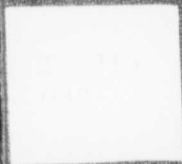
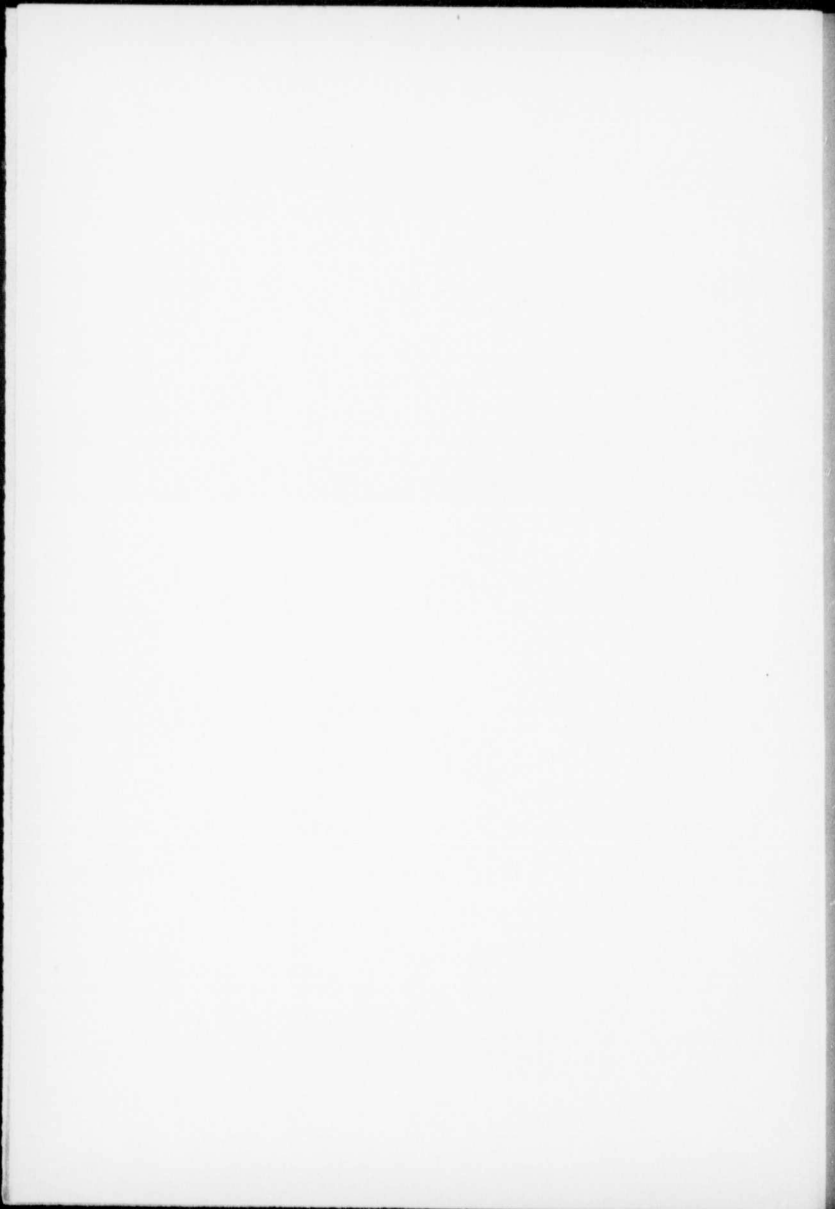


*Domestic Science  
Recipes*





**DOMESTIC  
SCIENCE  
RECIPES**



Price, \$1.00

**OTTAWA GAS CO.**

OTTAWA, CANADA

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“My happiness in this world and welfare in the next depend largely upon my cook; for my future life depends upon my usefulness in this, my value here upon a clear mind, and sound body, my health upon the food I eat; and that food upon the person who selects and prepares it.”

—*Ancient Philosopher.*

These recipes have been compiled by Miss B. M. Young, First-Class Diploma, City and Guilds of London Institute, England, now Demonstrator for the Ottawa Gas Company, and used at all the Company's demonstrations.

It is with such a sense of our responsibility that we present the following results of our efforts.

*OTTAWA GAS COMPANY.*

## Have you realized that by using Gas for Cooking you can:

Save Time Prompt meals at all times. No waiting while the fire burns up. Simply turn a tap and the range is ready. You will appreciate this when without a servant; or when you have one that oversleeps herself.

Save Labour No raking or cleaning out of grates; no carrying of coals, wood or paper; no ashes to carry out and sift; no constant running to the kitchen to see if the fire is burning; no smoke or soot flying around onto clean curtains or pictures.

Save Worry If you want to go out while the dinner is cooking, you can do so, if you use a gas cooker! There is no fear that it will go out too!

Save Discomfort By using gas for cooking, the kitchen can be kept cool in summer.

A gas stove cooks the dinner without cooking the cook.

Save Money Cooking by gas is economical because fuel is used just when necessary, and in strict proportion to the work done, whereas coal ranges use fuel all day long, and as much fuel is used to cook a chop as to roast a serloin of beef.

Moreover, food cooked by gas loses much less weight than if baked in a coal range, the saving of meat alone being nearly enough to pay for the gas used.

*50 per cent. of the citizens of Ottawa  
have realized those advantages.*

---

Call at the showrooms— **35 Sparks St.**  
and inspect our new ranges

---

*Our Aim is to put a Gas Stove into Every Home*

## NOTES ON COOKING.

There are eight methods of cooking food, *viz.*:

Baking or Roasting	Boiling
Stewing	Frying
Broiling	Braising
Sautéing	Steaming

about each of which we have a few words to say.

In ROASTING, or cooking by reflected heat, it is necessary to have the heat strongest at first, *i. e.*, in using a gas stove the oven must be lit at least 10 minutes before the roast is put in to insure an even, steady heat, after which the burners should be turned down half way, till half done, when the heat may be reduced still more. When meat is properly roasted the outer layer of its albumen is coagulated, and thus the natural juices are prevented from escaping.

It is a very favorite method of cooking, but is not the most economical or advantageous, and is not recommended for small pieces of meat.

BOILING, though one of the easiest processes in cookery, requires careful management. Boiled meat should be tender, savory, and full of its own juice or natural gravy, but through carelessness it is too often sent to the table hard, tasteless and unnutritious.

To insure a successful result the heat of the fire must be judiciously regulated.

To one who uses a gas stove this is particularly easy, as the pot once boiling, can be moved on to the simmering burner, and kept at an even temperature.

Only sufficient water to cover the meat should be used in boiling, unless the flesh is boiled for the purpose of soup making, and all scum must be carefully removed.

The temperature at which water boils, under usual circumstances is 212° Fahr. Water does not become hotter after it has begun to boil, however long, or with whatever violence the boiling is continued. This fact is of much importance in cookery, and attention to it will save much fuel.

In STEWING, it is not requisite to have so great a heat as in boiling.

A gentle simmering in a small quantity of water, so that the meat is stewed almost in its own juices is all that is necessary. The great merit that this process of cooking possesses is that it will render palatable and nutritious parts of meat that could not be eaten if cooked by any other method, and it is one of the most, if not *the* most economical method of cooking.

It has been said of a frying pan and a stewpan that the former is "a poor man's enemy", the latter "his friend."

Too often stewing is confounded with boiling, but they are actually different modes. A stew should never boil, but cook slowly and long.

FRYING—This very favorite method of cooking may be accurately described as boiling in fat or oil.

Substances dressed in this way are generally well received for they introduce an agreeable variety, possessing as they do, an agreeable flavour. The great point to be borne in mind in frying is, that the liquid must be hot enough to act instantaneously.

The heat of the fat may be tested by cutting a piece of bread and dipping it into the frying pan for 5 or 6 seconds. Properly speaking, all articles cooked in this way should be immersed in the fat used for frying them, as very few things can be properly cooked by dry frying.

All articles fried should be drained on paper to remove any superfluous grease.

BROILING is a much neglected way of cooking, though when done correctly, a much tastier and more digestible way of cooking chops, steaks, cutlets, etc., than frying which is the more usual way.

A clear, bright heat is essential for broiling, and it can therefore be done to perfection on a gas stove, as almost all stoves are fitted with a broiler.

The heat should be greatest at first, to retain the juice and flavour in the meat, afterwards reducing to cook through.

Meat must be turned often whilst broiling, but not with a fork.

**BRAISING.**—This is one of the most delicious ways of cooking meat, etc.

Heat given below by means of stove or gas jet, on which the braising pan is placed, and heat above with hot cinders or charcoal with which the upper part of the vessel is filled, produces the effect that is obtained by first browning then stewing.

Once started it may be left to almost take care of itself.

**SAUTEING.**—Is a sort of combination of frying and stewing, the article to be cooked being first fried in fat and then when nearly done, the fat is drained off, and finished in sauce or stock.

**STEAMING.**—Is such an easy simple mode of cooking that it should be a more popular one than it is; besides being an economical way in more senses than one. Not only is a saving of fuel effected by cooking three or four articles over one jet, but the saving in the actual bulk and weight of articles is great.

The rules for steaming are very simple: be sure and keep the pot boiling under the steamer, and see that the lid of steamer fits closely.

#### GENERAL RULES FOR COOKING BY VARIOUS METHODS.

BEEF	Boiled	Roasted	Broiled	Stewed
Aitchbone . . . . .	15 min. to lb			
Brisket . . . . .	20 min. to lb			
Ribs . . . . .		20 min. to lb		
“ boned . . . . .		15 “		
Sirloin . . . . .		20 “		
Heart . . . . .		25 “		
Tongue . . . . .	25 “			
*Porterhouse Steak . . . . .			20 min. to lb.	

\*Depends more on thickness than weight.

VEAL:	Boiled	Roasted	Broiled	Stewed
Breast.....				25 min to lb.
Fillet.....		30 min. to lb		
Knuckle.....		40 "		
Shoulder.....		25 "		30 min. to lb.
Loin.....		20 "		
Sweetbread.....				25 min. to lb.
LAMB:	Boiled	Roasted	Broiled	Stewed
Breast.....				1 hour
Leg.....		30 min. to lb		
Loin.....		15 "		
Neck.....		15 "		
MUTTON:	Boiled	Roasted	Broiled	Stewed
Breast.....	30 min. to lb			
Leg.....	20 "	20 min. to lb		
Loin.....		15 "		
Neck.....				1½ hrs.
Cutlets.....			10 min.	
Kidneys.....			8 min.	
PORK:	Boiled	Roasted	Broiled	Stewed
Ham.....	25 min. to lb			
Fore loin.....		35 min. to lb		
Leg.....	30 min. to lb	20 "		
Bacon.....	45 "		8 to 10 min.	

POULTRY AND GAME:	Boiled	Roasted	Broiled	Stewed
Turkey, large	.....	2 $\frac{3}{4}$ hours	.....	.....
Medium	1 $\frac{3}{4}$ hours.	2 hours	.....	.....
Venison, haunch	.....	4 $\frac{1}{2}$ hours	.....	.....
Fowl.....	1 hour	40 min.	.....	.....
Duck.....	.....	1 $\frac{1}{4}$ hours	.....	.....
Goose.....	.....	2 $\frac{1}{4}$ hours	.....	.....
Grouse.....	.....	30 min.	.....	.....
Pheasants	.....	35 min.	20 min.	.....
Woodstock	.....	25 min.	.....	.....
Wild Duck	.....	25 min.	.....	.....
Hare.....	Jugged— 3 $\frac{1}{2}$ hours	2 hours	.....	.....
<hr/>				
FISH:	Boiled	Baked	Broiled	Stewed
Halibut	.....	.....	.....	.....
Steak.....	15 min. to lb	.....	25 min.	.....
Salmon.....	8 lbs, 1 hr.	.....	.....	.....
Cutlets	.....	.....	.....	.....
Medium	.....	.....	25 min.	.....
Trout.....	.....	30 min.	.....	40 min.
Soles.....	10 min.	.....	.....	.....
Haddock.....	.....	45 min.	.....	.....
" Dried	.....	.....	5 min.	.....
Oysters.....	.....	.....	10 min.	10 min.



## HANDY WEIGHTS AND MEASURES.

- 1 Breakfast cup..... $\frac{1}{2}$  lb. or  $\frac{1}{2}$  pint.
- 1 Teacupful..... $\frac{1}{4}$  lb. or  $\frac{1}{4}$  pint.
- 1 Tablespoonful.....1 oz.
- 1 Dessertspoonful..... $\frac{1}{2}$  oz.
- 1 Teaspoonful..... $\frac{1}{4}$  oz.

By spoonful is meant a spoon which contains as much above as is in the bowl of the spoon.

A hen's egg weighs from  $1\frac{1}{2}$  to 2 ozs.

### EXCEPTIONS.

Molasses and all kinds of fat weigh heavier than flour.  
Breadcrumbs and rolled oats weigh lighter than flour.  
Sugar and rice weigh a little heavier than flour.

## TO CLEAN A GAS RANGE.

Lift off the bars, remove tops of burners, then burners themselves; take out oven rack and broiler pan. Wash stove and all removable parts in hot water and Pearline; dry well. Finish off with a little machine oil on soft cloth, and the stove will look as good as new.

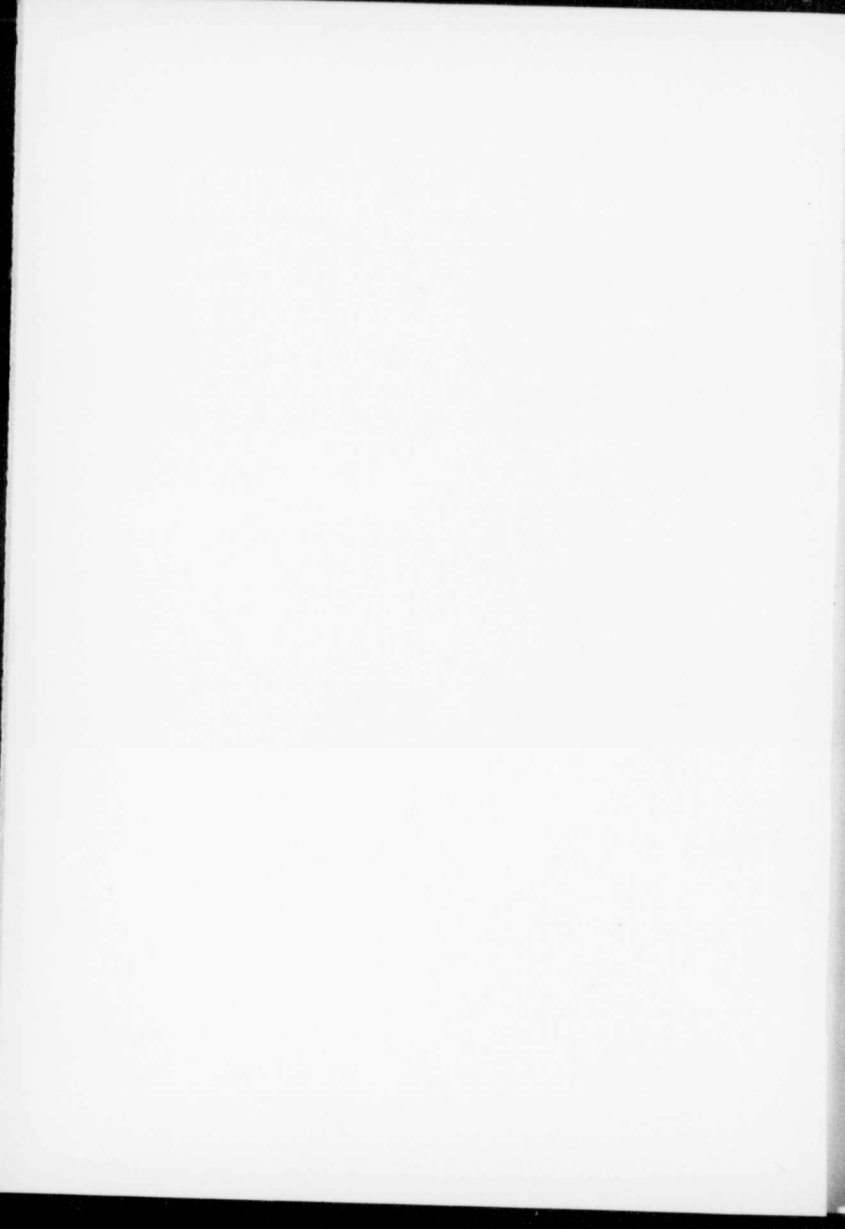
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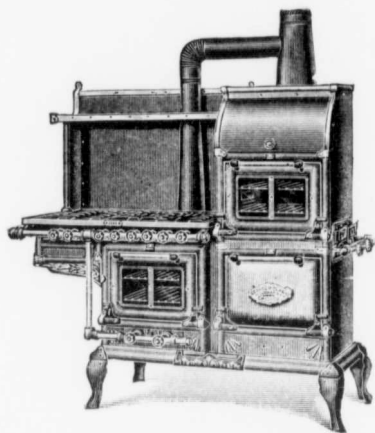
## The Spengler Cooker

Keeps 3 pots boiling on 1 burner, or will heat 3 irons at one time.

For sale by

**THE OTTAWA GAS COMPANY**





No. C383.

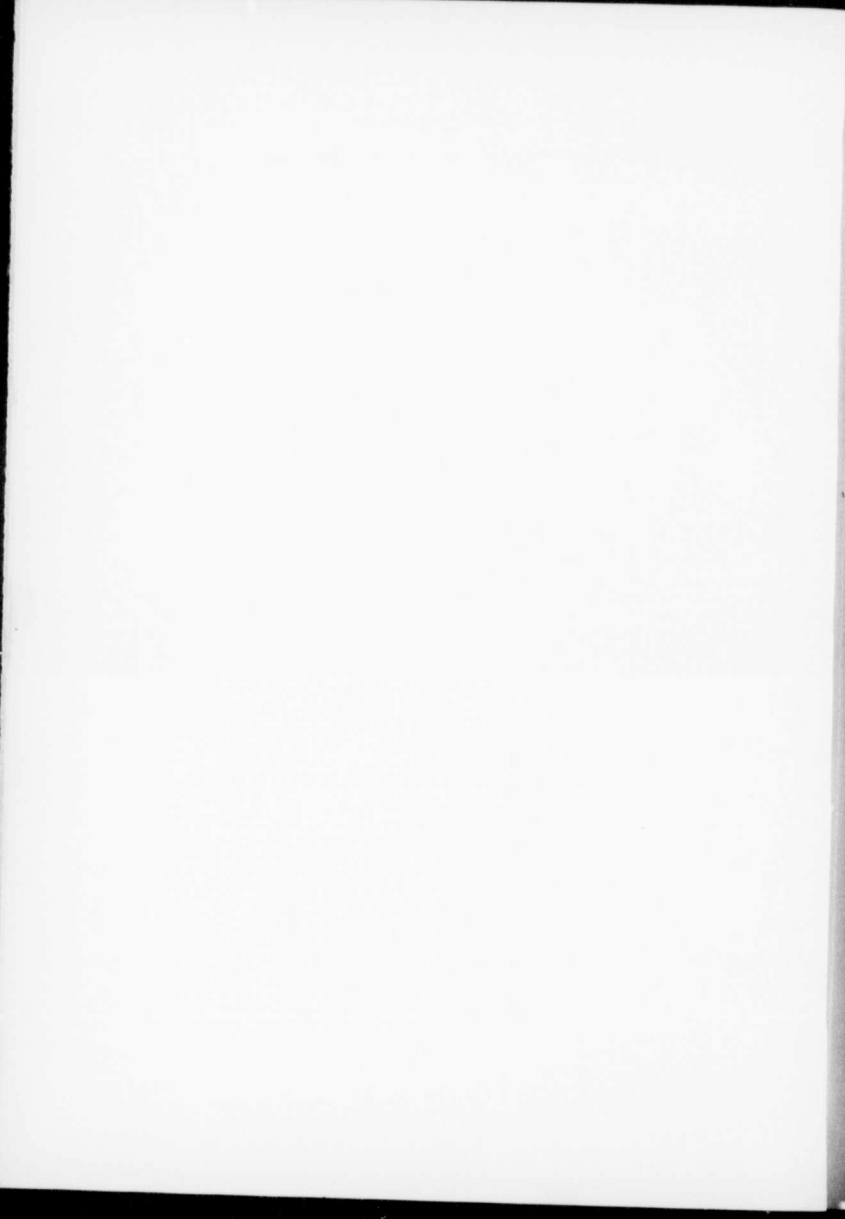
For domestic use, where large capacity, high efficiency, exceptional cleanliness and perfect convenience are desired, this Clark Jewel has no equal. Besides upper baking oven, large broiler and warming closet, it has an additional oven and a small broiler underneath the cooking top. A cake baker plate, a solid cover, and an open grate are furnished for use over the reversible burner in the small broiler. A hood can be furnished which connects with the chimney and carries off the steam and odors of the cooking.

The linings of the ovens and the broilers, also the drip tray and broiler pans have a heavy coat of light gray enamel—smooth as glass—easily cleaned—sanitary and rust proof. The glass panels reveal the baking without opening the oven door. Baking ovens and large broiler, each 18½ inches wide, 18½ inches deep, 12 inches high. Warming closet 20½ inches wide, 17 inches deep, 10 inches high. Small broiler 11 inches wide, 18 inches deep, 7½ inches high. Outside measurement 68½ inches wide, 29½ inches deep.

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No. C383 and Hood.....	125.00



## SOUPS



## BONE STOCK SOUP

2 lbs. of bones	2 quarts water (cold)
1 carrot	1 onion
Salt	

Wipe the bones, remove all fat. Saw into small pieces, and put them into a saucepan with the salt and water; bring them slowly to the boil and skim off all scum; then add the vegetables washed, peeled and scraped and cut up into good sized pieces. Simmer slowly for 4 or 5 hours, strain through a sieve, and when cold remove the fat.

Stock may be kept a day or two, but in warm weather should be boiled up every day.

## MEAT STOCK SOUP

2 lb. shin of beef	3 pints cold water
Salt	1 onion
1 small carrot	$\frac{1}{2}$ a turnip

Cut the meat into small pieces; wash the bones. Put all into a saucepan with the cold water and salt; bring to the boil; skim well, then add the vegetables cut into small pieces.

Simmer for 4 hours, strain through a sieve, when cold remove the fat.

## STOCK FOR CLEAR SOUP

This is a simple way to clear any cloudy stock.

Peel, wash and cut up small the following vegetables:

Put these into a clean and dry stewpan with a sprig of thyme and marjoram, a sprig or two of tarragon, chervil, 6 peppercorns, the white and shell of an egg, a

little lemon juice, and a teaspoonful of vinegar. Stir this with a whisk, and add about  $\frac{1}{2}$  lb. lean beef, finely chopped, moistened with a little cold water. Then put in the stock (from 2 to 3 quarts) which should be cold and free from fat.

Bring to the boil while whisking; remove from the fire, and let it simmer for about 20 min.

Season to taste with salt, etc., and strain 2 or 3 times through a clean cloth.

## ARTICHOKE SOUP

2 pints white stock or	1 pint milk
water	2 lbs Artichokes
2 onions	1 strip celery
1 bay leaf	1 teaspoonful curry
1 oz. butter	powder
	Pepper and salt

METHOD—Wash the artichokes; put a tablespoonful of vinegar in a bowl of water and keep the artichokes in it as much as possible to keep their colour.

Cut the onions, celery and artichokes into slices; melt butter in a stewpan, fry the vegetables a few minutes, being careful not to brown them; pour in the stock and boil till tender.

Rub through a fine sieve, add the milk, curry powder and season. Bring to the boil and serve.

*Time 1 $\frac{1}{4}$  hours.*

## CABBAGE SOUP

1 cabbage	1 teaspoonful pars-
1 oz. butter	ley (chopped)
1 small onion	1 pint milk
1 $\frac{1}{2}$ pint stock	1 tablespoonful
1 slice toasted bread	sago
	Seasoning to taste



Put on a large stewpan with water to boil, shred the cabbage and put it in the boiling water to blanch for five minutes. Strain and return cabbage to saucepan with the butter; add  $1\frac{1}{2}$  pints boiling stock, the milk, onion and seasoning. Cook gently for 15 minutes; shake in the sago, and boil for 10 minutes more.

Cut the toasted bread into small pieces, put them into a tureen with the parsley; pour the soup over them and serve.

*Time,  $\frac{3}{4}$  hour.*

## CREAM OF CELERY SOUP

3 heads of celery	4 oz. butter
3 oz. flour	2 quarts stock
1 pint milk	$\frac{1}{2}$ pint cream
Salt, pepper	Little nutmeg
$\frac{1}{2}$ teaspoonful sugar	Fried or toasted bread

**METHOD**—Wash and trim the celery, cut it into small pieces and blanch in slightly salted water; drain well and return to the stewpan with half the butter; cook for a while, being careful not to brown, add about  $\frac{1}{2}$  the stock; add pepper, salt, and nutmeg to taste. Cover and simmer for 30 minutes. Melt the remainder of the butter in another stewpan, add the flour and blend thoroughly. Add the milk, stock, and partly cooked celery; simmer until celery is soft; then pass the whole through a fine sieve. Add the sugar and more seasoning if necessary, and lastly the cream; repeat without allowing it to boil. Serve with toasted bread, or fried croûtons.

*Time about  $1\frac{1}{2}$  hours.*

## CLEAR JULIENNE SOUP

3 pints clear stock	1 carrot
1 strip Celery	1 onion
$\frac{1}{2}$ turnip	Pepper and salt

METHOD—Prepare the vegetables, and cut them into long thin strips like matches, blanch in boiling water, strain and add to stock.

Simmer for 15 or 20 minutes, when it will be ready to serve. *Time*  $\frac{1}{2}$  hour.

## CHICKEN BROTH

1 chicken	1 small onion
2 quarts cold water	1 teaspoonful finely
1 blade of mace	chopped parsley
1 teaspoonful rice (if liked)	salt and pepper

METHOD—Cut the chicken into small pieces, break the bones, scald and skin the feet, wash the neck, gizzard and liver. Put these into a stewpan with the chicken, add the water and salt, bring to the boil and skim. Add the onion and mace, cover and simmer 3 or 4 hours. Strain, bring to the boil; sprinkle in the rice, season to taste. Cook 20 minutes longer, add the parsley, and serve. *Time* 4 hours.

## MULLIGATAWNY SOUP

2 lbs. mutton	2 onions
2 apples	1 turnip
2 carrots	1 oz. butter
2 tablespoonfuls flour	1 tablespoonful sugar
1 tablespoonful curry powder	1 bouquet garni
Juice of one lemon	Salt

METHOD—Cut the mutton into joints, peel and core the apples, cut into quarters, prepare and cut up the vegetables; put them into a stewpan with the butter, and fry till slightly brown. Mix in the flour, curry powder, sugar, salt, herbs, and lemon juice; fry for about 10 minutes, stirring occasionally, then add gradually 2 quarts of water (cold), and the meat; bring to the boil and simmer 2 hours, removing the scum.

Pass the whole through a sieve; repeat and serve with boiled rice. *Time*  $2\frac{1}{2}$  hours.

## SCOTCH BROTH

4 lb. neck of mutton	6 quarts cold water
1 carrot	1 tablespoonful salt
1 onion	1 tablespoonful chop- ped parsley
1 turnip	1 piece celery
2 tablespoonfuls Scotch barley	$\frac{1}{2}$ teaspoonful pepper

**METHOD**—Cut the meat into small neat pieces, wash it in cold water and put into a stewpan with the salt, pepper, and water; keep it well skimmed and boil for 2 hours. Then add the vegetables cut up into dice, and the barley. Let this simmer  $\frac{1}{2}$  hour, then add the parsley, and serve.

The meat can be left in the broth or taken out before the vegetables are put in, as desired.

*Time 2 $\frac{1}{4}$  hours.*

## TOMATO SOUP

1 tin tomatoes	1 carrot, onion and turnip
2 lumps of sugar	1 tablespoonful corn starch
1 oz. butter	1 quart liquid from tomatoes
Pepper and salt	
Bouquet garni	

If not enough add water to make up.

**METHOD**—Cut the vegetables into small pieces, melt the butter in a stewpan and fry the vegetables in it about 10 minutes; add all the other ingredients, and cook until tender; pass through a fine sieve and thicken with the cornstarch; cook 10 minutes and serve.

## CREAM TOMATO SOUP

1 tin tomatoes, or (1 lb. fresh tomatoes and 1 pint water)	1 onion
1 pint milk	1 carrot
4 oz. butter	Bouquet garni
Salt and pepper to taste	1 gill cream
	2 oz. flour
	1 teaspoonful baking soda

METHOD—Put 2 ozs. of butter into a clean stewpan, wash and cut up the vegetables into small pieces, fry about 10 minutes without browning, add the tomatoes and bouquet garni, and simmer gently 30 minutes.

Put the remainder of the butter into another saucepan, mix in the flour, add milk slowly and bring to boil.

Strain the tomatoes, add the baking soda, then add the two mixtures together, lastly the cream. Season to taste and serve.

*Time 45 minutes.*

## LENTIL SOUP

1 pint red lentils	1 onion
2 sticks celery	1 oz. butter or dripping
2 quarts water, or 1 quart water and 1 quart milk	1 pint
	Salt and pepper

METHOD—Soak the lentils over night in cold water; cut up the onion and celery into small pieces; melt the butter in a stewpan, and fry the vegetables till almost all the fat is absorbed; add the lentils and 1 quart of water; boil gently till tender. Strain through a fine sieve; pour the purée back into the saucepan, add the remaining quart of liquid; season to taste with salt and pepper, and serve. Greatly improved by the addition of a little whipped cream.

*Time 1 hour.*

## POTATO SOUP

2 lbs potatoes	2 onions
2 oz. butter	1 pint milk
1 gill cream	1 dessertspoonful
1 tablespoonful sago or tapioca	curry powder
	1 bouquet garni
	Salt and pepper

**METHOD**—Wash, peel and cut the potatoes into slices. Melt the butter in a stewpan; peel and cut up the onion; fry onions and potatoes slightly in the butter, add seasoning, cover with water and simmer till potatoes are tender, pass through sieve; put back into pan, add the milk, curry powder, and tapioca. Boil 10 minutes, taking care it does not burn.

Whip the cream slightly, add and serve.

Green pea soup may be made in the same way, omitting the potatoes and curry powder.

