to a stiff froth. Raisins, currants, and all fruits must be thoroughly dry, and floured, before adding to other ingredients.

## HINTS

**To Cream Butter**—Put the butter in an earthenware vessel (but do not use tin or iron, as they will discolor it), and beat it with a spoon or fork. After beating it about, the butter gradually comes back into a creamy state.

**Beating, Stirring and Folding**—There is a good deal of difference between these. Stirring merely mixes the different ingredients together, while beating carries in air and thoroughly distributes it through the mass, and in baking this air expands and makes the cake light. Folding one ingredient into another is to put the spoon or spatula in edgewise, lift the ingredients and turn them over, repeat until thoroughly mixed. Avoid stirring after beating or folding.

**To Grate Lemon Peel**—There is a right and wrong way to grate it. The flavor comes from an essential oil found only in the yellow rind at the surface. The white part underneath is bitter, contains no lemon flavor, will curdle milk or cream, and is objectionable. Therefore, grate a lemon carefully, aiming to remove all the yellow surface, but no more.

**Spices** should be of the very best quality. **Blue Ribbon spices** are not only absolutely pure, but are ground from the best quality of whole stock.

Never move a cake in the oven until the centre is thoroughly set. Do not put anything in the oven while the cake is baking, or the cake will probably fall.

In general cakes require a moderate temperature, 350° Fahrenheit. Divide the baking time into quarters: during the first, it should begin to rise; the second, it should continue rising and begin to brown; the third, it should continue to brown, rising should be completed; the fourth, it should finish browning and leave the sides of the pan.

The cake is done when it is elastic to the touch and shrinks from the sides of the pan; a toothpick, inserted, should have no dough adhering to it. The time of baking will depend on the size of the cake, and the ingredients. One with molasses or fruit will require a slower oven than a plain one. A sheet cake requires from 30 to 45 minutes; a loaf cake 45 to 70 minutes; a layer cake 20 to 30 minutes; small cakes and cookies from 6 to 15 minutes

## Cooking in High Altitudes

In all high altitudes the rule is to use less butter and sugar, and baking powder, and more flour and eggs. If too much butter is used in such regions, the cake will fall, so that very rich cakes cannot be made there. The greater the elevation the more difficulty is experienced. Cakes having no butter, like sponge cakes, are easily made in high altitudes. The filling for layer cakes can be made quite rich in such regions, if desired.

## Chart of Oven Temperature for Cakes

SLOW 250° - 350°F.	MODERATE 350° - 400°F.	HOT 400° - 450°F.
Sponge cake.	Sheet cakes.	Plain cookies.
Angel cake.	Loaf cakes.	
Pound cake.	Gingerbread.	
Rich fruit cake.	Layer cakes.	
Macaroons.	Small cakes.	
Kisses.	Cup cakes.	
	Fruit or molasses cookies.	
	Drop cookies.	
	Wafers.	

**Cakes** are divided into two general classes:

1. **Butter Cakes**—Those containing butter or other shortening.
2. **Sponge Cakes**—Those which contain no shortening.

## Essentials for Success

1. Good ingredients.
2. Accurate measurements. All should be level. Sift flour before measuring.
3. Proper methods of mixing.
4. Correct oven temperature.
5. Careful handling during and after baking.
6. Always use **Blue Ribbon products**.

There are two methods of mixing butter cakes:

**I. Conventional Cake Method:**

1. Cream the shortening. If it is very cold, warm without melting it.
2. Add the sugar and beat it thoroughly.
3. Add the beaten eggs, and beat all well together. The eggs may be separated, and the stiffly beaten whites folded in at the last. This makes a lighter cake.
4. Add the flour and milk alternately, sifting the baking powder in with the last quarter of flour.
5. Add the fruit, if used, which should be already dusted with flour. Make fruit cakes a little stiffer with flour than those without fruit.
6. Fill pans  $\frac{1}{2}$  to  $\frac{2}{3}$  full and bake.

**II. Muffin Method**—Mix and sift the dry ingredients, add the liquid ingredients, and last of all the melted shortening.

**Sponge Cake Method**—(1) Beat the yolks until thick and lemon-colored. (2) Gradually add the sugar and beat well. (3) Add the flavoring and water, if used. (4) Add the stiffly beaten whites of the eggs. (5) Sift in the flour and carefully fold it in. After adding the flour, sponge cake should not be beaten. The lightness depends on the quantity of air beaten into the egg.

**Sponge Cake**—1 cup sugar,  $\frac{1}{2}$  teaspoon salt, 6 eggs, beaten separately,  $\frac{1}{2}$  the juice and grated rind of a lemon, 1 cup flour, sifted several times.

After baking, while hot, dredge powdered sugar on top.

**Cheap Sponge Cake**—3 eggs, 1 cup sifted sugar, 3 tablespoons cold water, 1 cup flour, 1 teaspoon **Blue Ribbon baking powder**,  $\frac{1}{2}$  lemon, grated rind and juice,  $\frac{1}{8}$  teaspoon salt.

**Cocoanut Sponge Cake**—It can be made from above recipe by adding shredded cocoanut and 1 teaspoon **Blue Ribbon ground nutmeg**.

**Angel Cake**—8 egg whites, 1 teaspoon **Blue Ribbon cream of tartar**, 1 cup fine sugar,  $\frac{1}{2}$  cup flour,  $\frac{1}{8}$  teaspoon salt, 1 teaspoon **Blue Ribbon vanilla**.

Fresh eggs should be used, and beaten stiff with cream of tartar. Add sugar gradually. Fold in flour sifted once before measuring, and then sifted four times more with the salt. An angel cake pan is the best one to use. Bake about an hour in a slow oven, about 320°F. When done, invert pan on wire cake cooler and let stand. Cake should drop from pan.

**Rolled Jelly Cake**—1 cup sugar, 3 eggs, 2 tablespoons milk, 1 cup flour, sifted,  $1\frac{1}{2}$  teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  teaspoon **Blue Ribbon lemon extract**,  $\frac{1}{8}$  teaspoon salt. Add beaten whites last.

Bake in a long tin, and while warm turn out on a damp cloth, spread with jelly or jam, and roll.

**One Egg Cake**— $\frac{1}{4}$  cup shortening, 1 egg,  $\frac{3}{4}$  cup sugar,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  cup milk, 3 teaspoons **Blue Ribbon baking powder**, 1 teaspoon **Blue Ribbon vanilla** or lemon extract.

**Plain Cake**— $\frac{1}{2}$  cup shortening, 1 cup sugar, 2 eggs,  $\frac{3}{4}$  cup milk, 1 teaspoon **Blue Ribbon vanilla**,  $1\frac{1}{2}$  cups flour, 3 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{8}$  teaspoon salt.

## Variations of the Plain Cake

1. **Spice Cake**—Add 1 teaspoon mixed spices.
2. **Nut Cake**—Add  $\frac{1}{2}$  to 1 cup chopped nuts.
3. **Cocoanut Cake**—Add  $\frac{1}{2}$  to 1 cup grated cocoanut.
4. **Chocolate Cake**—Add 2 squares melted chocolate, or  $\frac{1}{2}$  cup cocoa. Scant the amount of flour.
5. **Raisin Cake**—Add  $\frac{1}{2}$  to 1 cup raisins or currants, dates, figs, etc., floured with part of the flour.
6. **White Cake**—Use 3 egg whites stiffly beaten, and added last.  $\frac{1}{2}$  cup extra flour may be needed. Decrease baking powder by 1 teaspoon.
7. **Gold Cake**—Use 4 egg yolks beaten until thick and lemon colored.
8. **Orange Cake**—Use orange juice for milk, and add 2 tablespoons grated orange rind.
9. **Coffee Cake**—Substitute very strong black coffee for the milk.
10. **Apple Sauce Cake**—Use 1 cup apple sauce instead of the milk. Add  $\frac{1}{4}$  teaspoon **Blue Ribbon soda**, and decrease baking powder to  $1\frac{1}{2}$  teaspoons.
11. **Layer Cake**—Bake in 2 layers, but scant the flour, as layer cake batter should be a little less stiff. If 3 layers are desired, double the recipe. Fill, and ice as desired.
12. **Caramel Cake**—Add 3 tablespoons caramel syrup.

For recipe for syrup see Cake Frostings and Fillings.

**One, Two, Three, Four Cake**—1 cup butter, 2 cups sugar, 3 cups flour, 4 eggs, 1 cup milk, 4 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{8}$  teaspoon salt,  $1\frac{1}{2}$  teaspoons **Blue Ribbon vanilla**.

**Gingerbread**— $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup boiling water,  $1\frac{1}{2}$  cups sifted flour, 1 egg,  $\frac{3}{4}$  teaspoon **Blue Ribbon baking soda**, 1 teaspoon **Blue Ribbon ginger**, 1 teaspoon **Blue Ribbon cinnamon**,  $\frac{1}{4}$  teaspoon salt. Bake in a greased pan in moderate oven.

**Sour Cream Gingerbread**—1 cup molasses, 1 cup sour cream, 1 egg, 1 teaspoon **Blue Ribbon soda**, 1 tablespoon **Blue Ribbon ginger**, or more, to suit taste,  $2\frac{1}{2}$  cups flour,  $\frac{1}{4}$  cup sugar,  $\frac{1}{8}$  teaspoon salt.

**Buttermilk Cake**— $\frac{1}{2}$  cup butter,  $\frac{3}{4}$  cup sugar, 1 cup buttermilk, 1 egg, 2 cups flour sifted,  $\frac{3}{4}$  teaspoon **Blue Ribbon soda**, 1 teaspoon **Blue Ribbon pastry spice**.

**Johnny Cake**—See recipe for Corn Bread.

**Chocolate Marble Cake**—1 cup butter, 2 cups sugar, 1 cup sweet milk, 4 eggs, 2 cups sifted flour,  $\frac{1}{2}$  cup cornstarch, 1 teaspoon **Blue Ribbon vanilla**, 3 teaspoons **Blue Ribbon baking powder**.

After mixing all, take out part of the batter and stir into it 2 squares melted chocolate; drop this into the greased pans alternately with the other part.

**Spanish Bun**—4 eggs (leaving out the whites of 2), 2 cups brown sugar, 1 cup butter, 1 cup milk, 2 teaspoons **Blue Ribbon pastry spice**, 2 $\frac{1}{2}$  cups flour, 3 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  teaspoon **Blue Ribbon cinnamon**.

Cream butter, add sugar, then cream again, add eggs and a little milk, mix baking powder through flour; mix flour and milk alternately in the creamed butter, etc., bake in shallow pans. When baked, beat the whites of the 2 eggs, adding some sugar and  $\frac{1}{2}$  teaspoon of **Blue Ribbon cinnamon** with which ice the cake, and put in the oven to brown slightly. Serve hot.

**Date Cake**— $\frac{3}{4}$  cup butter, 1 cup sugar, 1 cup milk, 2 eggs, 2 $\frac{1}{2}$  cups flour, sifted, 3 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon **Blue Ribbon vanilla**, 1 heaping cup of finely chopped dates,  $\frac{1}{2}$  cup chopped walnuts. Stir dates and nuts in the last thing.

**Apple Sauce Cake (Eggless)**—1 $\frac{1}{2}$  cups unsweetened apple sauce,  $\frac{1}{2}$  cup shortening, 1 cup brown sugar, 1 cup raisins,  $\frac{1}{2}$  teaspoon each of **Blue Ribbon cinnamon, cloves, and nutmeg**,  $\frac{1}{4}$  teaspoon salt, 2 cups flour,  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**, 1 $\frac{1}{2}$  teaspoons **Blue Ribbon baking powder**.

If apple sauce is sweetened, decrease sugar.

**Boiled Cake (Eggless)**—1 cup brown sugar,  $\frac{1}{2}$  cup shortening, 1 cup cold water,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon each **Blue Ribbon nutmeg, cinnamon, mace**, 1 cup raisins. Boil these ingredients 3 minutes and cool. Add 2 cups flour,  $\frac{1}{2}$  teaspoon **Blue Ribbon baking powder**, and 1 teaspoon **Blue Ribbon soda**.

**Pound Cake**—1 pound butter (2 cups), 1 pound sugar (2 cups), 1 pound flour (4 cups), 8 eggs, 1 tablespoon **Blue Ribbon lemon juice**.

Cream butter, add sugar gradually, then yolks of eggs beaten until lemon-colored. Fold in egg whites beaten stiff and dry. Bake 1 hour in a slow oven.

**Honey Cake**— $\frac{1}{2}$  cup shortening,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup honey,  $\frac{1}{2}$  cup sour milk, 1 egg, 1 $\frac{3}{4}$  cups flour,  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**, 2 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  teaspoon each **Blue Ribbon cinnamon and nutmeg**,  $\frac{1}{4}$  teaspoon salt.



**Marshmallow Cake**—Plain, or chocolate cake baked in layers. Use Marshmallow Icing on top and between layers.

**Spice Cake**— $\frac{1}{2}$  cup butter,  $\frac{3}{4}$  cup sugar, 2 eggs,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups flour, 2 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  teaspoon **Blue Ribbon cinnamon**,  $\frac{1}{2}$  teaspoon each of **Blue Ribbon cloves**, **allspice**, and **nutmeg**,  $\frac{1}{2}$  cup chopped nuts or raisins.

**Boston Cream Pie**—Use the Plain Cake recipe. Bake in layers and fill with a Cream Filling. Sprinkle powdered sugar on the top.

**Devil's Food Cake, No. 1**— $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup milk, 3 squares unsweetened chocolate. Cook these together in double boiler until melted. Boil until it thickens, then cool.

$\frac{1}{2}$  cup butter, 1 cup sugar, 2 eggs,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon **Blue Ribbon vanilla**, 2 cups flour,  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**, and  $1\frac{1}{2}$  teaspoons **Blue Ribbon baking powder**.

When combined, add chocolate mixture.

**Devil's Food Cake, No. 2**— $\frac{3}{4}$  cup butter,  $1\frac{1}{2}$  cups brown sugar, 4 eggs, beaten separately, 1 cup sour milk,  $2\frac{1}{2}$  cups flour, 1 teaspoon **Blue Ribbon soda**,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon **Blue Ribbon vanilla**, 3 to 4 squares unsweetened chocolate.

Bake in layer cake tins. Use chocolate or white frosting.

To substitute cocoa for chocolate use  $3\frac{1}{2}$  tablespoons to every square (1 ounce). Either sift cocoa with the dry ingredients, or mix with enough liquid to make a paste, and add after the egg yolks. As there is less fat in cocoa, increase the shortening 1 tablespoon for every square of chocolate. This is good made with sour cream, in which case use only  $\frac{1}{2}$  cup butter.

**Coffee Fruit Cake**—1 cup butter, 2 cups brown sugar, 1 cup very strong **Blue Ribbon coffee** (cold), 1 cup molasses, 3 eggs, 4 cups flour, sifted, 1 teaspoon **Blue Ribbon baking soda**, 2 cups raisins (chopped),  $\frac{1}{2}$  cup currants, 1 teaspoon **Blue Ribbon ground cinnamon**,  $\frac{1}{2}$  teaspoon **Blue Ribbon ground cloves**,  $\frac{1}{2}$  teaspoon **Blue Ribbon allspice**,  $\frac{1}{2}$  teaspoon **Blue Ribbon mace**,  $\frac{1}{2}$  teaspoon salt.

Bake in a slow oven 2 to 3 hours.

**Fruit Cake**—2 cups butter, 2 cups brown sugar, 1 cup molasses, 5 cups browned flour, 8 eggs well-beaten, 1 cup sour milk, 1 teaspoon **Blue Ribbon baking soda**. Mix as usual, and stir in at the last, 1 pound currants, washed and dried, 1 pound raisins, seeded, 1 pound dates, chopped, 1 teaspoon **Blue Ribbon ground cinnamon**,  $\frac{1}{2}$  of nutmeg and  $\frac{1}{2}$  of mace,  $\frac{1}{2}$  pound blanched, sliced almonds,  $\frac{1}{2}$  pound mixed peel.

If any of the fruit is omitted, add a little less of the flour. Steam 2 hours, and bake 2 hours in a moderate oven.

**White Fruit Cake**—1 cup butter,  $1\frac{1}{2}$  cups granulated sugar (sifted), 6 eggs,  $\frac{1}{2}$  cup milk,  $2\frac{1}{2}$  cups sifted flour, 3 teaspoons **Blue Ribbon baking powder**, 2 cups Sultana raisins, 1 cup candied pineapple,  $\frac{1}{2}$  cup of citron, shredded,  $\frac{1}{2}$  cup candied orange peel, shredded, 1 cup blanched, sliced almonds, 1 tablespoon **Blue Ribbon vanilla**,  $\frac{1}{2}$  teaspoon **Blue Ribbon almond extract**.

Cream butter, add sugar, then yolks beaten thick, beat thoroughly, add flour with baking powder in it and milk alternately. Dredge all fruit with a little of the flour, and add to batter. Have whites beaten perfectly stiff and fold them into batter. Bake in buttered, papered pans, 1 hour.

Candied cherries are an addition.

**Christmas Cake**—Use 2 cups butter, 2 cups brown sugar, 5 eggs,  $\frac{1}{2}$  cup sour cream, 2 cups raisins, 1 cup almonds, 2 cups currants, 2 cups dates, 1 cup citron, 3 cups flour,  $\frac{1}{2}$  teaspoon **Blue Ribbon baking soda**, 1 teaspoon cinnamon, 1 teaspoon cloves, 2 teaspoons **Blue Ribbon pastry spice**,  $\frac{1}{2}$  cup orange juice,  $1\frac{1}{2}$  teaspoons **Blue Ribbon baking powder**.

Bake in slow oven.

**Wedding Cake**—1 pound butter, 1 pound sugar, 12 eggs beaten separately, 1 cup fruit juice,  $\frac{1}{2}$  cup molasses, 4 cups flour, 2 teaspoons **Blue Ribbon soda**, 3 teaspoons each of **Blue Ribbon nutmeg**, **cloves**, **allspice**, **cinnamon**, 2 tablespoons **Blue Ribbon rose extract**, 3 pounds raisins, 1 pound currants, 2 pounds dates, 1 pound figs, 1 pound citron, 1 pint strawberry preserves, 1 pound almonds, blanched and sliced, 1 pound candied cherries.

Steam 3 hours; bake 2 to 3 hours.



## FROSTINGS AND FILLINGS

**Boiled Frosting**—Boil 1 cup granulated sugar,  $\frac{1}{8}$  teaspoon **Blue Ribbon cream of tartar**,  $\frac{1}{2}$  cup water, until it threads from the spoon, soft ball stage, 238 degrees F. Beat white of 1 egg to a stiff froth. Remove syrup from stove, allow it to cool a little, pour over the froth, beating all the time until thick enough to spread. Flavor to suit the taste with **Blue Ribbon vanilla**, lemon juice, or **Blue Ribbon rose extract**.

### Variations:

1. **Marshmallow**—Add  $\frac{1}{2}$  to 1 cup marshmallows cut small, after sryup has been poured on egg whites. Also use as a filling.
2. **Maple**—Use maple syrup, or flavor with mapleine.
3. **Caramel**—Use  $\frac{1}{2}$  caramel syrup.
4. **Honey**—Add  $\frac{1}{2}$  cup honey — more suitable as a filling.
5. **Creole Icing**—Use brown sugar.

**Boiled Frosting, No. 2**— $2\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup light corn syrup,  $\frac{1}{2}$  cup water,  $\frac{1}{8}$  teaspoon **Blue Ribbon cream of tartar**, 2 egg whites,  $1\frac{1}{2}$  teaspoons **Blue Ribbon vanilla**.

Cook sugar, syrup, cream of tartar and water together until it forms a rather firm ball when tested in cold water, 242 to 244 degrees F. Do not stir after sugar is dissolved. Let cool a trifle so that it will not be boiling when poured slowly over the stiffly beaten egg whites. Beat constantly, and continue until mixture holds its shape. Add vanilla. This will keep several days in a covered jar. If necessary soften with boiling water.

**Chocolate Frosting**—Follow above recipe, and add 3 squares melted, unsweetened chocolate, after all the syrup has been poured on the egg whites.

**Coffee Frosting**—Substitute  $\frac{1}{2}$  cup very strong **Blue Ribbon coffee** for the water in Boiled Frosting, No. 2.

**Milk Frosting**—Boil together 1 cup sugar,  $\frac{1}{8}$  cup milk, and 1 tablespoon butter for 5 minutes (after sugar is dissolved do not stir), remove from the stove, and beat until creamy and thick enough to spread. Add 1 teaspoon **Blue Ribbon vanilla extract**.

**Maple Cream Icing**—1 cup brown sugar, 2 tablespoons milk, 1 tablespoon butter. Boil together until it forms a soft ball. Add  $\frac{1}{2}$  teaspoon **Blue Ribbon vanilla**. Beat until creamy, but do not let it harden. Fruit or nuts may also be added:  $\frac{1}{2}$  cup of seedless raisins chopped and stirred in is excellent.

**Quick Frosting**—1 cup sugar,  $\frac{1}{4}$  cup boiling water, 1 egg white,  $\frac{1}{2}$  teaspoon **Blue Ribbon vanilla**.

