

# THE ECONOMICAL COOK BOOK



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**OTTAWA, CANADA**

To

**The Ottawa Ladies Hebrew  
Benevolent Society**

who will use the proceeds from the sale of  
volume to alleviate the sufferings  
of their poor

this book is sincerely dedicated

BY A. L. R.

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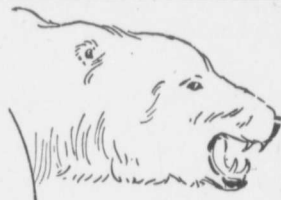
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# COOK BOOK

## CHAPTER I.

### HOUSEHOLD RULES

#### FOOD

Food is anything that nourishes the body. Classification thus:—

Organic.	I. Proteids.	1. Albumen.	{ Meat. Fish. Eggs.
		2. Casein.	{ Cheese. Milk.
		3. Vegetable Casein.	{ Peas. Beans.
		4. Gluten.	{ Cereals.
Use: To build up tissue.			
Organic.	II. Amyloid.	1. Starch.	{ Cereals. Vegetables. Cane sugar.
		2. Sugar.	{ Fruits. Vegetables.
Use: To furnish energy and maintain heat.			
Organic.	III. Oils and fats.	{ Nuts. Olive oil. Cereals. Cream. Fish. Butter.	
		Use: To store heat and energy.	
		1. Mineral matter.	{ Iron. Soda.
Inorganic.	Use: To aid digestion; to purify the blood.		
	2. Water—Uses:	1. To quench thirst.	
		2. To regulate body temperature.	
		3. To assist in carrying of waste.	
		4. To nourish.	
		5. To introduce water into circulatory system.	
6. For medicinal purposes.			
Hot water is more stimulating than cold.			

## Table of Weights and Measures.

16 ounces	1 pound.
2 cups of granulated sugar	1 pound.
2 cups of butter packed solid	1 pound.
$2\frac{3}{4}$ cups of powdered sugar	1 pound.
$2\frac{3}{4}$ cups of brown sugar	1 pound.
2 cups meat (finely chopped)	1 pound.
$2\frac{2}{3}$ cups corn meal	1 pound.
2 tablespoons butter, sugar, salt	1 ounce.
4 tablespoon flour	1 ounce.
A teaspoon contains about 21 drops of liquid.	
3 teaspoons	1 tablespoon.
4 tablespoons	$\frac{1}{4}$ cup.
4 tablespoons	1 wine glass.

## Washing Dishes.

Have a pan half filled with hot water. If dishes are very greasy, add a little washing soda or ammonia.

Have the dishes scraped.

Pile all articles of each kind together; plates by themselves, the largest at the bottom; cups by themselves; silver articles together and steel knives and forks by themselves.

Order:—1. Glassware; 2. Silver; 3. Cups and Saucers; 4. Plates; 5. Platters, Vegetable Dishes, etc.; 6. Cooking Utensils (if not washed first).

Rinse all dishes in clean hot water, and wipe with clean, dry towels.

Wash towels with plenty of soap, and rinse thoroughly each time they are used.

Hang towels up evenly to dry. Wash dish cloths.

Keep strainer in sink and pour all dish water, etc., in it, and remove contents of strainer in garbage pail.

A Dover egg-beater should not be left to soak in water or it will be hard to run. Keep the handles clean, wipe the wire with damp cloth immediately after using.

Wash dish pans, wipe and dry.

Polish faucets.

Scrub sink with clean hot suds.

### To Build a Fire.

It is necessary to have:--

1st Fuel—Something to burn.

2nd Heat—To make fuel hot enough to burn.

3rd Air—To keep the fire burning.

### Directions for the Use of a Gas Range.

**DON'T USE BLACKING.** When still warm and dry, rub thoroughly inside and out with an oily cloth, using a bit of suet or olive oil. Never clean when the stove is cold. Plunge a wire into the burner holes occasionally to see that they are free from dirt. Wash the wire rack and drip pan every time you roast or boil.

Make test of time required to cook certain things; study the degree of heat required. Such test will in a short time, give you definite knowledge of your range, which can be acquired in no other way.

Don't light the gas until you are ready to use it. Put it out when you take the things from the stove. When boiling or bubbling begins, the contents of the vessel have reached the boiling point, you can turn down burner and still maintain boiling.

### How to Bake in Gas Range.

The degree of heat required for various foods depends upon the shape and size of loaf of bread, or the pie, or whatever it may be, that specific directions cannot be given which will exactly fit every case. However, every housewife, if she uses a modern, efficient gas range, should get a hot oven in seven minutes after lighting burners—and closing the oven door.

### To Make a Fireless Cooker.

A large, closely fitted wooden box, or old trunk, or a galvanized iron or wooden pail with closely fitted cover; granite iron cooking kettles, with covers; 10 to 20 pounds mineral wool, cotton cloth.

Any contrivance that will allow a 3 inch padding of mineral wool on top, sides and bottom of cooking kettle, may be used as a fireless cooker.

Place hinges on cover of box, and see that box or pail to be used as the cooker is large enough to hold one, two or three closely covered granite kettles or pails, allowing at least three inches of space all around and at the top and bottom of kettles.

If two or more kettles are used, allow a three inch space between kettles.

Pack the bottom of cooker with three or more inches of solidly packed mineral wool, being careful to allow for three inch space on top.

Place your kettles on packing in box, three inches from side and three inches apart.

Pack the mineral wool solidly around each kettle until you reach the tops.