*Time about  $\frac{1}{2}$  an hour.*

## FOOD FOR THE GODS

1 pint chicken bouillon	1 pint can mushrooms
1 gill whipped cream	

**METHOD**—Mix 2 tablespoonfuls of flour with a little cold milk to thicken the bouillon. Cut (not chop) the mushrooms into pieces; heat in a separate saucepan.

When ready to serve mix mushrooms with bouillon and cream, season with salt and white pepper.





## Cast Iron and Steel Cabinet.

No. D580.

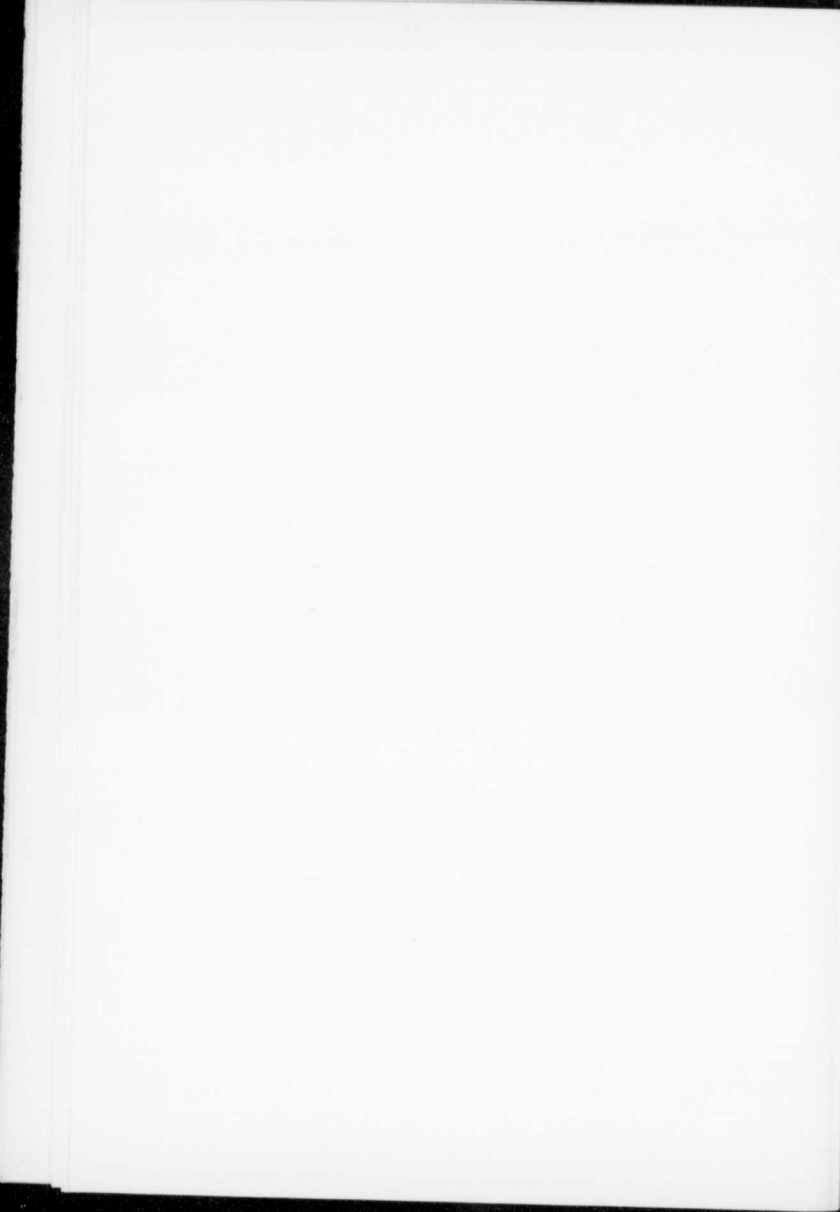
A very comfortable cabinet of modern design and large capacity.

It has many features of convenience.

The baking oven is large as it is 18 inches square and 14 inches high. The oven heat is easily controlled, as all valves are in front.

The space below the top burners forms a warming chamber.

Smooth casting and enameled panels in the doors do not collect dirt.





FISH



## FISH AS FOOD

Speaking generally, fish is less sustaining than meat, yet in fishing hamlets where little or no animal food is taken, the health and vigour of the inhabitants are excellent.

The white fish, *viz.*: Sole, Whiting, Plaice, Haddock, Halibut, Turbot, Brill, Ling, Skate and Cod contain little or no oil in their tissues, and are therefore of less nutritive value, but more easily digested than the oily salmon, mackerel and herring. The delicate fibre of the sole and herring allow them to be easily digested; hence, their value in the diet of the sick and convalescent. Herring is said to be more nourishing than any other fish.

Oysters are very nourishing and easily digested in a raw state.

Fish that is not quite fresh may be improved by washing in vinegar and water.

## BAKED FISH

Butter a tin and place the fish on it; sprinkling a little pepper and salt over it. Butter a sheet of kitchen paper, and cover the fish closely with it. Place in the oven, and when cooked, (it will take from 10 minutes to 30 minutes, according to size) take off the paper; place the fish on a dish and sprinkle over it chopped parsley; strain over it the liquid in which the fish was baked. Serve very hot.

*Time about  $\frac{1}{2}$  hour.*

## BOILED FISH

Put a saucepan or fish kettle of water on the fire to boil. Clean the fish thoroughly in cold water, and put it on to a strainer or dish. When the water is warm, put the fish in with a little salt. (There should be enough water to cover the fish.) Let it simmer gently, from 20 minutes to  $\frac{3}{4}$  of an hour, according to size.

Skim it occasionally; when we find the skin is cracking, we shall know the fish is done. Take it carefully out, place on a hot dish and garnish with cut lemon and parsley.

Serve with parsley and butter or egg sauce.  
*Time about 20 minutes for fish of 1 lb. weight.*

## BROILED HERRINGS

(With Mustard Sauce)

3 fresh herrings	6 whole peppers
1 oz. flour	1 onion
$\frac{1}{2}$ pint vinegar	1 teaspoonful mustard
1 oz. butter	

**METHOD**—Cut the heads off the fish, wash them, dry them in a clean cloth; notch them across with a knife; flour them and broil.

Take the heads and smash them up, boil them in the vinegar with the pepper and onion for 15 minutes, then strain. Melt the butter in a saucepan, add the flour and mustard, add the vinegar, etc.; cook till it thickens, pour over the herrings and serve.

*Time  $\frac{1}{2}$  hour.*

## BROILED MACKEREL

2 mackerel	Chopped thyme and parsley
1 yolk of egg	Pepper, salt and breadcrumbs
Nutmeg	
A little flour	
Lemon peel	

**METHOD**—Cut off the heads. Pull out the roes at neck end, and boil them in a little water 10 minutes; bruise them with a spoon, beat up the yolk; add a little grated nutmeg, lemon peel, parsley and thyme, pepper, salt, and a few breadcrumbs; mix all well together and stuff the mackerel with it. Flour the fish well, broil them, and serve with melted butter.

*Time to broil the fish about 20 minutes.*

## BROILED MACKEREL (2)

Clean a mackerel, wipe it on a dry cloth; cut it open down the back, brush over with melted butter and broil. Mix a little finely chopped parsley, pepper and salt with half an ounce of butter; spread on the fish, and serve very hot.

## CREAM BAKED TROUT

Clean the trout, put in pepper and salt and close them. Place the fish in the pan, with just enough cream to cover the fins, and bake 15 minutes.

## CREAM GRAVY FOR BAKED FISH

Put into a saucepan: 1 cupful cream, diluted with 1 or 2 spoonfuls of hot water. Stir in carefully 2 table-spoonfuls of butter and a little chopped parsley. Heat this in vessel over hot water, pour in gravy from dripping pan of fish; boil till thick.

## BROILED SALT SALMON

Soak salmon in tepid or cold water 24 hours, changing water several times. At the hour wanted broil sharply, season to taste, covering with butter.

## BOILED SALMON

A piece weighing 6 pounds should be rubbed with salt, tied carefully in a cloth and boiled slowly from  $\frac{3}{4}$  to 1 hour. Serve with egg or caper sauce.

## TO FRY BROOK TROUT OR OTHER SMALL FISH

Clean the fish, and let them lie a few minutes wrapped singly in a clean dry towel; season with salt and pepper. Roll in corn meal or flour. Fry in butter and lard. Serve very hot.

## DRESSED SALMON

2 slices salmon 2 inches thick	2 onions
3 gherkins	1 carrot
3 oz. butter	A few preserved mushrooms
1 shallot	A little chopped parsley
1 tablespoonful anchovy sauce	1 pint stock
A little roux to thicken	

METHOD—Cut up the onions and carrots into thin slices, lay them at the bottom of a baking pan with a little salt, pepper and 1 oz. butter; lay the salmon on top of vegetables, cover with buttered paper, and bake for 35 minutes in a moderate oven; serve with—

## ITALIAN SAUCE

Cut up the shallot finely and lightly fry in the remainder of the butter; add the parsley, gherkins, mushrooms and capers chopped very fine; add stock and mix in a little roux to thicken the anchovy sauce and pepper. Boil these ingredients for 30 minutes; dish the salmon carefully (taking care that no vegetables stick to it); pour the sauce over and serve very hot.

*Time about 40 minutes.*

## FRIED WHITING

Whitings                      Frying fat  
Eggs and breadcrumbs

Wash, clean and dry the fish; curl into shape; coat with egg and breadcrumbs, and fry a golden brown in deep fat. *Time 10 minutes.*

## BROILED SALMON

Have the steaks an inch thick; season with pepper and salt and a little lemon juice; tie up in buttered paper, and broil slowly, turning once.

## COURT BOUILLON

This preparation gives boiled fish a better flavor than when it is cooked in plain water.

4 quarts water	1 onion
1 small piece of carrot	2 tablespoonfuls salt
1 tablespoonful vinegar	1 teaspoonful pepper
Juice of half lemon	Bouquet of sweet
A little wine if liked	herbs
	2 cloves

Tie the onions, carrot, cloves and sweet herbs in a piece of muslin, and put into the water with all the other ingredients; cover and boil slowly 1 hour, then put in the fish, and cook as for plain boiling.

## CURRIED COD

2 lbs. cod	1 pint white stock
2 oz. butter	1 tablespoonful flour
1 tablespoonful lemon juice	$\frac{1}{2}$ tablespoonful curry powder
1 small onion	Salt, pepper and cayenne

Wash and dry the fish; cut into pieces about  $1\frac{1}{2}$  inches square. Melt the butter in a stewpan; fry the fish slightly, then take out and set aside. Add the sliced onion, flour and curry powder to the butter in the stewpan and fry 15 minutes stirring continually; pour in the stock, stir until it boils; let it simmer gently for 20 minutes. Strain and return to stewpan, add lemon juice and seasoning to taste, bring to boiling point, add the fish, cover closely and draw aside for  $\frac{1}{2}$  an hour, or until the fish becomes thoroughly blended with the flavor of the sauce.

Stir occasionally. Dish up and serve with boiled rice. The remains of cold fish may be used, and almost any fish may be curried in the same way.

*Time*  $1\frac{1}{2}$  hours.

## FISH PIE

$1\frac{1}{2}$ lbs. cold fish	1 doz. oysters
$\frac{1}{2}$ pint melted butter	$\frac{1}{2}$ lb. show pastry or
sauce	mashed potatoes
Salt pepper	Nutmeg

**METHOD**—Take off the beards of the oysters and let them simmer in a little water for a few minutes, then strain and mix with the oyster liquor. Cut the oysters into small pieces; divide the fish into large flakes, put half of it into the dish, lay the oysters on the top, season with salt, pepper and nutmeg, add the melted butter sauce, cover with the rest of the fish; cover with short crust pastry, or if potatoes are used, season the potatoes with salt and pepper; warm in a saucepan with a little butter and milk. Bake about  $\frac{1}{2}$  an hour in a moderate oven.

*Time*  $1\frac{1}{4}$  hours.

## COD RECHAUFFE

1 lb. cooked cod	$\frac{1}{2}$ pint white sauce
Butter, breadcrumbs	Salt and pepper
1 teaspoonful mushroom sauce	
$\frac{1}{2}$ teaspoonful anchovy essence	
$\frac{1}{2}$ teaspoonful made mustard	



METHOD—Free the fish from skin and bones, and separate it into large flakes, make the white sauce as directed, add mushroom and anchovy, mustard, salt and pepper to taste; put in the fish. Mix and put into a baking dish, cover with breadcrumbs, place small pieces of butter on top, and bake till nicely browned.

*Time to bake about 15 minutes.*

## LOBSTER CROQUETTES

2 lobsters	Pepper, salt, cayenne,
small piece of butter	spices
1 tablespoonful flour	1 bunch parsley
Fish stock	2 eggs
	Breadcrumbs

METHOD—Mince the lobster rather fine, add the seasoning to taste. Melt the butter in a saucepan, blend in the flour, then the lobster, and a little chopped parsley; add enough fish stock to make the mixture look like minced veal, draw to side of fire and add the beaten yolks of eggs; put aside to get cold. Shape into the form of corks, egg and crumb them again being careful to retain the shape. Fry in deep hot lard.

*Time to fry 10 minutes.*

## LOBSTER NEWBURG

2 medium sized lobsters	4 tablespoons butter
2 tablespoons brandy	2 tablespoons sherry
2 tablespoons salt	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ pint cream	4 yolks of eggs

METHOD—Cook the lobster and when cool cut into pieces. Put the butter into a saucepan; when hot add lobster and cook 5 minutes, add pepper, salt, brandy and sherry; simmer 5 minutes. Beat up yolks and add to cream, pour over the lobster, and stir constantly for 1 $\frac{1}{2}$  minutes. Serve on a hot dish.

*Time (after lobster is cooled) 15 minutes.*

## BAKED LOBSTER

1 can lobster	1 cup thin cream
$\frac{1}{2}$ cup breadcrumbs	1 teaspoonful lemon juice
Salt and pepper	

METHOD—Put the lemon juice on lobster meat, then add to cream sauce; allow it to just come to boiling point. Put into a baking dish, cover with fine breadcrumbs, place small pieces of butter on top, bake 15 minutes.

## ESCALLOPED OYSTERS

12 large oysters	3 tablespoons thick white sauce
Lemon juice	Pepper and salt
White breadcrumbs	

METHOD—Blanch the oysters in their own liquor, remove the beards and cut in halves.

Strain the liquor into the white sauce, and boil till sufficiently reduced, then add lemon juice, salt and pepper to taste.

Brush 8 or 9 small scallop shells over with melted butter, coat with breadcrumbs; distribute the oysters equally, pour over the sauce, cover lightly with breadcrumbs, put small pieces of butter on top, and bake till nicely browned. Serve hot.

*Time 20 minutes.*

## OYSTER SOUFFLE

2 small whiting	6 large oysters
$1\frac{1}{2}$ ozs. flour	2 oz. butter
$\frac{1}{2}$ pint milk (about)	$\frac{1}{2}$ gill cream
1 dessertspoonful anchovy essence	3 eggs
	Seasoning

METHOD—Skin the whiting, remove all meat from the bone, and pound in a mortar.

Melt the butter in a stewpan, add the flour and cook a while stirring all the time.

Remove the beards from the oysters, cut latter into dice, and put them into the mixture, season to taste with salt, pepper, and nutmeg, work in the yolks of egg, the anchovy essence, and pounded fish.

Whisk whites of eggs to a stiff froth, and mingle them carefully with the mixture. Three parts fill a soufflé tin and steam 45 minutes; remove from mould and serve with a white sauce.

## OYSTER PATTIES

1 lb. puff paste	24 oysters
2 oz. butter	1 oz. flour
Yolks of three eggs	$\frac{1}{4}$ pint fish stock or
$\frac{1}{2}$ gill cream	milk
$\frac{1}{2}$ teaspoonful lemon juice	Salt and pepper
	Parsley

METHOD—Roll out the paste to  $\frac{1}{2}$  inch in thickness, and stamp out 8 or 9 rounds  $2\frac{1}{2}$  inches diameter, brush over with beaten egg, and make an inner ring to about  $\frac{1}{2}$  the depth of pastry, 1 inch in diameter. Bake in hot oven 20 or 30 minutes; remove and take care of tops, scoop out the soft inside, keep warm till required.

Meanwhile, put oysters and liquor into a saucepan, bring to boil, drain them, put liquor aside, remove beards from oysters, and cut in two.

Melt butter in stewpan, add flour, and cook for 3 or 4 minutes; add oyster liquor and enough milk to make  $\frac{1}{2}$  a pint, stir until it boils. Simmer for 10 minutes, add cream, yolks of eggs, lemon juice, and seasoning to taste. Simmer gently till yolks of eggs thicken; put in the oysters; fill the paste cases, put on the cover, garnish with parsley.

*Time  $\frac{1}{2}$  hour after paste is made.*

## MAYONNAISE OF SALMON

Cold boiled salmon	Lettuce, cucumber,
Beetroot, capers	Gherkins, boned an-
Hard boiled eggs	chovies
Mayonnaise sauce	

**METHOD**—A mayonnaise of salmon may consist of a large centre cut, a thick slice, or the remains of cold salmon cut into pieces, convenient for serving.

In all cases the skin and bone must be removed, and the fish completely masked in thick mayonnaise sauce, the stiffening properties of which are greatly increased by the addition of a little liquid, but nearly cold aspic jelly.

When procurable a little endive should be mixed with the lettuce, as its delicate feathery leaves greatly improve the appearance of any dish of which it forms a part.

Many other garnishings, besides those mentioned above, may be used. Fancifully cut thin slices of truffle are particularly effective.

## DEVILLED CRAB

1 cupful crabmeat	2 tablespoonfuls fine
Juice of one lemon	bread crumbs
$\frac{1}{2}$ teaspoonful mustard	A little salt and cay-
1 cup butter	enne
Yolks of two hard boiled eggs chopped	

**METHOD**—Mix 1 teaspoonful bread crumbs with the crab meat, yolks, seasoning and butter. Fill scallop shells with mixture, cover thickly with crumbs, and bake till nicely browned in quick oven.

*Time about 10 minutes.*

## FRICASSE OF OYSTERS

Drain 50 oysters, cover them with cold water and drain again. Make a rich cream sauce, season highly, put in the oysters, stir until the edges curl. Serve at once.

POULTRY AND GAME



## BOILED CHICKEN

1 chicken	1 onion
1½ oz. butter	1 carrot
1½ oz. flour	1 bouquet garni
¾ pt. stock	Salt and pepper

**METHOD**—Truss the chicken for boiling, put in a stewpan just large enough to hold it with the boiling stock or water; add a slice of lemon to whiten the flesh, bring to a boil and skim.

Add the vegetables, cut into slices, bouquet garni, and seasoning, cover closely, and cook gently until tender.

Meanwhile, melt the butter in a smaller stewpan, add the flour and blend thoroughly, pour in ¼ pint of the stock in which the chicken has been boiled; bring to boil, and cook about 10 minutes. Season to taste.

Remove the trussing string from the chicken, place on hot platter, pour the sauce over and serve. Garnish with chopped parsley.

*Time to boil the chicken from 1 to 1½ hours according to size.*

## CASSEROLE OF CHICKEN

1 chicken	2 tablespoonfuls mushrooms
4 oz. bacon	rooms
2 oz. butter	1 oz. flour
1 small onion	Pepper and salt

**METHOD**—Divide the chicken in joints, heat ½ the butter in a casserole just large enough to hold the chicken, fry the bacon in it, having first cut it into strips; then put in the chicken, add the onion chopped and the mushrooms; cover, and cook slowly till slightly browned, turn and brown the other side; add stock to barely cover and season to taste. Melt the remaining butter in a small saucepan, blend in the flour, and add to the chicken 15 minutes before serving.

It should be served in the casserole.

*Time about 1½ hours.*

## ROAST CHICKEN

1 chicken                      2 or three slices of bacon  
 $\frac{1}{2}$  pt. stock                      Fat for basting  
Salt and pepper

METHOD—Truss the chicken for roasting, prick the entire surface of the breast with the point of a skewer; skewer over it the pieces of bacon, baste well with butter or dripping, and roast in a moderate oven 1 hour. Baste frequently, and a few minutes before serving remove the bacon for the breast to brown.

Serve with thickened brown gravy and bread sauce.

*Time 1 $\frac{1}{4}$  hours.*

## CHICKEN SOUFFLE

$\frac{1}{2}$  lb. raw chicken                      1 $\frac{1}{2}$  oz. butter  
2 whites of egg                      1 yolk  
 $\frac{1}{4}$  pt. cream                       $\frac{1}{2}$  pt béchamel sauce  
Pepper and salt

METHOD—Pass the meat through a fine mincing machine; then pound it well with the butter and yolk of egg, season with pepper and salt, and rub through a fine wire sieve.

Whisk the whites of eggs stiffly, and whip up the cream slightly, and add to chicken mixture.

Butter a plain soufflé mould well, put in the mixture, cover with buttered paper and steam gently from 50 to 60 minutes.

Serve with the white sauce poured over.

*Time 60 to 90 minutes.*

## BROILED CHICKEN

Singe, wipe, and with a sharp pointed knife, beginning at the back of the neck, make a cut through the backbone the entire length of the bird. Lay open the bird and



remove contents from inside. Cut out rib bones, remove breastbone, then cut through tendons at joints. Sprinkle with salt and pepper and place in a well-greased broiler. *Broil 20 minutes* over a clear fire. The flesh side must be exposed to the fire the greater part of the time, as the skin side will brown quickly. Remove to a hot platter, spread with butter and sprinkle with salt and pepper.

## ROAST WILD DUCK

1 Duck	$\frac{1}{2}$ pt. Espagnole sauce
1 glass port wine or claret	Juice of 1 lemon Watercress, salad oil
Salt and pepper	

**METHOD**—Draw and truss the bird and roast in a moderate oven 35 minutes, basting frequently. Make the sauce as directed, add to it the wine and lemon juice, season to taste, and keep hot till required.

Serve the duck on a hot dish, garnish with watercress, previously well washed, dried, and seasoned with salt, pepper, and salad oil. Send the sauce to table separately.

*Time about 40 minutes.*

## STEWED DUCK WITH GREEN PEAS

1 duck	1 pt. brown sauce
1 pt. shelled peas	1 sprig mint
1 lump of sugar	Lemon juice

**METHOD**—Parboil the peas with the mint and sugar, drain well. Divide the duck into neat joints; make the sauce as directed, add the meat and stew gently 45 minutes. Add the peas 20 minutes before serving, and the lemon juice just before dishing.

*Time 1 hour.*

## ROAST DUCK

2 ducks	Sage and onion
$\frac{1}{2}$ pt. stock	stuffing
$\frac{1}{2}$ oz. flour	Apple sauce
Salt and pepper	

**METHOD**—Stuff the body of the ducks with the stuffing, and truss them; baste well with hot fat, and roast in a moderately hot oven, about 1 hour, basting frequently.

When done, pour off the fat from the baking tin, thicken the gravy, if desired, season to taste, and serve.

*Time 1 to 1 $\frac{1}{4}$  hours.*

## RAGOUT OF FOWL

1 fowl	$\frac{1}{4}$ lb. ham or bacon
$2\frac{1}{2}$ oz. butter	$1\frac{1}{2}$ oz. flour
1 onion, finely chopped	Salt and pepper

**METHOD**—Divide the fowl into joints; heat the butter in a stewpan, fry the pieces of fowl till nicely browned, then remove and keep hot.

Fry the onion slightly, stir in the flour, cook gently till well browned; then add the stock. Bring to boiling point, stirring constantly; then add the fowl and bacon, cut into dice; cover closely, and cook gently  $1\frac{1}{4}$  hours. Serve with the sauce poured over.

*Time 1 $\frac{1}{2}$  hours.*

## CURRIED FOWL

1 fowl	2 oz. butter
$\frac{3}{4}$ pt. water	1 apple
salt and pepper	1 onion
1 tablespoonful curry powder	
$\frac{1}{2}$ teaspoonful flour	
$\frac{1}{2}$ teaspoonful dessicated or fresh cocoanut	
$\frac{1}{2}$ teaspoonful chutney	
1 teaspoonful lemon juice	
2 teaspoonfuls cream	
Some boiled rice	

**METHOD**—Divide the fowl into small joints, fry them slightly in hot butter, remove them from the stewpan. Put in the onion minced, fry a little without browning, add the flour and curry powder, blend thoroughly then pour in the stock and stir until boiling.

Replace the fowl in the stewpan, add the cocoanut, chutney, sliced apple, lemon juice, and salt to taste, cover and cook gently about 1 hour. When done, arrange neatly on a dish; add the cream to the sauce, and pour over. Serve the rice separately.

*Time 1 $\frac{1}{4}$  hours.*

## BROILED PIGEONS

2 or 3 pigeons	Salad oil or oiled
Seasoning	butter

**METHOD**—Split the birds down the back and skewer them into shape. Brush over with oil or butter, season with salt and pepper, and broil 15 to 20 minutes turning frequently. Serve with tomato, mushroom or any suitable sauce.

*Time about 20 minutes.*

Delicious if cooked in a paper bag.

## PIGEON PIE

2 or 3 pigeons	1 lb. rump steak
$\frac{1}{4}$ lb. ham or lean bacon	$\frac{3}{4}$ pt. stock
2 eggs (hard boiled)	1 egg yolk
Salt, pepper	Puff pastry

METHOD—Cut each pigeon into 4 pieces, the beef, ham, and eggs into slices. Put these into a pie dish in layers seasoning each layer, and stock to  $\frac{3}{4}$  fill the dish. Put on the cover, seal closely, brush over with the beaten egg yolk; bake in a quick oven till the paste is risen and set; then cook at a lower temperature about 1 hour. Serve either hot or cold.

*Time about 1½ hours to bake the pie.*

## ROAST TURKEY

1 turkey	1½ lb. sausage meat
1½ lb. force meat	3 slices of bacon
Fat for basting	

METHOD—Prepare and truss the turkey, fill the crop with the sausage meat, make the forcemeat as directed, and put it into the body of the bird; skewer the bacon over the breast; baste well, and put into a moderate oven about 2 hours, or according to size; a short time before serving remove the bacon, to allow the breast to brown. Serve with thickened brown gravy, and bread sauce.

*Time, for fairly large bird 2¼ hours.*

## ROAST PARTRIDGE

(See Roast chicken.)

*Time to roast 30 minutes.*

## ROAST PHEASANT

1 pheasant	$\frac{1}{4}$ lb. beef steak
Fried breadcrumbs	Bacon
Watercress	Salad oil
Salt and pepper	

**METHOD**—Truss the bird in the same way as a chicken for roasting, only leaving the head on. Put the steak inside the bird, to improve the flavor; cover the breast with the slices of bacon, and roast in a moderate oven about 50 minutes, basting frequently with butter.

Remove the bacon a few minutes before serving to allow the breast to brown.

Serve on a hot dish, garnished with the watercress, previously well washed, dried, and seasoned with salt, pepper, and salad oil. Serve with brown sauce, bread sauce, and fried breadcrumbs.

*Time 40 to 50 minutes.*

## FRICASSEE OF RABBIT

1 rabbit	2 oz. butter
2 oz. flour	$\frac{1}{2}$ pt. milk
Some white stock	2 onions
1 carrot	1 or 2 strips celery
1 bouquet garni	Pepper, Salt

**METHOD**—Cut the rabbit in neat pieces and wash well in lukewarm water, place in a stewpan, with just enough white stock to cover. Bring to boiling point, and add the vegetables, cut in slices. Add a little salt, and the bouquet garni, cover closely and cook gently about 1 $\frac{1}{4}$  hours. Melt the butter in another stewpan, add the flour, blend thoroughly, add the milk, stir till boiling. When ready, take up the rabbit, keep hot till required, strain and add a good  $\frac{1}{2}$  pint of the stock to the white sauce, press the vegetables through a sieve, and add to the sauce. Season to taste, replace the rabbit and serve.

*Time 1 $\frac{1}{2}$  hours.*

## RABBIT PIE

1 rabbit ½ lb. bacon or pork  
½ lb. beef steak ½ pt. stock

**METHOD**—Wash the rabbit, and cut into small joints, cut the pork and beef in small pieces, and the eggs into slices; place these ingredients in a pie dish in layers, seasoning to taste. Add stock to  $\frac{3}{4}$  fill the dish. Cover with pastry, brush over with beaten egg, bake in a moderate oven till the pastry is risen and set, then reduce the heat, and cook more slowly.

*Time to bake 1½ to 2 hours.*

## ROAST HAUNCH OF VENISON

Trim the joint; wipe it well with a cloth, rub it over with butter or clarified dripping and sprinkle with salt; cover with a sheet of buttered kitchen paper. Make a paste with flour and water, roll out to a thickness of  $\frac{1}{2}$  an inch; wrap the joint in this, and seal all openings carefully, lastly pack the whole in a sheet of well buttered paper and bake in a moderate oven for about 3 hours; remove the paper and paste coverings, baste very plentifully with butter, and when nearly done, dredge over it some flour and a little salt.

Serve with brown gravy and red currant jelly.

*Time 3 to 4 hours.*

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“It is an irritating, nay more, a deeply saddening problem for a wise dyspeptic to ponder; the superabundance in this little world of ours, of things cookable; and the extreme rarity of cooks.”