Put sugar and water in double boiler. Place over hot water. When sugar is dissolved, add unbeaten egg white, and beat with Dover egg-beater for 7 minutes. Reduce temperature of water, add vanilla, and continue beating until thick enough to spread.

**Apple Snow Frosting**—1 cup sugar,  $\frac{1}{4}$  cup water, 1 egg white, 1 apple, grated,  $\frac{1}{2}$  teaspoon **Blue Ribbon Vanilla**.

Cook sugar and water until it forms a rather firm ball in cold water, 240 to 242 degrees F. Pour slowly over stiffly beaten egg white. Add grated apple and vanilla, and beat until mixture will hold its shape.

**Fudge Icing**—2 squares unsweetened chocolate, 2 cups sugar, 2 tablespoons butter,  $\frac{3}{4}$  cup milk, 1 teaspoon **Blue Ribbon vanilla**.

Cut chocolate in small pieces, combine with sugar and milk, and cook very slowly to the soft ball stage, 238 degrees F. Add butter and vanilla, cool a little, and beat until creamy and thick enough to spread.

This may be made with brown sugar. Chopped nuts or fruit may be added.

**Confectioners' Icing**— $1\frac{1}{2}$  cups confectioners' sugar,  $\frac{1}{2}$  to 1 teaspoon **Blue Ribbon flavoring**, 1 teaspoon melted butter, about 2 tablespoons fruit juice, water, milk, or cream.

Mix until thick enough to spread. Coconut, melted chocolate, nuts, etc., may be added.

**Variations:**

1. **Mocha Frosting**—Use above recipe, but add  $\frac{1}{3}$  cup creamed butter, and use coffee as the liquid. Sprinkle with almonds, blanched, chopped, and browned in a slow oven.
2. **Orange Frosting**—Use orange juice and grated rind.
3. **Lemon Frosting**—Use lemon juice and grated rind.

**Cream Filling**— $\frac{1}{3}$  cup of sugar,  $2\frac{1}{2}$  to 3 tablespoons flour, few grains salt, 1 egg, 1 cup milk, 1 teaspoon **Blue Ribbon flavoring**.

Mix dry ingredients, add beaten egg. Add scalded milk, and cook in double boiler until thick. Cool, add flavoring. Spread on cake. 1 tablespoon butter may be added.

**Coconut Filling**—Add  $\frac{1}{2}$  to 1 cup grated coconut to cream filling.

**Lemon Filling**—Like Cream Filling, but use  $\frac{3}{4}$  cup boiling water instead of the milk, 2 tablespoons lemon juice, and 2 teaspoons grated rind.

**Orange Filling**—Like Cream Filling, but for milk, substitute juice of an orange and grated rind, and  $\frac{1}{2}$  tablespoon of lemon juice and water to make 1 cup. Or use less orange juice, if too strong.

**Chocolate Filling**—Like Cream Filling, but melt 1 square unsweetened chocolate in the milk, and add  $\frac{1}{4}$  cup more sugar.

**Tutti Frutti Filling**—To Boiled Frosting, No. 2, add 1 cup chopped raisins, and  $\frac{1}{2}$  cup chopped walnuts.

This will be enough for filling and icing. If white icing is desired for top and sides, add raisins and nuts to part of frosting and use as filling.

Other fruits and nuts may be added instead, as candied cherries, almonds, pecans, grated coconut, currants, dates, figs, etc. Marshmallows cut small and added to Boiled Frosting make an excellent filling.

**Jelly and Jam Fillings**—Any jelly or jam may be used as a filling.

**Fruit Filling**—Preserved fruits, or cooked dried fruits, such as apple sauce, prunes, figs, apricots, etc., may be used as a filling. Often these are mixed with whipped cream. Fresh berries and fruits are also used, as strawberries, raspberries, bananas, etc.

**Apple Sauce Filling**—To  $1\frac{1}{2}$  cups sweetened apple sauce, add beaten yolk of an egg, and 1 teaspoon lemon juice. Cook, and spread between layers.

**Pineapple Filling**—To 1 cup grated, sweetened pineapple, add enough confectioner's sugar to thicken.

**Whipped Cream Filling**—Whip 1 cup sweet cream to a stiff froth, sweeten and flavor to taste, and spread on. The cream will froth easier if put on ice  $\frac{1}{2}$  hour before whipping.

**Mock Whipped Cream**—Take 1 large, sour apple, peeled and grated, 1 cup white sugar, white of 1 egg, beat all together a long time. Flavor with **Blue Ribbon vanilla**. Mix the apple with the sugar as soon as possible after grating, or it will turn dark. Use like whipped cream.

**Icing Cookies, Etc.**—Before putting in the oven, dredge or sprinkle sugar — gingerbread, cookies, and other small cakes not to be frosted, with fine sugar, and it will give a rich brown glaze, and add much to their flavor.

**Almond Paste (for Christmas, Birthday and Wedding Cakes)**—1 pound almonds, 1 pound icing sugar, 2 whole eggs. Blanch almonds, dry, and pass through a food grinder. While passing through add sugar to use up the oil of the nuts. Pass through a second time, then add beaten eggs to form a stiff paste. If too stiff use a very little **Blue Ribbon rose extract** or lemon juice. Whites of eggs only, or yolks only may be used. Dredge moulding board with icing sugar, and knead paste well; roll out to size of cake.

Dredge cake with a little flour, moisten top with a little orange juice. Place on top and press down so it will stick. Do not let it bulge. Allow it to stand over night so it will set before putting on icing.

**Prepared Caramel**—Put 2 cups of granulated sugar in the frying pan, and heat it over a low fire, stirring continually until it assumes a light brown color; but do not burn it. Then add slowly 2 cups hot water, stir constantly, boil 10 minutes and let it cool. If it candies when cool, melt over hot water. Bottle, keep corked, and it will not spoil. It is used to flavor or color custards, sauces, cakes, soups, broths, gravies, etc., and has so many uses that it is well to always keep it on hand.



## COOKIES AND SMALL CAKES

**Sugar Cookies, No. 1**— $\frac{3}{4}$  cup shortening,  $1\frac{1}{2}$  cups sugar, 2 eggs,  $\frac{1}{2}$  cup milk,  $\frac{1}{4}$  teaspoon salt,  $2\frac{1}{2}$  cups flour, about 2 teaspoons **Blue Ribbon baking powder**, 1 teaspoon **Blue Ribbon flavoring**.

Keep the dough as soft as it can be handled. If possible chill in ice box before cutting; less flour will be needed. These can be rolled to  $\frac{1}{4}$  inch thickness on a lightly floured board, and cut in any shape; or make a roll of the dough, chill and then cut across in thin slices with a sharp knife. This is the quicker method, but the shape will not be perfect.

**Sugar Cookies, No. 2**—1 cup sugar, 1 cup shortening, 1 cup sour milk,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon **Blue Ribbon flavoring**, 1 teaspoon **Blue Ribbon soda**, about 3 cups flour.

Sour cream may also be used, in which case reduce or entirely omit the shortening.

**Spice Cookies**—Add 1 teaspoon **Blue Ribbon spices** to Sugar Cookies.

**Cocoanut Cookies**—Add 1 cup cocoanut to Sugar Cookie recipe.

**Seed Cookies**—Add  $1\frac{1}{2}$  tablespoons caraway seeds to Sugar Cookie recipe.

**Nut Cookies**—Add  $\frac{1}{2}$  nut meat placed on Sugar Cookie, or sprinkle with chopped peanuts. A small piece of fruit might be added instead.

**Lemon Cookies**—In Sugar Cookies, No. 2, substitute lemon juice for half of the sour milk.

**Jumbles**—Use Sugar Cookie recipe, but cut with a doughnut cutter, so that there will be a hole in the centre.

**Date Cookies**— $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup lard, 1 cup sugar,  $\frac{1}{2}$  cup milk, 1 teaspoon salt, 3 teaspoons **Blue Ribbon baking powder**,  $2\frac{1}{2}$  cups oatmeal,  $2\frac{1}{2}$  cups flour (about).

**Filling**—1 pound dates, 1 cup brown sugar, 1 cup water. Cook.

Roll thin, using as little flour as possible. Cut with 3 inch cutter. Put about 1 teaspoon filling on each cookie, lay another cookie over, press edges together. Bake.

Part of the cookies may be folded over like a turnover, with a little filling in the centre, press edges together. Nice for afternoon tea.

Figs may be used instead of dates.

**Oatmeal Honey Drop Cookies**—1 cup honey, 1 cup sour cream, 2 eggs, 2 cups oatmeal, 2 cups flour, 1 teaspoon **Blue Ribbon baking soda**,  $\frac{1}{2}$  teaspoon each **Blue Ribbon cinnamon, nutmeg and cloves**,  $\frac{1}{2}$  teaspoon salt, 1 cup raisins.

Drop by teaspoonfuls on greased baking sheet, or bake in muffin pans, using less flour.

**Variogated Cakes**—1 cup brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, 2 cups flour, 2 eggs, 3 teaspoons **Blue Ribbon baking powder**.

Divide in 3 parts: to 1 part stir in a little strawberry jam; to another a few chopped raisins, currants, a little **Blue Ribbon cinnamon and cloves**. Put in gem tins a drop of each kind of the above mixture, bake in a moderate oven, and ice.

**Fruit Cakes**— $\frac{1}{2}$  cup butter, creamed,  $\frac{2}{3}$  cup brown sugar, 3 eggs well beaten, 3 tablespoons corn syrup, 3 tablespoons milk, 1 teaspoon **Blue Ribbon vanilla**,  $\frac{1}{2}$  teaspoon each of **Blue Ribbon cloves, cinnamon, and nutmeg**, 3 teaspoons **Blue Ribbon baking powder**, 2 cups flour, 1 cup seedless raisins,  $\frac{1}{2}$  cup dates,  $\frac{1}{2}$  cup nuts.

Bake in small tins, or make a little stiffer and drop from spoon.

**Cup Cakes**—Any cake mixture may be used, but scant the flour. Serve plain, or iced, or remove a small part of the centre and fill with custard filling, whipped cream, fruit, etc.

**Chocolate Drop Cookies**— $\frac{1}{2}$  cup butter, 1 cup brown sugar, 2 eggs, 4 tablespoons milk, 2 cups flour,  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**,  $\frac{1}{2}$  cup cocoa, or 2 squares unsweetened chocolate,  $\frac{1}{2}$  cup nuts,  $\frac{1}{2}$  cup raisins or dates, 1 teaspoon **Blue Ribbon vanilla**.

**Ginger Cookies, No. 1**— $\frac{1}{2}$  cup shortening,  $\frac{1}{2}$  cup brown sugar, 1 egg,  $\frac{1}{2}$  cup molasses mixed with  $\frac{1}{4}$  cup boiling water, 3 cups flour,  $\frac{1}{4}$  teaspoon **Blue Ribbon soda**,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon **Blue Ribbon baking powder**, 1 teaspoon **Blue Ribbon ginger**,  $\frac{1}{2}$  teaspoon each **Blue Ribbon cinnamon and nutmeg**. Roll thin. Bake.

For Ginger Drops use  $\frac{1}{2}$  cup less flour.

**Ginger Cookies, No. 2**—Use Sugar Cookie recipe, but add 2 to 3 teaspoons **Blue Ribbon ginger**.

**Ginger Snaps**— $\frac{1}{2}$  cup shortening,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**, 2 teaspoons **Blue Ribbon ginger**, 2 $\frac{1}{2}$  cups flour (about).

Heat molasses to boiling point and pour over shortening. Add other ingredients. Chill before rolling.

**Chinese Chews**—1 cup sugar, 2 eggs,  $\frac{3}{4}$  cup flour, 1 $\frac{1}{2}$  teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  cup chopped nuts, 1 cup dates.

To beaten egg yolks add sugar. Sift flour, baking powder and salt, add nuts and dates, and add to first mixture alternately with beaten egg whites. Spread out in shallow pan, bake in a moderate oven. While hot, cut in narrow strips, and roll in powdered sugar.

**Honey Nut Date Bars**—3 eggs, well beaten, 1 cup honey, 1 $\frac{1}{2}$  cups flour, 1 teaspoon **Blue Ribbon baking powder**, 1 teaspoon **Blue Ribbon vanilla**, 1 cup chopped nuts, 1 pound chopped dates, pinch of salt.

Mix together honey and well-beaten eggs. Add baking powder and flour sifted together, then chopped dates and nuts, vanilla and pinch of salt. Bake in long flat tin; mixture should be not more than  $\frac{1}{4}$  inch high. Bake 45 minutes in a slow oven. When baked will be about  $\frac{1}{2}$  inch high. Cut in strips  $\frac{1}{2}$  inch wide and 3 inches long. Roll in powdered sugar. Should be kept a week before serving.

These are excellent bars to keep in the emergency cookie crock, as they become more moist and better flavored the longer they stand.

**Date Balls**—1 egg,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup milk, 1 cup flour, 2 teaspoons **Blue Ribbon baking powder**, 1 cup nuts, 1 cup dates,  $\frac{1}{4}$  teaspoon salt.

Roll the dough in the hands to make balls the size of a walnut. While hot roll in sugar.

**Cornflake Drop Cookies**—1 cup butter, 1 cup brown sugar, 2 eggs, 4 cups corn flakes, 1 teaspoon **Blue Ribbon almond extract**,  $1\frac{1}{2}$  cups flour (about), 2 teaspoons **Blue Ribbon baking powder**.

Drop from teaspoon on greased baking sheet, and bake in hot oven.

**Cornflake Macaroons**—3 egg whites, 1 cup fine sugar, 2 cups cornflakes, 1 cup coconut, 1 teaspoon **Blue Ribbon flavoring**.

Add cornflakes and coconut to stiffly beaten egg whites, into which the sugar was folded. Bake in a moderate oven 15 to 20 minutes.

**Kisses**—Take the well-beaten whites of 3 eggs, add  $\frac{3}{4}$  cup fine granulated sugar,  $\frac{1}{4}$  teaspoon salt, and flavor with  $\frac{1}{2}$  teaspoon **Blue Ribbon lemon vanilla**, or rose extract.

Drop on buttered paper with a spoon, sift sugar over them, and bake 45 minutes in a slow oven. Eaten with ices.

**Almond Macaroons**— $\frac{1}{2}$  pound almond paste,  $\frac{1}{2}$  cup powdered sugar, 3 egg whites, 1 teaspoon **Blue Ribbon rose extract**.

Mix paste and sugar thoroughly, fold in stiffly beaten egg whites and knead until smooth. Drop by teaspoonfuls on waxed paper, put a strip of almond on the top of each; strew some sugar over, and bake in a slow oven, until a light brown color, about 20 minutes.

$\frac{1}{2}$  pound finely chopped almonds might be used instead of the paste.

**Rolled Oat Macaroons**—1 cup rolled oats,  $\frac{1}{2}$  cup sugar, 1 teaspoon **Blue Ribbon baking powder**, 1 teaspoon melted butter,  $\frac{1}{2}$  teaspoon **Blue Ribbon almond extract**,  $\frac{1}{2}$  teaspoon **Blue Ribbon rose extract**, 1 white of egg, beaten stiff.

Put all dry ingredients into mixing bowl. Add the melted butter and flavoring. Last of all, add the well-beaten white of egg. Drop them 1 inch apart on buttered pans. Bake 15 to 20 minutes in a slow oven.

**Cream Puffs**— $\frac{1}{2}$  cup butter, 1 cup boiling water, 1 cup flour, 4 eggs.

Put butter and water in pan, bring to boiling point. Add flour all at once and beat vigorously, about 2 minutes. Remove from fire; cool a little. Add unbeaten eggs one at a time, beating thoroughly. Drop by spoonfuls on greased pans, heaping up the top a little. For very small puffs, use a teaspoon. Bake in a moderate oven about 35 minutes. When cold make a slit in one side and fill with whipped cream, custard filling, or mock whipped cream.

**Eclairs**—Use Cream Puff mixture, but shape long and narrow, about 1x4 inches. A pastry bag is best for this. Fill like Cream Puffs. Cover with chocolate icing.



## DESSERTS

In choosing a dessert, consider the rest of the meal. If a heavy dinner has been served, a light dessert, as fruit, whips, jellies, etc., is best. If the meal was simple, steamed puddings, custards, pastry, etc., would be more suitable. Another consideration is the time taken to prepare the dessert.

### CLASSIFICATION OF DESSERTS

1. **Hearty**—Pastry, Shortcake, Steamed Puddings, Batter Puddings, rich frozen desserts, etc.
2. **Medium**—Custards, Rice, Tapioca, Cornstarch.
3. **Light**—Fruit Salad, Jelly, Junket, Whips, etc.

## PUDDINGS

### 1. Steamed—

- (a) Made with suet as the shortening.
- (b) A variation of the tea biscuit recipe.
- (c) A variation of the plain cake recipe.

### 2. Baked—(b) and (c) of above.

**Plum Pudding**—1 cup suet chopped fine,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup molasses, 1 cup milk, 3 cups flour, 4 eggs, 1 cup bread crumbs, 1 teaspoon **Blue Ribbon soda**, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon each **Blue Ribbon nutmeg, cloves, cinnamon, and allspice**, 1 cup raisins, 1 cup currants,  $\frac{1}{2}$  cup chopped almonds,  $\frac{1}{2}$  cup finely cut mixed peel, 1 cup dates, chopped.

Mix suet, molasses, milk and well-beaten eggs. Sift flour and other dry ingredients together, reserving some of the flour to dredge fruit. Add fruit last. Pour into greased moulds, cover well, and steam. Time required will depend on size of mould. **Blue Ribbon baking powder tins** make excellent moulds. Fill  $\frac{2}{3}$  full and steam 2 hours.

**Plum Pudding, Light**—2 cups flour, 3 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup shortening, 1 cup milk, 3 eggs, 1 cup raisins,  $\frac{1}{2}$  cup chopped citron, 1 tablespoon **Blue Ribbon lemon extract**. Mix in order given. Steam.

**Carrot Pudding**—1 cup suet, 1 cup brown sugar, 1 cup grated raw carrot, 1 cup grated raw potato, 1 cup raisins, 1 cup currants, 1 egg, 1 teaspoon salt, 1 teaspoon **Blue Ribbon soda**, 1 tablespoon **Blue Ribbon extract**, or juice of one lemon,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  teaspoon each **Blue Ribbon cinnamon, cloves, and nutmeg**, 2 tablespoons sour milk or enough to make a drop batter.

**Fig Pudding**—2 cups bread crumbs,  $\frac{1}{4}$  cup flour, 1 $\frac{1}{2}$  teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon each **Blue Ribbon cinnamon and nutmeg**, 1 cup brown sugar,  $\frac{3}{4}$  cup suet,  $\frac{1}{2}$  cup milk, 2 eggs,  $\frac{1}{2}$  pound figs cut fine. Steam 2 $\frac{1}{2}$  to 3 hours.

**Suet Pudding**— $\frac{1}{2}$  cup beef suet, chopped fine and free from skin,  $\frac{1}{4}$  cup brown sugar, 1 cup raisins,  $\frac{1}{2}$  cup currants, 1 teaspoon **Blue Ribbon pastry spice**, 2 cups sifted flour,  $\frac{1}{2}$  teaspoon salt, 4 teaspoons **Blue Ribbon baking powder**,  $\frac{3}{4}$  cup milk.

Mix all dry ingredients together and then add milk. Steam 2 $\frac{1}{2}$  to 3 hours. Serve with hard sauce or lemon sauce.

**Graham Pudding, No. 1**— $\frac{1}{4}$  cup shortening,  $\frac{2}{3}$  cup honey,  $\frac{1}{2}$  cup milk, 1 egg, 1 $\frac{1}{2}$  cups Graham flour,  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**, 1 teaspoon salt, 1 cup seedless raisins.

Fill greased mould  $\frac{2}{3}$  full, cover and steam 2 $\frac{1}{2}$  to 3 hours.

**Graham Pudding, No. 2**— $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup sour milk, 2 tablespoons melted shortening, 1 $\frac{1}{2}$  cups Graham flour,  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**, 1 cup chopped raisins,  $\frac{1}{2}$  teaspoon salt.

Steam 2 $\frac{1}{2}$  to 3 hours.

**Ginger Pudding**—Take  $\frac{1}{2}$  cup molasses,  $\frac{1}{4}$  cup brown sugar, 1 egg,  $\frac{1}{4}$  cup shortening,  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  tablespoon **Blue Ribbon ginger**,  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**, 1 $\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoon salt.

Add  $\frac{1}{2}$  cup of any fruit if desired; put in a greased mould and steam 1 $\frac{1}{2}$  hours.

**Bread Pudding (Steamed)**—2 cups bread crumbs,  $\frac{1}{2}$  cup molasses, 1 cup hot water poured on the bread, 1 cup flour, 1 cup raisins,  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**, 1 tablespoon melted butter, 1 egg, **Blue Ribbon spices** to taste, milk if required.

Steam 1 $\frac{1}{2}$  to 2 hours. Good, and inexpensive.