If your kettles are not the same height, place enough packing underneath the shorter ones to bring the tops of the kettles on a level.

Now lift out your kettles and cover the mineral wool in the box neatly with calico or oil cloth. Make a cushion filled with mineral wool packed solidly, three inches thick to fit over the top of the cooking kettles.

The food is placed in the granite kettles, covered closely and cooked over fire, on a wood, coal, oil or gas stove, until piping hot, (see table) and immediately slipped into spaces which they fit. If you use only one of the cooking kettles or pails for food, have others filled with hot water. Cover pails quickly to retain all the heat and steam possible, and place mineral wool cushion over all. Close box quickly and the food will cook evenly and tender. Mineral wool sells

at about 2 cents per pound and can be bought at any hardware store. It retains heat a long time. Sawdust, hay or baled shavings may be used in place of the mineral wool.

#### Additional Instructions for Using the Cooker.

The principal is first to bring the food to the BOILING point on the STOVE, then put in the COOKER. The most important point to be observed, is to have the contents of the covered kettle thoroughly HOT before placing it in the cooker.

DO NOT OPEN cooker during time of cooking. As it is impossible to scorch or overcook any article, it is not necessary to remove kettle at any fixed time.

#### Instructions for Using Fireless Cooker.

##### MEATS.

	TIME ON FIRE.	TIME IN COOKER.
Boiled beef or mutton . . . . .	25 minutes.	4 hours or more.
“ young chicken . . . . .	15 “	2 “ “
“ old “ . . . . .	30 “	2 “ “
“ Fish . . . . .	5 “	1 “ “
“ ham . . . . .	30 “	5 “ “
Corned beef . . . . .	30 “	5 “ “
Boiled fish . . . . .	5 “	1 “ “

##### CEREALS.

Rice, 1 part to 3 of water . . . . .	5 minutes.	7½ hours or more.
Quaker Oats . . . . .	5 “	2 “ “
Wheatena . . . . .	5 “	2 “ “
Oat meal . . . . .	5 “	2½ “ “

##### FRUITS.

Fresh fruit . . . . .	5 minutes.	1½ hours or more.
Dried “ (after soaking) . . . . .	10 “	2 “ “

## VEGETABLES.

Potatoes	6 minutes.	1½ hours or more.
Cabbage	10 "	3 " "
Peas	2 "	2 " "
Beets	15 "	3 " "
Turnips	10 "	2 " "
Cauliflower	5 "	1 " "

## SOUPS.

4 lb. beef soup	25 minutes.	4 or 5 hours, or over night.
4 lb. veal "	15 "	4 or 5 " "
Chicken soup	15 "	4 hours or more.
Vegetable "	15 "	4 " "
Tomato "	5 "	2 " "
Celery "	5 "	2 " "

## To Cook Beans in Fireless Cooker.

Soak beans about 10 hours. Boil 10 minutes; place in cooker over night. Season; add meat and fresh water, boil steadily 20 to 30 minutes. Put in cooker 5 to 6 hours.

Beans, peas, rice, cracked wheat, etc., bring quicker results if soaked.

## Roast Beef or Roast Chicken.

Have the bones removed from a rib roast and rolled. Chicken is prepared as for roasting. Place either roast or chicken in hot oven for 20 or 30 minutes until well browned, then place in 4 quart kettle and place that in 8 quart kettle partly filled with boiling water. Have lids on both kettles, and when all is well heated, put in Fireless Cooker for 3 or 4 hours. The time in the oven and in the cooker is dependent on whether the roast is liked well done or rare, and on the size and age of the chicken.

## CHAPTER II.

### BREAD

Proteid, 9%; mineral matter, 1%; fats, 2%; water, 32%; carbohydrate, 56%.

Bread being the staff of life it is necessary to exercise great care and attention in the process of making in order to derive the best results.

#### General Rules.

The yeast must be fresh. Flour should be kept in a dry atmosphere. Scald the milk or water, then cool until lukewarm. The heat of the oven should be increased slightly the first twenty minutes, then kept even for twenty minutes, and the last twenty minutes it should decrease. Bread should be kept in a clean tin box, and not exposed to moisture. Hot water kills the yeast plant; cold water chills it. Lukewarm liquids should be used. When the yeast plant grows it causes fermentation which changes some of the starch into sugar, and then some of the sugar into alcohol or acid gas. This gas raises the dough. If it rises too long, it will make the bread sour. Dough is made light in four ways.

1. By use of yeast.
2. By use of baking powder.
3. By beating air into a mixture.
4. (a) By the use of soda and sour milk.  
(b) By the use of soda and molasses.

#### Wheat Bread.

3 cups of warm potato water, } Let cool.  
½ yeast cake. }  
1 tablespoon salt.  
1 tablespoon sugar.  
Small piece butter.  
3 cups of flour.

Set the above at six in the evening and knead at nine or ten, when kneading add 6 cups of flour. Knead first thing in the morning, let rise again and form in loaves. This will make two loaves.



**Nut Bread—No. 1.**

- 1 heaping sifter of wheat flour.
- 1½ sifter of whole wheat flour.
- 1 tablespoon salt.
- 1 scant cup sugar.
- 2 potatoes mashed in 1 qt. warm water.
- 1 tablespoon Crisco.
- 1 heaping cup chopped walnuts.

Keep warm in mixing.

**Nut Bread—No. 2.**

- 1 cup granulated sugar, } Beat well together.
- 1 whole egg. }
- 1½ cups sweet milk.
- 3½ cups wheat flour.
- 4 teaspoons baking powder.
- 1 cup chopped walnut meats.