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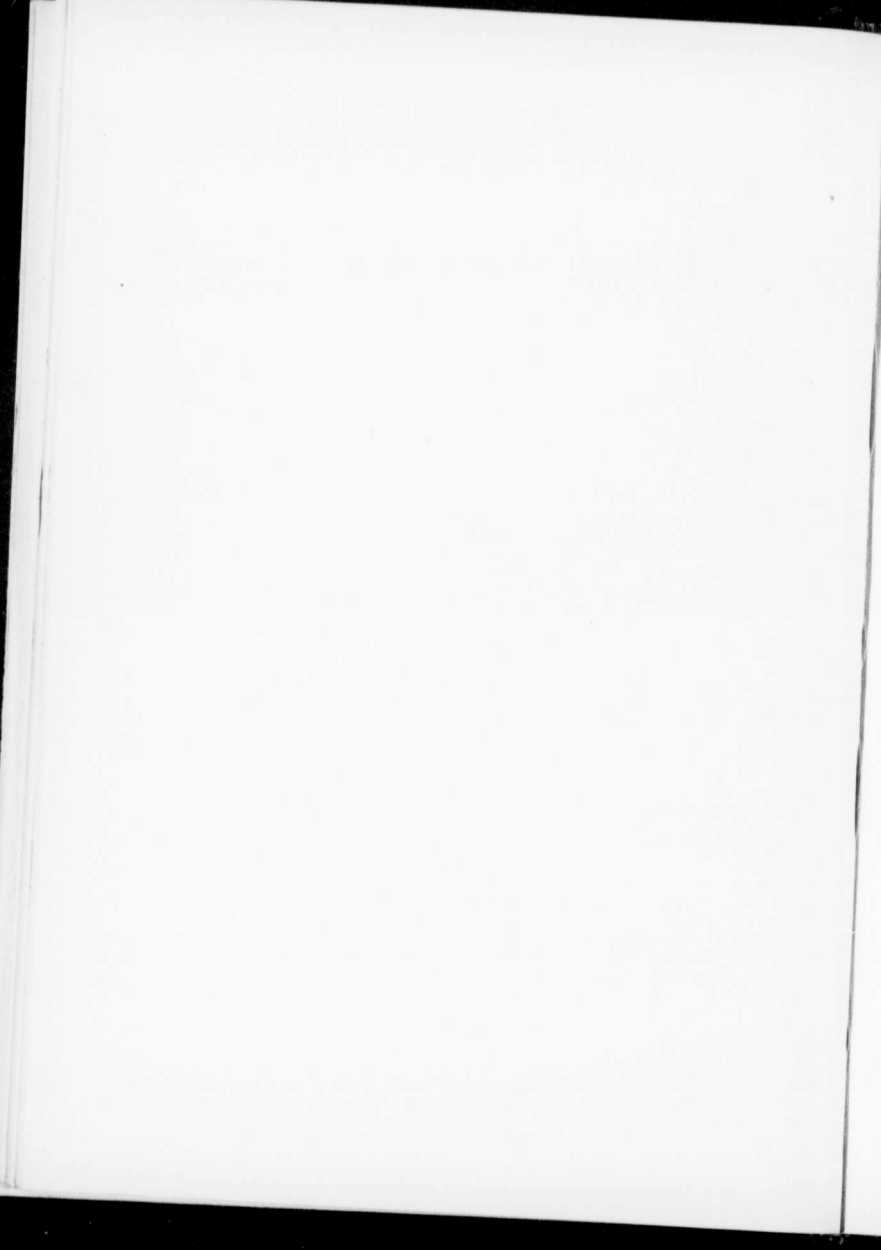




## MEATS

“Their ovens they with bak't meats choke,  
And all their spits are turning.”

Roasts: See notes on roasting.



## BOILED BEEF

Salt beef	Turnips, carrots
Onions, bouquet garni	(Parsley, thyme, bay
Suet dumplings (if liked)	leaf, peppercorns)

METHOD—The aitchbone, round, and brisket are all suitable for boiling. In boiling meat a certain part of the nutritive qualities escape into the water, and the liquor should therefore be utilised for soup, when not too salt for that purpose.

With this end in view, the liquor should be reduced to the smallest possible quantity, by using a pot just large enough to contain the joint, with barely sufficient water to cover it.

The meat must be skewered into a compact form.

The water in which it is immersed should be lukewarm, unless the meat is *very* salt, when it should be cold, to extract some of the salt. In either case it should be heated gradually to boiling point, and well skimmed. The onions should be left whole, the turnips cut into thick slices, and the carrots lengthwise into 2 or 4 pieces; add them after the liquor has been well skimmed.

When suet dumplings form part of the dish, they should be added  $\frac{1}{2}$  an hour before serving, the liquor being previously brought to the boil. To serve, replace the skewers with silver ones, pour some of the liquor round the meat, and garnish with vegetables.

*Time 20 to 30 minutes for each pound.*

## EXETER STEW

2 lbs. lean beef	$\frac{1}{2}$ pint water
$1\frac{1}{2}$ oz. beef dripping	$1\frac{1}{2}$ oz. flour
2 or 3 onions	2 <sub>teaspoonfuls</sub> vinegar
Salt and pepper	1 <sub>teaspoonful</sub> brown sugar

## FOR THE SAVORY BALLS

4 oz. flour  
1 teaspoonful salt  
1 tablespoonful finely chopped parsley  
 $\frac{1}{2}$  teaspoonful powered mixed herbs  
 $\frac{1}{4}$  teaspoonful baking powder  
Little pepper

1 $\frac{1}{2}$  oz. finely chopped suet

**Метод**—Remove all the fat from the meat, and cut into 8 or 10 pieces, put the meat into a stewing jar with the vinegar, and place in a cool oven. Make the fat hot in a frying pan, fry the sliced onion and flour till brown, add the water, boil up and pour over the meat in the jar. Season, cover closely, and cook gently, either in the oven or on the stove, for 3 hours.

Mix the ingredients for the savoury balls together, add water to bind them into a stiff mixture, and separate into 12 balls. About 40 minutes before serving bring the stew to boiling point, drop in the balls and simmer slowly 40 minutes. To serve: pile the meat into the centre of the dish, pour the gravy over, and arrange the balls neatly round.

*Time 3 $\frac{1}{2}$  hours.*

## FILLET OF BEEF (With Tomatoes)

3 lbs. fillet of beef  
2 oz. butter  
1 small onion  
1 teaspoonful flour  
 $\frac{1}{2}$  teaspoonful mixed herbs

6 or 8 small tomatoes  
skinned and seeded  
 $\frac{1}{2}$  pint stock  
Salt and pepper  
1 tablespoon chopped parsley

**Метод**—Trim and bind the fillet into good shape. Heat the butter in a stewpan, and fry the fillet till nicely browned all over; then add the sliced onion, parsley,

herbs, and pepper. Cover closely, and let it cook as slowly as possible for 2 hours basting frequently. Boil up the stock, mix the flour smoothly with a little cold stock. Stir in, and simmer continuously 10 minutes, stirring all the time. Half an hour before serving, pour it into the stewpan containing the meat, with the sliced tomatoes. When cooked dish on hot dish, garnish with the tomatoes, season the gravy to taste, and serve.

If liked the tomatoes may be baked whole, and placed on the dish just before serving.

*Time 2½ hours.*

## CURRY WITH COOKED MEAT

½ tin tomatoes	2 small onions
1 large apple	2 bananas
2 oz. seeded raisins	1 pint of stock
1 oz. butter	Pepper, salt cayenne
1 tablespoonful curry powder	
1 dessertspoonful lemon juice	
1 dessertspoonful flour	

**METHOD**—Melt the butter, stir in the flour, cook a little without browning, add stock, add the curry powder, coarsely chopped onions, apples, bananas, raisins, tomatoes and boil gently about 1 hour.

Cut up the meat into neat pieces, add to the curry 15 minutes before serving. Season to taste with salt, pepper and cayenne, and dish in a border of boiled rice.

*Time 1½ hours.*

## BEEF, BRAISED

4 to 6 lbs. fresh brisket	2 carrots
of beef	1 turnip
2 or 3 strips of celery	3 small onions
A bouquet garni	½ lb. button onions
A few slices bacon	Salt, stock
For the sauce	
1½ oz. butter	1½ oz. flour

Stock

**METHOD**—Turn about  $\frac{1}{2}$  pint each of carrot and turnip with a large sized peashaped cutter, put them and the button onions aside. Slice the remainder of the vegetables, put them into a stewpan just large enough to take the meat, place the meat on top of the vegetables, cover with slices of bacon, add the bouquet garni, a little salt, and stock or water to nearly cover the vegetables, put on a closefitting lid, and cook as gently as possible, 4 or 5 hours.

Meanwhile, heat the butter in another stewpan, add the flour, stir and cook slowly till nicely browned; add the stock, stir till boiling, season to taste, boil for at least 10 minutes, strain and use.

The carrot and turnip dice, and button onions must be cooked separately in nicely seasoned stock till tender, and may then be either added to the sauce or dished in groups around the dish on which the meat is served.

*Time 4 to 5 hours.*

## BEEFSTEAK PUDDING

2 lbs. beef steak	1 tablespoonful flour
1 teaspoonful salt	$\frac{1}{2}$ teaspoonful pepper
1 lb. of suet pastry	

**METHOD**—Cut the meat into neat, small pieces. Mix the flour, salt, and pepper together on a plate, and dip each piece of meat into it. Make the paste as directed, cut off about a  $\frac{1}{2}$  of it, put aside for the lid, roll out the rest, the size of bowl, which must be well greased; line bowl with paste, put in the meat, sprinkle the remainder of the seasoning mixture between the layers, and leave spaces to admit water, thus preventing the pudding becoming too dry. Roll out the cover, moisten and seal the edges well, tie over a scalded and flowered cloth, boil  $3\frac{1}{2}$  or steam 4 hours. *Time from 4 to 4 $\frac{1}{2}$  hours.*

## PORTERHOUSE STEAK

Choose a nice tender steak about 2 inches thick, have the broiler hot, brush the steak over with melted butter, sprinkle with pepper, broil till nicely browned.

Serve with horseradish, or horseradish sauce.

*Time about 25 minutes.*

## BEEFSTEAK RUSSE

1 lb. fresh fillet of beef,    3 oz. butter  
    chopped fine                Salt, pepper  
chopped parsley                Egg and breadcrumbs

METHOD—Mix the beef with the melted butter, add salt, pepper and a little chopped parsley, make up into small flat rounds; egg and breadcrumb them, fry in butter.

*Time about 15 minutes.*

## BULLOCK'S HEART, STUFFED AND BAKED

A bullocks heart                Veal forcemeat  
 $\frac{1}{2}$  pint good stock                Fat for basting  
    Red currant jelly

METHOD—Wash the heart well in several waters, cut away any cartilage or gristle there may be at the base, remove the lobes and membrane, separating the cavities inside the heart; drain, and dry thoroughly.

Make the forcemeat, stuff the heart with it, and tie round securely with twine.

Have ready in a deep baking tin 3 or 4 tablespoonfuls of hot fat, put in the heart, and baste it well and frequently; during the 3 hours it must bake in a moderate oven.

Have the stock ready boiling, transfer the heart to a hot dish and keep as hot as possible, drain the fat from the baking tin, sprinkle in a little salt and pepper, pour in the boiling stock, mix well, bring to boil and strain.

Serve with red currant jelly, a little of the gravy poured around, and the rest served in a sauceboat.

*Time 3½ hours.*

NOTE—This is particularly delicious cooked in a paper bag.

## SAVORY ROAST OF ROUND STEAK

A thick round steak	Bacon
Onions	Flour
Salt and pepper	

**METHOD**—Put the steak in a short-handled frying pan, spread over it a layer of sliced onions, dredge with salt, pepper and flour, and over this lay thin slices of bacon; put in a hot oven for 20 minutes, being careful not to let the bacon burn. At the end of that time add enough boiling water to cover the beef. Cover the pan loosely, and cook slowly for 3 hours, adding more water if necessary. When the steak is done, lift on to a hot platter; thicken the gravy with a tablespoonful of flour mixed with a little cold water. Season to taste, boil for a few minutes, pour a little over the steak, and serve remainder in a sauce bowl.

*Time 3½ hours.*

## BEEF OLIVES

1½ lbs. fillet of beef or steak	Veal forcemeat 1 pint brown sauce
1½ oz. butter	Salt, pepper
¼ teaspoonful cinnam- on and nutmeg	Olives

**METHOD**—Cut the meat into slices about 4 inches long and 3 inches wide. Mix the cinnamon and nutmeg with the forcemeat; spread a thin layer on each piece of meat, roll up tightly, and tie securely with string.

Melt the butter in a stewpan, put in the olives, and fry until lightly browned; pour away the butter, add the brown sauce (hot), cover closely and simmer slowly from 1½ to 2 hours. When done arrange the olives in 2 rows on a foundation of mashed potatoes, strain the sauce over, or arrange them in a circle on a border of mashed potatoes, and fill the centre with a pureé of spinach, or other suitable vegetable.

*Time 2¼ hours.*



## MUTTON (HARICOT)

2 lb. neck end of mut- ton	2 onions
2 turnips	2 carrots
$\frac{3}{4}$ pint stock or water	1 oz. dripping or but- ter
1 oz. flour	Salt and pepper

**METHOD**—Cut the mutton into pieces, and fry it brown on both sides in the dripping, take out the meat and add the flour, allowing it to brown, add the stock or water gradually, and put back the meat; stir till it boils; cut up the vegetables and add, season with pepper and salt to taste; skim well. Let it simmer gently for two hours.

For serving, arrange the meat in the centre, vegetables around, and gravy over.

*Time 2 $\frac{1}{4}$  hours.*

## IRISH STEW

2 lbs. potatoes	1 lb. neck end of mutton
$\frac{1}{2}$ lb. onions	
Pepper and salt to taste	

**METHOD**—Cut the meat into neat pieces, removing the fat, and put it into a saucepan with about  $\frac{1}{2}$  a pint of water and a little salt; let it come to boil, then skim it very thoroughly and let it cook gently  $\frac{1}{2}$  an hour. Wash and peel the potatoes, cut them in half, peel and slice the onions, add these to the meat with a sprinkle of pepper and salt; cover closely, and cook very gently about 1 $\frac{1}{4}$  hours.

*Time 2 hours.*

## BREAST OF MUTTON, BOILED

(With Caper Sauce)

A breast of mutton	2	tablespoonfuls of
1	tablespoonful finely	breadcrumbs
	chopped suet	$\frac{1}{2}$ tablespoonful
Milk, salt and pepper		chopped parsley
$\frac{1}{2}$ pint caper sauce	$\frac{1}{2}$	teaspoonful mixed
Stock or water		herbs

When using the latter add 1 onion, 1 carrot,  $\frac{1}{2}$  turnip, 10 peppercorns and salt.

**METHOD**—Remove the bones and any superfluous fat, flatten the meat and season it well. Mix the breadcrumbs, parsley, suet and herbs, with a good seasoning of salt and pepper together and moisten with milk. Spread this mixture on the meat, roll up, and bind tightly with string, put it into the water when boiling, simmer gently for 2 hours, then serve with the caper sauce poured over.

*Time 2 hours.*

## MUTTON CHOPS, BROILED

Loin of mutton	Oiled butter
	Salt and pepper

**METHOD**—Divide the meat into chops, trim away any superfluous fat; cure the end round, and fasten securely with a small skewer, brush over with the oiled butter; have the broiler hot, put under the meat, turning 3 or 4 times, season with pepper and salt, and serve.

*Time about 10 minutes.*

## LOIN OF MUTTON, BONED AND STUFFED

A loin of mutton	1 egg
Milk, nutmeg	Salt and pepper
Gravy or sauce	
3 tablespoonfuls of breadcrumbs	
2 tablespoonfuls of chopped suet	
2 tablespoonfuls chopped ham or bacon	
1 teaspoonful mixed herbs	
2 teaspoonfuls chopped parsley	
$\frac{1}{2}$ teaspoonful grated lemon rind	

**METHOD**—Bone the meat, trim away any superfluous fat, and flatten with a cutlet bat or rolling pin. Mix all the dry ingredients, beat up the egg, and add, with enough milk to moisten the whole; spread the forcemeat over the inner surface of the meat; roll up tightly and secure with string. Bake the meat in a moderately hot oven for 2 or 2 $\frac{1}{2}$  hours according to size, basting frequently; serve with brown sauce.

*Time 2 $\frac{1}{2}$  hours.*

## ROAST LAMB

Lamb, when roasting, requires more attention than any other kind of meat. No part of it must be underdone, and to secure this result without drying and hardening the thinner portion to an undesirable degree, much care is necessary.

The intense heat to which all meat must first be subjected for a few minutes is applied for too short a time to affect the colour of a joint, kept constantly in motion; and the subsequent browning and over cooking of any part may be obviated by covering the meat with 2 or 3 folds of well-greased paper, and by frequently basting.

The gas oven can be easily regulated, and kept at an even heat.

## LAMB CUTLETS, BROILED

$\frac{1}{2}$ pint shelled peas	$\frac{1}{4}$ pint good gravy or
Salt, pepper	demi glacé sauce
Salad oil or butter	9 or 10 cutlets cut
	from the best end
	of the neck

**METHOD**—Trim the cutlets into a good shape, brush over with salad oil or melted butter, broil over or under a clear flame for 8 or 10 minutes, turning them 3 or 4 times. Season lightly with salt and pepper; cover the end of each bone with a cutlet frill, arrange neatly in a circle on a border of mashed potatoes, serve the peas in the centre, and pour the gravy around.

*Time 30 minutes.*

## LAMB'S SWEETBREADS, FRIED

1 lb. sweetbreads	$\frac{1}{2}$ pint gravy, tomato
1 egg	sauce, or any other
Breadcrumbs	sauce preferred
Flour	Frying fat
Salt and pepper	

**METHOD**—Soak the sweetbreads in water for 2 hours, changing the water 2 or 3 times; drain well, and put them into a saucepan with just enough water to cover them, add a little salt, bring to the boil, and cook gently for 15 minutes, then press between 2 dishes till cold. Roll lightly in flour seasoned with pepper and salt, coat carefully with egg and breadcrumbs, and fry in deep hot fat till nicely browned. Serve the sauce separately.

*Time to fry 6 or 8 minutes.*

## PORK CUTLETS

6 or 7 lean chops	1½ oz. butter
1 large onion cut in dice	2 sheets of gelatine
Salt and pepper	Tomato or apple sauce

**METHOD**—Trim the cutlets into nice shape and remove the greater part of the fat; put any bones, lean trimmings and the onion into a stewpan with barely sufficient cold water to cover them, and boil gently for at least 1 hour.

Heat the butter in a sauté or deep frying pan, put in the cutlets, and fry slowly to cook thoroughly.

Strain the gravy, skim off the fat; rub the onion through a fine sieve, replace in the stewpan with the gelatine, which is intended to give it consistency.

Season to taste, and brighten the colour by adding a few drops of liquid caramel.

Arrange the cutlets neatly on a dish, and pour the gravy over. Serve the tomato, or apple sauce separately.

*Time to fry the cutlets, 20 minutes.*

## LEG OF PORK, BAKED

A leg of pork	Sage and onions
Stuffing	Melted butter
½ pint of gravy	Apple sauce
Dripping for basting	

**METHOD**—Remove the bones down to the knuckle bone, break them into small pieces, and simmer them for the gravy.

Make the forcemeat as directed, press it lightly inside the leg, and secure the opening. Score the skin in narrow strips, place in a baking tin, and bake in a moderate oven.

Serve the gravy or apple sauce in a sauce boat.

*Time, 25 minutes to each pound of meat.*

## HAM, BOILED

Ham water, glaze, or raspings.

**METHOD**—In choosing a ham, ascertain that it is perfectly sweet, by running a sharp knife into it close to the bone; if, when the knife is withdrawn, it has an agreeable smell, the ham is good, but if the knife has a greasy appearance and bad smell the ham is bad.

If it is dry and salt, let it remain to soak for 24 hours, changing the water frequently. This length of time is only necessary when the ham is very hard, from 8 to 12 hours is usually sufficient.

Wash it thoroughly clean and trim away all the rusty or smoked parts which would spoil the appearance; put it into a stewpan, with sufficient cold water to cover it; bring it gradually to boiling point; and carefully remove the scum, as it rises. Keep it simmering gently till tender; be careful not to let it stop simmering or boil too quickly.

When done, take out of the pot, strip off the skin, sprinkle well over with bread raspings, put a frill of cut paper round the knuckle and serve.

If to be eaten cold, it is very much improved in flavour, by letting it cool in the water in which it was cooked. Either sprinkle it with breadraspings, or glaze it.

*Time for ham weighing 10 lbs., 4 hours; 15 lbs. 5 hours; to simmer gently.*

## HAM, BAKED IN PAPER BAG

As a ham for baking should be well soaked it should remain in water for at least 12 hours.

Wipe it dry, trim carefully, and cover it with a common crust, taking care that this is of sufficient thickness all over to keep in the gravy. Grease the bag, place in the ham, seal carefully, put into a moderate oven, and bake for about 4 hours. Take off the crust, skin, and cover with bread raspings, the same as for boiled ham.

*Time, about 4 hours.*

## ROAST FILLET OF VEAL

Select a nice fillet, take out the bone, fill up the space with veal forcemeat, also put a good layer under the fat. Draw it into good shape, and tie round with tape.

Cook in a moderate oven, and bake frequently with butter. *Time 30 minutes to every pound of meat.*

## VEAL CUTLETS, FRIED

See Pork Cutlets.

## VEAL OLIVES

Cut up a slice of fillet of veal into squares of 3 inches; on each piece place a thin layer of bacon. Make a veal forcemeat adding a little chopped onion, spread this over each piece of meat, roll up lightly and tie with string. Place them in a baking tin with enough veal stock or water to cover the bottom of the pan. Dredge with flour, and set in a moderate oven, baste frequently with butter, cook until tender.

These are nice cooked in a paper bag, omitting the stock or water and adding a small piece of butter.

*Time, about 30 minutes.*

## VEAL CUTLETS, BROILED

2 or 3 lbs. veal cutlets	2	tablespoonfuls of
Salt and pepper to taste		savoury herbs
Eggs and breadcrumbs		A little grated nutmeg

**METHOD**—Cut the cutlets about  $\frac{3}{4}$  inch thick, brush them over with beaten egg; dip them in breadcrumbs, seasoned with the herbs, pepper and salt. Fold each outlet in a piece of well buttered white paper, twist the ends, and broil over a clear fire, remove the paper and serve. *Time about 20 minutes.*

## VEAL AND HAM PIE

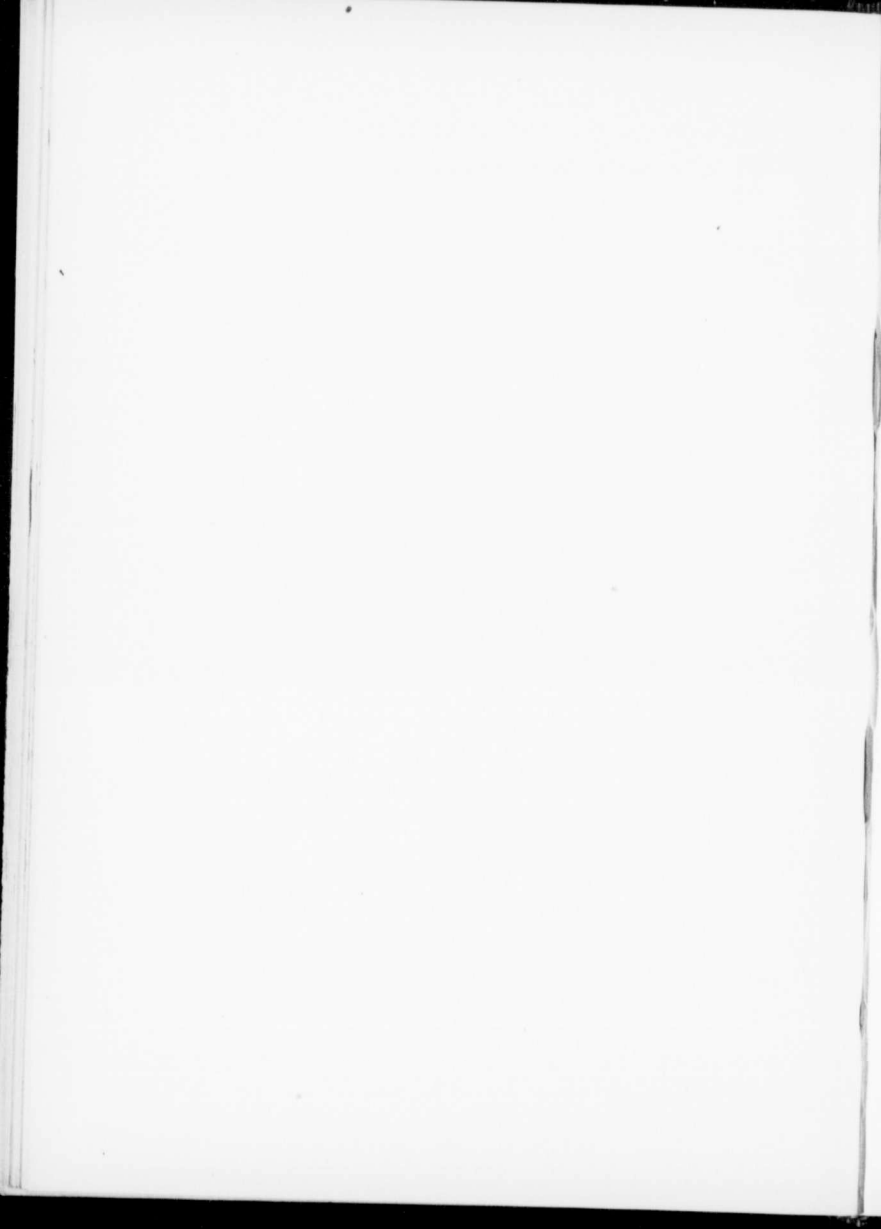
1½ lbs. lean veal	¼ lb. cooked ham
2 or 3 hard boiled eggs	½ teaspoonful mixed herbs
1 teaspoonful chopped parsley	Stock or water
Seasoning	Pastry for raised pie

METHOD—Cut the veal into neat pieces, free from skin, also the ham, arrange in alternate layers, with slices of hard boiled egg. Season each layer with salt, pepper, parsley, and herbs; continue this until the pie is  $\frac{3}{4}$  full; cover and bake in a moderate oven for about 2 hours.

*Time about 2¾ hours.*



# VEGETABLES



## BOILED POTATOES

As a general rule it is more economical to boil potatoes in their skins. They should be scrubbed quite clean before being put on to boil.

Potatoes should always boil gently, and the water strained off directly they are tender, and be allowed to finish cooking in their own steam if they break in the water there is great waste.

Opinions are divided as to whether it is better to put them into cold or boiling water, those who favor the former can give no reason but that it is an old custom, while many who have made a scientific study of the culinary treatment of this vegetable, assent with good reason, that if they are put into boiling water, the glutenous substance immediately under the skin hardens, and thus prevents the water reaching the inner starchy portion of the vegetable, consequently they are more dry and flowery than they would otherwise be. Old potatoes take from 20 to 30 minutes to boil, while new ones take longer

*To steam, 40 or 45 minutes.*

*To bake 1 hour.*

## MASHED POTATOES

1 lb. boiled potatoes	1 oz. butter
1 gill milk	Salt

**METHOD**—Rub the potatoes through a sieve while hot, boil the milk and butter together and while still boiling stir in the potatoes, add the salt and beat well. Serve at once. If cold potatoes are used heat them before adding them to the milk and butter.

Greens, Savoys, and Cabbages must be cooked in plenty of boiling water, with a tablespoonful of salt to every half gallon. Boil them with the lid off, and to improve the colour add a saltspoonful of baking soda to the boiling water.

*Time*—Small cabbage 20 to 25 minutes, Savoys same, Brussels sprouts, 15 to 20 minutes, Cauliflower, 20 to 25 minutes. *Drain well.*

## CELERY

Wash very thoroughly, remove the outside leaves and all specks and blemishes. Preserve as much of the stock as possible and cut lengthwise into four. Have ready a saucepan of slightly salted boiling water, put in the celery and *cook from 30 to 40 minutes*. Drain well, dish on toast and pour a white sauce over it.  
Stuffed Vegetable marrow

## STUFFED VEGETABLE MARROW

1 marrow	2 oz. cold meat
1 oz. breadcrumbs	$\frac{1}{2}$ oz. chopped parsley
A little milk	Pepper and salt

**METHOD**—Peel the marrow, cut it in half lengthwise and take out the seeds; mix the minced meat, breadcrumbs, seasoning, parsley and milk together, fill each half of the marrow, put the two halves together again and tie with string.

The marrow can now either be steamed and served with melted butter, or baked and served with brown sauce; if baked, baste occasionally with butter.

*Time 1 hour to cook.*

## GLOBE ARTICHOKEs

Soak in cold water, remove lower leaves, and cut ends off others. Cook in boiling salted water *45 minutes* until leaves pull out. Drain. Serve with Béchamel or Hollandaise sauce or drawn butter.

## SCALLOPED GLOBE ARTICHOKEs

2 cups white sauce	1 cup buttered crumb
2 cups cooked artichokes	

Arrange in a scollop dish and bake until crumbs are brown.

## JERUSALEM ARTICHOKEs

Wash and scrub, cook in boiling salted water. Serve with melted butter or white sauce. They may be marinated with French dressing and served cold.

## ASPARAGUS

Wash stalks, snap off all white tough parts. Tie in bunches. Cook in a deep pan of boiling salted water. Stand bunches upright for the first ten minutes. *Cook 20 to 30 minutes.* Drain. Serve on buttered toast, and sprinkle with salt and pepper. White sauce may be served with it.

## SHELLED BEANS

Cook in boiling water until tender. Add salt after first hour. Time of cooking depends on age of beans. Drain. Serve with butter or cream sauce. Lima, Kidney or Agricultural beans may be cooked in this way.

## BOILED GREEN PEAS

Green peas, mint, butter, salt and pepper. Shell the peas and put them into boiling water, add a little salt and sprig of mint and boil with the saucepan uncovered *from 10 to 25 minutes* according to age and variety. Drain well, dish in hot vegetable dish, season with pepper, add a small piece of butter and serve.

## BOILED SPINACH

3 lbs. spinach	1 oz. butter
1 oz. flour	Salt and pepper

**METHOD**—Pick off the stalks, and wash in cold water till free from grit, then put it into a saucepan with the salt and just enough water to cover the bottom of the pan. *Boil* uncovered *from 15 to 25 minutes* occasionally turning it over and pressing down with a wooden spoon.

When done, rub it through a fine sieve, put it into a stewpan with the butter, sprinkle in the flour, and stir over the fire for 5 or 6 minutes. Serve very hot with croutons of fried bread or toast.

## STUFFED TOMATOES

6 medium sized tomatoes	6 croûtons of fried bread
$\frac{1}{2}$ oz. butter	1 small onion chopped
Brown breadcrumbs	Salt and pepper
1 tablespoonful finely chopped	cooked ham
$\frac{1}{2}$ tablespoonful breadcrumbs	
1 tablespoonful brown sauce	
1 teaspoonful grated cheese	
1 teaspoonful finely chopped	mushrooms
$\frac{1}{2}$ teaspoonful finely chopped	parsley

Remove the stalks of the tomatoes, and scoop out a little of the pulp, mix together all the above ingredients (except the sauce and breadcrumbs) in a small pan over the fire adding gradually sufficient brown sauce to moisten the whole; season to taste, fill the tomatoes with the preparation, sprinkle on the top of each a few browned breadcrumbs and *bake in a moderate oven 15 minutes*. Serve on the croutons which should be cut round, slightly larger than the tomatoes.