**Puff Pudding (Steamed)**—Make a batter by sifting 4 teaspoons **Blue Ribbon baking powder**, and  $\frac{1}{2}$  teaspoon salt, into 2 cups sifted flour, 2 tablespoons sugar, 2 to 4 tablespoons shortening, and add milk enough to make it quite soft.

Grease individual moulds and put them in the steamer; drop in first 1 spoonfull batter, then 1 of berries, steamed apples, or any fruit or sauce you happen to have; then put in batter, and steam 30 minutes. Serve with sauce.

**Cottage Pudding**— $\frac{1}{2}$  cup shortening,  $\frac{3}{4}$  cup sugar, 1 egg, 1 cup milk, 2 cups flour, 4 teaspoons **Blue Ribbon baking powder**,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon **Blue Ribbon vanilla**.

Cream shortening, add sugar and vanilla, then egg. Mix and sift baking powder, salt and flour, and add alternately with milk to the egg mixture. Fill greased pan  $\frac{2}{3}$  full. Bake in oven for 40 to 45 minutes, or steam in covered moulds 1 $\frac{1}{2}$  to 2 hours. Serve with lemon or chocolate sauce.

**Note**—A nice deep **Fruit Pudding** can be made by half filling a deep dish with either dried fruit stewed, or fresh fruit or berries, and covering with a crust made of batter—same as recipe for Cottage Pudding. With dried fruit add 1 teaspoon of **Blue Ribbon lemon extract**. Bake or steam.

**Chocolate Pudding**—Use Cottage Pudding recipe, but add 2½ squares melted chocolate after the sugar is added.

**Cake with Sauce**—Any kind of cake is nice steamed and sliced with a rich, hot pudding sauce over it. Cake with raisins in, served in this manner, is a very good and wholesome substitute for plum pudding. Stale cakes may also be served in this manner.

**Pandowdy**—Pare, core, and slice thin, sour, juicy apples; grease a deep dish and put in a layer of apples, sweeten with sugar and flavor with lemon; strew over it a layer of bread crumbs and bits of butter; repeat alternately until the dish is full, finishing with a layer of bread crumbs. Bake until the apples are soft. Serve with cream.

**Apple Roly Poly**—Peel and core sour apples and plunge in cold water, make rich tea biscuit dough rolled thin, slice the apples and lay on the crust, roll up, tuck ends in, prick deeply with a fork, put in a steamer and steam 1½ hours. Or place in buttered tin and bake. Cut across and serve with lemon sauce.

Roly Poly is also very nice made of huckleberries or blackberries instead of apples. In this case cream is the proper sauce to serve with it.

**Aunt Rachel's Apple Pudding**—Make rich biscuit dough as follows: 1 cup flour, 2 tablespoons butter, 1 tablespoon **Blue Ribbon baking powder**, ¼ teaspoon salt, 1 teaspoon sugar, ½ cup milk.

Roll dough rather thin and spread with 1 cup of finely chopped tart apples, over which sprinkle ½ cup brown sugar, a little **Blue Ribbon nutmeg**, and dot over with small bits of butter. Roll up as jelly roll. Cut in inch thick slices. Lay flat in baking dish and pour over sauce made as follows:

Mix well together ½ cup sugar, 1 tablespoon flour, pinch of salt. Pour on gradually 1 cup boiling water. Stir until thickened and add 2 tablespoons butter. Pour over pudding and bake in quick oven until light brown. Serve hot.

**Dumplings**—Use a biscuit dough: 2 cups flour, 4 teaspoons **Blue Ribbon baking powder**, 1 teaspoon salt, 2 tablespoons shortening, about ¾ cup of milk.

Make just stiff enough to roll ½ inch thick. Cut in squares about 3 inches, and put fruit in centre. Apple is commonly used. Large fruits may be cut, or sliced, or used whole. Sprinkle sugar on. Gather up corners and pinch edges together. Or cut in rounds, place fruit in centre, and cover with another round. Press edges together. Pierce with a fork. Steam or bake. If necessary a very little water may be put in bottom of bake pan.

**Shortcake**—2 cups flour, 4 teaspoons **Blue Ribbon baking powder**, 6 to 8 tablespoons melted shortening, 2 tablespoons sugar, 1 teaspoon salt,  $\frac{1}{4}$  cup milk.

An egg may be added if desired. Use less milk. Mix and sift dry ingredients, then add milk and shortening. Keep as soft as possible.

This may be baked in one large cake and split before using, or as individual biscuits, or as two thinner cakes; put one on top of the other for baking. Brush the lower with butter first. When baked split, fill with fruit, and serve with whipped cream.

Strawberries seem to be preferred, but raspberries and loganberries are almost as good. Blueberries are splendid if stewed. Fresh or canned peaches are good. Practically any fruit may be used.

**Indian Pudding**—4 cups milk,  $\frac{1}{2}$  cup corn-meal,  $\frac{1}{4}$  cup molasses,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons **Blue Ribbon ginger**, 1 egg, 1 tablespoon butter.

Cook cornmeal and milk in double boiler until mixture thickens; add other ingredients. Pour into greased baking dish, set in a pan of warm water and cook 1 hour in a slow oven; 275° F.

**Apple Indian Pudding**—Add sliced apples to above recipe.

**Shredded Wheat Pudding**—To every shredded wheat biscuit, add 2 cups hot milk, 1 egg.  $\frac{1}{3}$  cup molasses,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon **Blue Ribbon cinnamon**.

Pour liquids over biscuits and bake in a moderate oven until set — about 30 minutes.

**Junket**—1 junket tablet, 1 tablespoon lukewarm water, 1 quart milk,  $\frac{1}{4}$  cup sugar, 1 teaspoon **Blue Ribbon flavoring**.

Dissolve tablet in the water. Heat milk in double boiler to lukewarm, 90 degrees F. Do not overheat or it will not thicken. Remove, add sugar, stir until dissolved. Add dissolved tablet and flavoring. Pour into individual glasses or large serving dish. Let stand at room temperature until firm. Then chill, and serve.

A drop of vegetable coloring adds to the attractiveness.  $\frac{2}{3}$  cup of caramel syrup may be used in place of the sugar. 1 cup strong coffee may be substituted for 1 of milk.

**Rice Pudding, No. 1**— $\frac{1}{2}$  cup rice, 1 quart milk,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon **Blue Ribbon nutmeg**, or 1 teaspoon **Blue Ribbon vanilla**.

Wash rice. Mix all ingredients and pour into greased baking pan. Cook in a slow oven 2 to 3 hours, stirring every 15 minutes for the first hour.

**Variations:**

1. Add  $\frac{1}{2}$  cup raisins when cooked.
2.  $\frac{1}{2}$  hour before pudding is done, add well beaten egg yolk.  
Fold in stiffly beaten white when cooked.
3. Add 2 squares melted chocolate or  $\frac{1}{2}$  cup cocoa.

**Rice Pudding, No. 2**— $\frac{1}{2}$  cup rice, 1 cup water, 2 tablespoons sugar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup raisins,  $2\frac{1}{2}$  cups milk,  $\frac{1}{2}$  teaspoon **Blue Ribbon cinnamon**.

Cook rice and water in top of double-boiler until water is absorbed. Add the other ingredients and cook 45 to 60 minutes.

**Rice Cream**—1 cup cooked rice,  $\frac{1}{2}$  cup sugar, 1 cup whipped cream.

Fold in whipped cream, chill, and serve with berries on the top, or mix 1 cup berries in with the rice mixture.

**Rice Peach Pudding**—To each cup of boiled rice, stir in 1 teaspoon butter, 2 tablespoons sugar, and 1 egg.

Butter a pudding dish, put in a layer of rice  $\frac{1}{2}$  inch thick, then a layer of pared and sliced peaches. Sprinkle with sugar and rice alternately until the dish is full. Bake 20 minutes. Have rice for the last layer. Turn out and serve with vanilla, cream or any other pudding sauce, or cream and sugar. Canned peaches may be used instead of fresh.

**Rice Snowballs**—Put boiled rice in small moulds. When cold unmould in fruit saucer. Make a custard sauce and pour over the rice balls just before serving.

**Tapioca Pudding**— $\frac{1}{2}$  cup pearl, or  $1\frac{1}{2}$  tablespoons minute tapioca. Soak pearl tapioca in water to cover about an hour. Drain, if necessary. Add tapioca to 2 cups scalded milk, and cook in double boiler until transparent. Beat yolk of an egg,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{2}$  cup sugar, add tapioca mixture gradually. Put back into double-boiler and cook for 10 or 15 minutes. Fold in stiffly beaten egg white, and 1 teaspoon **Blue Ribbon flavoring**.

This may be served hot, or very cold. A custard sauce is often poured over it.

**Apple Tapioca**—Omit egg and pour cooked tapioca over small apples left whole, pared, and cored, and filled with sugar. Bake in a moderate oven until apples are soft.

**Tapioca Nut Cream**—Put cooked tapioca into small moulds. Chill and turn into a dish, garnish with apricots and whipped cream, flavored with **Blue Ribbon vanilla**. Add chopped walnuts if desired.

**Sago Pudding**—This can be used the same as tapioca.

**Bread and Butter Pudding**—Break slices of buttered bread into pieces. Put in greased baking dish, and pour in raw custard to nearly fill the dish. Let stand  $\frac{1}{2}$  hour, then cook in the oven in a pan of hot water.  $\frac{1}{2}$  to 1 cup of raisins or other fruit may be added.

**Custard**—2 cups hot milk, 1 egg,  $\frac{1}{2}$  cup sugar, 2 tablespoons butter,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon **Blue Ribbon vanilla**.

This is sufficient custard for 2 slices bread, but of course it depends on the dryness.

**Queen of Puddings**—When bread and butter pudding is done, spread with jam or jelly, cover with meringue made of 2 egg whites and  $\frac{1}{4}$  cup sugar, and brown in oven.

**Baked Custard**—2 cups milk, scalded, 2 eggs,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon **Blue Ribbon vanilla or almond**, or dash of nutmeg.

Beat eggs slightly, add sugar, salt, and flavoring. Slowly pour over this the scalded milk, and stir until sugar is dissolved. Strain into greased individual moulds, or larger dish. If desired, grate nutmeg over top. Set in a pan of hot water, below boiling point, and bake in a moderate oven until custard is done. The test is to insert a knife in centre of custard, and if the blade is clean when withdrawn, the custard is done. Do not let the oven become too hot or custard will whey. Serve hot or cold.

Variations:

1. Use brown sugar.
2. Use  $\frac{1}{4}$  cup sugar caramelized.
3. Melt 1 square chocolate and add to hot milk.
4. Add  $\frac{1}{2}$  cup coconut.
5. Mix berries or sliced fruit with custard.

**Soft Custard or Custard Sauce**—Mix same ingredients as for baked custard. Cook in double-boiler, stirring constantly until mixture is thick enough to coat a metal spoon — 6 to 8 minutes. Flavor and cool.

**Custard Pudding**—Make like soft custard, but add 1 tablespoon cornstarch, or 2 tablespoons flour for every pint of milk. Cook cornstarch with milk before adding eggs.

This is often poured over fresh or canned fruit, or stale cake, and called trifle.

**Floating Island**—Make a soft custard with egg yolks only. Pour into a shallow pan. Make a meringue of the whites of eggs, and 1 tablespoon of sugar for each white. Drop by spoonfuls on the custard and brown in the oven.

A bit of cherry or jelly may be put in the centre of each island. Coconut may be sprinkled on the top. Serve cold.

**Almond Custard**—Make a soft custard, and add  $\frac{1}{2}$  cup of finely chopped almonds, and 1 teaspoon of **Blue Ribbon vanilla**. Serve in glasses with whipped cream sprinkled with finely shredded almonds.

**Apple Custard**—Take 1 pint stewed apples, sweetened and cooled; 1 pint sweet milk, 2 eggs. Mix the apple, milk and eggs. Put in a baking dish, grate a little **Blue Ribbon nutmeg** over the top, and bake  $\frac{1}{2}$  hour.

**Caramel Custard**—Melt 1 cup sugar for caramel, stirring it constantly until light brown in color. Reserve  $\frac{1}{4}$  of it. Butter custard cups, and pour a little caramel into each; tip the cups so as to coat them with it. Fill the cups nearly full of custard. Place in pan of water, and bake in a slow oven. When cold, turn out. Serve with caramel sauce.

**Arrowroot Custard**—2 cups of scalded milk, 2 to 3 tablespoons arrowroot wet with a little cold milk, 2 tablespoons of sugar, 1 egg.

Mix the paste with the milk, add sugar, cook. Pour over eggs and stir while adding; cook a little longer, flavor to taste, and add a pinch of salt.

**Lemon Custard**—3 eggs, 1 tablespoon butter, 2 to 3 tablespoons cornstarch,  $\frac{1}{2}$  cup of sugar, 2 cups water,  $\frac{1}{2}$  lemon, or 1 teaspoon **Blue Ribbon lemon extract**.

Beat the yolks of the eggs, the butter and sugar together. Mix the cornstarch with a little of the water. Stir all together and cook as for custard. Remove from the stove and stir the beaten whites in lightly.

**Cornstarch Pudding (Blanc Mange)**—2 cups milk, 3 tablespoons corn starch,  $\frac{1}{4}$  cup sugar,  $\frac{1}{8}$  teaspoon salt, 1 teaspoon **Blue Ribbon flavoring**.

Stir the cornstarch to a smooth paste in part of the milk. Scald remainder in double boiler, add cornstarch, sugar and salt. Stir constantly until it thickens

Blanc Mange should not be hard and solid, but only stiff enough to hold its shape when unmoulded. Use individual or large moulds dipped in cold water. Serve with sauce or cream.

This may be made with fruit juice instead of milk.

#### Variations:

1. **Chocolate**—Use 1 square grated chocolate dissolved in the hot milk, or 4 tablespoons cocoa. Lessen cornstarch.
2. **Caramel**—Double the sugar and caramelize.
3. **Coffee**—Use 1 cup very strong **Blue Ribbon coffee**.

**Pear Meringue**—Cook 8 canned pears in their syrup until clear and the syrup is thickened, then put them in a dish. Beat the whites of 3 eggs to a stiff froth, add sugar, spread it over the pears and brown the top in the oven. Serve with cake.

Other canned fruits can be prepared in the same way, and many varieties produced.

**Prune Snow**—Take 1 cup prune pulp,  $\frac{1}{4}$  cup sugar, 1 teaspoon **Blue Ribbon lemon extract**; add whites 2 eggs, beaten stiff, put in a dish and bake 30 minutes in a slow oven. Serve with cream

Other fruit may be used the same way. Apple Snow is good.

## SAUCE FOR PUDDINGS

Wherever wine is found in a rule for sauce, juice of a lemon may be substituted in some cases; in others, a glass of rose water or an extra yolk of an egg.

Sweet cream used as a pudding sauce is most wholesome as well as most convenient, suitable to almost every pudding. Flavoring is sometimes used.

**Currant Sauce**—Dilute  $\frac{1}{2}$  cup currant jelly with 1 cup boiling water; stir in 1 tablespoon butter, and  $\frac{1}{4}$  of sugar.

When it boils, add the juice of  $\frac{1}{2}$  lemon, a little **Blue Ribbon nutmeg**, and 1 teaspoon cornstarch wet with cold water. Boil up again, and set in hot water until needed.

**Custard Sauce**—1 pint milk, butter size of a walnut, 1 well beaten egg, or the yolks of 2 eggs, 1 teaspoon **Blue Ribbon vanilla extract**, or **Blue Ribbon almond extract**,  $\frac{1}{4}$  cup sugar.

Melt the butter and the sugar in the milk; stir this gradually into the egg. Heat over a slow fire until the custard thickens. Add the flavoring just before serving. Serve with cornstarch or blanc mange. Very nice poured over fresh berries in the absence of cream.

**Delicate Pudding Sauce**—Scald 1 cup milk, beat the yolks of 2 eggs with  $\frac{1}{4}$  cup sugar, and stir in; when it is thick as custard remove from the fire, and when cool, add whatever flavoring you choose, and the whites of the eggs beaten to a stiff froth.

**Dominion Sauce**—Bring the juice poured from a can of peaches to a boil. Dissolve 1 tablespoon cornstarch in  $\frac{1}{4}$  cup cold water, add to the juice, boil 2 minutes and stir in  $\frac{1}{4}$  cup sugar.

This sauce is served with peach batter pudding, and may be used with any other. The juice of preserved fruit makes a nice sauce.

**Chocolate Sauce, No. 1**—1 to 2 squares melted chocolate,  $\frac{1}{2}$  cup hot water,  $\frac{1}{2}$  to 1 cup sugar, 1 tablespoon butter, 1 teaspoon **Blue Ribbon vanilla**.

**Chocolate Sauce, No. 2**—1 cup milk, 1 tablespoon cornstarch,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  square chocolate,  $\frac{1}{2}$  teaspoon **Blue Ribbon vanilla**.

**Clear Pudding Sauce**— $\frac{1}{4}$  cup sugar, 1 tablespoon flour, 1 cup boiling water, 2 tablespoons butter, 1 teaspoon **Blue Ribbon flavoring**.

**Honey Sauce**— $\frac{1}{2}$  to 1 cup whipped cream,  $\frac{1}{2}$  cup honey, 1 teaspoon **Blue Ribbon lemon extract**.

**Hard Sauce**— $\frac{1}{4}$  cup butter, 1 cup powdered sugar,  $\frac{1}{2}$  teaspoon **Blue Ribbon vanilla extract**,  $\frac{1}{8}$  teaspoon **Blue Ribbon pastry spice**.

Cream butter and sugar thoroughly (10 minutes), add vanilla. Heap roughly in a dish, sprinkle pastry spice over the top, and keep cool until served. An egg white beaten stiff may be folded in at the last.



**Hard Gold Sauce**— $\frac{1}{2}$  cup butter creamed with 1 cup brown sugar. Flavor with **Blue Ribbon vanilla**.

Beat the butter to a cream, and add the sugar. Beat thoroughly. Smooth into shape and grate nutmeg over the top. Keep cool. The yolk of an egg is a very nice addition beaten up with the sauce.

**Lemon Sauce**— $\frac{1}{2}$  cup sugar, 1 cup boiling water, 1 tablespoon cornstarch, 2 tablespoons butter,  $\frac{1}{4}$  teaspoon **Blue Ribbon lemon extract**.

Mix the sugar and cornstarch, stir into them the boiling water, and boil 5 minutes. Take from the fire and add butter and lemon extract.

**Foam Sauce**—Take the yolk of 1 egg and beat it with 1 cup powdered sugar and butter the size of an egg, until light, add boiling water,  $\frac{1}{2}$  cup, and set it over a kettle until cooked; flavor with 1 teaspoon **Blue Ribbon lemon extract**; beat the white of the egg to a stiff froth and add the last thing.

**Simple Sauce**—1 egg beaten thoroughly and stirred into 1 pint sweetened milk. Flavor with **Blue Ribbon nutmeg**.

**Strawberry Sauce**— $\frac{1}{4}$  cup butter, 1 cup sugar, and 1 pint strawberries mashed until juicy. (Canned berries may be substituted for fresh ones.)

Beat the butter and sugar to a cream, then stir in the berries. The beaten white of 1 egg may be added before the berries.

**Whipped Cream Sauce**—Whip 1 cup ice-cold cream, add  $\frac{1}{2}$  cup powdered sugar, and  $\frac{1}{2}$  teaspoon **Blue Ribbon lemon or vanilla extract**.

The beaten whites of 1 to 3 eggs are often added. Nice with fruit puddings, or to cover slices of sponge cake.

**Mock Maple Syrup**—See under Griddle Cake recipes.

**Caramel Sauce**—Caramelize  $\frac{1}{2}$  cup sugar, add  $\frac{1}{2}$  cup boiling water, simmer 5 minutes. Add  $\frac{1}{4}$  teaspoon **Blue Ribbon vanilla**.

**Orange Sauce**—3 egg whites, 1 cup fruit sugar, grated rind of two oranges,  $\frac{1}{2}$  cup orange juice, 3 tablespoons lemon juice. Add sugar gradually to stiffly beaten egg whites. Add orange rind and fruit juices.



## JELLIED DESSERTS

**Apple Charlotte**—Prepare 1 pint of **Blue Ribbon lemon jelly** in the usual way. Then take 1 pint cooked apples strained and rubbed through a sieve; pour the jelly over the apples, add 1 cup sugar and stir with your dish placed on ice until mixture begins to thicken; add the whites of 2 eggs beaten to a stiff froth; pour into a mould lined with sponge cake. Serve with soft custard. A delicious and wholesome dessert.

**Fruit Charlotte**—1 package **Blue Ribbon calf's foot jelly powder**, 1½ cups boiling water, 1 cup fresh sliced fruit, ¼ cup sugar, 1 cup cream, whipped, or whites of 2 eggs beaten stiff.

Dissolve jelly powder with boiling water, set aside to cool. When cool, and beginning to set, pour over fruit, beat until it is frothy, then add either whipped cream or whites of eggs beaten very stiff. Set away in moulds.