Put in two bread pans and let raise until twice the size. Bake thirty minutes.

**Bread.**

- 2 cups of milk or water.      ½ oz. compressed yeast.
- 3 teaspoons salt.            ½ cup warm water.
- 2 teaspoons sugar.          6 to 6½ cups flour.
- (With water use 1 tablespoon Crisco or butter).

Put the water or milk, salt, sugar and shortening in bowl; add the yeast, then flour gradually. When stiff enough to handle, turn dough out on a floured board and knead until soft and elastic. Put it back into the bowl, moisten, cover and let it rise in a warm place until double its bulk, cut down, then divide into loaves, put in pans, cover and allow it to double in bulk, then bake one hour in hot oven. Remove from pans and place in draft if you wish a hard crust. If a soft crust is desired roll bread in clean cloth. If set at night use ¼ yeast cake. Makes two large loaves.

## Parker House Rolls.

2 qts. flour.	} Mix.	1 yeast cake.
2 tablespoons butter.		1 tablespoon sugar.
1 pt. milk.		1 teaspoon salt.

Boil milk and then cool until lukewarm, add 1 yeast cake. Mix sponge, let rise for two hours until light, and then add sugar, salt and mix in enough flour so it will not stick to board, then let it raise again for two hours, at end of two hours take out and roll  $\frac{1}{2}$  inch thick, cut with cookie cutter, put  $\frac{1}{2}$  teaspoon melted butter on each and set in pan to raise until light. Bake twenty minutes in a moderate oven.

## Dream Biscuits.

2 cups flour.	2 tablespoons butter.
4 teaspoons baking powder.	$\frac{3}{4}$ cup milk.
$\frac{1}{2}$ teaspoon salt.	

Mix with a knife, work in shortening with tips of fingers, drop from spoon in buttered tin, bake from twelve to fifteen minutes in hot oven.

## Graham Gems.

2 cups sour milk.	2 teaspoons soda.
2 tablespoons brown sugar.	$\frac{1}{2}$ teaspoon salt.
Graham flour enough to make a fairly stiff batter.	

## Popovers.

1 cup milk.	$\frac{1}{4}$ teaspoon salt.
1 egg.	1 cup flour.

Sift salt and flour into a bowl, beat the egg and add the milk to it, and stir gradually into the flour to make a smooth batter. Beat with egg beater until full of air bubbles. Fill hot greased gem pans  $\frac{2}{3}$  full of mixture. Bake in quick oven thirty to forty minutes, until brown and popped over.

**Johnny Cake.**

1 egg.	$\frac{1}{4}$ cup shortening.
$1\frac{1}{2}$ cups sour milk.	$\frac{1}{4}$ cup sugar.
$\frac{1}{2}$ cup flour.	1 teaspoon soda.
A little salt and $1\frac{1}{2}$ cups corn meal.	

Bake in long shallow tin and cut in squares when ready to serve.

**Brown Bread.**

$1\frac{1}{2}$ cups Graham flour.	1 teaspoon soda.
1 cup sweet milk.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ cup New Orleans molasses.	2 tablespoons boiling water.

Add the boiling water to the salt and soda, mix with the milk and molasses and stir with the flour to a smooth batter. Place in covered butter moulds and steam four hours. This will fill two one-pound baking powder tins two-thirds full.

**Wheat Muffins.**

1 cup milk.	2 cups flour.
1 egg.	$\frac{1}{2}$ teaspoon salt.
1 tablespoon butter.	3 teaspoons baking powder.
1 teaspoon molasses.	2 tablespoons sugar.

Mix dry ingredients and sieve twice, rub in the butter. Separate the egg. Beat the yolk and add to the milk and molasses. Mix with the dry ingredients and stir until smooth. Fold in the beaten white of egg and pour into hot, well greased muffin tins. Bake fifteen to twenty minutes in hot oven.

**Ginger Bread.**

1 cup sorgun molasses.
$\frac{1}{2}$ cup sugar.
2 level teaspoons of soda in 1 cup of boiling water.
1 teaspoon ground cloves.
1 teaspoon cinnamon.
$2\frac{1}{2}$ cups flour.
$\frac{1}{2}$ cup butter.
2 eggs.

Mix all together and bake.

**Currant Bread.**

- |                            |                              |
|----------------------------|------------------------------|
| 2 cups milk.               | 1 cup currants.              |
| 2 pints of flour.          | 1 egg.                       |
| 3 teaspoons baking powder. | $\frac{1}{2}$ teaspoon salt. |
| 1 tablespoon sugar.        |                              |

Mix dry ingredients; wash and dry currants, dredge with flour. Add egg to milk and combine the mixture. Bake in a deep pan in hot oven  $\frac{1}{2}$  hour.

**Pumpkin Bread.**

- |   |   |
|---|---|
| 1 qt. can of pumpkin.                     | 1 even tablespoon salt.                           |
| 2 heaping tablespoons Crisco<br>(or fat). | 1 cake yeast dissolved in a little<br>warm water. |
| 1 coffee cup light brown sugar.           | 1 egg well beaten.                                |

Mix thoroughly above ingredients, and add flour to make stiff dough. Mix at night. In the morning knead, let raise an hour, then knead again and place in pans. Let raise, then bake slowly one hour.