## STEWED CARROTS

Carrots	$\frac{1}{2}$ pint stock
$\frac{1}{4}$ pint milk	1 tablespoon cream
1 oz. butter	1 oz. flour
Salt and pepper	

METHOD—Scrape the carrots, put them into boiling water and cook rapidly till half done; drain and cut them into rather thin slices. Heat the butter in a stewpan, stir in the flour, add the stock and milk and stir till boiling; season to taste, put in the sliced carrots and simmer gently till tender, stirring occasionally. Add the cream and serve.

## BOILED BEETS

Wash the beets being careful not to break the skin, put them into a pan of boiling water, cook until tender; small beets  $1\frac{1}{2}$  hours, large ones  $2\frac{1}{4}$  to  $2\frac{1}{2}$  hours. If to be served hot, dip them gently into cold water, and rub off the skin, cut into thick slices and serve with melted butter. For pickles, salads etc., cool before skimming. Keep the saucepan closely covered while cooking.

## SALSIFY OR OYSTER PLANT

Scrape, wash and cook until tender. Drain, mash, season and sauté in butter or cut in inch lengths, dip in fritter batter and fry in deep fat.

## BOILED MACARONI

Break in inch pieces and wash, cook in boiling salted water till tender. Drain, season with salt, pepper and butter and serve hot.

## BOILED RICE

Wash 1 cup of rice and drain. Fill a 4 quart saucepan half full of boiling salted water. When boiling rapidly sprinkle in rice slowly so as not to stop the boiling. Cook till tender 15 to 20 minutes. Drain well and place in an open oven to dry. Cooked in this way each flake will be separate.

## POTATOES AU GRATIN

Peel and parboil white potatoes. Slice thin and arrange in layers in a buttered pudding dish, sprinkling each layer with bits of butter and salt and pepper. Cover the top layer thickly with buttered and salted crumbs and grated cheese. Pour in carefully not to disturb the layers, a gill of warm milk. Cover and set in the oven and bake for half an hour, then uncover and brown.

## SURPRISE POTATOES

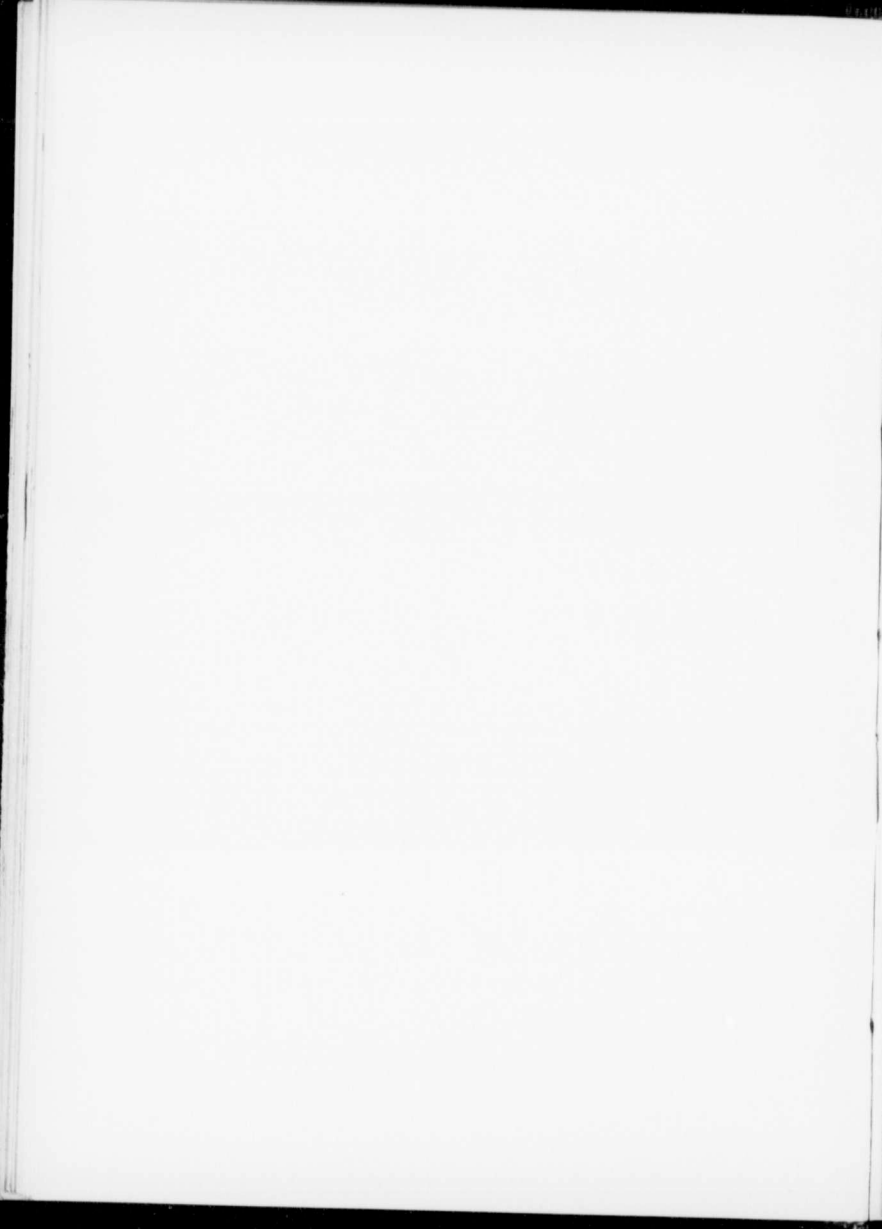
2 cups mashed potatoes	1 teaspoon melted
1 teaspoon finely chopped parsley	butter
1 tablespoon hot milk	$\frac{1}{4}$ teaspoon grated nutmeg
Dash Cayenne pepper	$\frac{1}{2}$ cup left-over meat, ground
1 egg	
1 tablespoon cold milk	Breadcrumbs

Mix the potatoes, butter, parsley, nutmeg, pepper and hot milk together, salt to taste. Take a small plate, place 1 tablespoon breadcrumbs on it, then 2 tablespoons mashed potatoes, spread half an inch thick. Through the centre we put 2 teaspoonfuls of the meat we have prepared, by adding a dash of salt, a dash of paprika,  $\frac{1}{2}$  teaspoon onion juice, 1 teaspoon chopped parsley and 1 teaspoon catsup. Mix this all together. Fold the potatoes all around the meat, roll in the breadcrumbs, then in egg (1 egg and 1 teaspoonful milk beaten together) then in bread crumbs. Fry in deep hot fat until light brown.

If we have no left-over meat we can purchase  $\frac{1}{2}$  lb. half-smoked sausages and par-boil them.



COLD MEAT COOKERY



## DRESDEN PATTIES

Curry with cold meat. (See Curry, with cooked meat.)

Slices of bread 2 inches thick	1½ oz. butter
½ pt. stock	1 oz. flour
½ lb. ham	½ lb. veal
Lemon juice	1 egg
	Bread crumbs

A little milk

**METHOD**—The patty cases are to be made of bread, so they should be 2 inches thick; cut them out with a round cutter, take out the centre not quite through, and cut lids for each case. Dip these in milk, let them dry a little, then egg and breadcrumb them, and fry a golden brown in deep fat.

Make a sauce of the flour, butter and stock, season with salt and pepper and a little lemon juice. Mince the veal and ham, and stir into the sauce, and make very hot. Fill each patty case with the mixture, and place a lid on the top of each; garnish with a little parsley.

*Time about 20 minutes.*

## GATEAU OF COLD MEAT

½ lb. any cold meat	2 oz. breadcrumbs
1 small onion	½ oz. butter
½ gill gravy	1 teaspoonful chopped parsley
2 yolks and 1 white of egg	

**METHOD**—Grease a cake tin and cover it well with brown breadcrumbs to form a lining. Melt the butter in a stewpan, slice the onion, and fry slightly. Mince the meat, and add, blend thoroughly; then turn into a bowl and add the gravy, with the well beaten eggs and parsley; turn into the prepared cake tin, and bake in a moderate oven  $\frac{3}{4}$  of an hour.

*Time 1 hour.*

## SHEPHERD'S PIE

1 lb. cold meat                      1½ lb. potatoes (boiled)  
1 oz. butter or dripping      1 tablespoonful milk  
Pepper and salt                      1 onion  
   1 teaspoonful of sugar

A little savory if liked, or tomato ketchup.

METHOD—Rub the potatoes through a sieve; melt the fat with the milk, and add the potatoes to it; cut the meat into slices, slice the onion, place in a pie dish in layers, seasoning each layer; mix the tomato ketchup with a little gravy, pour over the meat. Cover with the mashed potatoes, smooth and mark with the back of a fork; bake in a very moderate oven about 40 minutes.

*Time 40 minutes.*

## BEEF FRITTERS

½ lb. cold beef                      3 oz. flour  
½ gill milk                              2 oz. butter  
1 egg                                      Pepper and salt  
Parsley                                    Frying fat

METHOD—Prepare a nice light batter with the flour, milk, butter and egg; add a little salt, beat well. Mince the beef finely. Season it with a little pepper and salt, and add it to the batter. Have the frying fat very hot, and drop in the mixture in small quantities, fry a golden brown. Drain on tissue paper, and serve at once, as the fritters are liable to become heavy with standing.

*Time to fry 10 minutes.*

## SAVORY MEAT ROLLS

$\frac{1}{2}$ lb. any cold meat	1 lb. mashed potatoes
2 eggs	$1\frac{1}{2}$ oz. flour
1 dessertspoonful chopped parsley	1 tablespoonful melted butter sauce

Pepper and salt

**METHOD**—Mince the meat finely, season to taste with pepper and salt, and a little grated nutmeg. Mix with the sauce, and add the parsley. Have ready the mashed potatoes, work into them the flour, beat up the eggs and add, keeping out enough to brush over the rolls; season to taste, and stir over the fire in a stewpan till it forms a stiff paste. Turn on to a well floured board, and roll out to  $\frac{1}{4}$  in thick, cut into oblong pieces, put a dessertspoonful of the meat mixture on each, roll over and seal the edges firmly, brush over with the beaten egg, place on a greased baking tin, and bake in a hot oven, till a light brown colour. Serve hot.

*Time, bake 10 minutes.*

## RISsoles OF COLD MEAT

$\frac{1}{2}$ lb. cooked meat	1 gill stock
1 teaspoonful flour	A little onion
Parsley, nutmeg	Pepper and salt
$\frac{1}{2}$ lb. flour	4 oz. butter or dripping, frying fat
Eggs and breadcrumbs	

**METHOD**—Mince the meat finely, chop up the onion, and fry in a little butter or fat, then add the meat, stir a few minutes then add 1 teaspoonful flour and the stock; add the seasoning. Stir over the fire a few minutes, then turn onto a plate to cool. Put the  $\frac{1}{2}$  lb. of flour into a bowl and the butter or dripping and rub in with the tips of your fingers; add water to make a stiff paste, turn on to a floured board, roll out to  $\frac{1}{4}$  inch thick, and cut out in rounds; put some of the prepared meat in the centre of each, brush the edges with egg. Seal well, brush over with beaten eggs, roll in breadcrumbs and fry in hot deep fat.

*To fry about 10 minutes.*

## RICE CUTLETS

$\frac{1}{4}$ lb. rice	$\frac{1}{2}$ lb. cold meat
1 onion	Salt and cayenne
$\frac{1}{4}$ lb. suet	2 oz. breadcrumbs

METHOD—Boil the rice and strain it; boil the onion and chop it up, chop the suet finely. Mince the meat, add it to the rice with the suet, onion and breadcrumbs, season to taste. Mix well together with a little warm stock, cook a little to form a paste.

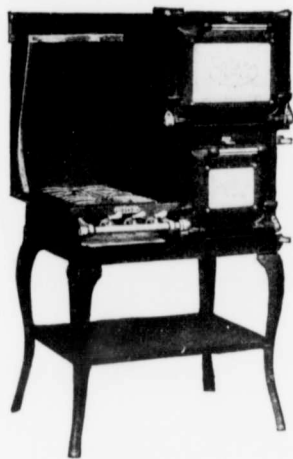
Let the mixture set; cut into the shape of cutlets, coat them with egg and breadcrumbs, fry in hot fat till golden brown. Sufficient for 16 cutlets.

*Time about 30 minutes.*

## TOAD-IN-THE-HOLE

1 lb. of cold beef, mutton or sausage cut into 1 inch pieces.	
4 oz. flour	2 oz. butter
1 egg	$\frac{1}{2}$ pint milk
A little salt	

METHOD—Make a batter with the flour, milk, egg, salt, and melted butter. Let stand 1 hour. Season the meat; stir into the batter, pour into a well greased baking tin, and *bake 25 to 30 minutes in a moderately hot oven.*



## Kitchenette.

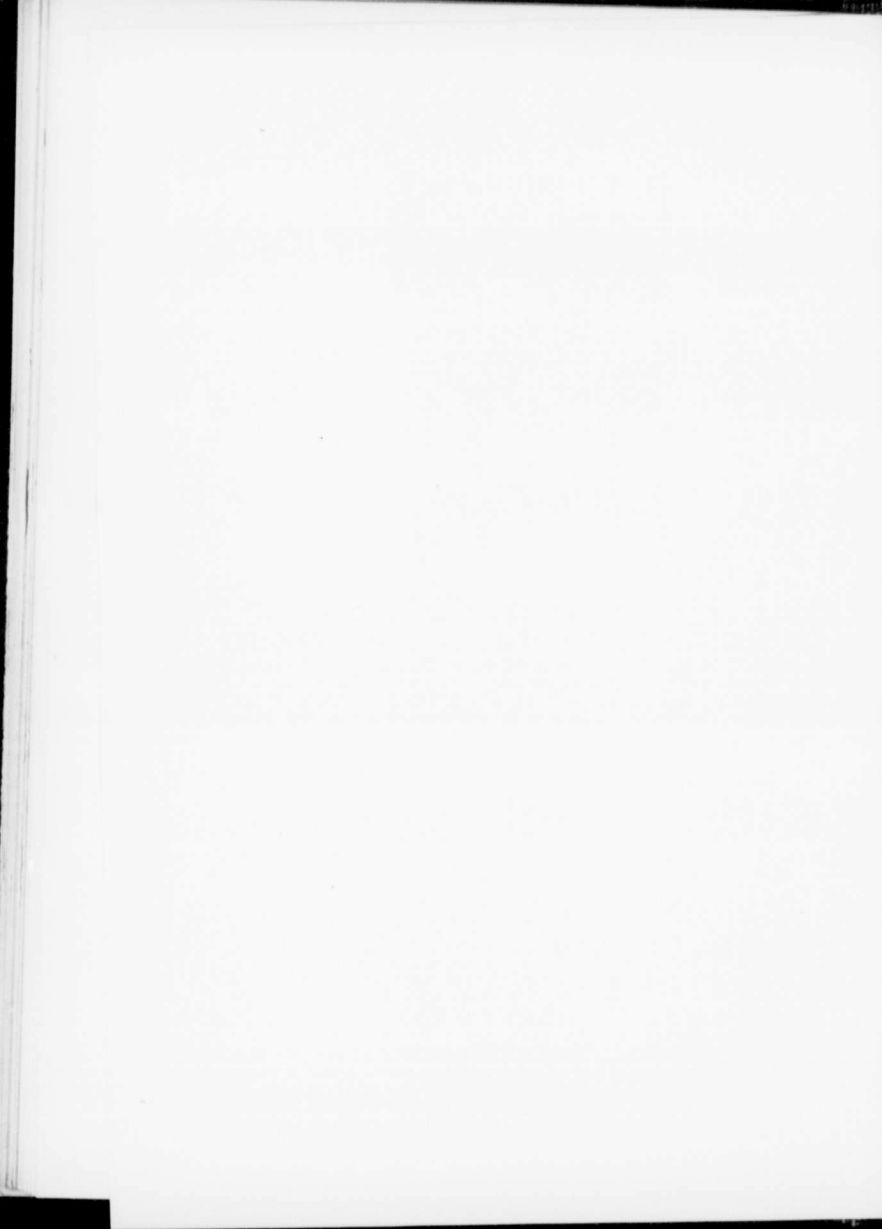
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A new cabinet so constructed as to require but 34 inches room—no more room than an ordinary "square" stove. Oven is  $16\frac{1}{2}$  inches wide and 18 inches deep, while broiler is 12 inches wide. On the cooking top are two regular burners and a large simmering burner.

There is a large burner for boiling vegetables at bottom of the broiling chamber.

The smooth steel finished in ebony black and the white porcelain enameled panels in the doors are extremely easy to keep clean.

The broiling pan and drip tray are also enameled.





**EGGS**



## EGGS SUR LA PLAT

3 eggs  
1 oz. butter  
Salt and pepper

METHOD—Lightly butter a small oval dish, upon which break the eggs whole, season lightly, put a few pieces of butter on the top, and set the dish in a moderately hot oven, till eggs are just set; serve at once.

*Time about 10 minutes.*

## CHINESE EGGS

Make about  $\frac{1}{2}$  pt. cream sauce, have ready 6 hard-boiled eggs, cut into quarters, put into the sauce. Season to taste, let stand a moment covered, serve on toast, sprinkle over a little finely chopped parsley and they are ready.

*Time 10 minutes.*

## EGGS A LA CARACAS

2 oz. smoked beef  
 $\frac{1}{4}$  cup grated cheese  
3 eggs  
1 cup tomatoes  
2 tablespoons butter  
A little onion juice  
Cinnamon and cayenne to season

METHOD—Pick over the beef and chop finely, add the tomatoes, cheese, onion juice, cinnamon and cayenne. Melt the butter, add the mixture and when heated, the eggs well beaten. Cook until the eggs are of a creamy consistency, stirring well. Serve at once.

## SCOTCH EGGS

3 hard boiled eggs	$\frac{1}{2}$ lb. sausage meat
1 raw egg	Breadcrumbs
Frying fat	Parsley
6 crouts of fried bread	

METHOD—Divide the sausage meat into 3 equal parts. Shell the eggs, brush them over with the beaten egg, and enclose them in the sausage meat, being careful to retain the shape; coat them with egg and breadcrumbs, fry in deep hot fat till nicely browned. Drain well, cut them in halves, place each half on one of the croûtes. Garnish with parsley and serve. Tomato sauce is nice served with this dish.

## SCRAMBLED EGGS

4 eggs	1 oz. butter
Salt, pepper	Chopped parsley
2 slices buttered toast	2 teaspoonfuls cream or milk

METHOD—Beat the eggs slightly, season with salt and pepper and add the cream, and pour into a stewpan in which the butter has been melted. Stir over the fire till the mixture begins to set, then pile on the toast, sprinkle with parsley and serve.

*Time 10 minutes.*

## HAM AND EGGS

6 eggs	2 tablespoons finely chopped cooked ham
1 tablespoon browned bread crumbs	$\frac{1}{2}$ oz. butter
2 tablespoons white or brown sauce	Salt and pepper

METHOD—Butter 6 china soufflé moulds, or deep patty tins. Season the ham with pepper and salt, and moisten with the sauce; add a few drops of ketchup, and coat the little cases with the mixture, break an egg in each being careful to keep the yolk whole, sprinkle lightly with the breadcrumbs, put a small piece of butter on each, and bake in a moderate oven till the eggs are set. Serve in the cases.

*Time 15 to 20 minutes.*

## SAVORY OMELET

2 eggs	1 oz. butter
Salt and pepper	Chopped parsley

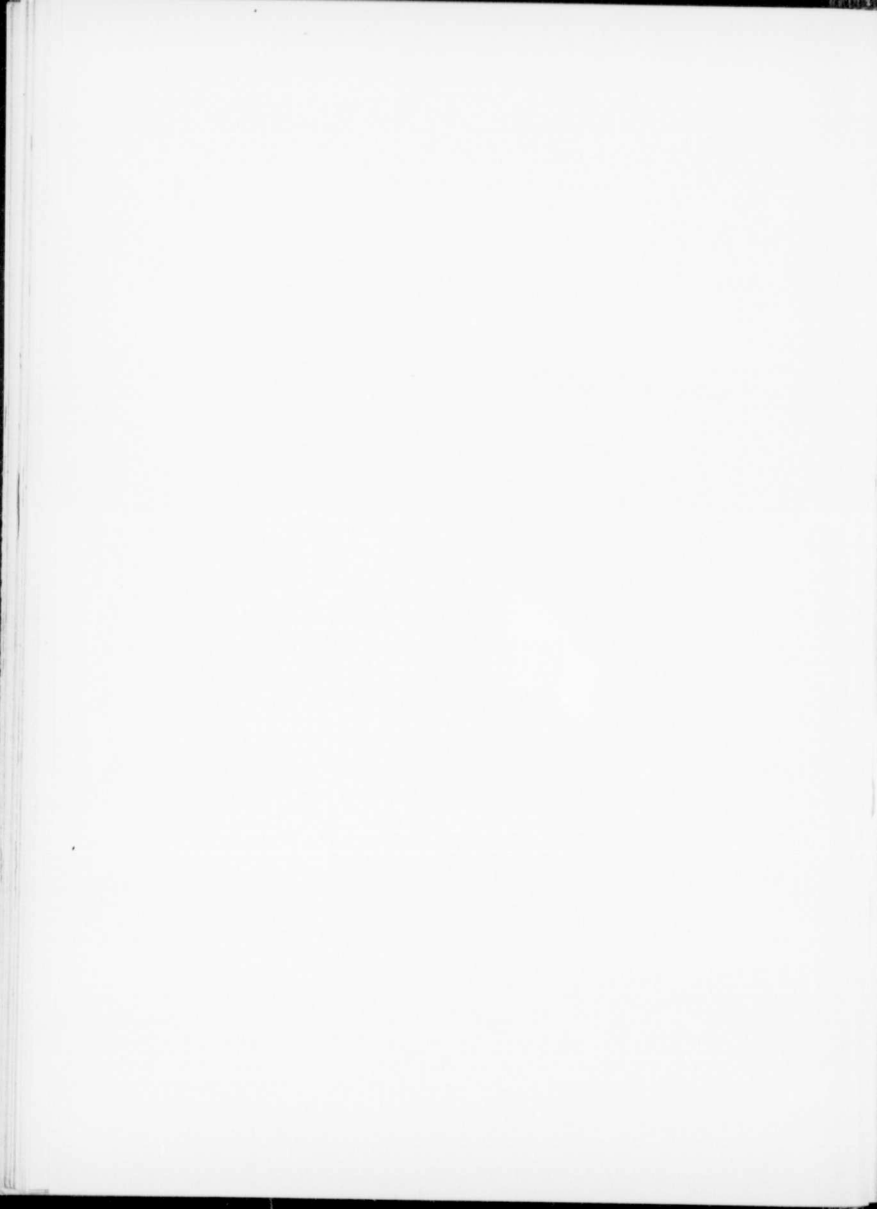
METHOD—Break the eggs into a bowl and beat well and lightly, add the parsley and seasoning, and if liked a little finely minced cooked ham. Have the butter quite hot in the omelet pan, pour in the eggs; when the edges are set and slightly browned, brown the upper surface slightly under the broiler or with a salamander fold over in half circle and serve as quickly as possible.

*Time 10 minutes.*

## EGGS WITH CHEESE

2 hard boiled eggs	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ cup milk	1 tablespoon butter
1 teaspoon flour	Buttered toast
Salt and pepper	

METHOD—Make a white sauce of butter, flour, milk; then add the grated cheese and eggs chopped fine. Serve on buttered toast.



**MACARONI and CHEESE**





## MACARONI CHEESE

2 oz. macaroni	$\frac{1}{2}$ pint milk
3 oz. grated cheese	1 oz. butter
$\frac{1}{2}$ oz. flour	Salt and cayenne
1 teaspoonful made mustard	

METHOD—Put the macaroni on to boil in sufficient cold water to cover it, add a little salt and boil till tender, then drain and cut into convenient pieces.

Melt the butter in a stewpan; stir in the flour, milk and seasoning, bring to boil, add the macaroni, and  $\frac{1}{2}$  the cheese. Pour into a deep pie dish, sprinkle over a good layer of breadcrumbs and the remainder of the cheese; place small pieces of butter on the top, and place in the oven to brown.

One-fourth can tomatoes may be added to the sauce and makes a very delicious dish.

## WELSH RAREBIT

1 oz. cheese	1 oz. butter
1 teaspoon made mustard	A little milk or cream

METHOD—Melt the butter in a small stewpan, add the grated cheese, mustard and cream, stir till thoroughly melted, but do not let it curdle, place on slices of buttered toast and serve immediately.

## CHEESE FINGERS

Roll out plain or puff paste into a thin sheet, cut in half, sprinkle  $\frac{1}{2}$  with grated cheese, place the other half on top, roll lightly together to seal, then cut into strips 1 inch wide and 2 inches long, place on a baking sheet and *bake in a quick oven about 15 minutes.*

## CURRY OF MACARONI

Melt two tablespoonfuls of butter, cook in it two slices of onion until the onion is of a pale straw color, then add two tablespoonfuls of flour, one tablespoonful of curry powder, one-fourth teaspoonful of salt and a dash of pepper; when blended with the butter add gradually one cup of milk, and stir until boiling; strain over one cup of cooked macaroni; two tablespoonfuls of tomato pulp may be added if desired.

## SALADS

"To make a salad, four persons are wanted:

"A spendthrift for oil; a miser for vinegar; a counsellor for salt; and a madman to stir it up."



A very great variety of salads may be made, with a little judicious care in mixing and seasoning, from almost all cooked and raw vegetables, and give a wide scope for individual taste and originality in the way of garnishing.

The vegetables principally used are: beetroot, onions, potatoes, cabbage, lettuce, celery, cucumbers, lentils, haricots, cress, fresh beans, radish, cauliflower and tomatoes.

## AMBROSIA ON SALAD

Chipped pineapple, oranges, bananas, dates, marshmallows and nuts. Line the small salad plates with shredded lettuce leaves, arrange the salad tastefully, put a portion of sweet salad dressing on top, then a spoonful of whipped cream and a red cherry. Chill before serving.

## DAISY SALAD

Boil 5 eggs hard, arrange crisp lettuce leaves round a dish; cut the whites of eggs in quarters just large enough to stand alone, arrange on the lettuce in a circular form, and put the yolks through a ricer in the center.

Serve mayonnaise separately.

## ASPARAGUS SALAD

Fifty heads of cooked asparagus. Let it remain on ice for 2 or 3 hours, then coat the tips with mayonnaise, arrange neatly, and serve.

## CUCUMBER SALAD

Peel the cucumber thinly, cut in very thin slices, put them into a salad bowl.

Mix 2 parts of salad oil with 1 part of vinegar, add a little chopped parsley, salt and pepper to taste; stir well and pour over the salad.

## EGG SALAD

6 hard boiled eggs	A few slices of boiled
1 crisp lettuce	beetroot
1 tablespoonful capers	$\frac{1}{2}$ tablespoonful chop-
1 slice toasted bread	ped parsley
2 tablespoonfuls cream	1 tablespoonful may-
	onnaise sauce

Cut the eggs across into rather thick slices, wash and dry the lettuce thoroughly, whip the cream stiffly and add it with a teaspoonful of parsley to the mayonnaise sauce.

Place the toast in the salad bowl, put on it a layer of mayonnaise and sliced egg, and continue this till the materials are all used; garnish with the slices of beetroot, capers and the remainder of the parsley.

## ENGLISH SALAD

Shredded lettuce	Watercress
Mustard and cress	Sliced radishes
Sliced tomatoes	A few spring onions
	finely chopped

Mix the ingredients and serve with mayonnaise sauce, or equal parts of oil and vinegar, mixed with a little sugar.

## ENDIVE SALAD

Endive	Cress
Shredded celery	Boiled beetroot
Salad dressing	

Separate the endive into tufts, toss these in the salad dressing; pile them high in a salad bowl and garnish with cress, celery and beetroot.

## POTATO SALAD

$\frac{1}{4}$  lb. lean bacon                       $1\frac{1}{2}$  lbs. small potatoes  
Vinegar                                  Salt and pepper  
1 very small onion finely chopped  
1 tablespoonful chopped parsley  
1 tablespoonful mayonnaise sauce

Boil the potatoes in their skins, peel and slice them whilst hot; cut the bacon into dice, fry it until nicely browned, drain well from fat and put it into a bowl with the onion and potatoes. Season with salt and pepper, stir in the mayonnaise sauce and about 2 tablespoonfuls of vinegar. Mix carefully, so as not to break the potatoes, and serve in a salad bowl with the surface sprinkled with the parsley.

## SHRIMP SALAD

Mix a desired quantity of tinned or fresh shrimps with mayonnaise sauce, add a little lemon juice, salt and pepper. Arrange crisp lettuce leaves on a dish, pour salad in the center and garnish with olives or sliced tomato.

## COLD SLAW

Select a small heavy cabbage. Soak it in cold water about 1 hour to which has been added about a tablespoonful of salt.

Cut in quarters, slice thinly, drain, and dry; just before serving, mix with a cream dressing.

## CHICKEN SALAD

Half a cold chicken, roast or boiled minced, to 4 tablespoonful of meat allow 2 tablespoonful of shredded celery, 1 tablespoonful of finely chopped hard boiled white of egg, 4 tablespoonfuls of mayonnaise sauce.

1 dessertspoonful salad oil      1 dessertspoonful vinegar  
A little pepper and salt

**METHOD**—Mix the minced chicken with the celery and white of egg in a bowl, pour in the oil and vinegar, salt and pepper, and let stand 1 hour.

When ready to serve, stir in the mayonnaise sauce, arrange on a dish on crisp lettuce, garnish with olives, gherkins, capers and yolk of egg; put through a fine sieve.

## COOKED VEGETABLE SALAD

1 small beetroot                      2 or 3 potatoes  
A few green peas                      1 head of celery  
1 small cauliflower

All these ingredients to be cooked.

Divide the cauliflower into small sprays, cut the beetroot and potatoes into small strips, and the celery into small pieces. Place all the ingredients in a salad bowl, pour over a nice salad dressing or mayonnaise sauce and garnish with a border of lettuce, previously well washed and dried.