**Cake in Jelly**—Bake a sponge cake of pretty shape. Make sufficient **Blue Ribbon jelly** (any flavor) and into dish pour part of jelly. When almost firm place cake upon it and cover with remaining jelly. When firm, turn into a platter. Serve with whipped cream.

**Apricot Jelly**—1 package **Blue Ribbon orange jelly powder**, 1 cup boiling water, 1 tin apricots.

Pour boiling water on jelly powder and stir until dissolved. Heat the apricot juice, and when hot, strain in with the jelly powder. Put apricots in mould, then pour over the jelly. Let it set in a cold place. Serve with whipped cream seasoned to taste.

Dried apricots may also be used, and if desired, half put through sieve.

**Baked Apples with Jelly**—Pare and core 6 large apples; bake in usual way, and when done pour over them 1 pint **Blue Ribbon jelly** (any flavor). Set on ice to cool. Serve with whipped cream.

**Vanilla Cream**—Dissolve 1 package **Blue Ribbon vanilla jelly powder** in 2 cups boiling water, and cool. Thoroughly beat the whites of 2 eggs, and beat in 1 cup whipped cream; add ¼ cup sugar, and flavor with 1 teaspoon **Blue Ribbon vanilla**; then add to the dissolved jelly powder. Beat until it begins to thicken, and pour into moulds. Serve very cold with cream.

**Orange Cream**—Dissolve 1 package **Blue Ribbon orange jelly powder** in 1½ cups boiling water. Add 1 cup sugar, the juice of 1 lemon, the juice of 2 oranges, with the grated rind of 1 orange, and the well-beaten yolks of 2 eggs. Cook gently for a moment, pour into a mould, and set in a cool place.

**Peach Cream**—Cut a can of peaches into small pieces; dissolve 1 package **Blue Ribbon lemon jelly powder** in 1 cup boiling water, add 1 cup juice, then add the fruit, and when partly cooled, beat a pint of sweet cream until stiff; add ½ cup sugar, fold into jelly and pour into a mould to harden.

**Pineapple Cream**—Peel and shred a pineapple, add ¾ cup of powdered sugar, and the juice of a lemon. Whip 1 cup cream; dissolve 1 package **Blue Ribbon jelly powder** in 1 cup boiling water. When cool, mix all together lightly, and pour into a mould. Serve cold.

Use canned grated pineapple if desired.

**Raspberry Cream**—1 pint red raspberries, 1 package **Blue Ribbon raspberry jelly powder**, 2 cups boiling water, 1 cup powdered sugar, 1 cup whipped cream, whites of 2 eggs.

Set dissolved jelly aside to cool. Beat the whites of the eggs stiff, and when the jelly is growing firm, whip this into the frothed whites. Stir in the berries, and turn into a mould. Serve with the freshly whipped cream.

**Italian Cream**—1 quart milk, 2 packages of **Blue Ribbon calf's foot jelly powder**,  $\frac{1}{2}$  cup sugar, 4 eggs, 1 teaspoon **Blue Ribbon vanilla**.

Put the milk on to scald in a double boiler. Beat the yolks of the eggs and sugar together until light, then stir the scalded milk into them. Stir over the fire half a minute; take from the fire, add the jelly powder and vanilla, stir well, and set aside to cool. When slightly cool, not stiff, add the whites of the eggs beaten to a stiff froth, turn into a mould to set.

**Charlotte Russe**—1 cup thick whipped cream, 2 cups milk, 1 package **Blue Ribbon jelly powder**,  $\frac{1}{2}$  cup pulverized sugar, whites of 2 eggs, well-beaten, flavor with 1 teaspoon **Blue Ribbon vanilla or almond extract**.

Dissolve the sugar and jelly powder in the scalded milk, stirring continually. Cool. When nearly cold enough to set, pour in half the whipped cream and beat. Whip the whites of the 2 eggs and fold in. Flavor. Fill the dish or mould with slices of sponge cake or lady-fingers; pour in the prepared cream. Beat the remaining  $\frac{1}{2}$  cup of cream and spread over the top. Cool on ice, if convenient. If in a mould it will turn out nicely. This may be made without cream, but it is not as rich. In that case the whites of 2 more eggs must be sweetened, whipped stiff, flavored, and spread over the top; grated cocoanut sprinkled over this will be an improvement.

**Charlotte Russe (without eggs)**—1 cup whipped cream,  $1\frac{1}{2}$  cups milk. Heat milk, and pour over 1 package **Blue Ribbon vanilla jelly powder**, stir until dissolved, then strain; when nearly cold add the whipped cream, sweeten with pulverized sugar. Line a dish with lady-fingers or sponge cake; pour in the cream and set in a cool place.

**Macedonian Jelly**—Dissolve 1 package **Blue Ribbon lemon jelly powder** in 1 pint boiling water. Cool a little of the jelly in a mould by setting it on ice; when solid, add a layer of nicely washed currants, seeded raisins, and stoned dates, or any fruit desired, then cover the fruit with more of the warm jelly; harden again on the ice, and repeat the process until the mould is full. Fresh grated, or desiccated cocoanut may be used instead of the fruit, if preferred.

**Rainbow Jelly (sufficient for 2 quarts)**—1 package lemon **Blue Ribbon jelly powder**, 1 package cherry **Blue Ribbon jelly powder**, 2 packages pistachio **Blue Ribbon jelly powder**.

Dissolve each package of jelly with  $1\frac{1}{2}$  cups boiling water. First dissolve lemon jelly powder and put half of it in each mould; when thick as honey put in slices of fruit and allow jelly to stand until it is quite set. Then put on next flavor of jelly. Be sure jelly is only lukewarm when you put it on the jelly that is set. Allow it to stand until as thick as honey and add fruit. Continue adding jelly and fruit until mould is filled.

**Russian Jelly**—1 package **Blue Ribbon jelly powder** (any flavor),  $1\frac{1}{2}$  cups boiling water, 2 whites of eggs beaten very stiff.

Dissolve jelly powder with boiling water; set aside to cool. When thick as honey whip until it is frothy, add well-beaten whites of eggs. Set away in moulds. Serve with custard.

**Tea or Coffee Jelly**—One package of **Blue Ribbon calf's foot jelly powder** dissolved in 1 pint hot **Blue Ribbon tea or coffee**, and add  $\frac{1}{2}$  cup sugar; will produce a delicious tea or coffee jelly.

Serve with whipped cream, or cream and powdered sugar.

**Lemon Sponge**—Dissolve 1 package of **Blue Ribbon lemon jelly powder** in the usual way; add the yolks of 3 eggs and cook in a double-boiler until it begins to thicken. Strain the mixture into a pan, place on broken ice and beat contents occasionally until it has cooled, but not hardened. Now add the beaten whites of the eggs, and beat until it begins to thicken; then turn into moulds and set away to harden. Serve with cream and powdered sugar. Orange Sponge may be prepared in the same way.

**A Luncheon Dish**—Hollow out the centre of a square sponge cake leaving the bottom and sides thick enough to hold 1 pint of jelly. Make lemon jelly from **Blue Ribbon jelly powder**, and when it is nearly cold, fill up the space in cake, and set in a cold place to harden. Chopped nuts added to jelly improve it. When ready to serve cover with whipped cream.

**Moulded Apple**—Take any flavor **Blue Ribbon jelly powder** desired, dissolve in the usual way, and pour over apples cooked as a compote and left whole or sliced. Serve with whipped cream.



## FROZEN DESSERTS

**Directions for Freezing Creams**—Put ice in a strong canvas bag and pound it fine, use rock salt — fine will not do. Scald can, dasher and cover. Fit the can into the socket in the pail, pour in mixture to be frozen, put on cover, adjust the cover to the cross-piece, and turn the crank to make sure that all is in working order.

**Packing**—In freezing ice-cream, 6 parts ice to 1 part salt produces the best texture with an increase of 21% volume. The can should be filled  $\frac{1}{2}$  full of ice before any salt is added, and remainder filled with alternate layers of salt and ice, letting it come a little above the height of the cream in the can. Never fill can more than  $\frac{3}{4}$  full, as it expands on freezing. Pack ice and salt solidly, turn crank a few times and let mixture settle.

**Freezing**—Turn crank slowly and steadily until cream is rather stiff, then turn more rapidly. Do not drain off water unless there is danger of water getting into can. The cream should take about 20 minutes to freeze. Cream frozen too rapidly, or not well stirred, is coarse grained. When dasher turns very hard cream is sufficiently frozen. Remove dasher, but first wipe the outside of the cover and upper part of can so salt will not get in. Scrape cream from the sides of can and pack down evenly. Put cork in hole in cover and replace. Draw off water from hole near bottom of pail, repack with ice and salt, using 4 parts ice to 1 of rock salt, and cover with an old blanket, newspapers, or piece of clean carpet. Let cream stand at least 1 hour — 2 if possible — to "ripen" before serving. For packing mixtures to be frozen without stirring, use 2 parts ice to 1 part salt.

Ice creams should seem quite sweet and highly flavored before being frozen, as after freezing they will seem less so.

## CLASSIFICATION

I.—Ices frozen by being turned in freezer.

- (a) **Plain Ice Cream**—Custard with flour or cornstarch.
- (b) **Philadelphia Ice Cream**—Pure cream, or cream and milk, sweetened and flavored — no eggs.
- (c) **Water Ices:**
  1. **Plain Water Ice**—A syrup of sugar, and water, and fruit juices.
  2. **Sherbet**—Water Ice with a little gelatine or white of egg. Has a foamy appearance.
  3. **Frampé**—Water Ice half frozen.

II. Ices frozen without stirring (being put into moulds).

- (a) **Parfait**—Eggs cooked in a syrup with whipped cream added.
- (b) **Mousse**—Whipped cream and gelatine sweetened and flavored.

**Plain Ice Cream**—1 pint milk, 1 cup sugar, 1 tablespoon flour or  $\frac{1}{2}$  tablespoon cornstarch, 2 eggs,  $\frac{1}{8}$  teaspoon salt, 1 tablespoon **Blue Ribbon** flavoring, 1 quart thin cream.

Heat milk in a double boiler. Beat eggs slightly, and add flour and sugar. Into this pour the hot milk, stirring constantly. Return to the double boiler and cook until the mixture thickens. Cool, add cream and flavoring. Freeze.

**Philadelphia Ice Cream**—1½ pints of cream and 1 cup milk, or 1 quart thin cream, 1 scant cup sugar, ⅛ teaspoon salt, 2 tablespoons **Blue Ribbon** flavoring.

Scald cream with sugar in it, but do not boil; add flavoring and freeze. These creams may be removed from freezer, put in moulds and packed in ice and salt, covered, and allowed 2 to 5 hours to "ripen." One-pound baking powder tins make very pretty moulds, and are quite convenient for serving in slices.

**French Ice Cream**—1 pint milk, 2 eggs, ¾ cup sugar, 1 tablespoon **Blue Ribbon** flavoring, 1 cup cream whipped stiff, ⅛ teaspoon salt.

Scald milk and pour slowly over the yolks beaten with the sugar and salt, and cook in a double boiler until it coats the spoon; remove from fire, cool. Have whites beaten stiff, and add flavoring. Fold in the whites, then add cream, and freeze.

**Fruit Juice Ice Cream**—Mix any desired fruit juice with sugar to form a clear syrup, and then stir it in any of the ice creams after beginning the freezing. Fruit juice should never be cooked with the cream or milk. Use 1 cup of the prepared juice to 1 quart cream.

**Tutti Frutti Ice Cream**—½ cup raisins, ½ cup cherries. Add fruit to plain ice cream when mixture is half frozen.

**Almond Ice Cream**—After blanching the almonds, pound them to a paste, adding a little rose-water to prevent their oiling; then add it to any of the above ice-creams for flavor. Use about 3 ounces of almonds to the quart of ice cream. Another flavor is produced by blanching the almonds, roasting them in the oven to a golden brown, and pounding to a smooth paste in a mortar with a little sugar and cream.

**Coffee Ice Cream**—Use about 4 tablespoons of very strong **Blue Ribbon** coffee to each quart of ice cream, or finely ground coffee scalded with the milk gives a better flavor. A little arrowroot is sometimes added with coffee cream

**Tea Ice Cream**—Strong **Blue Ribbon** tea can also be used as a flavor, the same as coffee.

**Picnic Ice Cream**—Take 3 pints milk, 1 pint cream, 1½ cups sugar, whites of 3 eggs beaten to a stiff froth; flavor and freeze without cooking. It can be made and served in 1 hour.

**Strawberry Ice Cream**—1 pint heavy cream, 1 pint strawberries, 1 cup sugar.

Select and wash deep red berries. Mix and mash a little with the sugar, and allow to stand over night.

The secret of distinctive flavor and color in strawberry ice cream, is that the berries have been allowed to stand over night in the sugar. The sugar draws out the flavor of the berries and forms a thick syrup. Stir well before adding to the cream. Freeze. More sugar may need to be added if berries are tart.

**Chocolate Ice Cream**—4 squares unsweetened chocolate, 1 pint milk, 1 pint heavy cream, 4 egg yolks, 1 cup sugar, 1 tablespoon **Blue Ribbon vanilla**.

Melt chocolate over hot water; add half the milk gradually. Cook and stir until smooth. Scald the remaining milk, and add gradually to the egg yolks and sugar, which have been beaten together. Cook in a double boiler until spoon is coated. Do not cook too long or custard will curdle. Stir in chocolate mixture, add cream and vanilla. Strain, cool and freeze.

**Water-Ice**—The usual proportion is 4 cups water, 2 cups sugar, and  $\frac{3}{4}$  to 1 cup fruit juice or fruit pulp. Boil water and sugar 5 minutes; add flavoring. Strain, cool and freeze.

Endless varieties may be had by using any fruit singly or in combination.

**Orange Ice**—4 cups water, 2 cups sugar, 2 cups orange juice,  $\frac{1}{4}$  cup lemon juice, grated rind of 2 oranges.

**Sherbet**—This is water ice with gelatine or white of egg added. Use 1 beaten egg white to 1 quart liquid, and stir in when water ice mixture is partly frozen. Or use 1 teaspoon to 1 tablespoon gelatine for a quart of liquid. Soak gelatine in a little cold water and dissolve in hot syrup. Strain, cool and freeze.

**Frappe**s are soft water ices with or without cream. Freeze like creams, except that crank need not be turned constantly; a few turns every 5 minutes are enough. Freeze to the consistency of mush or wet snow.

These are usually served in sherbet glasses, and are drunk rather than eaten with a spoon.

**Cafe Frappe**— $3\frac{1}{2}$  cups strong **Blue Ribbon coffee**, 1 scant cup sugar, 1 cup cream.

Add sugar to coffee while hot, cool, strain, add cream and freeze, or omit cream and freeze, and serve with 1 cup whipped cream. Put teaspoon whipped cream on top of each glass when serving.

Pour mixture in freezer, using half ice and half salt, freeze to consistency of mush.

**Tea Frappe**—4 teaspoons **Blue Ribbon tea**, cover with 1 pint freshly boiling water, and steep 5 minutes; 1 cup sugar, 2 cups water, boil 5 minutes; juice 3 oranges, juice 2 lemons, 1 cup pineapple. Strain tea and add to other liquids and fruits, and freeze as above.

## Creams Frozen Without Stirring

**White Parfait**—1 cup sugar, 1 cup water, 3 egg whites, 1 pint cream whipped, 3 teaspoons **Blue Ribbon rose, vanilla, lemon, or orange extract**.

Cook sugar and water together until it spins a thread, pour it slowly over the whites of eggs which were beaten very stiff. Beat thoroughly until cold, add the whipped cream, mix thoroughly, turn into moulds, pack in ice and salt, using 2 to 1, allow it to stand 4 or 5 hours to "ripen."

**Yellow Parfait**—6 egg yolks beaten thick, 1 cup sugar boiled in  $\frac{1}{2}$  cup water 5 minutes, 1 pint cream whipped very stiff, 1 tablespoon **Blue Ribbon vanilla extract**. Make like White Parfait.

**Mousse**—This is whipping cream with a little gelatine, sweetened and flavored. To 1 pint cream use  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  tablespoon of gelatine and flavoring.

Soak gelatine in 2 tablespoons cold water, dissolve in heated flavoring or set in a pan of hot water. Add sugar, stir until it begins to thicken, add whipped cream. Pack in moulds and freeze in 2 parts ice to 1 part salt, and leave 3 hours. **Blue Ribbon baking powder tins** make good moulds. It is advisable to bind the mould around the opening with a strip of cloth and melted paraffin wax.

**Flavoring for Mousse**—1 cup black **Blue Ribbon coffee**; 1 cup maple syrup—no sugar; 2 to 4 squares melted chocolate; 2 cups mashed strawberries, or any fruit pulp; 1 cup grape juice.



## HOME-MADE CANDIES

**Fondant for Making Creams**—2 cups granulated sugar,  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  teaspoon **Blue Ribbon cream tartar**, 1 tablespoon **Blue Ribbon extract**.

Boil sugar, water and tartar until a soft ball can be formed in cold water, 238 degrees F. Stir until sugar is dissolved, then do not stir again. Cover or wash down crystals with a clean cloth dipped in water. Turn out on large buttered platter, and let it cool until it will retain a dent made by the finger, then work a little with a spoon and knead until creamy. Form into shapes and press nuts on top, or roll in nuts, or dip next day in **Blue Ribbon chocolate icing** and set aside to dry.

**Fruit Creams**—Take some fondant, and while it is warm work in grated cocoanut or finely-chopped citron, currants, figs, or other fruit; it can then be formed into balls, bars, or flat cakes, and these set aside to dry.



**Melting Fondant**—In melting fondant put some of it in a cup and set it in a dish of boiling water instead of setting it directly on the stove; when melted, the cup can be held in the hand while the dipping or dropping is being done.

**Walnut Creams**—Melt a little fondant in a cup, as before directed; color it with cochineal, and flavor with vanilla, or not, as preferred; then drop in walnut meats, one at a time, taking them out on the tines of a fork, and placing them on buttered paper to harden; then repeat the operation, giving each one a second coat. Another way is to flavor a little fondant with vanilla, form it into small balls, press the 2 halves of a walnut on opposite sides of each one, and set it on an oiled dish to harden. If the nuts are slightly salted before being used it will improve the flavor.

**Almond Creams** can be formed by using almonds instead of walnuts.

**Chocolate Fudge**—2 cups sugar, brown or white, 2 squares chocolate, 1 tablespoon butter,  $\frac{2}{3}$  cup milk, 2 tablespoons corn syrup, 1 teaspoon **Blue Ribbon vanilla**. A dash of salt may also be added.

Boil sugar, grated chocolate, syrup and milk, very slowly until soft ball stage is reached, 238 degrees F. Do not stir after sugar is dissolved. Add butter and let cool a little. Add vanilla and beat until smooth and creamy. Pour into greased pan, and when nearly cold mark in squares.

**Chocolate Marshmallows**—Add to fudge 1 cup of marshmallows cut into quarters and spread on pan before pouring in fudge.

**Chocolate Coconut Fudge**—Add  $\frac{1}{2}$  cup of coconut to Chocolate Fudge recipe just before pouring into pans.

**Pinoche or Maple Cream**— $1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup chopped nuts,  $\frac{1}{4}$  teaspoon **Blue Ribbon almond extract**, 2 teaspoons butter.

Put sugar, milk and butter in saucepan, and boil together until it forms a soft ball in cold water. Add nuts and flavoring and beat until it gets thick. Pour out on a greased plate.

**Popcorn Balls**— $1\frac{1}{2}$  cups white sugar,  $1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup corn syrup,  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons butter, 2 tablespoons **Blue Ribbon vanilla**, 3 quarts popped corn.

Mix sugar, syrup and water, and stir until dissolved. Then let boil until brittle stage is reached, 290 degrees F. Remove from fire, add butter and salt and pour over the corn, mixing with a spoon. Grease fingers and shape into balls.

**Molasses Candy (Pulled)**—2 cups molasses,  $\frac{2}{3}$  cup sugar, 3 tablespoons butter, 2 tablespoons vinegar.

Melt butter in kettle, add molasses and sugar, stir until sugar is dissolved. Boil until brittle, 290 degrees F., stirring constantly at the last. Add vinegar, remove from fire and pour into greased pan. When cool enough to handle, butter the fingers, and pull but do not squeeze the candy. Pull until porous and light yellow. Cut in small pieces.

**Peanut Brittle**—1 cup sugar, 1½ cups unshelled peanuts. Shell peanuts, remove brown skin, chop fine or leave whole. Melt sugar in frying pan, but do not caramelize. Pour over nuts on a platter; mark in squares before it hardens.

**Butter Scotch**—2 cups sugar, ¼ cup molasses, ¼ cup butter, 1 tablespoon vinegar, 2 tablespoons boiling water, dash of salt, 1 tablespoon **Blue Ribbon vanilla**.

Boil sugar, molasses, vinegar, water and salt until brittle, 290°F. Add butter and vanilla, and pour into greased pans until it is ¼ inch thick. Mark into squares.