**Date Muffins.**

- |                                  |                            |
|----------------------------------|----------------------------|
| $\frac{1}{4}$ cup sugar.         | 4 teaspoons baking powder. |
| $\frac{1}{3}$ cup butter.        | 1 egg.                     |
| $\frac{1}{4}$ teaspoon salt.     | $\frac{3}{4}$ cup milk.    |
| $\frac{1}{4}$ lb. chopped dates. | 2 cups sifted flour.       |

Cream sugar and butter, add the well beaten egg, mix the flour, salt and baking powder, and stir in gradually, adding the milk slowly. Beat thoroughly, turn into hot greased muffin pans and bake twenty-five minutes. This will make 12 muffins.

**Rice Gems.**

- |                          |                                 |
|--------------------------|---------------------------------|
| $\frac{1}{3}$ cup milk.  | $\frac{1}{3}$ teaspoonful salt. |
| $\frac{2}{3}$ cup cream. | $\frac{2}{3}$ cup rice flour.   |
| 2 small eggs.            | $\frac{1}{2}$ cup white flour.  |

Place milk, cream and yolks of eggs in a crock, beat until smooth, add the flour quickly, and beat ten minutes. Fold in the beaten whites of the eggs, put in hot irons, and bake twenty or twenty-five minutes.

## CHAPTER III.

**EGGS, OMELETS AND PANCAKES****Composition of Eggs.**

Proteids, 14.9 per cent.	Water, 73.5 per cent.
Mineral matter, 1 per cent.	Fat, 10.6 per cent.

**General Rules.**

Eggs should never be boiled, as that renders them tough and difficult of digestion. They should be cooked just under the boiling point. In breaking eggs, drop each separately into a dish. When it is thus ascertained that each is a perfect and healthy egg, it may then be turned into the dish with others.

**Poached Eggs.**

Fill a pan with boiling salted water. Break each egg into a wet saucer and slip it into the water; set the pan back where water will not boil. Dip the water over the eggs with a spoon. When the white is firm and a film has formed over the yolk, they are cooked. Take them up with a skimmer drain, and serve on toast.

**Soft Cooked Eggs.**

Have the water boiling, place eggs in gently, and place pan with eggs on stove where they will not boil, only simmer, for from five to ten minutes.

**Hard Cooked Eggs.**

Place the eggs in boiling water, move to a warm place where they will not boil only simmer, and let cook thirty minutes.

**Scrambled Eggs.**

4 eggs.	Speck pepper.
$\frac{1}{2}$ teaspoon salt.	

Beat eggs with Dover beater until light, add salt and pepper, put into hot buttered frying pan, and stir constantly until thick. Serve hot on toast, garnish with parsley.

**Baked Eggs.**

Take ordinary baking dish, sprinkle the bottom of it with bread or cracker crumbs, and bit of butter; carefully break four eggs on to this; then cover eggs with crumbs to which seasoning has been added; put small pieces of butter on top of crumbs, and add a little milk. Bake in hot oven until light brown. This also is nice baked in individual ramkins.

**Egg Croquettes.**

Parsley, chopped.  
1 hard boiled egg to each croquette.  
Onion flavor.  
White sauce (page 73).

Chop up egg, add parsley and onion extract, mix with white suace, stand in ice box to stiffen, one hour. When stiff enough to form roll in bread crumbs and fry in deep fat until brown. Serve with Tomato Sauce (No. 74).

**Creamy Omelet.**

4 eggs.	$\frac{1}{2}$ teaspoon salt.
4 tablespoons milk, or water.	$\frac{1}{8}$ teaspoon pepper.
	1 teaspoon butter.

Beat eggs slightly, enough to blend the yolks and whites. Add milk and seasoning. Put butter in hot spider; when melted turn in the mixture. As it cooks draw the edges towards the centre with a knife, until the whole is set. If desired brown underneath, place on hotter part of the stove. Fold and turn on hot platter.

**Bread Omelet.**

2 tablespoons milk.	1 egg.
$\frac{1}{2}$ teaspoon butter.	1 speck of salt.
2 tablespoons bread crumbs.	1 speck of pepper.

Soak the bread crumbs in milk for fifteen minutes, then add the salt and pepper. Seperate the yolk and white of the egg, and beat until light. Add the yolk to the bread and milk, and put in the white. Turn in the heated buttered pan and cook until set. Fold and turn on heated dish.

**Eggs A La Martin.**

1 cup white sauce.                      6 eggs.  
 ¼ lb. grated Canadian cheese.

Break the eggs carefully into a well buttered pudding dish, cover with white sauce (page 73), and sprinkle cheese over all. Bake 15 minutes in a moderate oven.

**Golden Rod Toast.**

4 hard cooked eggs.                      2 cups white sauce.  
 6 to 8 slices toast.

Separate the yolks and whites of eggs, and chop the whites. Put the yolks in a warm place. Make white sauce (page 73). Add the whites to the sauce. Heat thoroughly and pour the mixture upon the toast. Press the yolk over the whole, through a fine strainer, and garnish with toast points and parsley.

**Matzos Pancakes.**

2 matzos.                                      1 cup milk.  
 2 tablespoons fat.                          1 beaten white of egg.  
 1 egg yolk, beaten.                          ½ cup matzos meal for thin  
 1 tablespoon sugar.                          batter.

Mix the pancake batter of the last five ingredients, in the order given. Let water just run over the matzos, then place in oven for a minute. Heat fat in the spider, spread one side of matzos with batter and fry, batter side down, until nicely browned. Spread other side and brown. Serve hot sprinkle with powdered sugar.

**Potato Pancakes.**

6 raw grated potatoes.                      1 teaspoon salt.  
 3 whole eggs.                                  1 tablespoon flour.  
 A pinch baking powder.                      A little milk.