## SPINACH AND EGG SALAD

Cook the desired quantity of spinach. (See boiled spinach.) Press it into small individual moulds, and when set turn out and garnish with hard boiled eggs and curled celery. Serve the salad dressing separately.

## LOBSTER SALAD

Mix 2 cups of lobster meat with 4 hard boiled eggs, chopped fine. Marinate with French dressing. Drain and add  $\frac{1}{2}$  cup mayonnaise sauce. Garnish with shredded lettuce round, and olives.



## SWEET SALADS

See Ambrosia on Salad.

### GRAPE FRUIT SALAD

Mix equal quantities of grape fruit with English walnut meats, with  $\frac{1}{2}$  cup of wine dressing.

### ORANGE SALAD

Cut 6 oranges in halves, remove the pulp and take out all veins and sections; to the pulp add  $\frac{1}{4}$  cup powdered sugar and  $\frac{1}{4}$  cup finely chopped mint, with 2 tablespoonful each of wine, orange juice, and lemon juice.

Serve in individual glasses, garnished with red cherries and angelica.

### PINEAPPLE SALAD

Shred 1 pineapple, add an equal quantity of white grapes, skinned and seeded and  $\frac{1}{2}$  cup English walnut meats. Moisten with cream dressing, and serve on lettuce leaves garnished with red cherries.

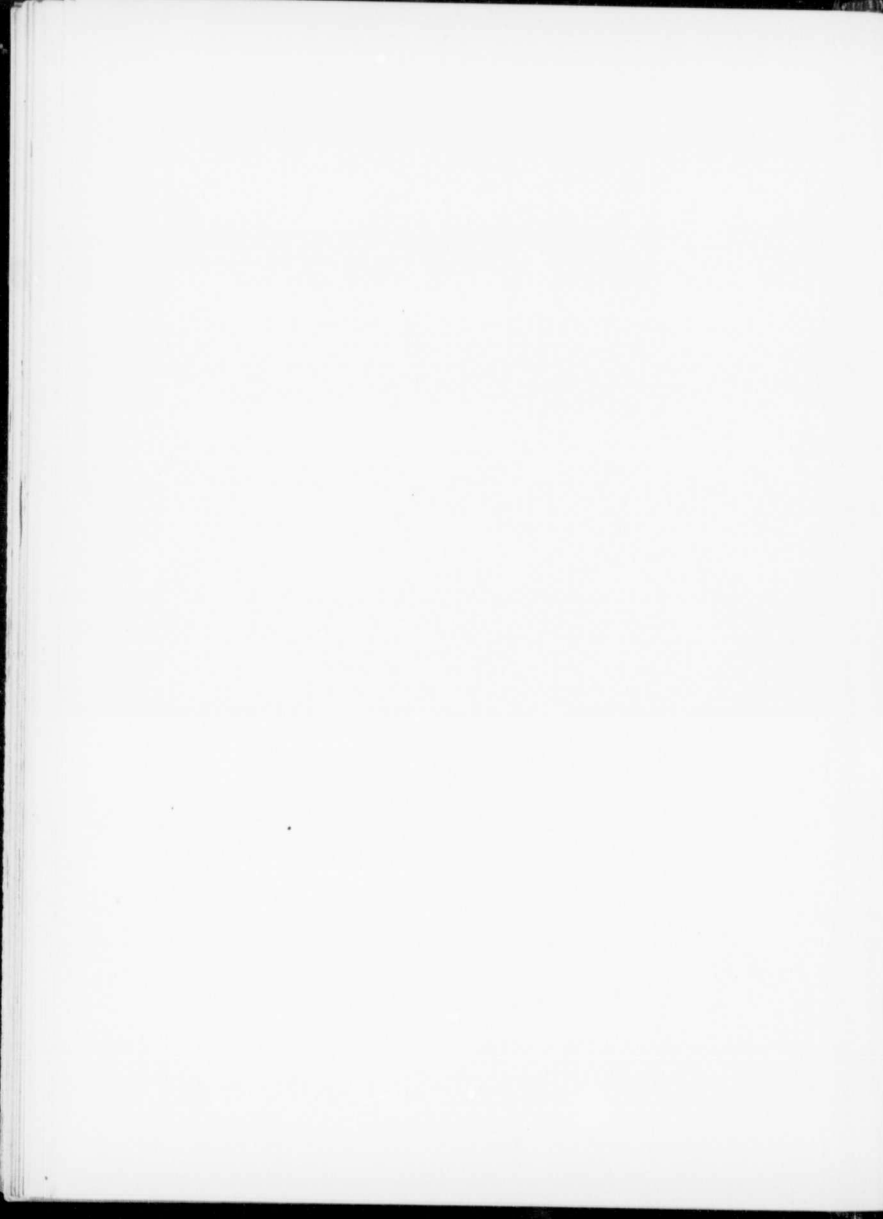
### MIXED FRUIT SALAD

One layer each of sliced oranges, strawberries and bananas, shredded pineapple, sprinkle powdered sugar between each layer, and let stand 3 hours before serving

### FRUIT SALAD

Peel, cut in two, and take out the seeds of a good-sized pear, scoop out a little, and fill the cavity with small pieces of pineapple, halved grapes, and bananas.

Serve on a lettuce leaf and pour dressing over.



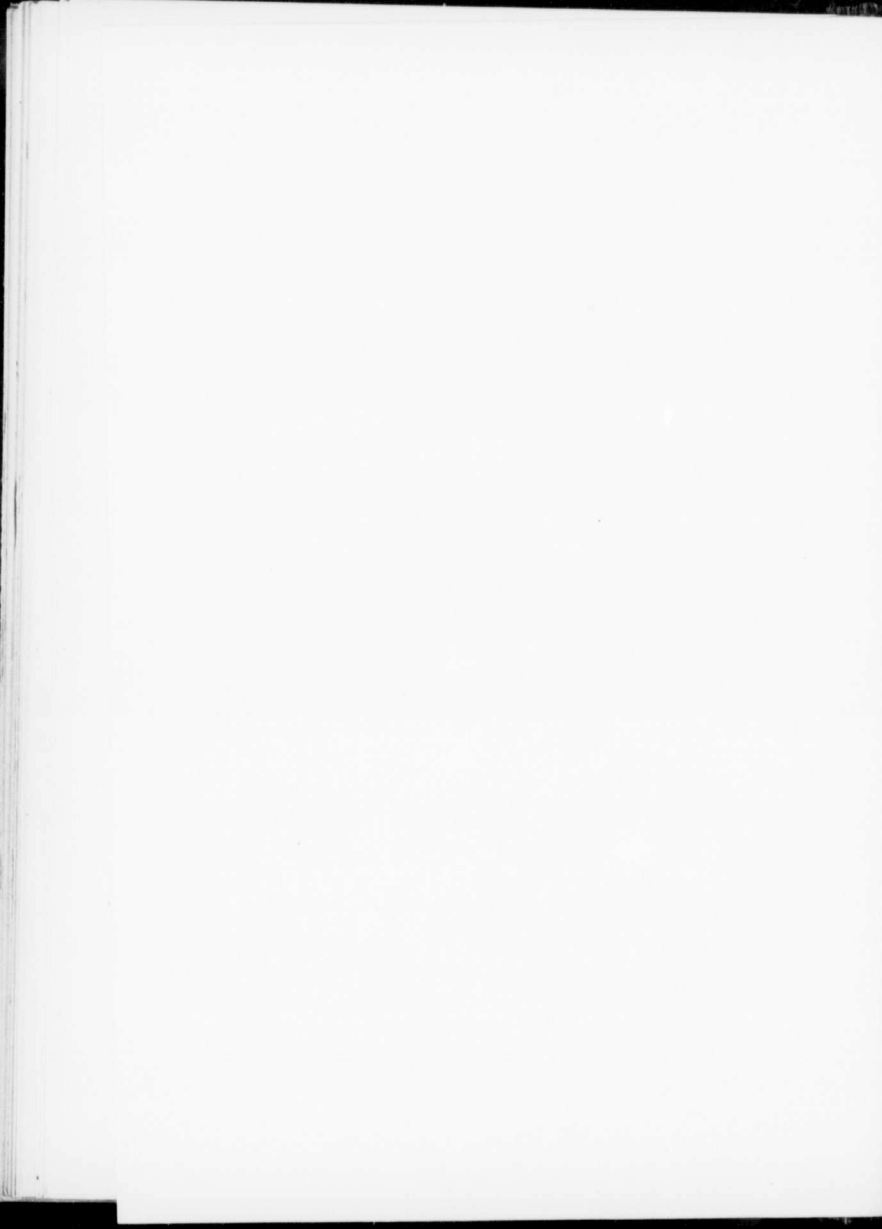


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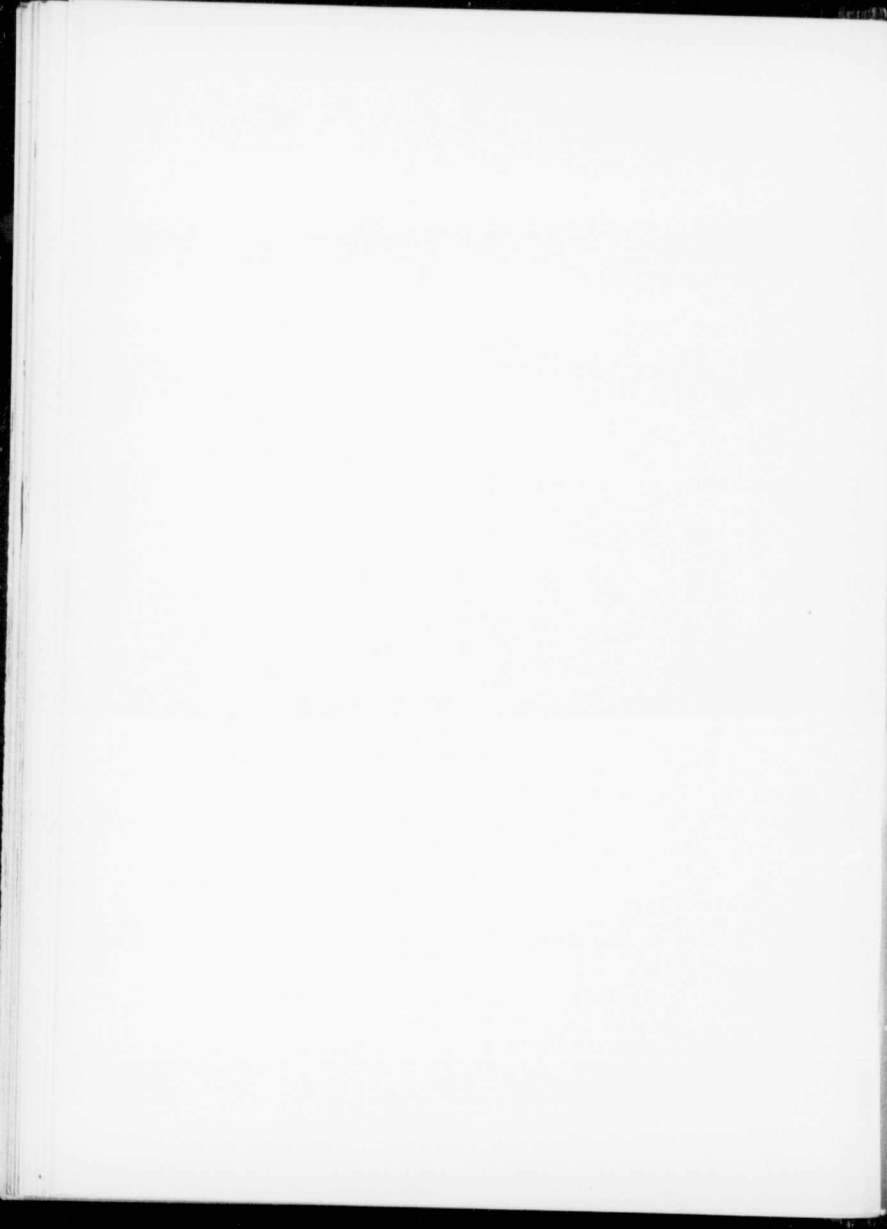
The range illustrated herewith is the shortest of all four-burner short cabinet gas ranges. It is so compact as to occupy no more space than the ordinary style of single and double oven or elevated oven gas ranges, making possible the use of the cabinet style of gas range with its many convenient features where heretofore, on account of limited floor space, a less convenient type of range was necessary. The extreme width of this range is only 36 inches, nevertheless, it has the same capacity as a four-burner cabinet range of greater dimensions. The broiling oven door is of the rolling or semi-revolving type, is counter-balanced, and when lowered, disappears or slides under the broiler in no way interfering with the operation of the surface burners directly in front of the broiler.

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RELIABLE gas ranges are furnished with porcelain enameled burner tray and broiling ovens with porcelain enameled broiling pan.



## SALAD DRESSINGS



## MAYONNAISE DRESSING

$\frac{1}{2}$ pint milk	or	$\frac{1}{4}$ pint vinegar
single cream		3 yolks of eggs
1 tablespoonful sugar		1 tablespoonful
$\frac{1}{2}$ tablespoonful salt		salad oil
$\frac{1}{2}$ tablespoonful mustard		

Mix the mustard, sugar, salt and oil together into a smooth paste, add the well beaten yolks of eggs and the vinegar, lastly the milk or cream; put into a double boiler, and cook slowly till of the consistency of custard, stirring all the time.

This if tightly bottled will keep for several days.

## SALAD CREAM

4 tablespoonfuls		1 tablespoonful vine
cream		gar
1 teaspoonful fruit	$\frac{1}{2}$ teaspoonful	made
sugar		mustard
	A little salt	

Mix the mustard, sugar and salt smoothly together, stir in the cream, and add the vinegar drop by drop; use as required.

## FRENCH DRESSING

Mix well together, 3 tablespoonfuls of salad oil, 1 tablespoonful of vinegar, a little salt and pepper. Keep cool till required.





SAUCES



## CREAM SAUCE

3 teaspoons Béchamel sauce  
2 yolks of eggs  
2 tablespoons cream  
1 oz. butter  
A little lemon juice  
Salt and pepper

METHOD—Put all the ingredients except the lemon juice in a small double boiler; stir until it is of the consistency of thick cream, pass through a fine hair sieve; reheat, add the lemon juice, and serve.

## BECHAMEL SAUCE

2 oz. butter  
1  $\frac{3}{4}$  pint milk  
1 bouquet garni  
2 oz. flour  
1 small onion  
Seasoning  
1 small blade of mace

METHOD—Put the milk on to boil with the onion, bouquet garni, mace. Melt the butter, add flour, and cook a while without browning; stir in the hot milk and whisk over the fire until it boils; let it *simmer 10 minutes*. Strain through a fine sieve; put back into the stewpan; season lightly with a little nutmeg, cayenne, and salt. It is then ready for use.

## APPLE SAUCE

1 lb. apples  
1 lemon juice and rind  
 $\frac{1}{2}$  oz. butter  
2 oz. sugar  
1 gill water

METHOD—Peel, core, and cut up the apples, cook them with the other ingredients till tender, pass through a sieve, or beat smooth with a wooden spoon.

## BREAD SAUCE

$\frac{1}{2}$ pint milk	1 small onion
6 cloves	A thick slice of bread
$\frac{1}{2}$ oz. butter	(about 2 oz.)
Salt and pepper	

METHOD—Stick the cloves into the peeled onion, and let it *simmer in the milk with the bread about 15 minutes*, being careful it does not burn; then take out the onion and cloves, beat the sauce quite smooth; stir in the butter and seasoning, and serve.

## BROWN SAUCE

1 carrot	1 oz. butter or fat
1 onion	3 gills stock or water
1 oz. flour	Seasoning

METHOD—Cut up the vegetables into thin slices, and fry them in the butter a few minutes, add the flour and let it brown; stir in the stock, and let it *simmer 10 or 15 minutes*. Strain, and it is ready for use.

## BOILED CUSTARD

$\frac{1}{2}$ pint milk	$\frac{1}{2}$ oz. sugar
2 eggs	Vanilla essence

METHOD—Heat the milk and pour it onto the well beaten eggs, add the sugar and flavouring, pour the mixture into a jug, or double boiler, and place it in a pan of hot water over the fire. Stir until it thickens; cool, and it is ready for use.

## CAPER SAUCE

(For Boiled Mutton)

1 oz. butter	1 oz. flour
3 gills stock or milk	2 tablespoons capers
Salt	1 tablespoon caper vinegar

METHOD—Melt the butter in a small stewpan, add the flour; cook a few minutes without browning, add the stock or milk and salt; let it *boil 5 minutes*. Cut the capers in half and add with the vinegar. *Simmer gently 2 or 3 minutes* and serve.

## CORN STARCH SAUCE

(For Steamed Puddings, etc.)

$\frac{1}{2}$ pint milk	$\frac{1}{2}$ oz. sugar
$\frac{1}{2}$ oz. corn starch	

METHOD—Peel the lemon thinly and put on to boil in the milk. Mix the cornstarch with a little cold milk stir into the boiling milk, add sugar and salt; *cook at least 8 minutes* stirring all the time.

## CRANBERRY SAUCE

2 cups sugar	1 pint water
1 quart cranberries	

METHOD—Wash the cranberries and put them on to boil in a covered saucepan, and cook them until each cranberry bursts, then remove the cover, add the sugar, and *cook 20 minutes, without the cover*. Do not stir all the time the cranberries are cooking.

## PARSLEY AND BUTTER SAUCE

1 oz. flour	1 oz. butter
$\frac{3}{4}$ pint milk	Salt and pepper
1 tablespoon parsley	

METHOD—Melt the butter, add the flour; when blended add the milk, stirring all the time, boil gently a few minutes, add the finely chopped parsley and seasoning, and it is ready for use.

## JAM SAUCE

$\frac{1}{4}$ pint water	2 tablespoons sugar
1 tablespoon raspberry or other jam	A few drops lemon juice

METHOD—Put the sugar and water on to boil, about 10 minutes, then add the lemon juice and jam, reheat, but do not boil after the jam is added. Strain and serve.

## LEMON SAUCE

$\frac{1}{2}$ pint water	1 glass sherry
Yolks of 2 eggs	1 lemon rind and juice
1 oz. flour	Sugar to taste
1 oz. butter	

METHOD—Grate the lemon rind finely, squeeze and strain the juice. Melt the butter, add the flour, cook a while without browning, add the water and stir until it boils, add sugar and lemon juice and rind; beat up the yolks of eggs with the sherry, let the sauce cool slightly then add. Stir until it thickens and serve.

## CHOCOLATE SAUCE

$\frac{3}{4}$ pint water	1 teaspoon vanilla
1 oz. rice flour	essence
2 oz. fruit sugar	4 oz. grated chocolate

METHOD—Put the sugar, chocolate and water into a stewpan and stir until it boils; mix the rice flour smoothly with a little cold water and stir in. *simmer for 5 minutes* Pass through a fine strainer, add the vanilla essence and serve.

## DUTCH SAUCE

(For Boiled Fish, Vegetables, etc.)

2 teaspoons vinegar	1 bay leaf
1 gill white sauce	4 white peppercorns
Yolks of 2 eggs	crushed
2 oz. butter	Salt
1 teaspoonful lemon juice	

METHOD—Put the vinegar, bay leaf, peppercorns into a stewpan and reduce to half quantity; add the white sauce and bring to boil, remove the bay leaf and add the yolks of eggs; when it begins to thicken remove from the fire and strain. Reheat carefully, so that it does not curdle and whisk in the butter by degrees. Salt to taste.

## HOLLANDAISE SAUCE

1 lb. butter	2 teaspoons pepper-
1 teaspoon sugar	corns crushed
2 teaspoonfuls french	2 teaspoonfuls cold
vinegar	water
Cayenne	Salt to taste
1 teaspoon lemon juice	A little cream
2 yolks of eggs	

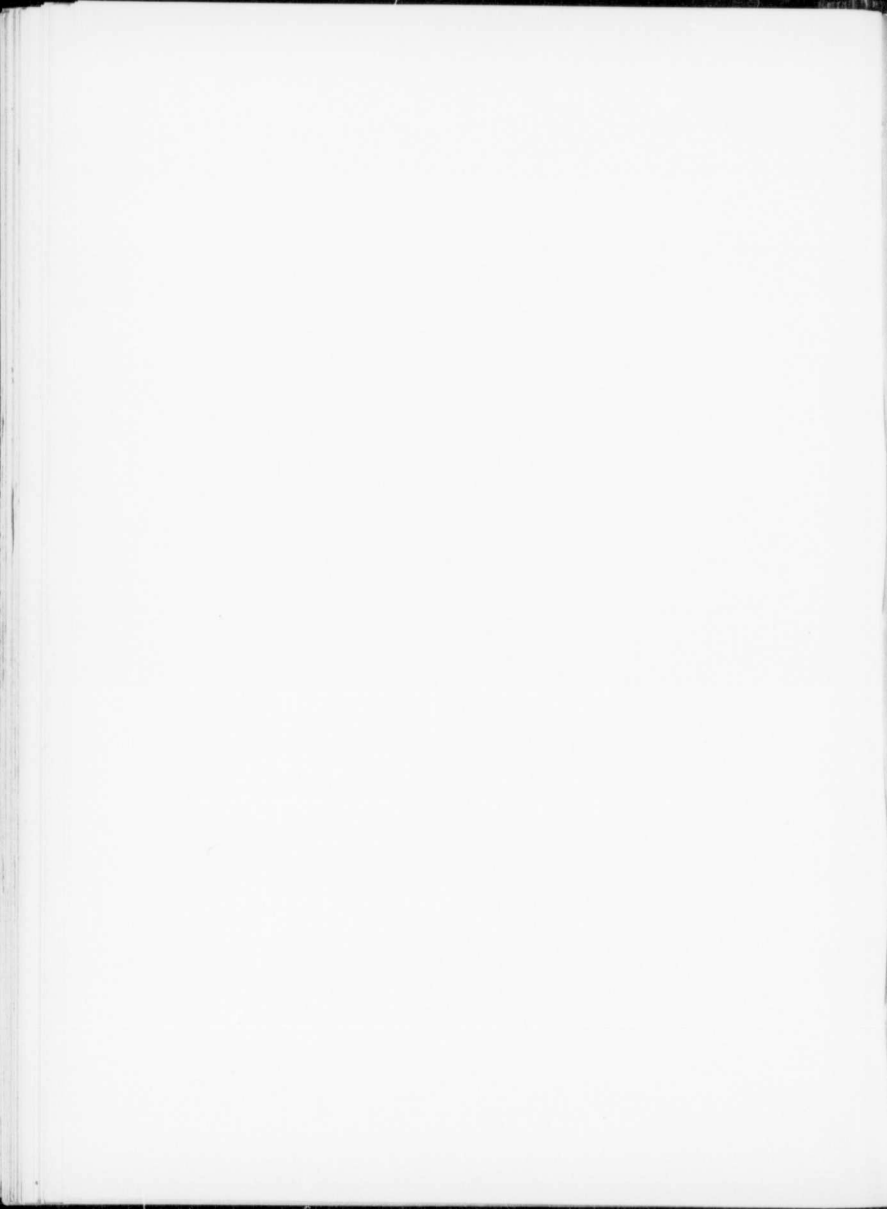
Melt 1 teaspoonful of butter in a small stewpan, add the peppercorns, sugar, vinegar, water, and cayenne; boil until reduced to half quantity.

## FRUIT PUDDING SAUCE

Cream a large tablespoonful of butter with one and a half cups of powdered sugar and when light add a large cup of fresh fruit chopped, or of fresh berries, mashed. Beat long and steadily, adding, if wished, the white of an egg, beaten stiff.



PASTRY



## CHOUX PASTE

4 oz. fine flour                      2 large or 3 small  
4 oz. butter                              eggs  
2 oz. sugar                               $\frac{1}{2}$  pint water  
Vanilla or other flavouring

METHOD—Put the butter, sugar and water into a very clean saucepan, and when boiling add the flour, previously well dried, and sifted. Stir and *cook gently for 10 minutes.* Let it cool a little, then beat in the eggs one at a time; add a few drops of flavouring essence, and use as required.

## DRIPPING CRUST

(For Plain Pies and Puddings)

1 lb. flour                               $\frac{1}{2}$  pint water  
6 oz. clarified dripping

METHOD—Sift the flour into a bowl, and rub in the dripping using the tips of the fingers, then with a knife, mix to a smooth dough, adding the water gradually.

Roll out and use as required.

## FLAKEY PASTRY

12 oz. flour                               $\frac{3}{4}$  pint water (about)  
9 oz. butter and lard mixed

METHOD—Sieve the flour into a bowl and rub in lightly one-third of the shortening. Add water to mix into a smooth paste. Roll out into a long, narrow strip. Divide the remainder of the shortening into 3 equal parts; put one part into the paste in small pieces, dredge lightly with flour, fold over evenly in three, turn around so as to have the outer edge to the right, seal the edges, and roll out as before.

Repeat process, with remaining portions of butter.

The pastry may be used at once, but will be much lighter if allowed to stand 1 hour or longer on ice, or in a cool place. In making up, handle as lightly and roll as evenly as possible.

Bake in a hot oven.

## ROUGH PUFF PASTRY

1 lb. flour  
juice 1 lemon  
Cold water to mix into a stiff dough

10 oz. shortening (half  
butter half lard)

METHOD—Sift the flour into a bowl, cut the lard and butter into rough small pieces, and mix with the flour, without rubbing it in at all; strain the lemon juice, and add it with the water, to make as stiff a dough as possible.

Turn on to a well floured board, and roll out to a long narrow strip, fold over in three, and roll again, repeat this till the paste has been rolled seven times, allowing 10 minutes between each roll. Roll out and use as required.

Better if made the day before wanted and kept in a very cool place.

## PUFF PASTRY

1 lb. flour  
1 teaspoonful lemon  
juice

1 lb. butter  
About  $\frac{1}{2}$  pint cold  
water

METHOD—Wash and squeeze the butter in cold water, dry well in a floured cloth, shape into a square about 6 inches and keep in a cool place while the paste is being prepared.

Sieve the flour into a bowl, make a well in the centre, strain in the lemon juice, and add water gradually till a smooth dough is formed. Knead the paste until smooth, then roll out into a strip a little wider than the butter, and about twice its length; place the butter on one half of the paste, fold the other half over, enclosing the butter entirely, press the edges firmly together, roll out to 3 times its original length; let stand 15 minutes in a very cool place, repeat till the paste has been rolled 6 times, allowing it to stand 10 or 15 minutes between each roll.

Make up as desired and bake in a quick oven.

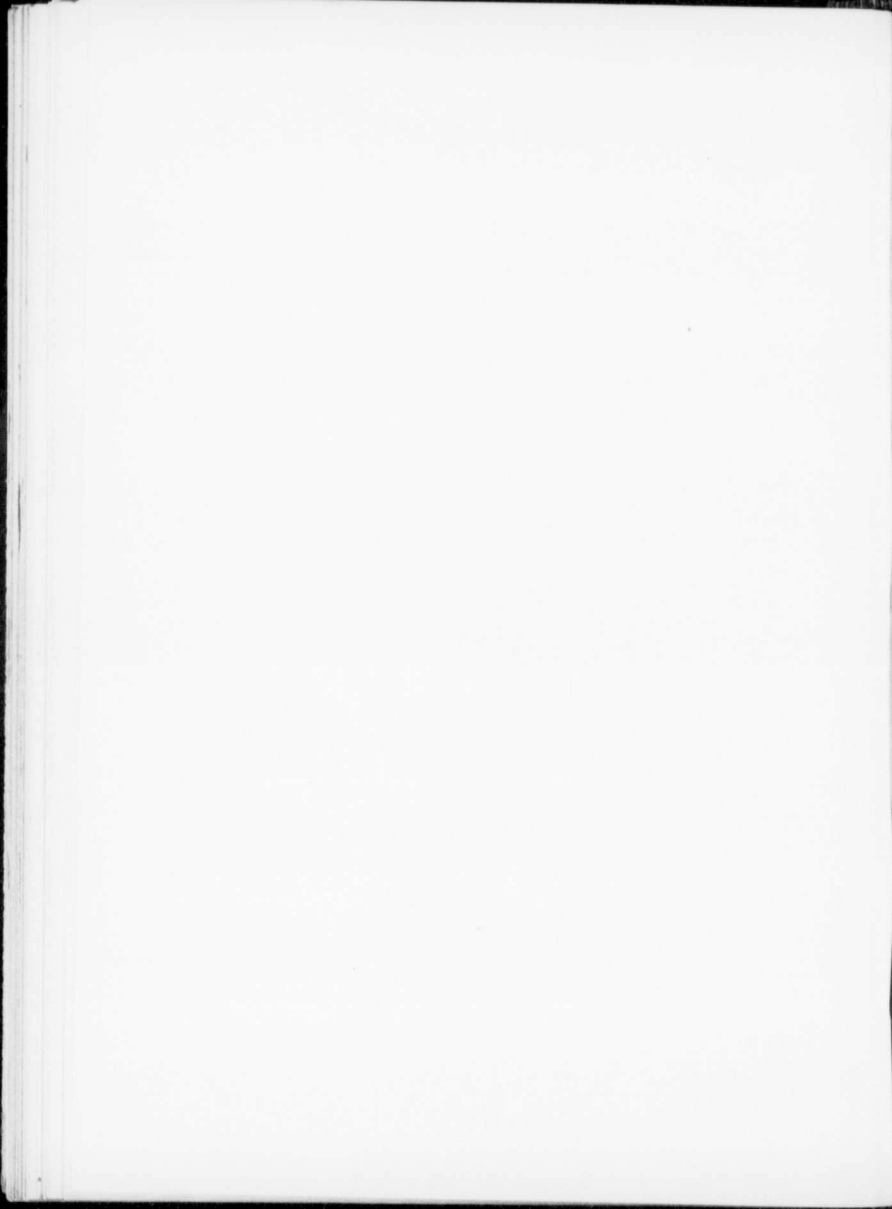
## PASTE FOR RAISED GAME PIES

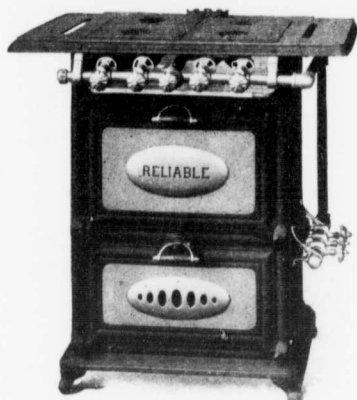
1 lb. flour  
 $\frac{1}{4}$  pint water

6 oz. lard  
 $\frac{1}{2}$  teaspoonful salt

METHOD—Put the flour and salt into a bowl, and set in a warm place till it feels dry and warm. Boil the lard and water for 5 minutes; then pour the mixture into the centre of the flour, and mix well with a spoon until cool enough to knead with the hands. Knead well, keeping it warm during the process, let it stand in a warm place for 1 hour, then re-knead and use at once. Mould into desired shape using both hands; brush over with beaten egg.