**Chocolate Caramels**—2 cups brown sugar, 2 tablespoons molasses, 2 tablespoons butter, ½ cup milk, 4 squares chocolate, 1 teaspoon **Blue Ribbon vanilla**.

Cook ingredients, except butter and vanilla, to firm ball stage, 248 degrees F. Remove from fire, add butter and vanilla and pour into greased pan. Mark in squares.

**Sea Foam**—3 cups sugar, ¾ cup water, ½ cup corn syrup, 2 egg whites, 1 teaspoon **Blue Ribbon flavoring**.

Boil sugar, water and syrup to hard ball stage, 254 degrees F. Let cool a little, and pour slowly into stiffly beaten egg whites, beating constantly. Add flavoring, and beat until smooth and creamy. Coconut or nuts may be added if desired.

**Cream Candy**—Delicious candies may be made from the white of an egg and a tablespoon of cream or cold water lightly beaten together. Into this, powdered sugar should be stirred until it is the consistency of stiff dough. Work until smooth, form into small balls, stand on greased paper, and put in a cool, dry place to harden (about 2 hours).

A variety of flavors of **Blue Ribbon extracts** may be used, and the candy may be colored.

**Turkish Delight**—4 tablespoons gelatine, ½ cup cold water, 2 cups sugar, ½ cup boiling water, juice of 1 lemon, juice of 1 large orange, grated rind of orange.

Soak gelatine in cold water. Boil sugar and hot water and add to gelatine mixture. Let simmer 20 minutes, add flavoring and strain. Pour into wet mould, having mixture about 1 inch deep. Cut in squares and roll in powdered sugar.

Nuts, fruit and coloring matter may be added, if desired.

**Salted Almonds or Peanuts**—Blanch almonds by putting in boiling water until skins are loosened. Drain, cover with cold water, and pinch off skins. Remove skin from peanuts. Dry almonds on towel. To every pint of nuts allow 1½ tablespoons melted butter. Brown delicately in a slow oven, or in a frying pan, stirring so that nuts will not burn. Drain on brown paper to absorb surplus fat. Sprinkle salt on nuts while still hot, using 1 teaspoon salt to every pint of nuts. Stir well. When nuts are cold, shake in a colander to remove loose salt.

## BEVERAGES



**Beverages** are liquids and flavoring suitable for drinking. They may be classified as:

1. **Refreshing**—Water and fruit juices.
2. **Nutritious**—Milk, cocoa, and chocolate.
3. **Stimulating**—Tea and coffee.

Water is, of course, the most important beverage, and is as necessary as food. From 4 to 6 glasses should be taken daily, and a good habit to establish is to take a glass of water before breakfast.

If there is any doubt as to water being pure, it is advisable to boil it hard for a few minutes, cover, cool, then pour slowly into sterile jars. Discard the last pint. The source of supply should be carefully guarded from contamination.

**Tea**—**Blue Ribbon Red Label** is the most economical to use. It is much stronger and goes further than ordinary bulk Tea, but if you like plenty of flavor use **Blue Ribbon Orange Pekoe**. Use earthenware tea pot, rinse the tea pot with boiling water, put in level teaspoon of **Blue Ribbon tea** for each cup desired, pour freshly boiling water on the dry leaves, infuse five or six minutes, then serve immediately, add sugar and cream as desired.

**Iced Tea**—Fill glasses almost full of cracked ice, and fill with hot freshly made tea. Serve with sliced lemon and powdered sugar.

**Coffee**—**Blue Ribbon Vacuum Packed Coffee** is the finest grown, and being packed by latest vacuum process in airtight cans is always fresh and retains all its flavor. Use one tablespoon full for each cup desired, pour freshly boiling water on Coffee, do not stir. This makes it harsh and kills the fine flavor. For this reason Coffee is never best made in an electric percolator. Let Coffee stand about five minutes then serve immediately. Never boil Coffee.

**Iced Coffee**—Make the same as Iced Tea, but some like cream added first. Omit lemon.

**Cocoa**—**Blue Ribbon** is the finest imported Dutch Cocoa, and the most nourishing.

1 tablespoon **Blue Ribbon cocoa**, 1 tablespoon sugar,  $\frac{1}{3}$  cup water, speck of salt,  $\frac{1}{2}$  teaspoon **Blue Ribbon vanilla**.

Mix cocoa, sugar, salt and water to a paste, cook smooth. Add to hot milk, and reheat. Add vanilla. Beat till frothy. More or less cocoa and sugar may be used; also more water. A little whipped cream, or marshmallows on top of the cup adds to the attractiveness.

**Lemonade**—Roll the lemons to soften, squeeze the juice. Use 1 lemon, or less, to 1 cup iced water, and 2 tablespoons sugar. Stir until sugar is dissolved. Serve.

**Lemon Syrup**— $1\frac{1}{2}$  cups sugar, 1 cup water, juice of 6 lemons and rind of one.

Boil sugar, water, and lemon rind 5 minutes. Add lemon juice, strain, cool. Dilute with water to taste, about 2 tablespoons syrup to 1 glass water. The lemon syrup may be bottled, and will keep for several days.

**Orangeade, No. 1**—6 oranges, 1 lemon, 6 tablespoons sugar, 3 cups water.

Squeeze oranges and lemon: mix with sugar and water. Strain. Chill.

**Orangeade, No. 2**—Same as above recipe, but use only 1 cup water and make a syrup as explained in Lemon Syrup.

**Fruit Punch**—1 quart boiling water, 1 cup orange juice,  $\frac{1}{2}$  cup lemon juice, grated rind of orange and lemon, 2 cups chopped pineapple, 1 to 2 cups sugar.

Boil sugar, water, rind and pineapple 5 minutes. Add lemon and orange juice. Strain. Cool. Dilute with about 2 cups iced water.

**Variations—**

1. Add 2 cups of any fruit juice, or part crushed fruit.
2. Add 1 quart ginger ale.
3. Use soda water.
4. Use part cold tea.

**Raspberry Vinegar**—3 pints raspberries, 1 pint cider vinegar, 1 pound sugar to 1 pint juice.

Pick over berries, cover with vinegar, let stand overnight. Strain through wet jelly bag, measure, add sugar and boil 15 minutes. Pour into sterilized bottles. Seal. When serving use 3 to 4 tablespoons and fill glasses with iced water.

**Apple Water**—Take tart apples, quarter and core; add  $\frac{1}{2}$  their weight of sugar, cover with water, and simmer until tender; strain through a jelly bag and cool, add a little lemon juice.

The pulp can be used for apple butter, catsup, etc.

**Grape Juice**—10 pounds blue grapes, 2 pounds sugar, 2 quarts water.

Pick over grapes, wash, simmer about 1 hour. Drain overnight in jelly bag. Add sugar and boil 2 or 3 minutes. Seal in bottles and keep in a cool, dark place.

**Oatmeal Drink**—(1) Dissolve  $\frac{1}{2}$  cup of oatmeal in a pitcher of water; let settle, and drink cold. (2) Take 1 cup sugar,  $\frac{1}{2}$  a lemon sliced small, and  $1\frac{1}{2}$  cups fine oatmeal; mix them with a little warm water first, and then pour on 4 quarts boiling water, stir well together, let settle, and use cold. Any other flavoring can be used instead of the lemon if desired. (3) Mix together 1 cup sugar,  $1\frac{1}{2}$  cups fine oatmeal, 1 cup **Blue Ribbon cocoa**. Add 4 quarts boiling water. Use when cold. Add ice if you have it.

**Cocoa**—1 tablespoon **Blue Ribbon cocoa**, 1 tablespoon sugar,  $\frac{1}{8}$  cup water, speck of salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon vanilla**.

Mix cocoa, sugar, salt and water to a paste, cook smooth. Add to hot milk, and reheat. Add vanilla. Beat until frothy.

More or less cocoa and sugar may be used; also more water. A little whipped cream, or marshmallow on top on the cup adds to the attractiveness.

**Chocolate**—1 square (ounce) of chocolate, 2 tablespoons sugar,  $\frac{1}{2}$  cup boiling water,  $1\frac{1}{2}$  cups scalded milk, speck of salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon vanilla**.

Add hot water to the chocolate, sugar, and salt; heat until chocolate is dissolved, then boil 2 to 5 minutes. Add hot milk and vanilla. Reheat and serve.

**Iced Tea**—Fill glasses almost full of cracked ice, and fill with hot freshly made tea. Serve with sliced lemon and powdered sugar.

**Iced Coffee**—Make the same as iced tea, but some like cream added first. Omit lemon.



## FRUITS

These are valuable to the diet, mainly because of their mineral salts and vitamins. They often act as a mild laxative, and their cellulose gives bulk to the food. They are also useful as appetizers.

**Baked Apples**—Wash apples, and remove the cores; fill the holes with sugar, and add a little spice and a piece of butter on each apple; put  $\frac{1}{2}$  cup of hot water in the pan and bake the apples until tender. Baste frequently. If one strip of skin is pared from the centre, the apple will retain its shape better. A few raisins or nuts may be added just before cooking is done.

**Baked Pears**—Use the same method as for apples, or pears may be peeled and quartered.

**Baked Bananas**—Remove skins, cut in halves lengthwise if they are large. Sprinkle with lemon juice and a little sugar; add a few pieces of butter and a very little water. A tart fruit syrup may be used instead. Bake until soft — 10 or 15 minutes.

If preferred, bananas may be baked in their skins until they turn black, about 20 to 25 minutes. Peel and sprinkle with a little sugar or syrup.

**Apple Sauce**—1 quart cut apples, 1 cup sugar, 2 or more tablespoons water.

Wipe, pare, quarter and core apples; add water, cover, and cook until apples are soft. Use only a little water unless a thin sauce is preferred. Add sugar. Remove from fire, beat well with egg-beater, or put through strainer. A little lemon juice, **Blue Ribbon cinnamon** or **nutmeg** may be used as flavoring. If apples are tasteless combine with some other fruit.

In stewing fruit much less sugar is required if added after cooking, the taste is also fresher. If, however, the shape is to be retained, add the sugar at the beginning.

**Improved Apple Sauce**—Pare and core 10 tart apples, and stew with as little water as possible; then add 1 cup sugar, whip the whites of 4 eggs to a stiff froth, add 4 tablespoons sugar, add to the apples and stir rapidly for a few minutes. A little lemon juice may be added. Cool, and serve. It somewhat resembles ice cream, and makes a delicious dessert.

Compotes consist of any kind of fresh fruit, partly cooked in a syrup, and are used the same day they are made. If enough sugar is allowed they will keep good for 2 or 3 days, in a cool place. The fruit should not be cooked as thoroughly as when it is to be served as stewed fruit; it should be cooked tender, but not enough to lose either its form or color.

**Syrup for Compotes**—A good rule is to allow 2 cups of water for each cup of sugar (more sugar may be needed if fruit is very acid), boil 5 minutes, the syrup is then ready for use.

**Apple Compote**—The apples may be left whole, or cut. If whole they are better pared and cored. Make syrup as above, adding a little lemon rind or **Blue Ribbon cinnamon**. Put in just enough apples to cover the surface of the syrup. Cover, cook slowly until clear, lift out on dish, cook remaining apples. Boil syrup down if liked and add 1 tablespoon lemon juice; pour over apples. If apples are whole they are called **Coddled Apples**. The centres may be filled with jelly.

Pears, peaches, apricots, bananas, and other fruit may be prepared the same way; but it is best to stone peaches or apricots.

**Dried Apple Sauce**—Look over and wash the apples, and let them soak over night in water; cook slowly until they are tender; about 5 minutes before taking from the stove add sugar to sweeten; mash through a sieve, and flavor with **Blue Ribbon cinnamon** or **lemon**.

Dried Peach Sauce can be made the same way, but do not mash it; season it less.

**Rhubarb Sauce**—4 cups rhubarb, 1 cup sugar. Wash rhubarb, cut in small pieces, add a little water; cook. When almost done add sugar.

**Cranberry Sauce**—3 cups cranberries, 1 cup boiling water, 1 cup sugar. Pick over and wash cranberries. Add water, cover, and cook slowly until skin bursts — about 10 minutes. Add sugar when almost done.

**Stewed Prunes**—Take  $\frac{1}{2}$  pound prunes, wash thoroughly, soak overnight in cold water enough to cover. Cook very slowly in the water in which they were soaked. Add  $\frac{1}{2}$  cup sugar, if liked, and 1 tablespoon of lemon juice and cook a moment longer.

Any dried fruit, as peaches, pears, figs or apricots, may be cooked in the same way.

**Gooseberry Fool**—Stew 1 quart gooseberries in a little water, then rub through a coarse sieve or colander to remove skins. While hot add 1 cup sugar. Beat yolks of 3 eggs and add to the gooseberries. Whip until light; combine with beaten whites mixed with 3 tablespoons sugar, or spread whites on top. Bake in a slow oven.

If desired the pulp may be beaten into 2 cups of whipped cream and served cold.

**Fruit Cup**—This is served first at dinner or luncheon as an appetizer, and consists of fresh fruit placed in individual glasses as sherbet glasses or fruit dishes; or served in orange or grapefruit cases. Garnish with a cherry or small strawberry. There is usually a combination of fruits, though a tart one, such as grapefruit, may be served alone. Canned fruit can be used, but fresh fruit is better.

**Fruit Cup**—1 grape fruit, 2 oranges, 1 banana, 1 apple, 2 slices pineapple,  $\frac{1}{2}$  cup pineapple juice or maple syrup, 3 or more tablespoons sugar.

Remove pulp from grapefruit and oranges, keeping sections whole, or cutting. Be sure that the tough covering of the section is removed. Cut pineapple in small pieces. Add sugar and juice. Chill. Do not add apple and banana until shortly before serving, as they darken. The entire fruit can be chilled before cutting. Garnish. It is better to chill in individual glasses, as the fruit is apt to become mushy. Almost any combination of fruit is good, but some tart fruit is needed. Cherries or grapes are nice, and also pieces of marshmallows cut small.



## CANNING

### Methods of Canning:

1. **Open Kettle**—This is the method used when the food is completely cooked in a kettle and then poured into the jar. To be successful all jars should be sterilized by boiling at least 20 minutes.
2. **Cold Pack**—In this method the cooked or partly cooked food is packed in a jar and covered with water, syrup, or juice. It is then sterilized in boiling water or steam for a certain period.

3. **Oven Canning**—Here the jars are filled the same as for cold pack, but placed in a pan containing 2 inches of hot water, and put in an oven heated to 250° to 275° F. and kept there for a required time.

**The Equipment Necessary for Cold Pack**—Clothes boiler or any container with a tight fitting cover, and a rack to keep the jars from resting on the bottom. A steam cooker, or pressure cooker may be used instead.

#### **Steps in the Cold Pack Process:**

- I. **Selection of Jars**—To test the jars, run the finger around the top of jar and of cover where rubber rests. Remove any sharp edges with a file. The most accurate test is to partly fill the jar with water, adjust rubber, and seal tightly. Invert the jar and allow it to stand this way for several minutes so that all leaks will show.
- II. **Selection of Product**—Choose freshly gathered vegetables or fruit, allowing the shortest time possible between time of picking and time of canning. Choose firm products. It is better to have fruit a bit under-ripe rather than over-ripe.
- III. **Grading Product**—Grade material as to size, shape, degree of ripeness and color. Put like products together. All fruits and vegetables should be thoroughly washed. Trim off any undesirable parts. Core or pit if necessary. If the product is blanched, the coring and trimming is done after the cold dipping.
- IV. **Blanching**—Blanching means to plunge the product into boiling water, allowing it to boil a certain length of time. The period varies with different products. It is very important to keep the water boiling all the time. Blanching serves four purposes:
1. To loosen skins.
  2. To eliminate objectionable acids and flavors.
  3. To start the flow of coloring matter.
  4. To reduce the bulk.
- In blanching a product a wire basket may be used to let the product into boiling water. A square piece of cheese cloth may be used for the same purpose, but should not be held tightly around the product. Blanch greens in live steam.
- V. **Cold Dip**—The product should immediately be taken from the boiling water in the wire basket or cheese cloth and plunged quickly into cold water, or placed under a running tap and allowed to remain until cool to the touch. Do not allow the product to stand in lukewarm water. Cold dipping serves the following purposes:
1. Sets coloring matter.
  2. Makes pulp more firm.



**VI. Packing**—Pack the products carefully in the jar. Avoid packing so closely that thorough sterilization is not possible. On the other hand, do not pack so loosely as to waste space.

All products should be packed in hot, thoroughly washed, and tested jars. Place rubber on jar before packing. Use only the best rubbers. There should be no play in a rubber. It should fit closely around the neck of the bottle and should be a little smaller than the top of the jar. Only rubbers that are soft should be used. Rubbers having a fibre woven in them are more suitable than others. Good rubbers cost more than poor ones, but in the long run are more economical.

**VII. Syrup or Water**—To fruit add boiling syrup of the desired thickness. Fill jar within one-fourth inch of the top.

To vegetables add one teaspoon of salt to a quart jar and pour on boiling water to fill jar within one-fourth inch of top.

**VIII. Partially Seal Jars**—If using a screw top jar, screw the cover down until it catches, then turn it back one-eighth of a round.

In using glass top jars with the wire bail, put the cover in place, the wire over the top, and leave the clamp up.

In using Economy or Vacuum Seal jars, put the cover on and the spring in place. The spring will give enough to allow the steam to escape.

The cover on a glass must not be tight during processing because the enclosed air will expand when heated, and, if the cover is not loose enough to allow the steam to escape, the pressure may blow the rubber out or break the jar.

**IX. Sterilizing**—To kill the bacteria, we must sterilize completely. In order to do this, the jars are placed in a cooker or receptacle, on a rack three-fourths of an inch to one inch above the bottom of the cooker to permit the water to circulate freely.

Sterilize the products as quickly as possible after packing. Time lost in bringing the contents to the point of sterilization softens the products and results in inferior goods. Therefore the product should be packed in hot jars, filled with hot water or syrup. Have the water **boiling** when the tray is set in. Keep boiling all of the period. Process according to the chart time from the moment the water begins to boil.

There are two very important things necessary in successful canning:

1. To kill all bacteria by complete sterilization.
2. To prevent other bacteria from getting in;  
this is done by sealing perfectly.

- X. **Remove and Tighten Covers**—Do not allow jars to remain in the water to cool. Remove immediately and seal tightly. On no account open jar to add more liquid after sterilizing. The product will keep even though it shrinks and leaves a space at the top of the jar — if jar is air-tight.
- XI. **Invert**—The jar should be inverted to cool. If the seal is not perfect, the juice will ooze out. This gives an opportunity to find defects in the sealing before the product is packed away. Economy of vacuum seal jars should not be inverted to cool, but can be tested by lifting the jars by the cover only. If sealed perfectly, the cover will remain on.
- Sometimes if the cover has been screwed down too tightly, the pressure of the steam from the inside causes the rubber to bulge out. If the rubber does not fit well, or seems to be poor, it should be replaced by a new one and the jar re-processed for five minutes.
- XII. **Store**—Wrap in paper or store in a cool, dark place. The light will cause the fruit and vegetables to fade.

..QmP..

## Canning Fruit

### SYRUP FOR FRUITS

All fruits can be canned successfully without sugar for such future uses as jelly making, pie filling, salads, etc., simply by adding hot water instead of hot syrup; but it is very desirable that the fruit be canned the same day as it is picked.

Syrups are usually used in canning fruits, although it is not necessary. The thickness of the syrup depends on the kind of fruit with which it is to be used, and the richness of the product desired.

The following table may serve as a guide:

Thin syrup—Use 1 cup sugar to 2 cups water.

Medium syrup—Use 1 cup sugar to 1 cup water.

Thick syrup—Use 2 cups sugar to 1 cup water.

Boil the sugar and water in a covered saucepan for five minutes. Generally speaking, allow 1 cup syrup to each pint jar.

**FRUIT AND VEGETABLE CANNING CHART**

PRODUCTS TO BE CANNED	PREPARATION	WATER, SYRUP OR BRINE	STERILIZING IN ORDINARY BOILER OR STEAM COOKER	STERILIZING IN OVEN
<b>SOFT FRUITS:—</b> Strawberries, Raspberries, Blueberries, Peaches, Apricots, Sweet Cherries	Grade, rinse, stem, pack whole, except peaches and apricots, which are cut in half. Peaches should be blanched and peeled.	Use medium syrup.	Strawberries, 8 minutes; peaches, 15 to 20 minutes; others, 12 minutes.	60 minutes at 250°F. peaches, 60 minutes at 275° F.
<b>HARD FRUITS:—</b> Apples, Pears, Crabapples	Grade, core, pack whole or sliced.	Use thin syrup.	25 minutes; crab apples, 30 minutes.	60 minutes at 275° F.
<b>SOUR FRUITS:—</b> Currants, Plums, Gooseberries, Cranberries, Sour Cherries	Stem, rinse, pit, blanch 1 min., cold dip. Pack whole	Use thick syrup.	12 minutes	60 minutes at 275° F.
<b>GREENS:—</b> Asparagus, Spinach, Cauliflower, Brussels Sprouts, Beet Tops, Swiss Chard, Kale, Dandelion.	Blanch in steam 20 minutes, cold dip, season to taste, pack tightly.	Salt 1 teaspoon to 1 pint. Fill jar with hot water.	1½ hours.	
<b>TOMATOES.....</b>	Blanch long enough to loosen skin, cold dip, core and skin, pack whole.	Salt 1 teaspoon to quart jar. Fill jar with strained tomato juice or water.	22 minutes.	
<b>PEAS.....</b>	Shell, grade 2 sizes, blanch 5 minutes, pack, shake down.	Salt ½ teaspoon to pint jar. Fill jar with hot water.	3 hours.	
<b>BEANS.....</b>	Snip off tips, rinse, cut in pieces, if large, blanch 5 minutes, cold dip, pack closely.	Salt 1 teaspoon to quart jar. Fill with hot water.	2½ - 3 hours.	
<b>BETS.....</b>	Clean well, blanch, preferably in steam, till skin is loose. Cold dip, remove skin; pack, whole or sliced	Salt 1 teaspoon to quart jar. Fill with water or with vinegar and water, 1 part vinegar to 4 parts water.	1½ hours.	
<b>CARROTS.....</b>	Clean well, blanch 5 minutes, cold dip, remove skin, pack.	Salt 1 teaspoon to quart jar.	1½ hours.	