Beat eggs well, and mix with the rest of ingredients. Drop by spoonfuls on a hot buttered spider, in small cakes. Turn and brown on both sides.

## CHAPTER IV.

## CEREALS

Cereals rank first among vegetable foods, being of hardy growth and easy cultivation. They are more widely diffused over the world than any of the flowering plants. Wheat probably is the most largely consumed; next to wheat, comes rice. For family use, cereals should be bought in small quantities, and kept in glass jars, tightly covered.

## General Rules.

Boiling water and salt should be added to cereals, 1 teaspoonful salt to one cup of cereal. They should be cooked directly over the fire the first five minutes, and then over boiling water in double boiler.

## Cream of Wheat.

$\frac{1}{2}$  cup cream of wheat.                      1 teaspoon salt.  
4 cups boiling water.

See that the water is actually boiling in a saucepan. Add salt then cream of wheat, gradually. Stir constantly until thick. Cook  $\frac{1}{2}$  to  $\frac{3}{4}$  hour over hot water.

## Steamed Rice.

1 cup rice.    3 cups boiling water.  
1 teaspoon salt.

Wash the rice and add to it the boiling salted water. Steam in a double boiler twenty minutes, or until the rice is tender. Stir with a fork.

## Toasted Corn Flakes.

Empty the Corn Flakes into a granite dish and set in oven to heat through. Serve with cream and sugar.



**Rolled Oats or Wheat.**

1 cup rolled oats or wheat.      2 cups boiling water.  
1 teaspoon salt.

Boil ten minutes, stirring constantly; then over boiling water one hour longer. A better flavor is developed by longer cooking.

**Barley, Sago, Tapioca, Etc.**

$\frac{1}{2}$  cup barley or other hard      1 pt. boiling water.  
grain.      1 teaspoon salt.

Add salt to the boiling water and pour gradually on the barley or other hard grain and boil until tender, from one to two or more hours, according to the grain, and have each kernel stand out distinct when done. Add more boiling water as it evaporates. Use as a vegetable or in soup.

**Baked Macaroni With Cheese.**

Put a layer of boiled macaroni in buttered baking dish, sprinkle with grated cheese, repeat, pour over white sauce, cover with buttered crumbs, and bake until crumbs are brown.

## CHAPTER V.

## APPETIZERS

## Oyster Cocktails—No. 1.

$\frac{1}{2}$ lemon.	$\frac{1}{2}$ teaspoon grated horseradish.
$\frac{1}{2}$ teaspoon vinegar.	$\frac{1}{2}$ teaspoon tomato catsup.
Eight drops Tabasco sauce.	8 medium sized oysters.

This is enough for one person.

## Lobster Cocktail.

Made same as oyster cocktail only fresh or canned lobster, cut in small pieces, is used.

## Grape Fruit.

Remove from the skin the cells and juice; add a little sugar, let stand covered for an hour or so, then add a few maraschino cherries. Serve very cold in thin glasses or in fruit shells.

## Oyster Cocktail—No. 2.

1 pt. small oysters.	3 tablespoons Rhine Wine.
12 tablespoons catsup.	Cayenne pepper and salt to taste.
3 tablespoons vinegar.	Juice of 1 lemon.

Serve very cold with  $\frac{1}{4}$  teaspoonful grated horseradish on top of each portion.

## Strawberry Cocktail.

1 qt. strawberries.	1 qt. cold water.
2 lemons, juice.	2 cups sugar.
Ice.	

Mash the berries well, add the water and lemon juice and let stand three hours. Strain, add sugar and stir until dissolved. Let stand on ice one hour. Serve at the beginning of a luncheon in tall narrow glasses, reserving three or four whole berries, cut in two for each glass. Or serve in thin glasses with shaved or crushed ice.

**Sardine Appetizer.**

2 oil sardines.	A dash of Tabasco sauce.
1 tablespoon catsup.	1 slice toast.
1 tablespoon lemon juice.	Lettuce leaf.

Drain, clean, skin and bone the sardines, place crisp lettuce leaf on bread and butter plate, place toast on top, lay the sardines across and spread over the whole the catsup, lemon juice and Tabasco sauce.

**Banana—Southern Style.**

1 banana.	1 teaspoon powdered sugar.
½ lemon juice.	Lettuce leaf.

Place crisp lettuce leaf on small plate, peel banana and cut lengthwise in two, place cut side up on lettuce leaf, juice of lemon sprinkled over each slice, then sprinkle powdered sugar over this. Serve very cold.

**Pickled Herring.**

1 doz. milch herring.	2 tablespoons mustard seed.
2 lemons, sliced.	12 bay leaves.
4 large onions, sliced.	1 tablespoon sugar.
2 tablespoons black pepper corns.	1 qt. vinegar.

Soak herrings over night in cold water, drain and remove entrails, reserving the eggs and milch. If you desire skin and bone them; cut off heads, run knife down centre of back and skin towards the tail; cut in pieces. Place herring in crock in layers, with sliced onion, lemon, a few pieces of bay leaves, a sprinkle of mustard seed and pepper corns. Mash and mix the milch well with the sugar, add a little vinegar to thin, add more vinegar and pour over herrings to cover. Let stand a week before eating.

## CHAPTER VI.

## DUMPLINGS FOR SOUPS

## Baking Powder Dumplings.

1 cup flour. ½ cup milk or water, scant.  
 ¼ teaspoon salt. 2 teaspoons baking powder.