Put into a quick oven, reducing the heat after the pie has risen to cook through.





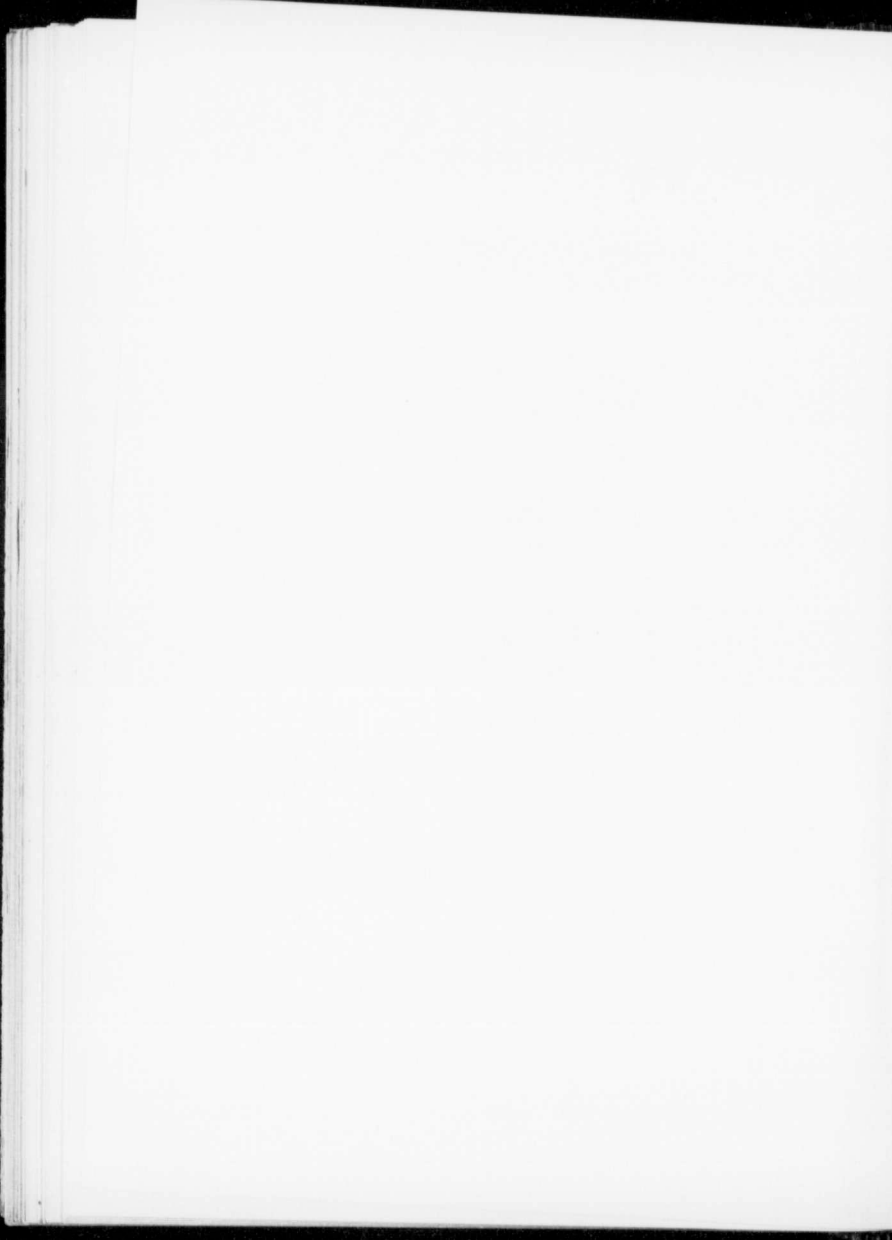
## All-Steel Range.

No. D186.

This is an 18½-inch oven and broiler stove, and more. It is steel throughout and has the Clark Jewel Valveless lighter and flame reflectors. The latter put the oven flames in sight from the front without opening the broiler door. It has the exclusive Clark Jewel Ebony Black baked-on finish.

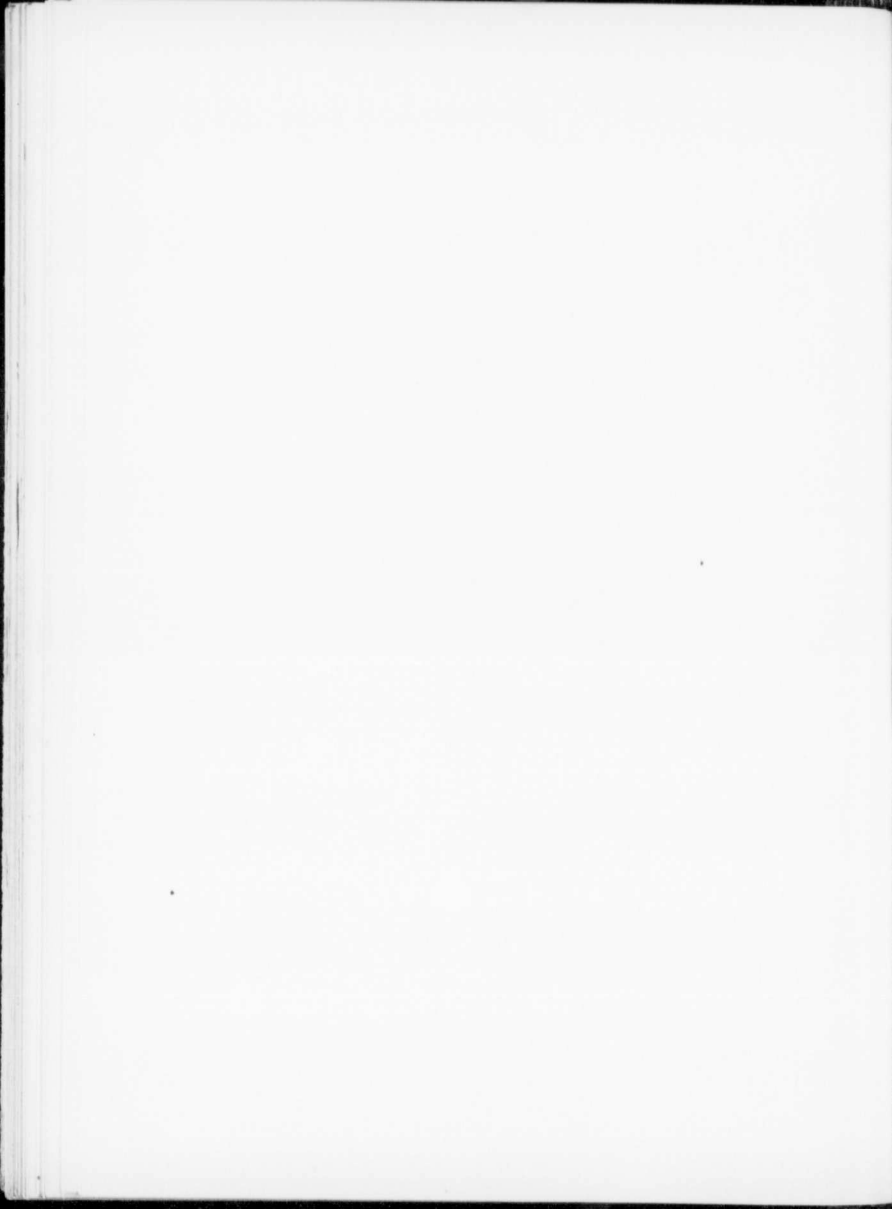
It can be had with glass door. This keeps the baking cake in view without risk of cooling draft or jar from careless closing. The drip tray and broiling pan are enameled.

Porcelain enameled panels with burned-in transfers make the doors easy to keep clean.





## PUDDINGS



## APPLE AMBER PUDDING

6 large apples	3 oz. brown sugar
2 oz. butter	3 eggs
1 lemon	Short pastry
Red cherries	Angelica

METHOD—Peel and slice the apples, and put them on to stew gently with the butter, sugar and lemon rind, till tender, then pass through a fine sieve and add the beaten yolks of eggs.

Line the edge of a pie dish with strips of paste about 3 inches wide and decorate the edge with overlapping leaves or rounds of pastry, which should be securely fixed with white of egg. Pour in the prepared apple mixture and *bake in a moderate oven 20 minutes*. Beat up the whites of egg to a stiff froth, add sugar to taste, and pile on the top of the pudding, decorate with cherries and strips of angelica, and replace in the oven till the whites of eggs acquire a little colour. Serve either hot or cold.

## APPLE CHARLOTTE

2 lbs. apples	4 oz. brown sugar
1 oz. butter	Rind of 1 lemon
Slices of bread	Oiled butter

METHOD—Peel, core, and slice the apples, put them in a stewpan with the butter, sugar and lemon rind, and a very little water. Cook until reduced to a smooth pulp.

Meanwhile, take a plain soufflé mould, and cover the bottom with a round of bread, cut in quarters and dipped into the melted butter; line the sides with overlapping pieces cut into strips, also dipped in the melted butter. When the mould is ready, put in the apple pulp, cover with a round of bread and *bake in moderate oven about 30 minutes*

## APPLE PUDDING, BOILED

6 apples  
Cloves

$\frac{3}{4}$  lb. suet pastry  
Sugar to taste

METHOD—Make the paste as directed; peel and core the apples.

Line a bowl of desired size with the pastry rolled about  $\frac{1}{4}$  inch thick, put in the apples, a few cloves, and sugar to taste, and about 1 tablespoonful of cold water, cover with a round of paste, seal well; cover with a well floured pudding cloth, put into a pan of quickly boiling water, and *boil*  $2\frac{1}{2}$  to 3 hours, without letting the water stop boiling.

## APPLES AND RICE

4 or 5 apples  
2 tablespoonfuls rice  
1 oz. of butter  
Rind 1 lemon

$1\frac{1}{4}$  pints of milk  
 $1\frac{1}{2}$  tablespoonfuls  
sugar  
Raspberry jam or  
sugar and butter

METHOD—Wash the rice, and put it into a stewpan with a little salt, lemon rind, and the milk; let it simmer gently till rice becomes tender, then stir in the butter and sugar; remove the lemon rind.

Peel and core the apples, place them in a deep pie dish, fill the cavities with raspberry jam, or butter and sugar; fill the spaces between the apples with the rice, and bake in a moderate oven till the apples are tender, but not broken.

## BAKED APPLES

6 apples  
Fruit sugar

1 white of egg  
Jam or jelly

METHOD—Peel and core the apples, keeping them whole, roll up the apple paring tightly, and place it in the centre of each apple, brush over with the white of egg, and put aside till it dries; then coat well with fruit sugar, place in a pie dish, cover with greased paper, and bake in a slow oven till tender. Be careful not to let them break. Remove the apple paring, and fill the cavity with jam or jelly. These are delicious cooked in a paper bag.

## BARONESS PUDDING

$\frac{3}{4}$ lb. suet	$\frac{3}{4}$ lb. flour
$\frac{3}{4}$ lb. raisins	$\frac{1}{2}$ pint milk
1 egg	A little salt

METHOD—Chop the suet finely; stone and chop the raisins, mix with the flour, salt and suet; beat up the egg and add it with the milk. Stir well, put into a well greased pudding bowl, cover with greased paper, and *boil*  $4\frac{1}{2}$  hours or *steam* 5 hours

Serve with fruit sugar dredged over the top.

## BATTER PUDDING

$\frac{1}{4}$ lb. flour	2 eggs
1 pint milk	Little salt
1 dessertspoonful melted butter	

METHOD—Put the flour and salt into a bowl and mix well, beat up the eggs and add the milk to them, add the liquid gradually to the flour beating all the time, add the melted butter, and let the mixture stand for at least 1 hour.

Pour the batter into a well greased pudding bowl, cover with greased paper, and *steam for* 1 hour.

Turn out on a hot dish, and serve immediately.

## BREAD AND BUTTER PUDDING

1 pint milk	1 dessertspoonful
2 eggs	sugar
Candied lemon rind	Stoned raisins
Currants	6 slices of thin bread and butter

METHOD—Butter a pudding dish and sprinkle a few raisins and currants on the bottom, divide each slice of bread into 4 pieces, and arrange in layers in the pie dish, sprinkling each layer with currants and raisins, and a little finely cut candied lemon rind, till the dish is nearly full. Beat up the eggs, add the milk and sugar and pour gently over the bread pudding. Let it stand for a while, for the bread to soak, then *bake in a moderately cool oven 1 hour.*

## BROWN BETTY

2 oz. stoned raisins	2 oz. brown sugar
3 apples	Cinnamon
Nutmeg	Butter
4 oz. fresh bread crumbs	

METHOD—Peel and slice the apples rather thinly. Butter a pie dish and sprinkle on a few raisins and sliced apples, then a layer of breadcrumbs and sugar, with small pieces of butter and flavouring, and so on till the dish is full; cover with greased paper and *bake very slowly about 2 hours*; turn out and serve with thin strained apple sauce.

## CANARY PUDDING

4 oz. flour	3 oz. sugar
2 oz. butter	2 eggs
1 teaspoonful baking powder	$\frac{1}{2}$ wineglassful sherry A little milk

**METHOD**—Cream the butter and sugar together till creamy, add eggs one at a time and beat well; sieve the flour and baking powder together and add with the sherry; mix as lightly as possible, and add enough milk to make the consistency of thick batter. Pour into a well buttered mould and *steam 1 hour*.

Serve with jam or wine sauce.

## CARAMEL PUDDING

2 oz. loaf sugar	2 teaspoonfuls cold water
For the Custard	
$\frac{1}{2}$ pint milk	3 eggs
1 tablespoonful fruit sugar	Vanilla or other flavouring

**METHOD**—Boil the loaf sugar and water together until it acquires a light brown colour, then pour into a charlotte or plain mould until it is evenly coated with the caramel.

Beat the eggs with the sugar, add the milk and flavoring, pour into the prepared mould, cover tightly with buttered paper and *steam very slowly 40 minutes*. No other sauce is needed than the caramel, which runs off when the pudding is turned out.

This pudding is equally nice cold.

## CASTLE PUDDING

1 $\frac{1}{2}$ oz. flour	1 $\frac{1}{2}$ oz. fruit sugar
1 oz. butter	1 egg
A little milk	Flavouring
1 small teaspoonful baking powder	

**METHOD**—Cream the butter and sugar together, beat in the egg, until the mixture is light and creamy. Sieve the flour and baking powder together, stir lightly in and add milk till mixture drops readily from the spoon.

Three parts fill some well-buttered dariole moulds, and *steam 50 minutes* or bake for half that time in a moderately slow oven. Serve with jam, wine or custard sauce.

## CHOCOLATE NUT PUDDING

2 cups scalded milk	1 cup soft bread
1 cup chopped nuts	crumbs
$\frac{3}{4}$ cup sugar	2 eggs, yolks beaten
A little salt	Juice and grated rind
2 egg whites beaten till stiff	1 lemon
$\frac{1}{2}$ cup chocolate or chocolate grated	2 squares Lowney's

METHOD—Mix the first 8 ingredients; when well blended cut and fold in the whites of eggs, pour into well greased individual moulds and *bake in a very moderate oven 20 to 30 minutes.*

Serve hot with cream or fruit sauce.

## CHOCOLATE PUDDING, BOILED

8 oz. soft breadcrumbs	4 oz. finely chopped
2 oz. flour	suet
4 oz. sugar	2 oz. grated chocolate
2 eggs	A little milk

METHOD—Mix the breadcrumbs, flour, suet, sugar, chocolate well together, add the well beaten eggs, and enough milk to form a thoroughly moistened mixture; turn into a well greased pudding bowl, and *steam for 2 $\frac{1}{2}$  hours.*

Serve with chocolate, or plain corn starch sauce.

## CRANBERRY PUDDING

(See apple pudding, boiled, using cranberries, and adopting same method.)



## CHRISTMAS PUDDING

1 lb. soft breadcrumbs	1 lb. currants
1 lb. stoned raisins	1 lb. chopped suet
1 lb. sugar	$\frac{1}{2}$ lb. mixed candied
1 nutmeg (grated)	peel
2 lemons, rind and juice	$\frac{1}{2}$ lb. flour
2 teaspoonfuls baking powder	7 eggs
	A little brandy

METHOD—Mix all well together, put into well greased bowls and *boil 4 to 6 hours*, or as long as you like; the longer the better the pudding.

## COLLEGE PUDDING

4 oz. breadcrumbs	4 oz. finely chopped
2 oz. currants	suet
2 oz. raisins stoned and chopped	2 oz. sugar
A little salt	2 eggs or 1 egg and a little milk
$\frac{1}{2}$ teaspoonful baking powder	
A good pinch each of grated nutmeg, ground cloves and cinnamon	

METHOD—Mix all dry ingredients, add the eggs, previously well beaten, and stir until thoroughly mixed. Steam or bake, in one large pudding or in individual moulds. Small puddings, to *steam 35 minutes; to bake 25 minutes*

## DAMSON PUDDING

(See apple pudding, boiled, using  $1\frac{1}{2}$  pints Damsons.)

## DATE PUDDING

$\frac{1}{2}$ lb stoned and chopped dates	$\frac{1}{4}$ lb. finely chopped suet
1 lb. flour	A little salt
Milk or water	1 small teaspoonful baking powder

METHOD—Mix all dry ingredients, add enough milk, or water to moisten them sufficiently, and turn the mixture into a well greased bowl, cover with greased paper and *steam or boil*  $2\frac{1}{2}$  or 3 hours.

Serve with hot wine sauce.

## ENGLISH PUDDING

1 cup sugar	$\frac{1}{2}$ cup butter
1 cup seeded raisins	1 cup mollasses
$\frac{3}{4}$ cup milk	1 teaspoonful salt
1 teaspoonful soda	$\frac{1}{2}$ teaspoonful cloves
$\frac{1}{2}$ teaspoonful cinnamon	$\frac{1}{2}$ teaspoonful mace
	$3\frac{1}{2}$ cups flour

METHOD—Cream the butter, add remaining ingredients, beat well, pour into buttered mould and *steam* 4 hours. Serve with brandy sauce.

## EMPRESS PUDDING

1 quart milk	4 oz. rice
2 oz. butter	1 tablespoonful sugar
Jam or stewed fruit	

METHOD—Simmer the rice in the milk till tender and fairly dry, then add the butter, sugar, and salt; put a layer of rice in the bottom of a deep pie dish and then a layer of jam or stewed fruit. Repeat till the dish is full, letting the top layer be of rice. *Bake in a moderate oven 30 minutes.*

## FIG PUDDING

8 oz. figs	6 oz. finely chopped
4 oz. soft breadcrumbs	suet
4 oz. flour	4 oz. sugar
2 eggs	2 apples peeled and
Salt	cut fine
A little nutmeg	$\frac{1}{2}$ pint milk

**METHOD**—Chop the figs finely, and rest of dry ingredients and mix well. Beat the eggs, add the milk, pour into the mixture and stir well, pour into a well greased mould, cover with greased paper and *steam or boil 3 hours*.

Serve with lemon or creamy sauce.

## FRIAR'S OMELETTE

2 oz. soft breadcrumbs	4 sour cooking apples
2 oz. sugar	1 oz. butter
1 egg	$\frac{1}{2}$ a lemon

**METHOD**—Peel, core, and slice the apples and stew them gently with the butter, sugar and lemon (juice and thin rind), till tender, then stir in the well beaten egg. Put half the breadcrumbs at the bottom of a well buttered pie-dish, pour on the apple mixture, cover with remaining crumbs, add a few small pieces of butter, and *bake 15 minutes in a moderate oven*.

## GINGER PUDDING

12 oz. flour	8 oz. mollasses
$\frac{1}{4}$ pint milk	A little salt
	1 teaspoonful ground ginger
	1 teaspoonful baking powder

**METHOD**—Mix all dry ingredients; stir in the mollasses and milk, beat well, turn into well greased pudding bowl, cover with greased paper; *steam 2 $\frac{1}{2}$  hours*. Serve with corn starch sauce.

## GOLDEN PUDDING

4 oz. soft breadcrumbs    3 oz. butter  
4 oz. marmalade            2 oz. sugar  
2 eggs                         Salt, and a little milk

METHOD—Cream the butter and sugar, add eggs, and beat well; add remainder of ingredients, and when well mixed turn into greased mould and *steam 2 hours*. Serve with marmalade sauce.

## LEMON PUDDING, BAKED

2 lemons                      2 oz. butter  
3 oz. fruit sugar            2 oz. cake crumbs (or  
3 eggs                         bread)  
1 gill cream or milk        Short crust pastry  
Raspberry jam

METHOD—Cream the butter and sugar together, add the eggs and beat well, add cake crumbs, juice of lemons, and rinds finely grated; lastly cream or milk. Have ready a pie dish lined with short pastry, decorate the edges, spread the bottom with raspberry jam, turn in the pudding mixture and *bake in a very moderate oven 30 minutes*. Sprinkle the surface liberally with fruit sugar. Serve hot.

## RICE PUDDING, BAKED

1½ ozs. rice                    1 pint milk  
1 tablespoonful sugar       Grated nutmeg (little)  
Salt                              Small piece of butter

METHOD—Wash the rice, put it into a pudding dish, with other ingredients. Stir a few minutes to dissolve the sugar. *Bake in a moderate oven 2 hours*.

## LEMON PUDDING, BOILED

(See chocolate pudding steamed; omit the chocolate, and add 2 lemons, rind and juice.

## MACARONI OR SPAGHETTI PUDDING

1 oz. butter	1 oz. macaroni or
1 oz. sugar	Spaghetti
1 pint milk	2 eggs
Grated rind $\frac{1}{2}$ lemon	Salt

METHOD—Break the macaroni or spaghetti into  $\frac{1}{4}$  inch lengths, put them with a pinch of salt into the milk when boiling and simmer till tender; add the sugar, butter, lemon rind, and well beaten yolks of eggs; stir the mixture by the side of the fire a few minutes, but do not let it boil. Lastly add the stiffly whipped whites of eggs, turn the mixture into a pudding dish, and *bake about 35 minutes* in a slow oven.

## SEMOLINA PUDDING

$\frac{1}{2}$ pint milk	1 tablespoonful se-
$\frac{1}{2}$ tablespoonful sugar	molina
1 egg	A little butter and
	nutmeg

METHOD—Put the milk on to boil; when boiling sprinkle in the semolina and boil about 10 minutes, stirring all the time.

Beat the egg with the sugar and butter, and when the semolina has cooled slightly, stir in. Pour into a pie dish, add a little nutmeg, and *bake 15 minutes in a slow oven.*

## TAPIOCA WITH APPLES

2 oz. tapioca	2 oz. sugar
1 pint water	4 apples
Little nutmeg or cin- nomon	Piece of butter size of walnut

METHOD—Wash the tapioca and put it on to boil in the water; when transparent add the sugar, butter, nutmeg.

Peel and core the apples, put them into a deep pudding dish, pour over the prepared tapioca and bake in a moderate oven till apples are tender, but not broken. Serve with cream and sugar.

## YORKSHIRE PUDDING

To serve with Roast Beef

1 pint of milk	2 eggs
Salt	Dripping
4 heaping tablespoonfuls flour	

METHOD—Mix the flour and salt together in a bowl; beat up the eggs, add half the milk; make a well in centre of the flour, add the liquid gradually stirring smooth; when half the liquid has been added beat well, and put aside about 1 hour at least. Add remainder of milk; cover the bottom of the baking tin with dripping taken from the roast, pour in the batter; *bake about 40 minutes* in moderately hot oven. Serve immediately. Like all batters, it will get heavy when cooling.



### Four-Burner Single Oven Range.

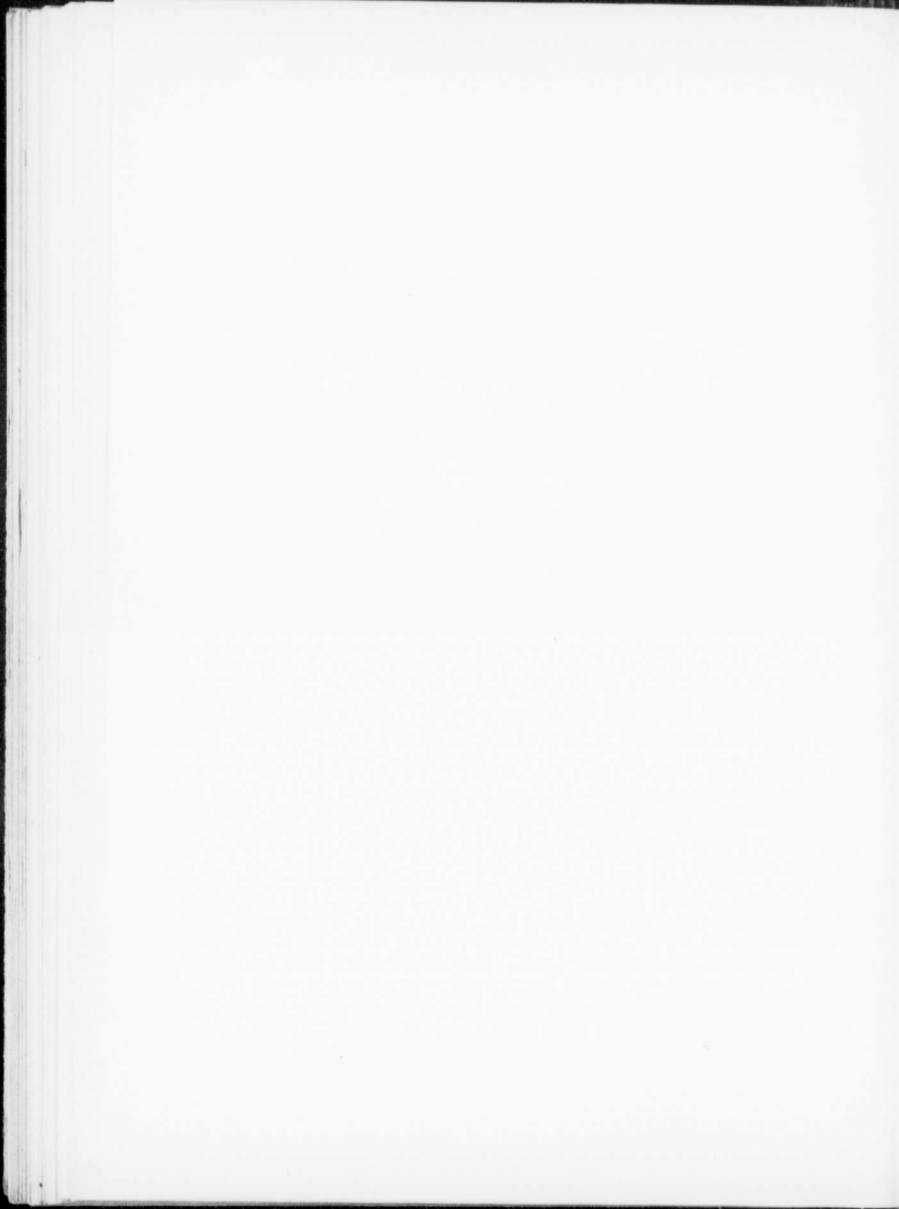
Manufactured Gas.....No. 141.....	\$25.00	No. 40 ..	\$23.00
Natural Gas.....No. 151.....	27.00	No. 150.	25.00
Crated Weight.....	202 lbs	.....	192 lbs
Size of Baking Oven.....	18x18"	..	16x16"
Size of Top including Shelves.....	34½x25½"	..	34½x25½"

For "common sense" lighting attachment, add \$1.00 to above list prices.

For burner box, porcelain enameled, add \$1.50 to above list prices.

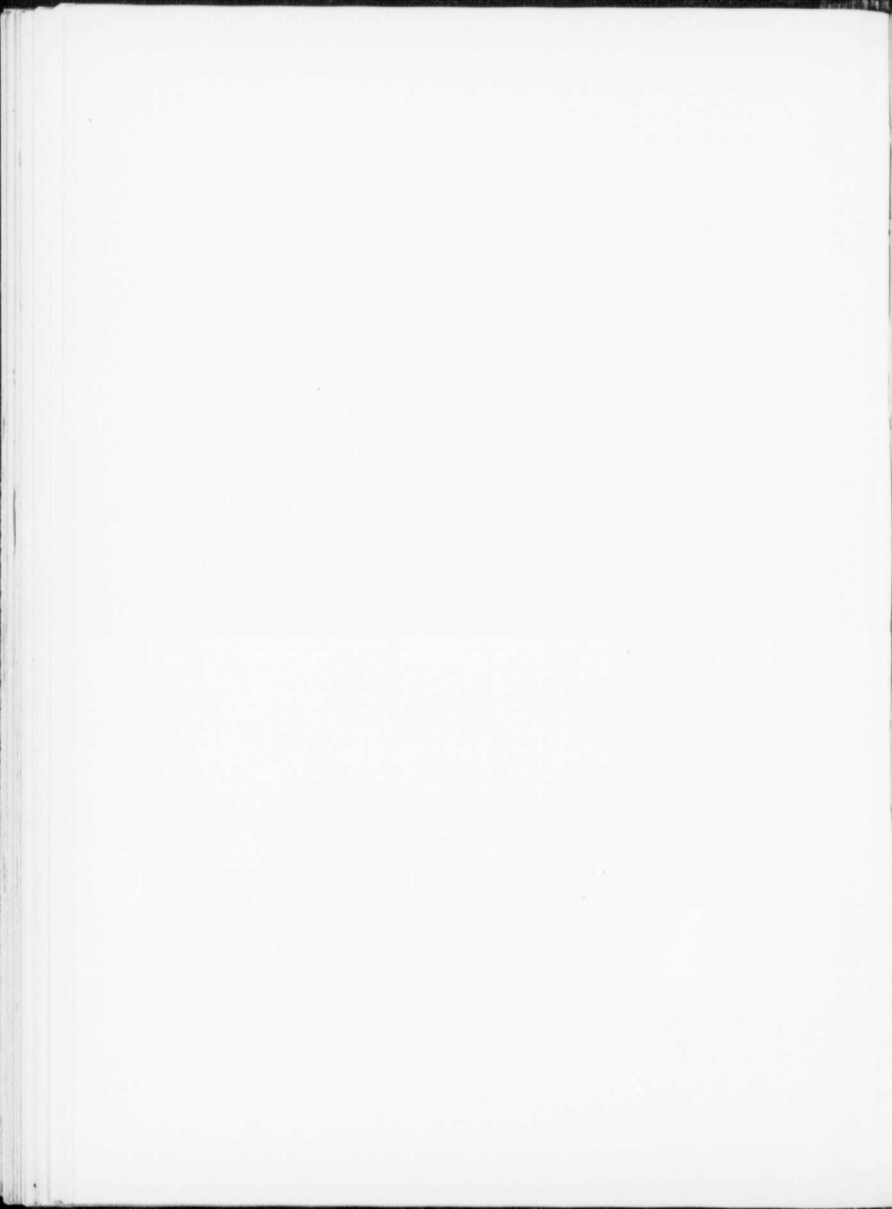
For porcelain enameled interior including porcelain enameled burner box, add \$5.00 to above list prices.