## CANNING MEATS

While meats may be canned successfully if directions are followed carefully, it is perhaps advisable for beginners in canning to start with vegetables and fruits, taking up the canning of meats only after thorough familiarity with the process described in this book.

**To Can Chicken, Turkey, Beef, Pork, etc.**—Use fresh meat. Remove from the bones and cut in convenient sizes for packing in cans. Parboil meat with bones 15 to 30 minutes, as meat that is not parboiled shrinks about seventeen per cent. in the jar. Remove the bones, gristle and connective tissue, which are not fit for food. Pack meat in the jar. Add the parboiled liquid, filling the jar if possible. Any fats or oils from the meat should be melted and poured over the contents of the jar, as this assists in keeping the product. Put on rubbers; adjust covers; partially seal. Sterilize 3 hours in hot water bath or steam cooker; or  $2\frac{1}{4}$  hours at 5 pounds steam pressure; or  $1\frac{1}{2}$  hours at 15 pounds steam pressure. Remove from cooker and tighten tops.

Jars containing meat should not be allowed to cool while inverted, as the fat will harden at the bottom rather than at the top of the jar.

**Poultry and Game Birds**—Kill fowl and draw at once; wash carefully and cool; cut into convenient sections; scald in boiling water and dip at once into cold water. Pack immediately into glass jars or enameled cans; fill with pot liquid, obtained by boiling the bones and reducing to a thick consistency; add a one-half level teaspoonful of salt per pint jar; put rubbers and caps of jars into position, not tight. Sterilize for the length of time given below for the particular type of outfit used: Water bath, home-made or commercial, 3 hours; 5 pounds steam pressure, 2 hours; 10 to 15 pounds steam pressure, 1-hour. Remove jars; tighten covers.



## JELLY MAKING

### JELLIES, JAMS

Jellies, marmalades and conserves are made by cooking fruit juice, or entire fruit with a great deal of sugar.

A good jelly is well colored and flavored, transparent, tender, and will hold its shape when turned from the glass.

Fruits which are rich in pectin and make good jelly are crabapples, sour apples, grapes, currants, plums (red and black), cranberries, gooseberries, blackberries, unripe raspberries, etc. Quince is rich in pectin but lacks acid, and needs to be combined with sour apple, or crabapple.

**GENERAL DIRECTIONS FOR JELLY MAKING**

1. Select clean, sound fruit, that is rather under-ripe (more pectin is found then).
2. Wash and cut large fruit into small pieces, but do not peel or core.
3. Put in kettle, and if fruit is very juicy add but little water — about 1 cup to every 4 quarts of fruit. If fruit is not juicy, almost cover with water.
4. Cook slowly until fruit is soft. Mash with potato masher.
5. Pour fruit into jelly bag of flannel or heavy cotton wrung out of hot water. Let drain over night. Do not squeeze the bag as this forces out the pulp, and makes the jelly cloudy.
6. Test for pectin to see if there is enough to make a good jelly.
  - (a) Mix 1 teaspoon of alcohol with 1 teaspoon fruit juice. If there is a heavy precipitate it contains much pectin, and the maximum amount of sugar may be used — 1 cup to 1 cup juice. If there is only a little pectin it will collect in small particles and juice may have to be boiled down. With a lighter precipitate use  $\frac{1}{2}$  cup sugar to 1 cup juice.
  - (b) Mix 1 teaspoon juice with 1 teaspoon sugar and  $\frac{1}{2}$  teaspoon Epsom salts. Stir until salts are dissolved and let stand 20 minutes, when mixture should jell if there is sufficient pectin.
7. Boil fruit juice from 8 to 12 minutes. Skim well, measure juice.
8. Heat the sugar in oven while juice is cooking, as cold sugar delays boiling. Leave oven door open, and stir occasionally to prevent burning. Measure sugar and add slowly to the cooked fruit juice. Stir until sugar is dissolved.
9. Boil from 3 to 10 minutes, until test for jelly appears.
  - (a) When two drops form side by side on edge of spoon, or when jelly breaks off when dropped from a spoon, it is cooked enough.
  - (b) Place a drop on a cold plate; if it thickens it has cooked sufficiently to jelly. Too long boiling destroys the gelatinizing power of the pectin, and may cause sugar crystals to form in jelly.
  - (c) The thermometer should register 218 to 221 degrees F. This is the most accurate test.
10. Pour jelly into heated sterilized glasses; fill to within  $\frac{1}{2}$  inch of top. Let stand in a sunny place to set. Cover with melted paraffin. Another method is to place a square of paraffin in bottom of glass before pouring on jelly. This will melt and rise to top.

11. Place cover on glass, or tie heavy paper over the top. Store in a cool, dry place.
12. If fruits are rich in pectin, such as crabapple, return the pulp left in the bag to the kettle, cover with water, stir, boil and drain again. A third extraction may sometimes be made.
13. The pulp may be put through a sieve and used in making fruit butter. Add 1 cup sugar to 1 cup pulp, and flavor with **Blue Ribbon extract** or **spices**. The pulp can also be used to make catsup.

**Apple, Quince and Cranberry Jelly**—1 pound apples, 1 pound quinces, 1 pound cranberries.

Pick over and wash fruit, remove blossom ends, decayed parts, etc. Cut apples and quinces into small pieces, but do not peel or core. Almost cover fruit with water. Cook until soft, turn into jelly bag and drain. Proceed as outlined previously.

**Preserves**—This is whole fruit, or large pieces of fruit, in an abundance of sugar, usually  $\frac{3}{4}$  as much sugar as fruit. Add 1 cup water to each pound of fruit and bring to boiling point. Add sugar and cook until syrup is thick. Or make syrup before adding fruit.

**Conserve**—A rich preserve with little syrup, and that thick. Nuts are frequently added. If so add just before pouring into glasses or they will soften.

**Jam and Marmalade**—Fruit cooked with sugar until the fruit falls to pieces. The term marmalade is usually applied when citrus fruits are used. For jam use  $\frac{3}{4}$  as much sugar as fruit. Cook very slowly, being careful not to burn the fruit. Stir often. A little water may be added if desired.

The pulp left after jelly-making may be used for jam. It will be very good but not as rich as the whole fruit.

**Butter**—A thick, smooth sauce made by straining cooked fruit, adding sugar and other seasonings. Usually equal amounts of sugar and pulp are used.

**Citron Preserve**—2 pounds citron, 2 pounds sugar, 2 cups water, 2 lemons, small piece of ginger root,  $\frac{1}{2}$  cup raisins.

Pare and cut citron into small pieces; put into a weak brine overnight, then drain, and cover with cold water for 4 or 5 hours. Make a syrup of the sugar and water, add ginger root and raisins, and thinly sliced lemon. Drain citron and cook slowly in the syrup until citron is clear. Remove ginger root. Seal in sterile jars.

**Pineapple and Rhubarb Preserve**—4 pounds rhubarb, 5 pounds sugar, 1 pineapple. Cut up rhubarb and cover with sugar overnight. Cut pineapple into small pieces, boil in a little water until soft, then pour over rhubarb and boil until clear.

Rhubarb is good combined with oranges, lemons or gooseberries. Strawberries are delicious. Use half of each.

**Rhubarb and Fig Preserve**—5 pounds rhubarb, 5 pounds sugar, 1 pound figs, 2 lemons. Cut rhubarb into inch pieces. Red rhubarb is superior to green. Chop figs and cut lemons into thin slices. Add sugar and cook slowly 1 hour. Seal.

**Pear Chips**—4 pounds pears, 3 pounds sugar, 2 lemons, 1 ounce ginger root, 1 quart water.

Peel, core, and cut into thin slices pears that are quite hard. Slice lemons very fine. Cook pears, lemon and chopped ginger root in the water until pears are almost transparent. Add sugar and boil slowly until fruit is clear and transparent, and syrup is jellied.

**Spiced Grapes**—6 pounds blue grapes, 4 pounds sugar, 1½ cups vinegar, 4 tablespoons mixed **Blue Ribbon spices**.

Wash grapes, remove stems, separate skins and pulp, cook pulp and put through a sieve to remove seeds. Combine ingredients and cook until it jellies.

**Grapefruit Marmalade**—3 grapefruit, 6 oranges, 5 lemons, all sliced very fine; remove only seeds and core. To 1 pound of sliced fruit add 1 quart of cold water and let stand 24 hours. Boil one hour, and let stand another 24 hours. Then to 1 pound of boiled fruit add 1 pound of sugar and boil slowly until it jellies — about 1 hour. If thermometer is used, the jelling point is 218 to 221 degrees F. This makes about 24 pints of marmalade.

**Rhubarb Conserve**—4 pounds rhubarb, 4 pounds sugar, 1 pound raisins, 2 oranges, 1 lemon. Cut rhubarb into ½ inch pieces. Do not peel. Boil rhubarb, raisins and sugar 20 minutes, add orange and lemon juice and rind of oranges. Boil until thick.

**Grape Conserve**—8 pounds blue grapes, 6 pounds sugar, 2 cups raisins, 1 cup chopped walnuts.

Wash grapes, remove from stems, separate skins from pulp. Cook pulp until seeds separate and rub through a sieve. Cook all together, except nuts, until mixture is thick. Add nuts just before putting into glasses.

**Apricot Conserve**—6 pounds apricots, 4 pounds sugar, 3 lemons, 1 orange, 1 cup almonds.

Wash fruit, remove pits, add sugar, grated rind of lemons and orange; let stand overnight. Boil slowly until thick, about 45 minutes. Add fruit juice and almonds blanched and cut lengthwise.

**Apple and Peach Conserve**—4 cups tart apple, diced, 4 cups peeled peaches cut in small pieces, 1 cup water, 7 cups sugar, juice and grated rind of 2 oranges and 1 lemon, ½ cup walnuts.

Combine all ingredients, except the nuts and juice. Cook until thick and clear. Add nuts, if they are desired, and fruit juice. Seal.

**Canned Rhubarb (Cold Process)**—Take fresh red stalks, and slice as if for pies; take sterile jars and pack up to the neck, and fill the jars with cold water; seal up air-tight and it will keep any number of months. To use it, pour off the water and use like fresh rhubarb; but to sweeten it, not over  $\frac{1}{2}$  the sugar ordinarily used will be needed, as the water will extract some of the acid. The method is simple, and it will be equal to fresh rhubarb when used.



## PICKLES, CATSUPS, ETC.

Vinegar and spices act as preservatives. If sugar is used also, the result is a sweet pickle. A relish is a pickle of very finely chopped vegetables. A catsup contains the same materials as relish, but is strained to make a smooth, thick sauce. Chutney is a pickle relish or catsup, very highly seasoned.

**Spices**—The flavor of pickles, etc., depends very largely upon having a proper combination of pure spices. Most satisfactory results will be obtained by using whole **Blue Ribbon pickling spice**, which is a secret blend of 16 different spices judiciously combined into a most pleasant and well balanced flavor.

**The Kettle, Etc.**—Use porcelain-lined or granite kettles for pickling. The acid in vinegar will act on the lead in tin vessels. As the mild acids, however, do not affect aluminum, utensils made of that metal are excellent to use for this purpose. Do not use metal spoons.

Green vegetables need to be soaked in brine, and then drained well in order to remove the strong flavor and surplus water. Use  $1\frac{1}{2}$  to 2 cups salt to 1 gallon of water.

All vegetables and fruits used for pickles should be sound and not over-ripe. Fruits can be pickled as well as vegetables.

Use only pure vinegar in making pickles. As vinegar is weakened by boiling, it should not be boiled more than is necessary.

**For Sweet Pickles** the syrup should be rich enough to keep without sealing. Brown sugar makes a better flavored syrup than white sugar. A typical vinegar syrup is 1 quart vinegar, 3 to 4 pounds sugar, 1 tablespoon **Blue Ribbon pickling spice**.

Apples, water melon rinds, citron, cucumbers and pears should be steamed until tender enough to pierce with a fork before pouring the hot syrup over them, as it then penetrates them more readily. Smooth skinned fruits, like plums, etc., should be pricked with a needle before being cooked in the syrup. Peaches, if very ripe, do not need steaming; but otherwise they do. They are sometimes merely rubbed well with a cloth, but some peel them.



**The Method of Making Sweet Pickles** is to prepare the syrup, bring it to a boil, put in the pickles, and boil until tender; then put into jars. Another way is to prepare the syrup and pour it boiling hot on the pickles, let stand until next day, drain off the syrup, boil it, pour on hot again, and repeat this for 3 or 4 days; then seal hot. Either plan works well.

**A Hint**—Many people do not know that sweet pickles can be made from canned fruit of almost any kind. All that is needed is to take the syrup, add vinegar and any spices desired, boil it up, and pour it again on the fruit.

**Pickled Beets**—Wash and boil, peel, and cut in slices  $\frac{1}{2}$  inch thick. Take vinegar enough to cover, add 1 tablespoon **Blue Ribbon pickling spice** to each quart and boil 5 minutes; pour it on the beets and cover closely.  $\frac{1}{2}$  cup sugar may be added.

**Pickled Red Cabbage**—Slice it into a colander and sprinkle each layer with salt; let it drain 2 days, then put it into a jar, and pour boiling vinegar enough to cover, and put in a few slices of red beetroot. Those who like the flavor of spice will boil it with the vinegar. Cauliflower cut into flowerets and put in after being salted will turn pink.

**Cucumber Pickles**—Pick when 2 or 3 inches long; no larger. Wash, dry, and put in a jar. Take 2 tablespoons **Blue Ribbon pickling spice**, sprinkle the cucumbers in the jar with the spice, add more cucumbers, then more spice, and so on alternately until the jar is full. This amount of spice is for a 2 quart jar. Fill the jar with vinegar, cold, screw on the cover, and in about 4 or 5 weeks they will be ready for use. By this method, one can pick cucumbers each day, using as many jars as they will fill.

**Pickled Cauliflower**—Break the head into small pieces, and boil in salt and water 10 or 15 minutes; then drain carefully, and place in jars when cold. Put **Blue Ribbon pickling spice** in a bag, using 1 tablespoon to a quart of vinegar and scald; take the vinegar from the stove, take out the bag, and to each quart add  $\frac{1}{2}$  cup sugar; pour it over the cauliflower, and cover tightly. A little **Blue Ribbon mustard** may be added, if desired.

**Pickled Onions**—Peel small, white onions of even size; cover with a strong brine (1 cup salt to 2 quarts boiling water), and let stand 2 days. Drain, cover with boiling water; let stand 10 minutes; drain. Pack into jars. To every gallon of onions use about 1 quart vinegar,  $\frac{1}{2}$  cup sugar, and 1 to 8 tablespoons **Blue Ribbon mixed pickling spice**. Scald ingredients; fill jars with liquid and seal.

**Dill Pickles**—1 peck firm, well-shaped green cucumbers, 5 or 6 inches long. Clean well; put layer in bottom of large stone crock; add layer of dill (stalks, leaves, and seed balls), and repeat until crock is  $\frac{3}{4}$  full. Make a brine vinegar solution (1 pound salt, 1 $\frac{1}{2}$  pints vinegar, 1 $\frac{1}{2}$  gallons water). Cover the cucumbers, weigh down securely with 8 or 10 pound weight. Let stand to cure for 3 or 4 weeks. Cucumbers will be transparent and light in color.

**Whole Pickled Cucumbers (Gherkins)**—4 quarts small green cucumbers of even size, 2 quarts boiling water, 1 cup salt.

Make brine, and while boiling hot pour over the cucumbers, which have been washed, and wiped, and put in a crock. Let stand 3 days. Drain. Dissolve 1 tablespoon alum in 1 gallon boiling water, and pour over cucumbers. Let stand 6 hours. Drain well. Boil together 1 gallon vinegar, 2 sticks cinnamon, 2 tablespoons allspice berries, 2 tablespoons whole cloves, small piece of ginger root, 4 green peppers, chopped, 4 pounds brown sugar (may be omitted if sharper pickle is liked).

Scald cucumbers in the liquid. Put in stone crock, and put weight on top.

**Ripe Cucumber Pickle**—Pare cucumbers, remove seeds and cut in strips. Cover with alum water, allowing 2 teaspoons alum to 1 quart of water. Heat to boiling point; let stand in warm place 2 hours. Drain, and chill in ice water.

Make a syrup of 2 pounds sugar and 1 pint vinegar. Put  $\frac{1}{2}$  cup **Blue Ribbon pickling spice** in a bag in the syrup. Boil 5 minutes; add well-drained cucumbers and cook 10 minutes. Put in crock. Scald syrup 3 successive mornings and return to cucumbers. Have enough liquid to cover.

**Pickled Beans**—Take 4 quarts beans, wash, string, cut in inch pieces and boil in salted water until tender. Drain well.

Make a dressing of 3 cups sugar,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  cup or less **Blue Ribbon mustard**, 1 tablespoon celery seed, 1 tablespoon tumeric, 3 cups white wine vinegar. Boil until thick, pour over beans, and seal.

**Piccalilli**—Slice 1 peck green tomatoes, add 1 cup salt, cover with water and let stand 24 hours; then drain through a sieve, add 4 green peppers and 8 onions chopped fine; cover with vinegar and scald; drain off, add 1 cup sugar,  $\frac{1}{2}$  package **Blue Ribbon pickling spice**, and cover with cold vinegar.

**Chili Sauce**—18 large ripe tomatoes, 1 green pepper, 3 onions,  $\frac{1}{2}$  head celery. Chop fine, add 1 tablespoon salt, 1 cup sugar, 2 cups vinegar, 1 teaspoon each, **Blue Ribbon cloves, nutmeg and cinnamon**; boil 2 hours and seal in sterile jars.

**Green Tomato Pickles**—8 cups tomatoes, 4 cups apples, 4 cups onions, 3 cups brown sugar, 1 pound raisins, 1 piece root ginger, 2 tablespoons mustard seed, 1 tablespoon **Blue Ribbon cinnamon**, 1 teaspoon cloves, 1 teaspoon pepper, 2 cups vinegar.

Let tomatoes and onions stand overnight in brine. Drain. Cook all together until tender.

**Whole Green Tomato Pickle**—6 quarts small green tomatoes of uniform size. Boil until peel can be removed. Make a syrup of 4 pounds brown sugar, 1 quart vinegar, 2 sticks cinnamon, and a few whole cloves. Boil tomatoes in syrup 5 or 10 minutes.

**Mustard Pickles, Chow Chow**—2 heads cauliflower, 2 quarts green cucumbers, 2 quarts onions, small, if large cut in pieces, 1 quart string beans, 2 green peppers, 1½ quarts vinegar, ½ pound mustard, 3 teaspoons tumeric, 3 to 4 cups brown sugar, 1 cup flour, 1 tablespoon celery seed.

Prepare vegetables, cut in small pieces. Cover with boiling hot brine and let stand overnight. Wash with cold water and drain. Mix mustard, flour, and sugar, and vinegar enough to make a smooth paste. Add to remaining vinegar. Cook until it thickens, add vegetables and cook about 20 minutes.

**Cabbage Relish**—1 quart raw cabbage cut fine, 1 quart cooked beets, chopped, 2 cups brown sugar, 1 cup grated horseradish, 1 tablespoon salt, ½ teaspoon **Blue Ribbon black pepper**, ¼ teaspoon red pepper, 1 quart vinegar (about)

Boil spices and sugar in vinegar, and when cold pour over vegetables and seal.

**Rhubarb Relish**—1 quart rhubarb, cut in small pieces, 1 quart onions, chopped, 1 pint vinegar, 2 pounds brown sugar, 1 teaspoon each **Blue Ribbon cinnamon and allspice**, ½ teaspoon cloves, 2 teaspoons salt, ½ teaspoon pepper.

Boil all together until thick.

**Uncooked Relish**—4 quarts ripe tomatoes, 3 cups celery, 2 cups onions, 1 cup green nasturtium seeds, 1 cup grated horseradish, 1 cup sugar, ¼ cup salt, ½ cup mustard seed, 2 tablespoons celery seed, 1 tablespoon cinnamon, 1 green pepper, 1 quart vinegar.