Sift dry ingredients, stir in the milk or water and mix to smooth batter. Drop a teaspoonful at a time in the boiling soup; cover kettle, let boil five minutes and serve at once.

## Noodles.

1 egg. ¾ cup flour.  
 ½ teaspoon salt.

Beat egg slightly, add salt and enough flour to make a stiff dough. Roll out very thin, and set aside to dry for an hour or more. It must not be the least bit sticky and not so dry that it will break or be brittle.

Cut into three inch strips, placing the strips all together, one on top of another. Now cut these strips crosswise into very fine strips or threads. Toss them up lightly with fingers to separate well, and spread them out on a board to dry. When thoroughly dry put in covered sealer for future use. Drop by handfuls into boiling soup five minutes before serving.

## Matzo Balls—No. 1.

1 tablespoon poultry fat or ⅛ teaspoon salt.  
 butter. Matzos or cracker meal.  
 3 eggs. ½ cup grated almonds.

Beat the yolks very light, add seasoning and the almonds and enough matzo meal to make stiff batter, then add the beaten whites. Drop by teaspoon in deep hot fat, fry light brown; place in oven to keep warm and put in soup just when sending to the table.

**Matzo Balls No. II.**

4 matzos.	1 small onion.
1 tablespoon fat.	3 eggs.
$\frac{1}{2}$ teaspoon salt.	1 teaspoon sugar.
$\frac{1}{2}$ doz. almonds, grated.	

Soak matzo in cold water and then squeeze out all water, put soaked matzo in frying pan with hot fat and browned onion cut fine, put matzo hot fat and onion in bowl and add well beaten eggs, sugar, grated almonds and salt, add enough matzo meal so that it will roll in balls.

**Cracker Dumplings.**

$\frac{1}{2}$ cup cracker crumbs.	$\frac{1}{2}$ teaspoon salt.
1 egg.	$\frac{1}{16}$ teaspoon pepper.
$\frac{1}{2}$ cup hot water, milk or soup stock.	1 teaspoon chopped parsley.

Scald the cracker crumbs with the hot soup or water, add the egg and seasonings. Drop with teaspoon into boiling soup ten minutes before serving.

**Farina Balls.**

1 cup hot milk.	1 tablespoon butter.
$\frac{1}{2}$ cup farina.	$\frac{1}{2}$ teaspoon salt.
2 eggs.	

Put butter and milk in double boiler, when hot add farina and stir until thick and smooth; take from stove and when cool add the yolks of the eggs and the whites, beaten stiff. Season to taste and add  $\frac{1}{2}$  cup grated almonds, if desired. Roll into marbles. Drop them in boiling soup ten minutes before serving and let them boil up one or twice.

**Drop Dumplings.**

1 egg.	$\frac{3}{4}$ cup flour.
$\frac{1}{2}$ teaspoon salt.	1 tablespoon water.

Beat egg well, add salt, flour and water, stirring to smooth batter. Drop small pieces into boiling soup ten minutes before serving.

**Crotons (In the oven).**

Cut stale bread into cubes, place in pan and brown in the oven, or butter the bread. Cut in cubes and brown same way.

**Egg Barley.**

1 egg. 3/8 cup flour.  
 1/2 teaspoon salt.

Beat egg slightly, add salt and enough flour to make a hard ball of dough, or rub well with hollow of hand until small grains are formed.

Grate, chop or rub the dough through a colander. Dry a few moments in pan in the oven or on board. Drop a desired quantity gradually into boiling soup, let boil 5 to 10 minutes then serve.

**Almonds.**

1 cup flour. 1 egg.  
 1/2 teaspoon salt.

Beat egg slightly, add salt and flour enough to make a stiff dough. Roll out thin like noodle dough and leave on board to dry.

Fold into three parts and cut into small circles with a thimble.

Place in pan, plentifully greased, and bake in a very hot oven. Cool and serve with soup.

**Cracker Balls.**

6 tablespoons cracker crumbs. 1 teaspoon chopped parsley.  
 1 egg. 1 tablespoon milk or soup.  
 2 tablespoons butter or fat. 1/8 tablespoon salt.  
 Nutmeg, ginger and pepper to taste.

Stir butter with the egg, add the seasoning, liquid and enough meal to shape into small balls. Drop into boiling soup ten minutes before serving.

## CHAPTER VII.

## SOUPS

Beef ranks first as regards utility and economy in soup making. It should be cut from the fore or hind shin (which cuts contain marrow bone), the middle cuts being most desirable. Soup should be boiled in a closely covered kettle, used for no other purpose; boil slowly and steadily to extract all of the meat juices. I prefer a granite soup kettle to any other, it being easily kept clean. Skim your soup as soon as it begins to boil, and never add salt until your soup is strained. When strained skim off every particle of fat, save this fat in a little jar; you will find it comes in very handy for various uses.

## Chicken Soup.

3 to 4 lb. chicken.	3 to 4 qts. water.
1 tablespoon salt.	1 onion.
1 carrot.	2 stalks celery.
	$\frac{1}{4}$ teaspoon pepper.

Select an old hen. Singe, clean and joint; then salt and let stand several hours. Put on to boil in cold water and let come to boil quickly. Skim thoroughly if you want a clear soup. Let simmer slowly two or three hours, add the vegetables, boil one hour longer, strain, remove fat and add seasoning. Serve hot with dumplings or any of the soup garnishings.

## Bouillion.

4 lbs. beef.	2 lbs. marrow bone.
3 qts. cold water.	1 teaspoon pepper corns.
1 tablespoon salt.	$\frac{1}{3}$ cup diced carrot.
$\frac{1}{3}$ cup diced turnip.	$\frac{1}{3}$ cup diced onion.
$\frac{1}{3}$ cup diced celery.	