As shown in dimensions, above ranges are made in two sizes.





## ICINGS AND FILLINGS



## CHOCOLATE FILLING

3 eggs  
2 cups milk  
2 tablespoonfuls cornstarch  
3 ozs. grated chocolate  
2 tablespoonfuls boiling water  
1 teaspoonful vanilla  
 $\frac{1}{2}$  cup sugar  
A little salt

Melt the chocolate and add the hot water. Mix sugar and cornstarch, add eggs beaten, and milk, cook in double boiler till mixture thickens, stirring constantly. Add flavoring, salt and chocolate mixture. Beat well and use as required.

## CREAM FILLING

1 cup sugar  
 $1\frac{1}{2}$  cup milk  
1 tablespoonful butter  
1 teaspoonful flavouring  
 $\frac{1}{4}$  cup cornstarch  
2 eggs  
A little salt

METHOD—Mix the cornstarch, sugar and eggs, add milk and butter, cook in double boiler 20 minutes, stirring constantly. Cool, add salt and flavouring and use as required.

## DATE FILLING

2 cups dates  
 $\frac{1}{2}$  cup powdered sugar  
 $\frac{1}{2}$  cup beaten cream  
2 tablespoons lemon juice

METHOD—Remove stones, and cut dates into small pieces; add remaining ingredients and use as required.

Method—Put the butter, sugar, lemon rind, and strained lemon juice into a stewpan over a slow fire, and with the cold water and add, boil for a few minutes, cool slightly and then add the beaten yolks of eggs. Use as required.

1 lb. sugar  
 4 eggs  
 1 dessertspoonful corn starch  
 1 small cup of water  
 1 cup butter  
 Grated rind of two lemons and juice of three

### LEMON FILLING

Melt marshmallows in top of double boiler, when liquefied pour on the beaten egg white, beat until thick.

$\frac{1}{2}$  lb. marshmallows  
 1 egg white

### MARSHMALLOW FILLING

Method—Boil syrup until it threads, pour on the beaten white and cream, salt and beat until thick enough to spread.

1 cup maple syrup  
 1 egg white  
 $\frac{1}{2}$  cup beaten cream  
 Few grains of salt

### MAPLE FILLING

Cook ingredients in double boiler until of consistency to spread.

2 cups chopped figs  
 $\frac{1}{2}$  cup boiling water  
 1 tablespoonful butter  
 Few grains salt  
 $\frac{1}{2}$  cup sugar  
 2 tablespoons lemon juice

### FIG FILLING

## NUT AND RAISIN FILLING

1 cup raisins	1 cup chopped nuts
$\frac{1}{2}$ cup powdered sugar	1 egg white
A little salt	2 tablespoons lemon juice

METHOD—Beat the whites of egg until stiff, add the sugar and beat again, add the lemon juice and the raisins and nuts finely chopped.

## FUDGE FILLING

2 cups sugar	2 cups rich milk
4 tablespoons butter	1 teaspoonful vanilla
4 squares chocolate	

Mix all the ingredients and let stand over a very slow fire until it liquefies, then boil until a soft ball is formed. Beat until thick and creamy. If liked add one cup of chopped nuts.

## ORANGE FILLING

Juice and rind of 1 orange	1 tablespoon lemon juice
1 teaspoonful butter	$\frac{1}{2}$ cup orange pulp

Mix all together with the cream filling and use as required.

## PINEAPPLE FILLING

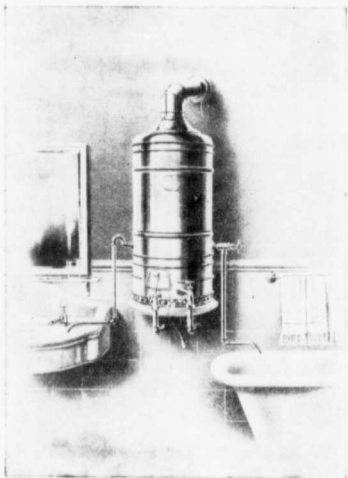
1 cup grated pineapple	1 tablespoon orange rind
2 tablespoonfuls lemon juice	Sugar to taste

Mix all together, using enough sugar to make right consistency.

## COFFEE ICING

To above add 2 tablespoonfuls black coffee.





No. 8.

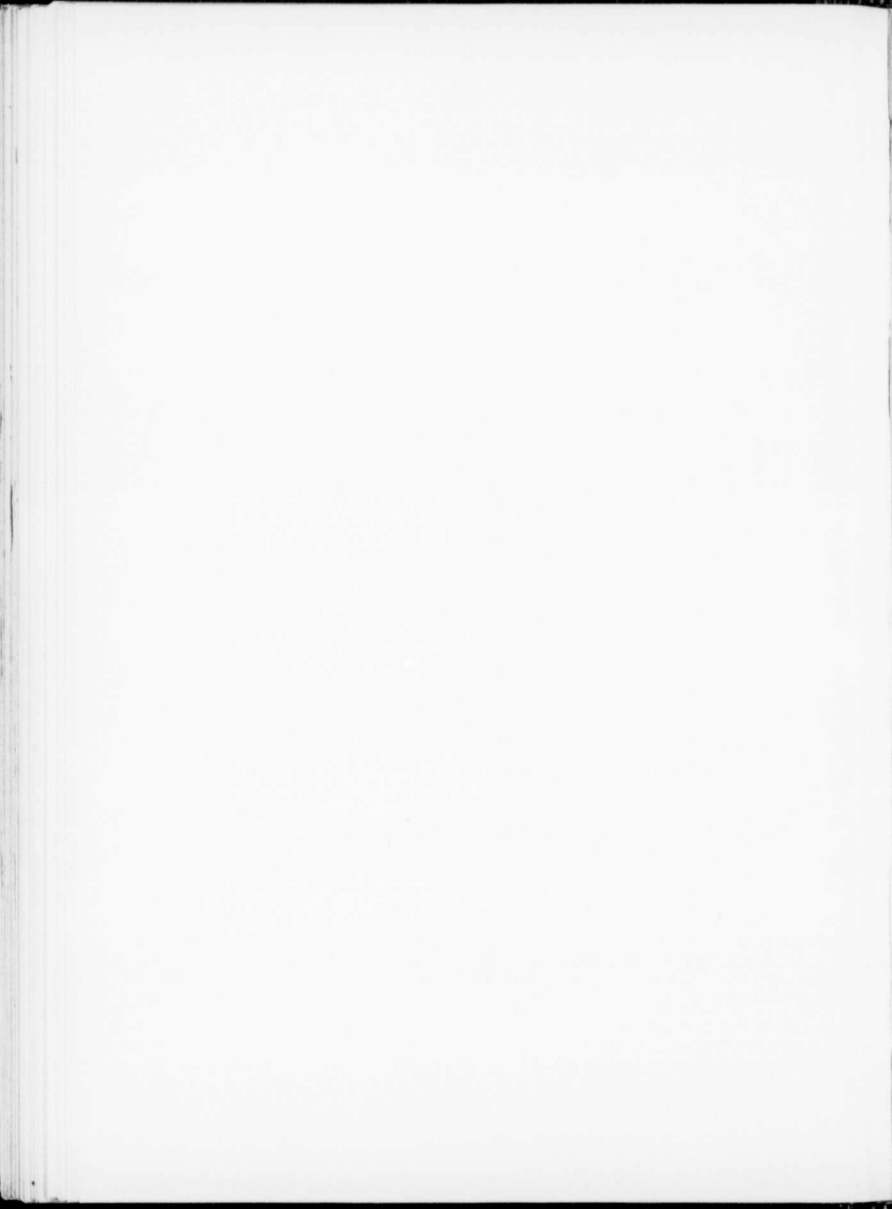
The most perfect water heaters made. So constructed that the products of combustion are entirely separated from the water. This heater has tinned water surfaces. For domestic use and baths we recommend No. 2, the finest heater made.

The water in these heaters comes into direct contact with the heat. These heaters have the greatest capacity and efficiency of any made. No waste heat or water.





**COLD DESSERTS AND  
JELLIES**



## COLD CABINET PUDDING

1 stale sponge cake	$\frac{1}{2}$ pint raspberry or
$\frac{3}{4}$ pint milk	any red jelly
4 yolks and 2 whites of	6 Ratafia biscuits
eggs	1 tablespoon sugar
1 teaspoonful vanilla	A few peaches or
	grapes to decorate the
	mould

METHOD—Line a plain mould with the jelly, and decorate the bottom with the halved peaches or grapes; let it set. Cut the sponge cake into strips, and line the mould with them; make a custard with the milk, beaten eggs and sugar, flavour with vanilla; break up the biscuits and add to the custard; when cool, pour into the centre of mould, and put in a cool place to set. Turn out when ready to serve.

## CUSTARD FOR CREAM ICES

1 pint milk	$\frac{1}{2}$ pint cream
6 oz. fruit sugar	6 yolks of eggs

METHOD—Beat the yolks of eggs until lemon covered, add the sugar and milk, and cook in a double boiler until it begins to thicken; let it cool and then add the cream.

This may be used for any ice, and by the addition of a  $\frac{1}{2}$  gill of whipped cream, and any flavour desired, a great variety of ices may be made.

## COFFEE CREAM ICE

$\frac{1}{2}$ cup strong fresh coffee	3 oz. fruit sugar
1 pint custard	$\frac{1}{2}$ gill cream
	1 glass of kirsch

METHOD—Dissolve the sugar in the coffee and let cool. Make the custard as directed and stir in the coffee. When cool, stir in the kirsch and whipped cream and freeze in the usual way.

## CHOCOLATE ICE CREAM

4 oz. chocolate                      1 pint custard  
1 gill milk                              ½ gill cream  
Sugar to taste

METHOD—Dissolve the chocolate in the milk, add the sugar; make the custard as directed, cool, stir in the chocolate and whipped cream, and freeze.

## CAFE MOUSSE

2 egg yolks                              ½ cup sugar  
1 cup strong fresh coffee      2 qts. whipped cream

METHOD—Beat together the yolks and sugar, add the coffee; cook in a double boiler 4 minutes, stirring continually; let it cool, then add the whipped cream. Put in a freezer, pack, and let stand 4 or 5 hours.

## STRAWBERRY MOUSSE

Substitute 2 cups mashed berries for the coffee, and proceed as for coffee mousse.

## FRUIT TRIFLE

Cut stale sponge cake into thin slices, and arrange alternate layers of fruit (peaches or raspberries, preferably), sprinkled with sugar, on a glass dish. Pour over a rich boiled custard; cover with whipped cream, and sprinkle over chopped nuts, or preserved cherries.



## LEMON JELLY

1 $\frac{1}{4}$ pints water	$\frac{1}{2}$ pint sherry
$\frac{1}{4}$ pint lemon juice	6 oz. sugar
Finely peeled rind of 4 lemons	1 $\frac{1}{2}$ oz. leaf gelatine
	Whites and shells of 2 eggs

METHOD—Put the water, lemon rind and juice into a saucepan and simmer gently for about 20 minutes; take off the fire and add the sugar, gelatine, 1 egg (shells and slightly beaten white), boil up whisking all the time, and strain through a jelly cloth, and use as required.

## WINE JELLY

1 quart water	4 oz. of sugar
2 $\frac{1}{2}$ oz. leaf gelatine	1 orange
2 eggs whites and shells	1 lemon
$\frac{1}{3}$ of a pint of wine sherry or marsala	

METHOD—Put the water, sugar, gelatine, finely cut rind and juice of the orange and lemon, into a stewpan, and let them soak until the gelatine is dissolved. Break up the shells, and whisk the whites of the eggs slightly, and add them to the other ingredients, whisk over the fire until boiling, simmer gently for 10 minutes, then strain through a jelly bag until clear, pour into a wet mould.

## STRAWBERRY JELLY

1 lb. strawberries	$\frac{1}{2}$ lb. sugar
2 oz. gelatine	juice of 1 lemon
2 eggs shells and whites	A little lemon jelly

**METHOD**—Boil the sugar and 1 pint of water to a syrup, cool and pour over half the strawberries previously washed and crushed to a pulp; cover the bowl and let stand  $\frac{1}{2}$  an hour.

Coat a mould thinly, with lemon jelly, decorate with the remaining whole strawberries and fix them firmly in place with a little more jelly.

Place the gelatine with 1 pint of water in a stewpan, and when dissolved add the strawberry pulp and the lemon juice, cool slightly and stir in the shells and slightly whisked whites of eggs. Whisk until boiling, then strain through a jelly bag. When cold pour into the prepared mould, and stand in a cool place till set.

Raspberry jelly can be prepared the same way.

## JELLY WITH FRUIT

One and a half pint of lemon or wine jelly, fruits, (grape, strawberries, red and white currants,) peaches and apricots.)

**METHOD**—Rinse the mould with cold water, place in a shallow pan of broken ice; cover the bottom with a thin layer of jelly and let it set; add some of the fruit, contrasting the colours carefully, cover with jelly and allow to set. Repeat until the mould is full, taking care that each layer is set, before adding another.

Turn out when set and serve with ice cream, or any sauce preferred.

## CLARET JELLY

1 pint of claret	$\frac{3}{4}$ pint water
$\frac{1}{4}$ pint lemon juice	6 oz. sugar
$1\frac{1}{2}$ oz. leaf gelatine	Whites and shells of
A few drops of cochineal	2 eggs

**METHOD**—Put all the ingredients into a saucepan, and whisk over the fire until it boils. Simmer 10 minutes, then strain through a jelly bag, add a few drops of cochineal to improve the colour, pour into a wet mould and put into a cool place to set.

## ASPIC JELLY

2 quarts jellied veal	2 ozs. gelatine
stock	$\frac{1}{4}$ pint sherry
$\frac{1}{4}$ pint vinegar (french)	Whites and shells of
1 bouquet garni	2 eggs
2 strips of celery	

METHOD—Let the stock become quite cold and remove every particle of fat. Put it into a stewpan, with the herbs, gelatine, celery cut into large pieces, and whites of egg slightly beaten, with the shells. Whisk over a sharp fire until nearly boiling, then add the wine and vinegar, continue the whisking until quite boiling, draw to side of fire, *simmer for 10 minutes* strain till clear, then use as required.

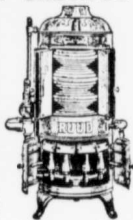


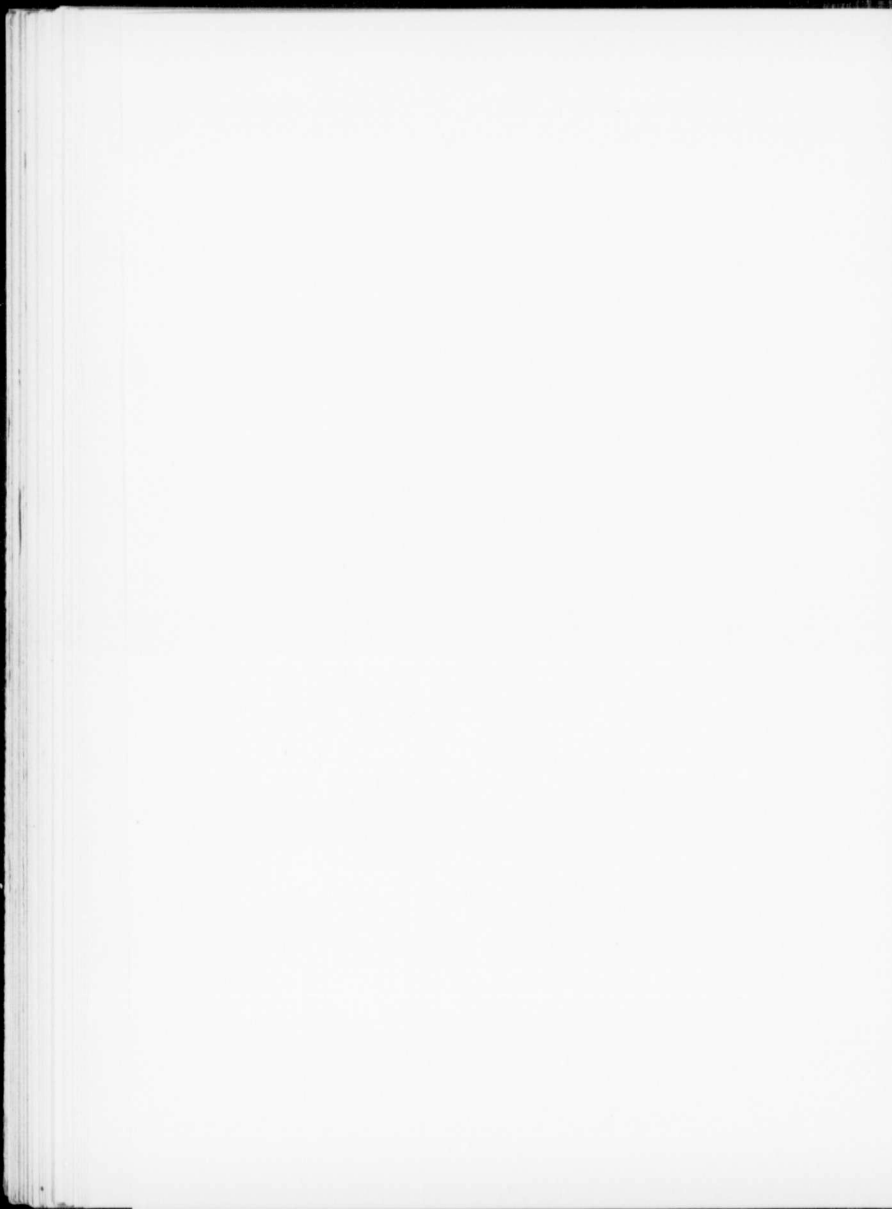


## The Ruud and the All-Gas Kitchen

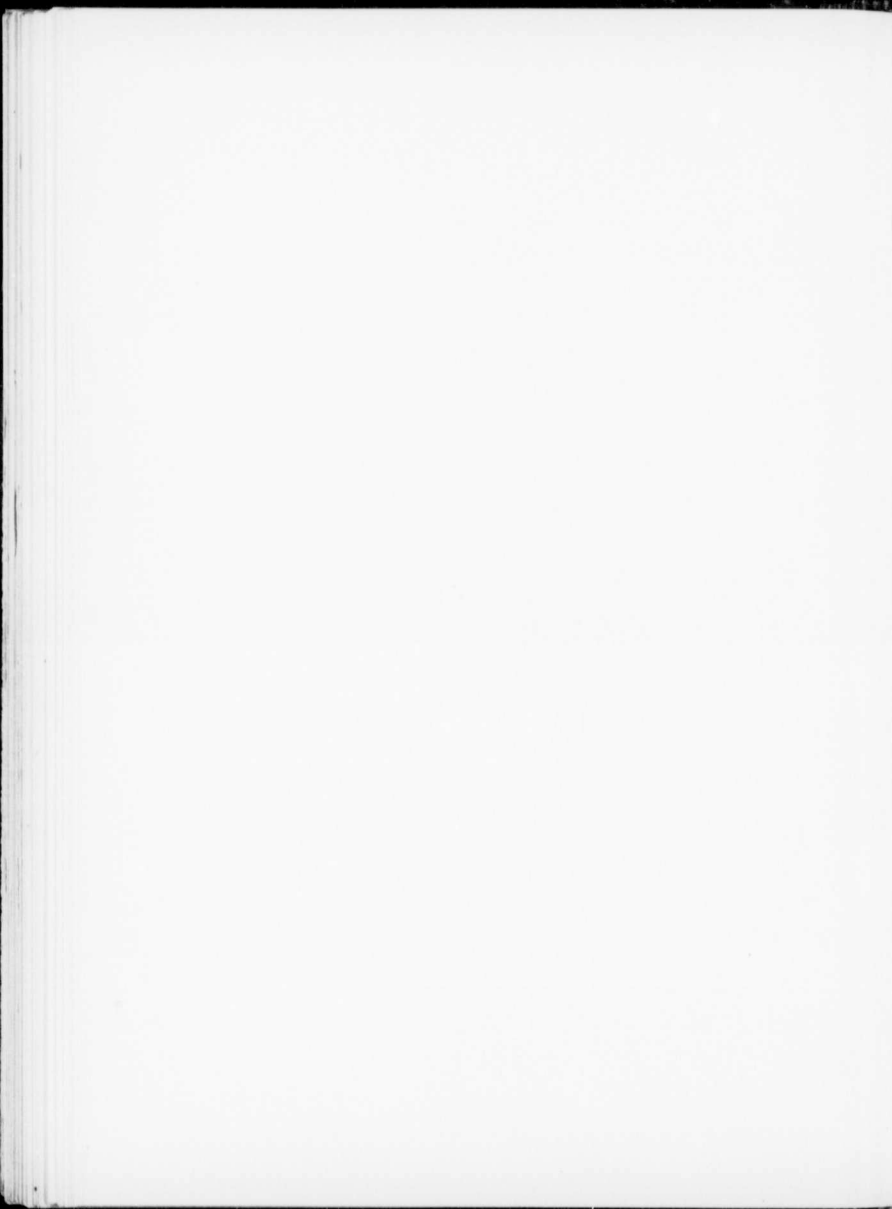
**W**HEN you come to think of it, about the only reason you keep your coal range in operation, especially in the summer time, is to furnish a hot water supply to the house. The all-gas kitchen is a luxury enjoyed principally in apartment houses. Yet it is just as possible for you to have an all-gas kitchen in your house and still enjoy an unlimited hot water supply. **THE RUUD AUTOMATIC GAS WATER HEATER** furnishes hot water at every hot water faucet in the house without the slightest bit of attention. You don't have to light it or put it out. You don't have to go near it from one year's end to the other. All you do when you want hot water is to turn the faucet and it will be hot as long as it runs, even if you should let it run all day.

*This sounds wonderful—it is wonderful. If you are from Missouri and want to know how the RUUD accomplishes this miracle, call at our salesrooms and see the RUUD in actual operation.*





**BREAD, CAKES AND  
BISCUITS**



## BREAD

3 quarts of flour                      1 cake Fleischman's  
1 tablespoonful sugar              yeast  
2 tablespoonfuls salt              2 tablespoonfuls lard  
1 quart of milk and water

**METHOD**—Mix the flour and salt together, and put to warm.

Put the sugar into a small bowl, and dissolve it with about  $\frac{1}{2}$  a pint of the liquid which must be lukewarm. Break up the yeast cake into this and set in a warm place to rise about 15 minutes; melt the lard in the remainder of the liquid, keeping it just lukewarm.

When the yeast has risen sufficiently, make a well in the centre of the warm flour, pour in the yeast and remainder of the milk and water (with the melted lard). Mix to a smooth dough, and knead well, 15 to 20 minutes. Cover well and set in a warm place to rise at least 5 hours. Turn on to a floured board. Make into shape, let it rise again about 1 hour, and bake in a moderate oven.

## TEA BISCUITS

4 cups flour                              4 teaspoonfuls Royal  
2 teaspoonfuls butter              baking powder  
or lard                                      A little salt  
1 $\frac{1}{2}$  cups sweet milk (about)

**METHOD**—Sift the flour, salt and baking powder together into a bowl, rub in the butter with the tips of the fingers. Add milk to make a soft dough, handling as lightly as possible; roll out, cut with a cutter, and *bake in a quick oven 10 or 15 minutes.*

## GRAHAM GEMS

1 cup sugar	3 cups Graham flour
2 tablespoonfuls butter	A little salt
$1\frac{1}{2}$ cups milk	2 eggs well beaten
2 teaspoonfuls Royal baking powder	

Mix together to a very light dough, and bake in greased gem tins, in a hot oven.

## JOHNNIE CAKE

1 egg beaten lightly	1 level teaspoon soda
$\frac{1}{4}$ cup butter	dissolved in milk
$\frac{1}{2}$ cup sugar	2 level teaspoons
$1\frac{1}{4}$ cups sweet milk	cream tartar mixed
$1\frac{1}{2}$ cups flour	with the flour
1 cup corn meal	

*Bake in a moderate oven about 25 minutes.*

## CORN CAKE

1 egg well beaten	$\frac{1}{2}$ teaspoon soda dis-
$\frac{1}{4}$ cup sugar	solved in hot water
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup flour
1 full cup sour milk	1 cup corn meal
1 tablespoon melted butter and lard	

If sweet milk is used, add two teaspoons of baking powder instead of soda.

## MUFFINS

1 egg	2 teaspoons sugar
$\frac{1}{2}$ cup milk	1 tablespoon butter
$1\frac{1}{2}$ teaspoons baking powder	1 cup flour

Bake in hot muffin pans. This receipt makes eight muffins.

## OATMEAL BREAD

2 cups Quaker oats       $\frac{2}{3}$  cup molasses  
1 quart boiling water    2 quarts flour  
1 teaspoon lard          1 yeast cake  
1 teaspoon salt

Pour the boiling water over the Quaker oats, add the lard and let it stand until cool enough to add the yeast. Put in the salt, molasses and sifted flour. Beat well and let it rise until light, then knead down and let rise again. Make in loaves, and when light enough, *bake 1 hour*. This receipt makes three loaves.

## PARKER HOUSE ROLLS

2 cups scalded milk       $\frac{1}{4}$  cup butter, melted  
 $\frac{1}{2}$  yeast cake              1 teaspoon salt  
 $\frac{1}{4}$  cup lukewarm water    2 teaspoons sugar

Mix scalded milk, when cool, with the dissolved yeast cake. Add two cups flour; beat thoroughly and let rise. When spongy, add remaining ingredients and flour to knead. Knead; let rise and when double its bulk, shape into biscuits. Lay on buttered paper; cover with dripping pan. When risen to double the bulk, press with floured handle of wooden spoon, almost dividing the biscuit. Brush one half with butter; press the two halves together, place on buttered tin and let rise. When light, *bake 10 to 15 minutes*.

## BREAD GRIDDLE CAKES

1  $\frac{1}{2}$  cups fine bread      3  $\frac{1}{2}$  teaspoons baking  
    crumbs                      powder  
 $\frac{1}{2}$  cup flour                2 eggs  
1  $\frac{1}{2}$  cups hot milk         $\frac{1}{2}$  teaspoon salt  
                                 2 tablespoons butter

Mix in the order given. One cup of any cooked cereal may be used instead of breadcrumbs.

## NUT BREAD

1 egg	1 cup sugar
1 cup milk	1 cup Graham flour
2 cups white flour	1 scant teaspoon salt
4 teaspoons baking powder	1 cup chopped nuts

Mix and let rise one-half hour. *Bake  $\frac{3}{4}$  of an hour* in oven heated for bread. It is nice baked in one pound baking powder cans.

## BREAKFAST PUFFS or POP-OVERS

1 cup flour	1 egg, yolk and white
1 cup milk	beaten separately
	1 saltspoon salt

Mix the salt with the flour; add part of the milk slowly, until a smooth paste is formed; add the remainder of the milk with the beaten yolk and lastly the white beaten to a stiff froth. Cook in hot buttered gem pans, or earthen cups, in a quick oven,  $\frac{1}{2}$  hour, or until the puffs are brown and well popped over.

## DELICIOUS TEA CAKES

2 lbs. flour	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{4}$ lb. butter or lard	1 egg
$\frac{1}{2}$ oz. yeast	Some warm milk

**METHOD**—Have the flour perfectly dry, and put it into a warm bowl, mix in the salt, and rub in the butter with the tips of the fingers. Dissolve the yeast in a little warm milk with a dessertspoonful of sugar added, let it rise a few minutes, add to the flour, with enough warm milk to make a smooth dough. Knead well, cover and set to rise about  $1\frac{1}{2}$  hours. Divide into pieces the size of a teacup, roll out on a floured board, place on greased tins, let rise again and *bake in a hot oven 20 minutes*.

To be eaten hot with butter or toasted.



## SOUTHERN WAFFLES

3 eggs beaten very light    3 tablespoons baking  
1 cup milk                      powder in flour  
1 cup flour                      2 tablespoons butter  
1 tablespoon butter added just before cooking

Have waffle iron very hot and well greased.

## BREAD STICKS

2 cups scalded milk            Whites of three eggs  
4 tablespoons sugar          7½ cups sifted flour  
½ cup butter                    1 teaspoon salt  
1 cake yeast dissolved in ¼ cup lukewarm water

Mix the milk, sugar, butter and salt. When lukewarm add the flour, yeast and whites of eggs, well beaten. Knead well. Let rise and then shape in long, thin strips, about eight inches long and one-half inch thick, keeping them of an equal thickness. Let rise again, then bake. Have your oven very brisk and reduce heat at the end of five minutes. The sticks should be very crisp and dry.

## LADY BALTIMORE CAKE

1 cup butter                      6 eggs (whites only)  
2 cups sugar                      2 teaspoons baking  
3½ cups flour                      powder  
1 cup rich milk                    1 teaspoon vanilla

Cream butter and sugar, add milk and flavoring, then flour into which baking powder has been sifted, and, finally, fold in whites of the eggs.

Bake in three layers in a rather hot oven.