Chop tomatoes and onions finely, sprinkle with salt, let stand overnight. Drain well. Chop celery and green nasturtium seeds, and green pepper. Mix all together and seal in sterile jars. Let stand several days before using.

**Crabapple Catsup**—3 pounds crabapple pulp from jelly, 1½ pounds brown sugar, ½ teaspoon **Blue Ribbon cloves**, 1 tablespoon **Blue Ribbon cinnamon**, 1 pint vinegar, ½ teaspoon salt. Cook slowly until thick.

**Grape Catsup**—Use pulp from grape jelly, and follow above recipe.

**Tomato Catsup**—8 quarts ripe tomatoes, 2 cups chopped onions. Wash tomatoes, do not peel; cut in small pieces, add onion and cook until soft. Strain, and mash through a sieve. Add to this ½ cup salt, 2 cups sugar, 1 pint vinegar, and ½ to 1 cup **Blue Ribbon pickling spice** tied loosely in a bag. Cook slowly until thick — about 2 hours. Remove spices and seal.

**Apple Chutney**—1 quart green tomatoes, 18 sour apples, 3 large onions, 1 pound seeded raisins, 2 pounds brown sugar, 2 red peppers, 1½ quarts vinegar, ¼ cup salt, 1 tablespoon ginger, 1 teaspoon **Blue Ribbon black pepper**, 1 teaspoon **Blue Ribbon mustard**, 1 teaspoon celery seed.

Cut tomatoes and onions; sprinkle 2 tablespoons salt over them and let stand overnight. Drain. Chop apples; mix all ingredients and cook slowly until soft.

## INVALID COOKERY

This is a very important subject, and the doctor's orders should always be followed.

### Types of Diet are:

1. **Liquid Diet**—Milk, broths, beef tea, beef juice, strained gruels, strained fruit juice, cream soups, egg-nogs.
2. **Light Diet**—In addition to the above, soft-cooked eggs, soft custards, jellies, ice-cream, milk toast, junkets, cereals.
3. **Full Diet**—All foods that are easily digested. Consult the doctor first.

The food should be as varied as possible, for invalids easily tire of the same thing. If the food may not be varied, the mode of serving it may, and a stray flower or a new plate is better than no variety at all. Only as much food as the patient is likely to eat should be taken into the sick room. What remains should be at once removed.

Endeavor to give the food most appreciated by the patient, provided it is not injurious. Do not let a convalescent know beforehand what the bill-of-fare will be, as surprises are often very pleasing to him.

Have everything tempting in appearance and daintily served. See that the linen is spotless, and the prettiest china used.

Give little food and often. Let the food come at stated times and punctually. As a rule patients should not be awakened to be fed.

To avoid spilling, fill glasses and cups only to 1 inch from the top. Serve hot foods, hot; and cold foods, cold.

**Toast** is valuable for invalids, because by toasting, part of the starch is turned into dextrin, which is easily digested. Cut the bread thin. Serve it dry, or buttered lightly or with hot water or milk poured on it.

**When a Patient Suffers from Sickness and Nausea** every food should be given iced, or as cold as possible, and in the smallest quantities; and a good plan is to slip a little piece of ice into the patient's mouth immediately after giving the food.

Sponge the hands and face of an invalid carefully before giving any meal.

In case of infectious fevers all remains of food should at once be burned, and on no account be eaten by another person. The nurse should not eat in the sick-room.

**Buttermilk** is often very useful. It is almost always allowable in sickness.

**Why** is often found useful when every preparation of fresh milk disagrees. It is not very nourishing, but is digestible, and is a refreshing drink.

**Make Cottage Cheese** and strain the liquid well. From 1 quart milk there should be 2 to 2½ cups whey.

**Barley Water**—To 1 cup pearl barley, washed, add 6 cups water. Cook in double boiler 4 hours. Strain, add 1 tablespoon sugar. This is an excellent drink, very refreshing and somewhat nourishing. To make a mild laxative drink, add to the barley 6 to 8 figs cut in pieces.

**Rice Water**—Wash 1 tablespoon rice, cook in double-boiler 30 minutes in 1 quart water; strain and sweeten; flavor with nutmeg.

**Toast Water**—Cut 2 slices of bread thin, toast. Break in pieces, pour over them 1 cup boiling water, cool and strain. It may be flavored with a little lemon juice.

**Fruit Water**—Use any soft fruit the patient likes. Rub through fine sieve, strain, add water, chill; serve. Apple water is made from baked apples.

**Egg and Lemon Juice**—Take 1 teaspoon of sugar, 1 cup of water, juice of  $\frac{1}{2}$  lemon, or less. Add the white of 1 egg and shake in a shaker or fruit jar. Strain.

**Albumenized Milk**—1 cup milk, speck of salt, 1 egg white. Shake ingredients in shaker or jar. Add a little flavoring.

**Flaxseed Tea**—To 1 cup boiling water allow 1 tablespoon flaxseed. Pour on the water boiling hot, boil 5 to 10 minutes and strain. Sweeten and for flavor add a little lemon or orange juice.

**Koumiss**—1 quart milk, 1 tablespoon sugar, 1 tablespoon lukewarm water,  $\frac{1}{8}$  cake of compressed yeast. Sterilized bottles that can be fastened tightly.

Mix the yeast with lukewarm water. Add milk and sugar; pour into the bottles. Fill them to within 3 inches of the top. Cork and shake well. Stand in a warm room 3 hours, and lay them down in ice-box for 3 to 5 days. If needed for use next day, bottles may stand in room for 6 hours in summer and 12 in winter, and then laid in the ice-box for 12. If ordinary bottles are used, tie corks down securely. Slow fermentation produces the best koumiss.

**Egg-Nog**—1 egg, speck of salt,  $\frac{1}{2}$  tablespoon of sugar,  $\frac{1}{2}$  cup of milk, flavoring. Beat egg, add sugar and salt. Beat. Add cold milk and flavoring; serve.

Vary flavorings. Use vanilla, grated nutmeg, cinnamon, 2 tablespoons fruit juice, etc.



## Gruels

These are thin mixtures made by cooking cereals in water, as for breakfast, pressing through a fine sieve, and diluting with hot milk or cream. Or cereal may be cooked in all milk. Barley, oatmeal, rolled oats, cornmeal, farina, rice or cracked wheat, may be used. Proportions are about 2 table-

spoons cereal to 1 quart liquid. Cook in double boiler. For variations, flavor with lemon or nutmeg, or cook a few raisins or figs in with cereal and remove before serving, or leave in and press through strainer.

**Cracker Gruel**—Use  $\frac{1}{4}$  cup plain or Graham cracker crumbs. Cook a few minutes in a cup of boiling water; add 1 cup hot milk, and a little salt.

**Arrowroot Gruel**—Wet 2 teaspoons arrowroot in cold water or milk. Add  $\frac{1}{2}$  cup hot water,  $\frac{1}{2}$  teaspoon salt, and boil 15 minutes. Add  $\frac{1}{2}$  to  $\frac{3}{4}$  cup milk and  $\frac{1}{2}$  teaspoon sugar. Bring to boiling point, strain and serve.

**Cereal Jelly**—Made like gruel, but use  $\frac{1}{2}$  the amount of liquid, usually water. Strain, let cool and it will jelly.

**Broiled Beef Juice**—Broil  $\frac{1}{2}$  pound of round steak 1 or 2 minutes on each side, cut in bits, squeeze out the juice, salt, and serve.

**Beef Tea**—Use  $\frac{1}{2}$  pound of round steak cut fine, soak it in 1 cup of water  $\frac{1}{2}$  hour, let it heat in double boiler, strain, salt, and serve.

**Meat Patty**—Scrape a piece of lean beef steak with a knife, holding it with the left hand and scraping from you with the right. This removes the tender meat fibre and leaves the tough connective tissue. Press the former into a thin cake or patty. Put on a thin slice of bread; toast in hot oven.

**Chicken Broth**—One 2 pound chicken, 1 quart cold water, 1 teaspoon salt.

Clean chicken well, cut meat in small pieces, crack the bones. Put in water in double boiler, let stand 1 hour, then cook in double boiler 6 hours. Strain, add salt. Let cool, take off fat, reheat and serve.

For making cream soups, custards, junkets, jellies, ice-cream, etc., see other recipes.



## BACHELOR and CAMP COOKERY

Regular Home Cookery is based on milk, butter and eggs, and a large majority of the recipes in other parts of this book call for one or more of these ingredients. It very often happens, however, that in "batching" on a remote homestead or elsewhere, one cannot always have a supply on hand. The recipes included in this section are the "do without" kind, and also include only such dishes as can be cooked if necessary with the most primitive utensils. It would open the house-wife's eyes to see how well one can get along under these conditions when one knows how.

It is absolutely necessary, however, that the directions given be followed carefully and exactly. Experience is not essential, but carelessness and inattention to details are sure to result in failure.

A bad mess, as Kephart so well says, is sure to follow from (1) a poor fire, (2) too little heat at the start or too much thereafter, (3) handling or kneading dough made from baking powder, (4) guessing at quantities instead of measuring them, or (5) seasoning too much, or too early in the game.

**Camp Biscuit**—4 level cups flour, 1 teaspoon salt, 8 level teaspoons **Blue Ribbon baking powder**, 2 tablespoons butter, lard or any sweet fat, about  $1\frac{1}{2}$  cups water.

Mix the flour, salt and baking powder thoroughly. Rub in the shortening until it is the consistency of fine meal. This is a little tedious, but do not shirk it. Then gradually stir in the water until you have enough to make a soft dough. Do not squeeze or mould the dough any more than is necessary, or the biscuit will not be light. Turn on a floured bread board, flour the rolling pin and gently roll dough to  $\frac{3}{4}$  inch thickness. Cut biscuits with an empty baking powder tin that has a few holes punched in the bottom. Roll out the remaining fragments of dough and cut in same way. Put biscuits in a greased pan and bake in a hot oven 10 or 15 minutes. Have a few spare dry sticks in reserve with which to replenish fire.

**Batter Biscuit**—Same ingredients as for Camp Biscuit, only use more water to make a thick batter. Drop from spoon into the greased pan. Do not stir batter any more than you can help.

**Dumplings**—If you are going to have boiled meat, or a stew for dinner, make enough extra biscuit dough, as for Camp Biscuit, so you can drop small pieces into the pot about 12 to 15 minutes before the meat is done. They make very nice dumplings.

If making dumplings separate, omit the shortening and they will be lighter. Drop in a piece of meat to cook to prevent sogginess. Cover well, and do not remove until cooking time is up.

**Bannocks (Army Bread)**—4 cups flour, 1 teaspoon salt, 8 teaspoons **Blue Ribbon baking powder**, 1 tablespoon sugar, about 3 cups cold water.

As this is made without lard, it is easier to mix than biscuit dough. Mix the ingredients thoroughly, and stir in enough cold water to make a thick batter that will pour out level. Mix rapidly with spoon until smooth, and pour out at once into greased bake-pan. Fill one-half full, bake about 45 minutes in a hot oven, or until no dough sticks to a sliver stuck into the loaf. If browning too quickly on the top, cover with paper.

This keeps longer than yeast bread, and does not dry up and mould. If there is no oven, this may be baked in an iron cooking pot. Place the greased pot on hot coals, and rake embers up around it. Put bread in and cover. Watch carefully until cooked, or use a frying pan and set on hot coals.

**Flapjacks**—4 level cups flour, 1 level teaspoon salt, 2 level tablespoons **Blue Ribbon baking powder**, 2 teaspoons sugar, 3 tablespoons lard.

Rub in the lard dry, or melt and add last. If you have none, do without. Make a smooth batter with cold water, thin enough to pour. Stir well, to smooth out lumps. Get frying-pan quite hot and grease. Pan must be hot enough to make batter sizzle as it touches. Pour enough batter in pan to within half an inch of the edge. When cake is full of bubbles and edges have stiffened, shuffle pan to make sure cake is free below and stiff enough to flip. Then hold pan slanting in front of and away from you, go through the preliminary motion of flapping once or twice to get the swing, then flip boldly so cake will turn a somersault in the air and come into the pan bottom side up. Beginners usually lack the nerve to toss high enough. Grease pan, and stir batter each time before pouring. If preferred make cakes smaller, put several in pan, but not close enough to touch, and turn with a knife.

This may not be quite equal to what mother used to make, but it fills a long felt want when a quick meal is demanded.

**Light Corn Bread**—3 level cups yellow corn meal, 1 level cup flour, 8 level teaspoons **Blue Ribbon baking powder**, 1 level tablespoon sugar, 1 level teaspoon salt, 1 cup lard, cold water to make stiff batter.

Mix together the meal, flour, baking powder, salt and sugar. Work in the lard as explained under Camp Biscuit. Add enough cold water or milk to make a stiff batter (about 2 cups). Grease the baking pan, put batter in and bake 40 minutes.

If you have no oven, grease a frying pan and heat. Mix the dough a little stiffer and form into small cakes. Dust them with flour and put in pan. Cover, and cook where fire is not too hot. Turn when necessary.

These may also be baked in ashes. Form into balls the size of a hen's egg; cover with flour, and bury in hot ashes for 15 to 20 minutes.

**Buckwheat Cakes**—2 level cups buckwheat flour,  $\frac{1}{2}$  teaspoon salt, 1 level cup wheat flour, 2 tablespoons **Blue Ribbon baking powder**.

Mix to a thin batter with milk, if you have it, otherwise with water.



**Rice Cakes**—When you have cold boiled rice left over, mix with an equal bulk of flour, and proceed as with Flapjacks.

Cold, boiled potatoes or oatmeal may be used in the same way.

**Stale Bread**—Biscuit or bread left over and dried out can be freshened by dipping quickly in and out of water and placing in the oven until heated through.

Or the biscuit may be cut open, slightly moistened and toasted in the broiler, or fry-pan.

Or, if you have eggs, make a French Toast by dipping the slices in beaten egg and frying them.

**Plain Plum Duff**—4 level cups flour, 2 cups raisins, 2 tablespoons sugar, 2 cups water, 4 teaspoons **Blue Ribbon baking powder**, 1 cup chopped suet, or fat salt pork.

Mix the flour and baking powder, wash the fat well and cut into dice or chop into small pieces. Place all these ingredients into a basin, add the water and mix well together. Take a cloth bag large enough to hold the pudding, dip it into boiling water, wring it out and apply flour well to the inside. Put in the pudding and fasten it up, leaving a little room in the bag for the pudding to swell. Now place the whole in enough boiling water to cover the bag, and boil 2 hours, turning the bag several times to prevent its scorching against the bottom or sides of the pot. If necessary, add boiling water to keep the bag covered. When done, take the pudding from the pot, plunge it into cold water for an instant, then turn out and serve.

Spices and molasses may be added if you have them.

**Pie**—2 level cups flour,  $\frac{1}{2}$  teaspoon salt, 1 level teaspoon **Blue Ribbon baking powder**,  $\frac{1}{2}$  cup lard.

Mix into a stiff dough with cold water, using as little as possible, following directions for making dough as given in recipe for Camp Biscuit. Quantity mentioned is sufficient for 1 large pie.

Roll the dough into a thin sheet, as thin as you can handle, rolling as gently as you can. From this sheet cut a piece large enough to lap over edge of pan and lay it on greased pan. Into this put your fruit (dried fruit is previously stewed and mashed) and add sugar and spice to taste; about  $\frac{3}{4}$  cup sugar. Carefully moisten edge of lower crust, lay upper crust on top, and with thumb press edges of top and lower crusts together all around. Trim off by running a knife around edge of pan. Then prick a number of small holes here and there in top crust for steam to escape when fruit boils. Bake in a hot oven. An apple pie would take about 30 minutes.

Better not give it a name until it is baked, then if you have made crust too thick for pie, call it a cobbler or shortcake.

## MEATS and VEGETABLES

Reasonably full directions for preparing and cooking these will be found under their proper headings in this book, but perhaps a few hints may not be out of place here.



## MEAT, GAME and FISH

The main secrets in preparing these are to have a proper fire, good materials, and then to imprison in each dish at the outset its natural juice and characteristic flavor. Also do not over-season meats, as with good materials the only seasoning needed is a little pepper and salt, which should not be added, except in soups and stews, until the dish is nearly or quite done. Remember that salt draws the juices.

The juices of meats and fish are their most palatable and nutritious ingredients. We extract them purposely in making soups, stews and gravies; but in so doing we spoil the meat. Fish, flesh and fowl should be cooked by first "sealing" the outside by searing in a very hot pan, or by plunging into boiling water. Then move further from the fire to cook gradually until done. The first process preserves the juices, and in the case of frying, seals the meat or fish in a grease-proof protection.

Game and all fresh meat should be hung up until it has bled thoroughly and cooled through and through. Salt meats of all kinds should be soaked overnight in cold water, or pan-boiled in two or three waters before cooking. Frozen meat or fish should be soaked in ice-cold water and then cooked immediately. Canned meats should at least be heated through and should never be left standing in the can. All animals from 'coon size down, also duck and grouse, unless young and tender, should be parboiled 10 to 30 minutes, according to size, before frying, boiling, or roasting.

Meat, game and fish may be fried, boiled, roasted, baked, broiled or stewed. Frying and broiling are the quickest; roasting, baking and boiling take an hour or two; a stew of meat and vegetables, to be good, takes half a day. Tough meats should be boiled or braised in a pot.

**Baked Fish Without an Oven**—Dig a hole in the ground about 18 inches deep, and of sufficient size to contain the cleaned fish; build a fire in it, and let it burn to coals. Remove the coals, leaving the hot ashes at the bottom, upon which place a thick layer of green grass, place the fish on top and cover with another layer of grass, then rake back the live coals and loose earth, and build a small fire on top. At the end of about three-quarters of an hour the fish will be found cooked, with the juice retained. The skin will peel off and leave the flesh clean and free from ashes and dirt.

**Planked Fish**—"Flat" fish may be "planked." Cut off the head and tail, split open the back, leaving the fish so that it may be opened wide like a book and tacked on a plank or pieces of bark. Tack some thin slices of bacon or pork to the end of the fish that will be uppermost when before the fire, and if you like, a few slices of raw onion sprinkled with pepper and salt. Sharpen one end of the plank and drive it into the ground, before a bed of hot coals, catch the drippings in a tin cup or large spoon, and baste the fish continually until it smells so good you can't wait another instant to eat it. It is then done. Oak or hickory are the best for fish planks. Lacking these, use any old clean plank you may come across.

**Pork and Beans**—Take 4 cups of navy or lima beans, reject all that are shriveled or discolored, wash well, soak all night in plenty of cold, fresh water, and in the morning you will find them plump and tender. Place them in a pot on the fire with a square piece of salt pork weighing one-half pound, simmer gently till tender and each bean is separate. Strain through a colander, saving a pint of the water in which they were boiled. Pack in the bean pot, bury the chunk of pork in the beans, season the pint of water reserved, as mentioned above, to your liking, pour over the beans in the pot and put in the oven to bake for several hours. The flavoring of beans depends upon the taste of the cook.  $\frac{1}{2}$  teaspoon pepper, 1 teaspoon of mustard,  $\frac{1}{2}$  cup molasses, and 1 teaspoon of salt are usual. The bean pot buried in the ground with a slow fire on top at night will be in capital condition for breakfast in the morning.

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## General Rule for Cooking Vegetables

Do not wash fresh vegetables until just before they are to be cooked or eaten. They lose flavor quickly after being washed. This is true even of potatoes.

Green vegetables go into boiling, salted water. Salt prevents their absorbing too much water. The water should be boiling fast, and there should be plenty of it. They should be boiled rapidly. This has the same effect as in the case of meats; the surface is sealed and retains the flavor, instead of letting it soak out. In making soup, of course, the rule is reversed.

Dried vegetables, as peas and beans, are to be cooked in unsalted water. If salted too soon they become leathery and difficult to cook. Put them in cold, fresh water, gradually heated to the boiling point, and boil slowly.

Desiccated vegetables are first soaked in cold water, according to directions on package. Place in boiling water slightly salted, and proceed as with fresh vegetables.

To clear cabbage, etc., from insects, immerse for 30 minutes in plenty of cold water salted in the proportion of a tablespoon to 2 quarts, or vinegar may be used instead of salt.

To keep vegetables put them in a cool dry place, where conditions will be similar to those in a good cellar. Be careful to keep the various kinds separate, or they will absorb each other's flavor.



## Practical Hints

### THE CARE OF BUTTER

Rancid butter may be made edible by melting it in plenty of boiling water and stirring it well. If it is then poured into cold water the objectionable flavor will be gone. A good way to keep butter in camp is to pack it tight in a watertight tin pail, such as a lard pail, covered closely and sunk in a net in the river. If there is no river, keep it in a spring. If there is no spring bury it in the ground. Butter, if kept in a hot atmosphere, soon spoils. Strong brine will preserve butter for a long time. Weight the butter down so as to keep it covered with the brine.