Cut meat in inch cubes. Put two-thirds of meat in soup kettle and soak thirty minutes. Brown remainder in hot frying pan with marrow from bone. Put meat and bone

in kettle. Heat to the boiling point; skim and cook at temperature below boiling point five hours. Add seasoning and vegetables, cook one hour; strain and cool. Remove fat and clear. Sprinkle chopped parsley on each cupful when serving.

### Ox Tail Soup.

3 lbs. lean beef.	1 large onion.
2 ox tails, chopped up.	1 celery root.
Parsley.	2 or 3 carrots.

Boil in 2 quarts of water for four hours, slowly but steadily; boil until reduced to nearly one half. Strain, return the pieces of ox tail and pieces of carrots, cut up into the soup, and thicken with 1 tablespoonful of flour browned in spider with a spoonful of fat. Add green peas.

### Tomato Soup.

1 can or qt. of tomatoes.	1 pt. water.
2 teaspoons sugar.	1 teaspoon salt.
1 slice of onion.	$\frac{1}{8}$ teaspoon soda.
4 cloves.	2 tablespoons butter.
	2 tablespoons flour.

Cook the first six ingredients twenty minutes; strain, add the flour, and gradually the hot strained tomatoes.

### Corn Soup.

1 can corn.	1 or 2 teaspoons butter.
1 pt. milk.	1 large tablespoon flour.

Cook corn in water thirty minutes, or if it is canned corn work through colander. Let milk come to boil. Have flour and milk mixed together, add few tablespoons boiling milk, and when quite smooth stir into hot milk and cook eight minutes. Then add corn and season to taste. Add one egg well beaten, mixed with little milk, just before taking off stove.



### Cream of Tomato Soup.

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| $\frac{1}{2}$ can or pt. of tomatoes. | $\frac{1}{4}$ teaspoon soda.         |
| 1 slice onion.                        | 1 teaspoon salt.                     |
| 2 teaspoons sugar.                    | $\frac{1}{4}$ teaspoon white pepper. |
| 2 tablespoons flour.                  | 2 tablespoons butter.                |
| 1 qt. milk or milk and water mixed.   |                                      |

Cook the onion with the milk. Heat butter, add flour and seasoning, and the hot milk gradually. Heat the strained tomatoes, add the soda and when the bubbling stops add the tomato to the white sauce.

### Split Pea Soup.

- |  |                          |
|--|--------------------------|
| $\frac{1}{2}$ cup dried split peas.    | 4 qts. cold water.       |
| $\frac{1}{4}$ cup celery, diced.       | 1 small onion, cut fine. |
| 2 tablespoons flour.                   | Salt or pepper.          |
| 3 lbs. smoked beef, tongue or sausage. |                          |

Soak peas in cold water over night, drain, place in soup kettle with the smoked beef or tongue, add the cold water and boil slowly but steadily three hours; add the celery and cook until the meat is tender. Remove meat and serve at table; cook peas until tender. Skim fat off the top of soup. Heat 2 tablespoons of fat in a spider, add the onions and brown, add flour and gradually a cup of soup. Add to the rest of the soup. Peas may be cooked until tender and smoked sausage or dried beef may be boiled with them a few minutes and served hot with the soup.

### Cream of Asparagus.

- |                          |                          |
|--------------------------|--------------------------|
| 3 tablespoons butter.    | 3 tablespoons flour.     |
| 3 pts. stock.            | 2 bunch green asparagus. |
| $\frac{1}{2}$ cup cream. | 1 slice onion.           |

Wash and drain asparagus, reserve tips and add stalks to 1 pint cold water. Boil five minutes, drain, add soup stock and one slice onion. Boil thirty minutes, rub through sieve. Heat butter, add flour, add the tips and seasoning and cook with hot stock and milk. Serve with the tips. One-half cup whipped cream may be added to the soup just before serving.

### Cream of Potato Soup.

3 potatoes.	1 qt. milk.
2 slices onion.	3 tablespoons butter.
2 tablespoons flour.	1½ tablespoon salt.
¼ tablespoon celery salt.	⅛ teaspoon pepper.
Few grains cayenne.	1 tablespoon chopped parsley.

Cook potatoes in boiling salted water; when soft rub through a strainer. Scald milk with onion, remove onion, and add slowly to potatoes. Melt half the butter, add dry ingredients, stir until well mixed, then stir into boiling soup; cook one minute, strain, add remaining butter and sprinkle with parsley.

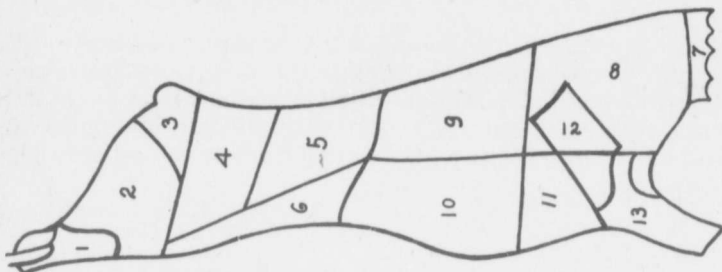
### Soup Stock.

2 lbs. beef shank.	1½ veal or lamb shank.
1 onion.	2 carrots.
¼ turnip.	3 celery stalks.
1 piece leak.	1 sprig parsley.
	2½ qts. cold water.