FILLING—Dissolve 3 cups of granulated sugar in 1 cup of boiling water and cook until it threads; then pour gradually over the stiffened whites of 3 eggs. Add ½ teaspoon flavoring and 1 cup chopped seeded raisins, 1 cup chopped nut meats and 5 figs cut in tiny strips.

If desired, before adding fruit, reserve enough filling for top of cake.

## QUICK SPICE CAKE

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups flour
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ teaspoon cinnamon
2 eggs	1 teaspoon grated nutmeg
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ lb. dates stoned and cut in pieces
3 teaspoons baking powder	

Put ingredients in a bowl and beat all together for 3 minutes. *bake in moderate oven 40 minutes.* Cool and frost.

## DAISY CAKE

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup butter
3 cups flour	$\frac{1}{2}$ cup currants or chopped raisins
1 cup milk	A little nutmeg
2 eggs	2 tablespoonfuls baking powder

Sift the baking powder with the flour. Cream the butter and sugar well together, add eggs, one at a time; add flour, and all other ingredients, mix thoroughly, pour into buttered tin and *bake  $\frac{1}{2}$  an hour.*

If liked preserved cherries may be used instead of the raisins or currants.

## SHORTBREAD

$\frac{1}{2}$ lb. butter	1 lb. flour
4 oz. fruit sugar	

Mix the flour and butter with your hands, then add the sugar and work all into a smooth ball. Roll out on to a floured board to 1 inch in thickness. Decorate edge, and *bake in a very moderate oven  $\frac{1}{2}$  an hour,* in round or square shape as desired.

## COOKIES

- |                                |   |
|--------------------------------|---|
| 1 cup butter                   | 3 tablespoons milk or cream                                 |
| 3 eggs beaten separately       | Nutmeg to flavor  |
| 1 teaspoon Royal baking powder | 3 cups flour, or more, but have dough as soft as possible.. |
| 2 cups sugar—creamed           |   |

Roll very thin

## STRAWBERRY SHORT CAKE

Make a rich short crust with butter and flour, allowing 1 oz. more of flour than butter. Bake in flat tins of equal size; when baked the cakes should be about 1 inch thick.

When baked open the cake, butter it well, cover one half with a layer of strawberries, previously mixed with sugar. Have alternate layers of strawberries and pastry, finishing with the former, over which place a layer of whipped cream.

## CHOCOLATE CAKE

- |   |                             |
|---|-----------------------------|
| $\frac{1}{2}$ lb. butter                | $\frac{1}{2}$ lb. sugar     |
| $\frac{1}{2}$ lb. ground almonds        | $\frac{1}{4}$ lb. chocolate |
| 12 eggs                                 | 2 tablespoons cinnamon      |
| $\frac{1}{2}$ tablespoon pounded cloves |                             |

Melt the butter, and stir until it froths, beat the yolks of eggs and stir into the butter, add the sugar, cinnamon, cloves, almonds, chocolate (grated). Beat well for 15 minutes, beat the whites of eggs to a stiff froth, add to above mixture; butter a mould well, pour in the mixture, and *bake in moderate oven for 1 $\frac{1}{4}$  hours*

## MALAGA CAKE

1 cup butter	2 cups sugar
$\frac{1}{2}$ cup milk	3 cups flour
4 eggs or 6 whites of eggs	2 teaspoons baking powder

For the Filling

Whites of 3 eggs beaten with sugar	1 cupful seeded and chopped raisins
2 teaspoonfuls extract of lemon	

METHOD—Beat the butter and sugar to a cream add the milk, flour and baking powder (sifted together). Beat the whites of eggs to a stiff froth, stir all together lightly, flavor with lemon. Line the tins with buttered paper and bake in a very moderate oven about 20 minutes. When cool put together with above filling.

## GINGERBREAD

1 $\frac{1}{2}$ lbs. flour	1 lb. molasses
$\frac{1}{2}$ lb. butter	$\frac{1}{4}$ lb. mixed peel
$\frac{1}{2}$ lb. sugar	3 eggs
1 gill sweet milk	2 teaspoons ground ginger
1 teaspoon baking soda	

Sift the flour and ginger together into a bowl, cut up the peel finely and add; mix in the sugar. Melt the butter with the molasses; beat up the eggs, and dissolve the soda in the milk.

Mix all ingredients and *beat well*. *Bake in a very moderate oven about 1 $\frac{1}{4}$  hours.*

## DOUGHNUTS

2 cups flour	2 teaspoons Royal
$\frac{1}{2}$ cup sugar	baking powder
1 teaspoonful butter	1 cup sweet milk
1 egg	

Sift the flour and baking powder together into a bowl, rub in the butter, and add sugar, beat the egg and add it with the milk. Roll out, cut into desired shape and fry in very hot lard, till a golden brown colour. Drain on tissue paper.

## ROCK CAKES

$\frac{1}{2}$ lb. flour	$\frac{1}{4}$ lb. currants
$\frac{1}{4}$ lb. sugar	$\frac{1}{4}$ lb. butter
1 oz. candied lemon peel	1 teaspoon baking powder
1 egg	A little milk
1 teaspoonful baking powder	

METHOD—Sift the baking powder with the flour into a bowl, rub in the butter with the tips of the fingers, cut up the lemon peel finely, and add it to the flour with the other dry ingredients. Beat up the egg, and add it with enough milk to form a stiff dough.

Drop the rocky pieces on to a greased baking sheet, and *bake in a moderately hot oven 20 minutes.*

## RICE BUNS

4 oz. flour	2 oz. ground rice
2 oz. sugar	2 oz. butter
2 eggs	Rind of 1 lemon grat-
$\frac{1}{2}$ gill milk (about)	ed
$\frac{1}{2}$ teaspoonful baking powder	

METHOD—Cream the butter and sugar well together, add the eggs, one at a time, beat well; sift the baking powder with the flour, add lemon rind, and stir into the mixture; add enough milk to make the right consistency. Have ready some greased gem or patty pans, fill them  $\frac{3}{4}$  full of the mixture and *bake in a moderate oven 15 minutes.*

## QUEEN CAKES

4 oz. flour	4 oz. sugar
4 butter	2 eggs
2 oz. preserved cherries	2 oz. currants
grated rind of $\frac{1}{2}$ lemon	

METHOD—Cut up the cherries into small pieces. Cream the butter and sugar together, add the eggs one at a time, beat well; add the flour and fruit. One-half fill fancy shaped tins, well greased, and *bake in a moderate oven about 10 minutes.*

## CHOCOLATE SWEDISH MERINGUES

5 whites of eggs	$\frac{1}{2}$ teaspoon cream of
1 cup sugar	tartar
$\frac{1}{4}$ cup cocoa (Lowney's)	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ teaspoon vanilla	

METHOD—Beat the whites of eggs till foamy, add cream of tartar, sugar and cocoa; continue beating till spoon will stand up in mixture, add vanilla, and fold in the flour.

*Bake in buttered shallow pans, in a moderate oven about 20 minutes.* Put cakes together and decorate top with the following filling.

Melt half pound marshmallows. Cook one cup sugar, with a third of a cup of boiling water until it threads; pour slowly on to melted marshmallows, add a little vanilla, and beat until thick enough to spread. Put between and on top of cakes, cut in small fancy-shaped pieces, and sprinkle with chopped nuts and cherries.

## CHOCOLATE COOKIES

$\frac{1}{2}$ cup butter	1 cup sugar
1 egg	2 cups flour
2 teaspoons baking powder	3 teaspoons grated chocolate
A little milk	

Cream the butter and sugar together; add the egg and beat well, sift the flour, baking powder and add with the chocolate and a little salt; add sufficient milk to make into a soft dough, roll out, cut into shape, and bake in a moderate oven. For plain cookies, omit the chocolate, and flavor with vanilla or lemon.

## MACAROONS

$\frac{1}{2}$ lb. ground sweet almonds	$\frac{3}{4}$ lb. fruit sugar
	Whites of 3 eggs
A little orange flower water or flavoring	

METHOD—Mix the sugar and almonds well together; beat the whites of eggs slightly, add the flavoring, and proceed to well rub the mixture into a smooth paste. Lay sheets of wafer paper over clean baking sheets, lay out the biscuits on it with a spoon, place a few split almonds on each, and *bake in a cool oven 15 to 20 minutes.*

## RICE BISCUITS

$\frac{1}{2}$ lb. rice flour	$\frac{1}{4}$ fruit sugar
$\frac{1}{4}$ butter	1 egg
A little finely chopped lemon rind	

Cream the butter and sugar together, add the egg and beat well. Stir in the flour and lemon rind; roll out on a floured board, cut with a small round cutter, and *bake about 15 minutes in a slow oven.*

## GINGER BISCUITS

1 lb. flour	$\frac{1}{2}$ lb. fresh butter
$\frac{1}{2}$ lb. fruit sugar	1 dessertspoon ground ginger
2 eggs	
2 oz. candied lemon peel	A little milk if necess- ary

METHOD—Work the butter and sugar together in a bowl, sift the flour and ginger together and add with the finely cut lemon peel; beat up the eggs and work the mixture to a nice smooth paste, using a little milk if necessary; let the mixture stand a while; then take pieces the size of a walnut; roll round in the palm of the hand, and *bake on greased baking sheets in a slow oven about 15 minutes.*

## COCOANUT CAKE

6 oz. butter	8 oz. fruit sugar
1 lb. flour	$\frac{1}{4}$ lb. desiccated cocoa- nut
3 eggs	
A little milk	Essence of lemon
2 teaspoonsful baking powder	

METHOD—Beat the butter and sugar to a cream, add the eggs one at a time, beat well. Sift the flour and baking powder together, add to the mixture with the cocoanut and flavouring, add enough milk to make right consistency. Bake in two or more well papered and greased tins, sprinkle some cocoanut over the top and *bake in a moderate oven about 1 $\frac{1}{4}$  hours.*



## ANGEL CAKE

1 cup fruit sugar	1 cup fruit sugar
1 cup flour	1 small teaspoonful
1 teaspoonful vanilla or lemon flavor	cream of tartar

METHOD—Beat the whites of eggs till foamy, then add cream of tartar and beat until stiff; add the sugar gradually; sift the flour and salt together, and fold into the egg mixture; add the flavoring, and *bake in a very moderate oven about 40 minutes.*

## RICH FRUIT CAKE

1 lb. butter	1 lb. sugar
1 lb. flour	2 teaspoonsful Royal
2 lbs. currants	baking powder
2 lbs. raisins	1 lb. citron
1 lb. almonds	1 doz. eggs
1 teaspoonful each of mace, cloves and all- spice	1 dessertspoon each cinnamon and nut- meg
2 wineglasses of sherry	

METHOD—Sift the flour, baking powder and spices together; cut up the fruit, not too fine.

Beat the butter and sugar to a cream, add the eggs, one at a time, beating each one well; stir in the flour, etc., and lastly the fruit and sherry.

Pour into a well papered tin and *bake in a moderate oven 3½ to 4 hours.*

## MERINGUES

Whites of seven eggs       $\frac{1}{2}$  lb. fruit sugar  
Any flavor desired

METHOD—Beat the whites of egg until stiff, add sugar gradually, and flavoring. *Bake in a very slow oven 3 hours.*

## CREAM PUFFS

$\frac{1}{2}$  cup butter                      4 eggs  
1 cup boiling water              1 cup flour

METHOD—Put the water and butter into a saucepan, and place on a slow fire; as soon as butter is melted, bring to boiling point; add flour all at once, and stir vigorously; cook until mixture leaves side of pan; remove from fire, cool slightly, then add unbeaten eggs one at a time, beat until thoroughly mixed.

Drop by spoonfuls on to a buttered sheet,  $1\frac{1}{2}$  inches apart, having mixture slightly high in center.

*Bake 30 minutes in a moderately hot oven.* With a sharp knife make a cut in each large enough to admit of cream filling.

If cakes are removed from oven before they are thoroughly cooked, they will fall.

## OATMEAL BISCUITS

3 oz. butter                      3 oz. oatmeal  
3 oz. sugar                      6 oz. flour  
1 egg                               $\frac{1}{2}$  teaspoonful baking powder

METHOD—Melt the butter and add all dry ingredients; beat the egg slightly and mix well; if the mixture is too stiff add a little cold water.

Roll out on a floured board, cut into shape, and *bake in a moderate oven about 30 minutes.*

## LEMON BUNS

$\frac{1}{2}$ cup butter	$\frac{3}{4}$ cup sugar
$1\frac{1}{2}$ cups flour	2 eggs
2 teaspoonfuls baking powder	2 small lemons (rind and juice)
A little milk	

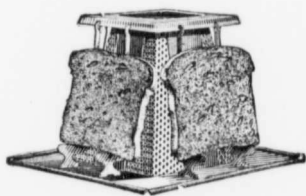
METHOD—Beat the sugar and butter together, add the eggs and beat well. Sift the flour and baking powder together and add to the mixture, grate the lemon rind finely, and add it with the strained juice. If necessary, add a little milk and bake in well greased patty pans in a moderate oven.

## DATE COOKIES

2 cups flour	1 cup medium Scotch oatmeal
$\frac{1}{2}$ cup sugar	
$\frac{1}{2}$ teaspoonful baking powder	1 oz. butter
	Milk
1 lb. dates stoned and chopped	juice of 1 lemon
	2 tablespoons sugar
Cold water	

METHOD—Stew the dates with lemon juice, sugar, and a little water till tender and chop finely; set aside to cool. Put all dry ingredients into a bowl, rub in the butter with the tips of the fingers; add enough milk to make a soft dough, roll out on a floured board; cut out with a round cutter. Place a teaspoonful of the date mixture on each, fold over in half, and bake in a moderate oven.





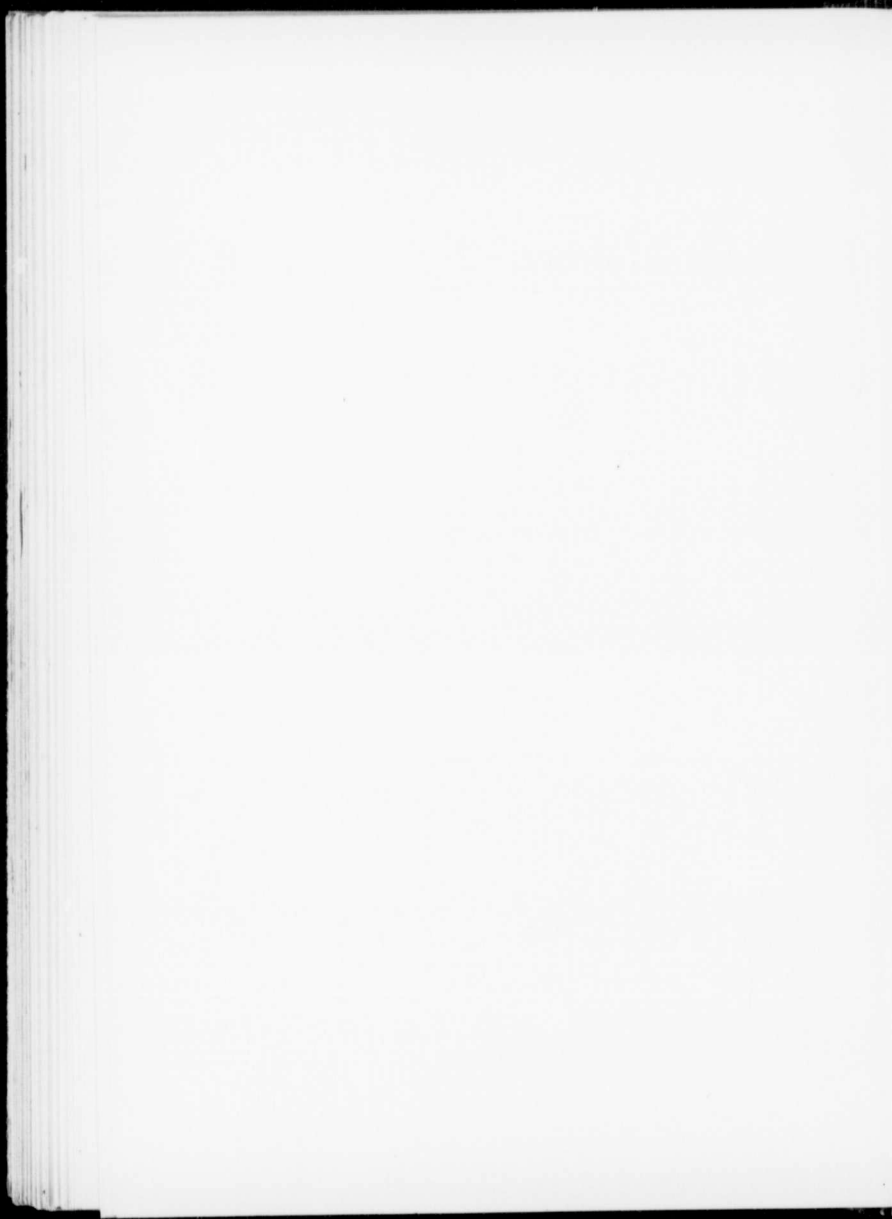
“Vulcan” Toaster.

No. 192.

“Vulcan” Toaster can be used on Gas Range or Hot Plate. Is made to hold four slices of bread at once.



**INVALID COOKERY**





## ARROWROOT

1 teaspoon fruit sugar     $\frac{1}{2}$  pint milk or water  
1 dessertspoonful arrowroot

METHOD—Mix the arrowroot smoothly with a little cold milk, boil the remainder, and pour it on, stirring all the time. Return to saucepan and boil 5 minutes, stirring constantly; add the sugar, and if liked a small pinch of salt and serve.

*Time 10 minutes.*

## BARLEY GRUEL

1 oz. pearl barley             $\frac{3}{4}$  pint water  
1 teaspoon fruit sugar    1 strip thinly cut  
1 small glass port wine,    lemon rind  
if liked

METHOD—Blanch and strain the barley, replace in the stewpan or double boiler; with the water and lemon rind; simmer gently for 20 minutes, then strain. Sweeten to taste, add the port wine, and it is ready to serve.

## BARLEY WATER

2 oz. pearl barley            2 tablespoons sugar  
Thinly cut rind of  $\frac{1}{2}$     1 pint boiling water  
lemon

METHOD—Blanch the barley and strain. Place the barley and the rest of the ingredients in a jug, pour in the boiling water, and cover closely. When cold, strain and use.

A very agreeable and nutritious drink.

*Time 1 hour.*

## BLACK CURRANT TEA

1 dessertspoon black currant preserves  
1 teaspoon fruit sugar  
1 teaspoon lemon juice  
 $\frac{1}{2}$  pint boiling water

METHOD—Put the jam, sugar, and lemon juice into a jug, pour on the boiling water and stir well. Cover closely and let it stand beside a slow fire for 15 or 20 minutes, strain and use hot as a remedy for a cold, or allow it to become cold and use as a beverage. Very good for hoarseness of the voice.

*Time 20 minutes.*

## WHITE WINE WHEY

$\frac{1}{2}$  pint milk  
Sugar to taste  
 $\frac{1}{2}$  glass sherry

METHOD—Put the milk and wine into a small stewpan, simmer gently till the milk curdles, then strain through a very fine sieve. The whey should be served hot, and the curds thrown away.

*Time 5 minutes.*

## EGG NOG

1 white of egg  
1 tablespoonful cream  
Sugar to taste  
1 tablespoon sherry  
or brandy

METHOD—Put the wine or brandy into a tumbler, add the cream and a little sugar, and mix well. Whisk the white of egg to a stiff froth, stir lightly into the contents of the tumbler and serve.

*Time 5 minutes.*

## OATMEAL GRUEL

1 tablespoonful medium Scotch oatmeal  
A little salt

1 pint of water, or milk and water  
Sugar to taste

**METHOD**—Place the ingredients in a double boiler and boil gently about  $\frac{3}{4}$  of an hour, stirring occasionally; strain through a fine sieve and sweeten to taste. Should be served very hot as a remedy for a cold, with the addition of a little ginger, cream or butter.

*Time  $\frac{3}{4}$  of an hour.*

## RICE WATER, (Dr. Pavy)

1 oz. Carolina rice

1 quart cold water  
Flavoring

**METHOD**—Wash the rice well in cold water, then macerate for 3 hours in a quart of water kept at tepid heat, and then boil slowly for one hour and strain. May be flavoured with lemon peel, cloves or other spices.

*Time 4 hours.*

## STEWED OYSTERS

12 oysters

$\frac{1}{2}$  oz. flour

$\frac{1}{2}$  gill milk

1 teaspoon lemon juice

1 oz. butter

1 yolk of egg

$\frac{1}{4}$  gill cream

1 small blade of mace

Salt and pepper

**METHOD**—Blanch the oysters in their own liquor then strain and add enough milk to make  $\frac{1}{2}$  pint. Melt the butter into a stewpan, stir in the flour, add the mace, mixed liquor and milk, and boil 2 or 3 minutes. Beat the cream and yolk of egg well together, strain them into the sauce and stir beside the fire 2 or 3 minutes but do not let it boil or it will curdle. Beard the oysters, cut them into halves and stir them into the sauce. Season to taste, add the lemon juice, remove the mace and serve.

*Time 20 minutes.*

## TOAST WATER

1 crust of bread                      1 pint cold water

**METHOD**—Toast the bread very brown and hard, being careful not to burn it. Put it into a jug and pour over it the cold water; let it soak for 1 hour, then strain and use.

*Time 1½ hours.*

## BROILED SOLE

1 medium sized sole    Butter    Salt and pepper

**METHOD**—Trim the sole, and wipe it thoroughly with a damp cloth, rub it over with a little salt and pepper, and coat it completely with liquid butter; enclose it in a buttered paper. Broil on a gas broiler or over a clean fire, turning occasionally. Serve on a dish paper, garnish with parsley and lemon.

*Time 10 minutes.*

Fish for invalids must never be fried, as that method of cooking is very indigestible.

## WHITING CREAM

1 oz. flour                              ½ oz. butter  
1 yolk of egg                          ½ gill milk  
½ gill cream                          Salt and pepper  
1 Whiting which should weigh 4 oz. when free  
from skin and bone.

**METHOD**—Melt the butter in a stewpan, stir in the flour and blend thoroughly, add the milk and cook until it leaves the side of the pan; turn on to a plate to cool. Pound the fish in a mortar until smooth, and add the panada, egg and a little seasoning; pass the mixture through a fine sieve. Whip the cream slightly, stir it lightly into the mixture which afterwards turn into a well buttered soufflé mould, cover with buttered paper, and steam 40 to 45 minutes. Turn out and serve immediately.

*Time 1½ hours.*

## BEEF JELLY

1 pint beef tea                      1 oz. gelatine  
Salt and pepper

METHOD—Dissolve the gelatine in 2 tablespoonfuls of hot water, add to it the beef tea, and season to taste. Stir till beginning to set and set aside till cold.

*Time 2 or 3 hours.*

## EGG JELLY

2 eggs                                      5 oz. sugar  
1 oz. gelatine                              2 lemons

METHOD—Grate the lemon rind very finely, strain the juice, add enough cold water to make 1 pint. Soak the gelatine a few minutes in cold water, add to the lemon mixture, turn into a stewpan and stir over the fire till dissolved. Separate yolks and whites of eggs whisk the former to a stiff froth, beat the latter slightly, and add to the contents of the stewpan; stir till yolks are cooked, but do not let it boil. Take off the fire and stir in as lightly as possible the stiff whites of eggs, turn into a wet mould, and when firm unmould and serve.

*Time ½ an hour.*

## MILK JELLY

1 pint milk                                      1½ ozs. fruit sugar  
½ oz. gelatine                                      A little thinly cut  
lemon rind

METHOD—Soak the lemon rind in the milk about 20 minutes, then add the gelatine and sugar, stir over the fire until the gelatine is dissolved, remove the lemon rind, and pour into a mould to set.

*Time 2 hours.*



## MUTTON BROTH

1 neck of mutton            1 quart cold water  
1 tablespoonful rice        Salt and pepper

METHOD—Remove all fat and cut the mutton into small joints, put into the stewpan with the water and salt, bring to the boil, skim well, then cover and cook slowly for 3 hours adding the rice about  $\frac{1}{2}$  an hour before serving. Take out the meat and bones, cut the former up into small pieces and replace in the broth, season to taste and serve, or may be strained and served plain.

*Time 4 hours.*

## CHICKEN CUSTARD

3 oz. raw chicken meat    2 yolks and 1 white of  
1 gill of milk                egg  
                                  Pepper and salt

METHOD—Shred the chicken finely and pound it in a mortar until smooth, adding the milk gradually, and press it through a fine sieve; beat the eggs together, stir into the chicken mixture and season to taste. Pour into well greased china or nekin cases, cover with buttered paper, and steam gently till firm.

*Time about 40 minutes.*

## MINCED CHICKEN

4 oz. cooked chicken       1 oz. butter  
 $\frac{1}{2}$  oz. flour                    1 yolk of egg  
 $1\frac{1}{2}$  gills stock or milk       1 tablespoon cream  
A little lemon rind         Nutmeg  
                                  Salt and pepper

METHOD—Mince the chicken finely. Melt the butter in a stewpan, add the flour, and cook a few minutes without browning, add the milk and minced chicken, simmer slowly for 10 minutes. Beat the yolks of egg and cream together, add to the chicken mixture, stir by side of fire for two or three minutes, season to taste and serve.

*Time 15 minutes.*

## STEAMED CHOP

1 lamb or mutton chop    1 very small finely  
 $\frac{1}{4}$  pint mutton broth    chopped onion  
or water                    1 tablespoonful rice  
Salt and pepper

METHOD—Trim the chop removing all fat, place in a stewpan, add the broth, onion and a little salt; cover closely and cook gently  $\frac{1}{2}$  an hour, add the rice and cook for 1 hour longer. Season to taste and serve with the rice and gravy.

*Time 1½ hours.*

## MINCED MUTTON

(See minced chicken.)

## CODDLED EGG

Place the egg in boiling water, cover closely, and let stand 7 or 8 minutes where the water will keep hot without simmering. Much more digestible than a boiled egg.

## STEAMED CUSTARD

3 large or 4 small eggs    1 pint of milk  
Sugar                        A little grated nutmeg

METHOD—Beat the eggs well, add milk and other ingredients, pour into well greased mould or small individual moulds, cover with buttered paper and steam gently till set.

*Time 15 to 30 minutes.*

(See also Semolina and Rice Puddings.)

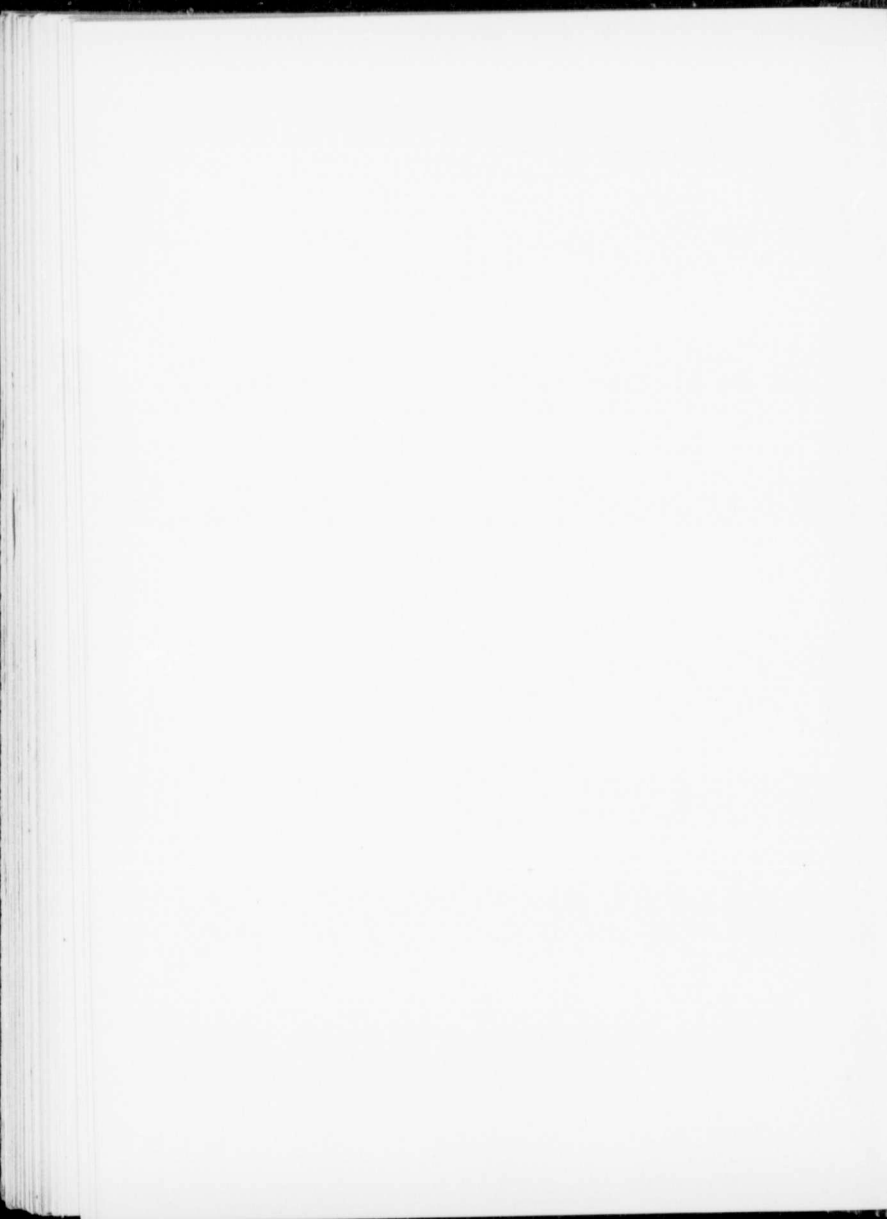


## SEMOLINA CREAM

1 oz. Semolina	1 $\frac{1}{4}$ pints of milk
$\frac{1}{2}$ oz. gelatine	Sugar
Flavouring to taste	

METHOD—Soak the semolina in  $\frac{1}{4}$  pint of milk for an hour, then put it into a stewpan with another  $\frac{1}{2}$  pint of milk and simmer gently for  $\frac{1}{2}$  an hour. Boil the remaining milk, pour it over the gelatine and stir till dissolved; pour over the semolina, stir until it begins to set, then pour into a wet mould. Turn out when set.

*Time 2 hours.*



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