## Beverages

**Tea**—**Blue Ribbon Red Label** is the most economical to use. It is much stronger and goes further than ordinary bulk Tea, but if you like plenty of flavor use **Blue Ribbon Orange Pekoe**. Use earthenware tea pot, rinse the tea pot with boiling water, put in level teaspoon of **Blue Ribbon tea** for each cup desired, pour freshly boiling water on the dry leaves, infuse five or six minutes, then serve immediately, add sugar and cream as desired.

**Iced Tea**—Fill glasses almost full of cracked ice, and fill with hot freshly made tea. Serve with sliced lemon and powdered sugar.

**Coffee**—**Blue Ribbon Vacuum Packed Coffee** is the finest grown, and being packed by latest vacuum process in airtight cans is always fresh and retains all its flavor. Use one table spoon full for each cup desired, pour freshly boiling water on Coffee, do not stir. This makes it harsh and kills the fine flavor. For this reason Coffee is never best made in an electric percolator. Let Coffee stand about five minutes then serve immediately. Never boil Coffee.

**Iced Coffee**—Make the same as Iced Tea, but some like cream added first. Omit lemon.

**Cocoa**—For each cup allow 1 teaspoon Blue Ribbon cocoa mixed up with a teaspoon condensed milk, put into a pot of hot water and let it come to a boil. Serve and let each man sweeten to his taste.

## Washing Up

This is the pet aversion of the cook, but there is no getting out of it, so the thing is to find the easiest and most satisfactory way to go about it. In brief, the art of washing dishes consists in first cleaning off nearly all the grease before using your dishcloth on it, and in using plenty of very hot water.

The frying pan is usually greasiest of all. Pour it nearly full of water, put over the fire and let it boil. Then pick it up, give a quick rinsing motion to empty it, and hang it up to dry itself. Greasy dishes are scraped as clean as possible, washed with scalding water, and wiped. Greasy dishes can even be cleaned without hot water, if first wiped with a handful or two of moss or hay to take up grease. A very dirty pot is cleaned by first boiling in it some wood ashes, or may be scoured out with sand and hot water. Greasy knives and forks are scoured by simply jabbing them once or twice into the ground. Rusty ones can be burnished by rubbing them with a freshly cut potato dipped in wood ashes.



## Luncheon and Supper Dishes

**Baked Beans**—4 cups beans,  $\frac{1}{4}$  to  $\frac{3}{4}$  pound fat salt pork or bacon, 1 teaspoon mustard, 3 to 4 teaspoons salt, 4 tablespoons molasses,  $\frac{1}{4}$  teaspoon **Blue Ribbon cayenne pepper**, 1 onion.

Pick over beans, soak overnight in cold water to cover. Drain; add more water, about 2 quarts, and  $\frac{1}{2}$  teaspoon **Blue Ribbon soda**, if beans are old. Bring to a boil, then simmer until the skins are tender, 1 to 1 $\frac{1}{2}$  hours. Drain. Put in bean pot. Pour boiling water over pork, then scrape rind and cut in strips; bury in top of beans, rind up and exposed.

Put the salt, molasses, etc., in a cup, add boiling water, stir well and pour over beans. Add more boiling water to cover. Bake in a slow oven 6 or 7 hours, removing cover during last hour.

**Baked Beans and Corn**—Use half the above recipe, and 1 hour before beans are done add 2 cups corn seasoned to taste. If canned corn is used,  $\frac{1}{2}$  hour will be sufficient cooking.

**Beans and Tomatoes**—Use recipe for Baked Beans, but add 3 cups canned tomatoes when beans are half done. Bake 3 hours longer.

**Baked Beans and Sausage**—Same as Baked Bean recipe, but use  $\frac{1}{2}$  to 1 pound sausages instead of the pork. Cut sausages in 2 or 3 pieces and bury in the beans.

**Creamed Lima Beans**—Soak 1 cup beans overnight in cold water. Drain; cover with cold water and simmer until soft. Add 1 teaspoon salt when nearly cooked. Drain; add to medium white sauce, allowing 2 cups or less to 1 cup beans.

**Bean Casserole**—2 cups dried beans, 2 carrots, 2 onions, 1 cup canned tomatoes, 2 tablespoons butter, 1 $\frac{1}{2}$  teaspoons salt,  $\frac{1}{4}$  teaspoon **Blue Ribbon pepper**, 1 cup diced left-over meat or bacon.

Soak beans overnight, and cook in salted water until tender. Add sliced carrots, onions, tomatoes, and meat; season with salt and pepper. Put in greased casserole and bake until vegetables are tender.

**Bean Loaf**—Put cooked beans through meat chopper, or mash them. Add one-half the amount of grated cheese, a little onion and enough bread crumbs to make the mixture into a loaf. Season to taste. Bake in a moderate oven, basting occasionally.

**Italian Spaghetti**—Put  $\frac{1}{2}$  pound long pipe spaghetti into two or three quarts rapidly boiling salty water. Add 1 onion; cook until tender; drain, remove onion. Put on a hot platter, pour over 3 cups hot tomato sauce, and sprinkle thickly with finely grated cheese.

**Tomato Sauce**—Melt 4 tablespoons butter, add 4 tablespoons flour; blend. Add 3 cups strained tomatoes (part soup stock may be used), 1 teaspoon salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**. Cook and thicken.

Another method of making the sauce is to cook canned tomatoes, and 1 finely chopped onion, until they are reduced one-third. Season.

**Lentils and Rice**—1 cup lentils, 1 cup rice, 1 large can tomatoes, 1 onion, 2 tablespoons butter, seasoning.

Wash lentils, soak overnight in cold water; drain. Add boiling water, cook until tender, about 1 hour, add salt before cooking is finished. Cook the rice in a large quantity of rapidly boiling salted water; drain, and dry in oven. Add to the tomatoes the finely chopped onion, pepper, and salt, and cook slowly. Strain if desired. Add the butter.

Have these three dishes ready at the same time. Mix lentils and rice, put on a hot platter or dish, pour the tomato sauce over and serve at once.

Lentils can be substituted for dried beans in any of the bean recipes.

**Corn a la Southern**—1 can corn, 2 eggs, 2 tablespoons melted butter, 2 cups scalded milk,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**. Mix ingredients and bake slowly until firm. Set dish in pan of hot water.

**Italian Rice**— $\frac{1}{2}$  cup rice, 2 cups cold water, 1 teaspoon salt, 1 cup tomatoes, 1 chopped onion. Bring to boil, then cook in double boiler 1 hour. When half done add 1 or 2 slices of bacon cut in small pieces and browned in pan.

Or just before serving, add  $\frac{1}{2}$  cup grated cheese.

**Savory Rice**—Use 2 cups cooked rice, and combine with other materials, which can be varied to suit individual taste. Some suggestions are: 1 cup cheese sauce; 1 cup tomato sauce; 2 or 3 eggs, slightly beaten; 1 cup chopped onions, browned in pan; 1 cup chopped left-over meat; 1 cup chopped peanuts; 2 or 3 slices of bacon or ham, minced and crisped.

**Nut Loaf**—1 cup chopped nuts, 1 cup boiled rice or mashed potatoes, 1 cup bread crumbs,  $\frac{1}{2}$  teaspoon dried **Blue Ribbon herbs**, salt and pepper to taste, 1 egg, beaten.

Mix all ingredients to form a loaf. If too dry, moisten with a little tomato or milk. Bake in oven 30 minutes and baste occasionally. This may be made a little moister and baked in a greased dish. Serve with Brown Cheese, or Tomato Sauce.

There are many variations of this Loaf: Use cheese or tomatoes; vegetables, as carrots, celery, etc.; left over porridge, macaroni, beans, etc.

**Egg and Potato Scallop**—4 hard cooked eggs, 4 cooked potatoes, 2 to 3 cups thin white sauce, seasoning, buttered crumbs sprinkled on top.

**Meat Scallop**—2 cups cooked minced meat (ham is excellent), 2 cups medium white sauce, 1 cup bread crumbs, or mashed potato, or rice, seasoning, buttered crumbs.

**Other Dishes** will be found elsewhere. Consult the section on cheese, eggs, and left-over meats.

## SANDWICHES

### General Rules:

1. Bread should be 24 hours old, unless the sandwiches are to be rolled. Any kind of bread may be used, and often brown and white, etc., are used in the same sandwich.
2. Slice bread as thin as possible and remove crusts for afternoon tea. For school, and mid-day lunches, slice bread  $\frac{1}{4}$  inch thick and do not remove crusts.
3. Save crusts of bread, dry, grate and use for bread crumbs.
4. Cream butter before spreading. If sandwiches are shaped with fancy cutters, shape bread before spreading so that no butter will be wasted.
5. For most sandwiches butter one side only, and put filling on other. Press lightly together.
6. If for school, lunch, or picnic, wrap sandwiches in paraffin paper. Large numbers may be kept fresh by placing in crock, or covering with damp cloth.
7. Serve sandwiches in a basket or on a plate covered with a doily.

## Sandwich Fillings

1. Meat, chopped or sliced, with, or without lettuce and salad dressing.
2. Fish, flaked and mixed with salad dressing.
3. Hard cooked eggs and salad dressing.
4. Cream cheese and salad dressing. Nuts, olives, pimento, pickles, etc., may be mixed with the cheese to give variety.
5. Lettuce, sliced tomatoes, and salad dressing.
6. Chopped dates and nuts, salad dressing.
7. Orange marmalade and nuts, salad dressing.
8. Figs, raisins, dates and nuts.
9. Watercress, chopped, and salad dressing.
10. Sliced cucumbers.
11. Nasturtium leaves and salad dressing. The flower is sometimes added.
12. Sliced onion and lettuce leaf.
13. **Cheese Rolls**—Cut off crusts, spread with cream cheese, roll, and toast in oven just before serving.
14. **Club**—Arrange sliced chicken and lettuce on buttered toast, cover with sliced tomatoes and salad dressing. Cover with second slice of buttered toast. On this spread broiled bacon, lettuce and dressing. Cover with third slice of buttered toast.
15. **Ribbon**—Alternate bread slices and filling to desired height. Press firmly together, and slice across. White and brown bread may be alternated, and so may fillings.



## The School Lunch Box

The lunch should be given thought and carefully planned. And while it is puzzling at times to know what to include that will be appealing, it is a big opportunity for the mother to use her ingenuity. Children love surprises, and the lunch hour will be welcomed if they know there is to be something new.

The lunch-box or pail should be well cleaned and aired daily. Use waxed paper for wrapping sandwiches and cake; never newspaper. The daintiest lunch can be spoiled in packing. Cut sandwiches thin, and into attractive pieces, easy to eat, and to wrap each one individually. A paper napkin is desirable, and fancy ones add to the interest.

A small screw-top jar nicely holds a baked apple, stewed fruit, chocolate pudding or custard. See that a spoon is added. There should also be a thermos bottle or jar for milk. It is most important that milk should be included in the lunch. Try, also, to use whole wheat and coarse flours rather than white.

### **The Lunch should include:**

1. **Sandwiches**—For suggestions see Sandwich Fillings.
2. **Fruit**—Raw, if possible; dried, as prunes, raisins, dates, figs, or canned.
3. **Sweets**—Plain cake, or cookies, jellies or custards, etc., sometimes candy, but not too often.
4. **A Beverage**—Preferably made with milk.
5. Have one hot dish, if at all possible.



## MILK AND CHEESE

Milk contains all the food stuffs, and the value for children can hardly be over estimated. It builds up the tissue, provides heat and energy, promotes growth, and is the best bone-building food there is. A quart of milk a day should be given to every child, and a pint to every adult. Some suggestions for getting it into the meals are to serve creamed soups and vegetables, scalloped dishes, milk desserts and custards, fancy milk drinks, etc.

### General Rules for the Care of Milk in the Home:

- (1) Keep cold.
- (2) Keep in sterile receptacles.
- (3) Keep closely covered.

Before opening a milk bottle, wipe the outside with a clean cloth, or rinse under running water. It may have been handled by dirty hands.



## Cheese

This is a very valuable food, and is a cheap substitute for meat and fish. It is very concentrated, and is usually served with bland foods, as rice, macaroni, bread. It may cause irritation of the stomach if eaten in too large quantities.

All cheese dishes should be cooked at a low temperature, as the protein is made tough and indigestible by extreme heat. Melt cheese over hot water.

**Welsh Rarebit**—1 tablespoon butter, 1 teaspoon cornstarch,  $\frac{1}{2}$  cup milk, pinch **Blue Ribbon soda**,  $\frac{1}{2}$  pound cheese, grated,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon mustard, a speck of cayenne pepper.

Cook the cornstarch in the fat; then add the milk gradually and cook 2 minutes; add the cheese and stir until melted; season and serve on crackers or bread toasted on one side, the rarebit being poured on the untoasted side.

**Cheese Roll**—1 cup grated cheese,  $2\frac{1}{4}$  cups cooked rice, 1 egg, 1 teaspoon salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon cayenne**, milk.

Beat egg, add ingredients with milk enough to form a roll. Roll in buttered crumbs and bake in a moderate oven. Serve with tomato sauce poured over it.

**Cheese Fondue**—2 cups milk, 2 eggs,  $\frac{1}{2}$  teaspoon salt, 1 cup grated cheese, cayenne,  $\frac{1}{4}$  teaspoon mustard, 1 cup diced bread.

Put bread in layers in a buttered baking dish alternately with the cheese. Mix all the other ingredients together and pour the mixture over the bread and cheese. Place baking dish in pan of hot water and bake in a moderate oven until firm.

**Cottage Cheese**—Put a pan of sour milk on the stove or range, where it is not too hot; let it scald until the whey rises to the top (be careful not to let it boil or the curd will become hard and tough). Put a clean cloth over a sieve, and pour this curd and whey into it, leaving it covered to drain 24 hours; then put it into a dish and chop it, adding a teaspoon of salt, a teaspoon of butter, and enough sweet cream to make the cheese the consistency of putty. With your hands make it into little flattened balls. Keep in a cool place. Serve with salads or as a salad garnished with lettuce, or as a filling for sandwiches. Some like it made rather thin with cream, serving it in a deep dish.

**Cheese Crackers**—Take small, thin crackers, sprinkle on grated cheese and set in the oven until the cheese adheres to them. Serve either hot or cold. Some people butter the crackers lightly and add a dash of **Blue Ribbon cayenne** before sprinkling on the grated cheese.

**Cheese Scallop**—Cook 1 cup bread crumbs in 1 cup milk until hot and smooth, then add 1 tablespoon butter, 1 cup grated cheese,  $\frac{1}{2}$  teaspoon salt, and a dash of **Blue Ribbon black pepper**, then cook a minute longer. Beat 2 eggs separately, add well-beaten yolks, and fold in whites, which should be stiff and dry. Put in a buttered baking dish in pan of hot water and bake 15 or 20 minutes. When firm to the touch, it is done.

**Hot Cheese Sandwich, No. 1**—6 slices bread, cut  $\frac{1}{8}$  inch thick, butter, grated cheese, salt and **Blue Ribbon cayenne**,  $\frac{1}{2}$  cup milk, 1 egg.

Remove crusts, butter, cover with seasoned grated cheese. Press 2 slices together. Cut in shapes for serving. Dip both sides in egg and milk mixture. Brown in frying pan until a golden color.

**Cheese Sandwich, No. 2**—Cut slices of stale bread about  $\frac{1}{2}$  inch thick and toast them on both sides. Have as many thin slices of rich, mild cheese, as there are of the toasted bread, spread the toast with softened butter, lay a slice of the cheese on each slice of the toast, and put in a hot oven until the cheese is slightly browned, or cover with another slice and brown in a pan or broiler.

**Baked Macaroni and Cheese**— $\frac{1}{2}$  pound macaroni (1 heaping cup), 2 cups milk, 4 tablespoons butter, 4 tablespoons flour, 1 cup grated cheese,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  teaspoon **Blue Ribbon pepper**, and a dash of cayenne.

Break macaroni into 1 or 2 inch lengths. Drop into 2 or 3 quarts of boiling, salty water. Cook until tender — 20 to 30 minutes. Drain. Have ready a white sauce made of the butter, flour and milk. Add grated cheese and let melt. Mix the sauce, macaroni and seasoning, and pour into a greased baking dish. Cover with buttered crumbs. Bake in a moderate oven about 20 minutes.

Rice and cheese may be served in the same way.

## FUELS

The stove and fuel used are of great importance. When selecting a stove get a well-made one, as a poor one wastes money and fuel. The proper size is also important, as either too large, or too small, is wasteful. If a coal stove, be sure that the fuel box is large enough.

There are several types of stoves:

### 1. Coal or Wood:

Make sure that it is kept clean. If anything is spilled on the stove wipe it off at once with a newspaper. This, of course, applies to any stove. Once a week brush thoroughly and clean the entire surface. If not steel, it will require polish. Do not allow rust to start anywhere. The pipes will need cleaning at least once a year, and probably oftener. In winter, if fire is kept on overnight, build the fire fresh every few days, as it is almost impossible to properly clean the fire-box while the fire burns.

In a wood stove, **never** pour kerosene from the can into the stove. If it must be used — though it is a bad habit to establish — pour a little in a saucer or tin, or take wood outdoors and pour some on.

### 2. Gas Stove:

When choosing one of these, see that the oven is above the level of the stove top. It is back-breaking for the cook to bend every time she opens the oven. It should be at the side, not over the burners, and choose a stove with either left or right hand oven, according to the lighting in the kitchen. It is preferable to have the oven door of glass, or isinglass. This lessens the need of opening it. When lighting the oven, first open the door wide so as to be sure there is no gas in it, as a bad explosion might occur. Leave the door open and turn the pilot light on; one that lights from the outside of the oven is much the **better**.

Turn on the burners before closing the door. A pipe connecting with the chimney, by which gases are carried off, is very advisable.

A gas stove must be kept clean, or the proper flow of gas will be interfered with. Brush burners with a stiff brush kept for the purpose. If at all clogged, a hat pin kept near will be found useful. Once a month remove the burners, wash and boil in a strong soda solution. Thorough cleanliness lessens the consumption of gas by giving a stronger, clearer flame, and also prevents any unpleasant smell. The flame should be a clear blue, and to attain this the flow of air must be regulated. If too little, the flame is yellow. If too much there will be a roaring sound. If the gas is turned too high heat is lost, as there is too much air mixed with the flame.

The blue flame is the economical one. Conserve the gas as much as possible: by using a small burner for small pans, by keeping the flame as low as possible, and yet keep the boiling going on, and by using the simmerer. Do not light the burners before they are needed, nor keep them burning after cooking is done.

**3. Electric Stove:**

If the price of electricity is low the electric stove is very desirable. It is cleanly, easy to operate, and there is no danger from matches, escaping gas, etc.

**4. Kerosene Stove:**

This is very useful, especially in summer, in places where neither gas nor electricity are available. It is as safe as any stove if properly cared for, but must be kept clean. Directions are given with each stove. Be sure that the stove is level or the flow of oil will not be regular.

There are many types of kerosene stoves and many sizes, and this should be remembered when one is purchasing.

**5. Fireless Cooker:**

This can easily be made at home, if the cost of a manufactured one is prohibitive, and is especially suitable for foods that require long and slow cooking.

**6. Pressure Cooker:**

This materially reduces the time required for cooking foods. It is very valuable in high altitudes.















## **HOW TO MAKE BLUE RIBBON TEA**

Use an earthenware tea pot.

Rinse the tea pot with boiling water.

Put in a level teaspoon of tea for each cup desired.

Pour freshly boiling water on dry leaves.

Infuse five or six minutes then serve immediately.

## **HOW TO MAKE BLUE RIBBON COFFEE**

Use one tablespoonful for each cup desired.

Pour freshly boiling water on coffee.

Do not stir coffee, this makes it harsh, and kills the fine flavor. For this reason coffee is never best made in an electric percolator.

Let the Coffee stand about five minutes, then serve immediately.

Never boil Coffee.



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BLUE RIBBON Red Label Tea is most economical to use.  
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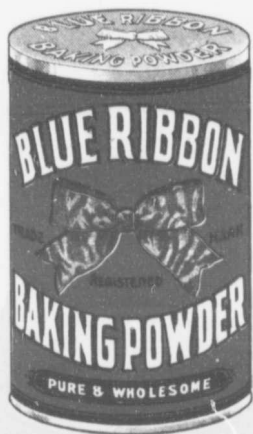
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It makes an ideal dessert for either dinner or supper, is delicious and easily prepared — one package makes sufficient for about six persons.

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BLUE RIBBON Extract of Vanilla is prepared from the finest quality of vanilla beans grown, properly cured and aged, the flavor and natural color extracted and the extract fully matured.

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Squash, Baked Winter. . .	56	<b>Yeast. . . . .</b>	<b>61</b>
Sweet Potatoes. . . . .	52	Yorkshire Pudding. . . . .	37
Swiss Chard. . . . .	56		
Tomatoes, Fried. . . . .	57	<b>Weights and Measures. . . .</b>	<b>17</b>
Tomatoes, Scalloped. . . .	56		
Tomatoes, Stewed. . . . .	56		
Tomatoes, Sliced. . . . .	56		