Wipe the meat; put it with salt into cold water, let stand one-half hour. Let it gradually boil up, then add vegetables cut up small, and let cook from three to four hours. Strain and cool. When ready to serve, remove the cake of fat on top, bring again to boiling point, add seasoning, dumplings or crotons and serve hot.

## CHAPTER VIII.

## MEATS



Hind  
Quarters. { 1. Hind shank.  
2. Round.  
3. Rump.  
4. Loin.  
5. Porterhouse  
6. Flank.

Fore  
Quarters. { 7. Neck.  
8. Chuck.  
9. Prime ribs.  
10. Plate.  
11. Brisket.  
12. Shoulder.  
13. Fore shank

Soup. { Hind shank.  
Fore shank.  
Neck.  
Tail.

Tough cuts  
used for:  
Stews. { Brisket.  
Chuck.  
Shoulder.  
Neck.  
Flank.  
Plate.

Tender cuts { Roasts. { Prime ribs.  
Porterhouse.  
Pot  
Roast. { Chuck ribs.  
Rump.  
Steaks. { Porterhouse.  
Loin.  
Round.

Meat should be removed from paper in which it is wrapped and kept in a cool place.

Cooking under the boiling point first ten minutes causes toughest meat to become tender.

**Broiled Steak.**

Wipe, trim off extra fat. Grease the broiler with some of the fat. Broil over a clear fire, turning every ten seconds. Cook four or five minutes if liked rare; longer if well done. Steak should be tender and cut one inch thick.

**Pan Broiling Steak.**

Remove from the steak extra fat. Heat frying pan very hot and grease with very little fat. Put in the meat and cook one minute, turn it and sear the other side; then cook more slowly until done—5 minutes if liked rare. Season and serve on a hot platter.

**Steak in Casserole.**

1 carrot.	$\frac{1}{2}$ small turnip.
1 onion.	1 teaspoon catsup.

Broil a thick steak a few minutes; then put it into a casserole, add—

1 parsley sprig.	6 mushrooms.
1 bay leaf.	1 wine glass Madeira wine.

Let cook slowly until vegetables are tender.

**Hamburg Steak.**

1 lb. round steak.	1 tablespoon chopped onions.
1 tablespoon drippings.	Salt and pepper.

Take one pound of raw flank or round steak. Salt and prepare as desired. Cut off fat, bone and stringy pieces. Chop it very fine. Chop onions very fine and mix with meat. Season to taste. Make into round cakes little less than one-half inch thick. Heat pan blue hot, grease lightly. Cook brown on each side. Cook ten minutes if liked well done. Serve on hot platter garnished with slices of lemon. Pour fat that steak is cooked in over the meat.

**Beef Loaf.**

1 lb. round steak, chopped.       $\frac{1}{2}$  cup cold water.  
 1 teaspoon chopped onion.       $\frac{1}{2}$  cup bread crumbs.  
 Salt and pepper.

Mix and bake in hot oven in small greased bread pan until done and nicely browned.

**Lamb Cutlets.**

6 lamb chops.      2 tablespoons butter.  
 2 small onions, chopped fine.      1 green pepper.  
 2 tomatoes.      6 mushrooms.

Take lamb chops, fry quickly in butter and lay in a casserole dish. Then fry together butter, onions, green pepper, tomatoes and mushrooms. Add a cup of broth and season with salt and pepper, small teaspoon of curry powder. Thicken with tablespoon of flour. Pour over chops, garnish the edges with boiled new potatoes and bake twenty minutes.

**Roast Beef.**

Prepare and season meat as desired. Dredge with flour. Place on rack in roasting pan with two or three tablespoons of fat in hot oven, that surface may be quickly seared, thus preventing escape of juice. Reduce the heat and baste every ten minutes, or if you use a self-basting roasting pan this is not necessary. When meat is about half done, turn it over, dredge with flour, finish browning. Allow fifteen to twenty minutes for each pound of meat.

**Roast Lamb.**

Salt and pepper meat and dredge with flour; place in roasting pan with 1 cup of water in hot oven. When brown baste every 15 minutes. Onion may be added, sliced and put on top of roast, if cared for. It will take about 2 hours for medium-sized roast, Leg of lamb may be boned and stuffed with bread dressing. Lamb may be served with mint sauce.

### Lamb Cutlets—No. II.

Trim, season with salt and pepper, dredge with flour, dip in egg, then bread or cracker crumbs; fry in fat from 5 to 8 minutes until nicely browned on top of stove, or place in oven 4 or 5 minutes to finish.

### Liver and Bacon.

Cover with boiling water slice of liver. Cut  $\frac{1}{2}$  inch thick; let stand five minutes to draw out blood; drain and flour, and remove thin outside skin and veins. Sprinkle with salt and pepper, place in frying pan with hot bacon fat, and fry until brown on both sides. Remove to hot platter. Serve with bacon.

### Fried Liver.

1 lb. calf's liver, sliced.	2 tablespoons flour.
Salt and pepper.	1 large onion, sliced.
2 tablespoons goose fat.	

Salt and pepper the liver to taste, then dredge with the flour. Heat fat in a spider. Fry the slice until brown on both sides. Push the liver aside, add onions and let brown slightly, cover and let cook ten to fifteen minutes, and serve with the onion.

### Hungarian Gulash.

4 lbs. lamb, cut in cubes.	1 cupful butter.
1 doz. medium sized onions.	1 large tablespoon papinka.
3 green peppers.	

Melt butter, add salt, peppers and onions sliced finely. Add 1 cupful of water, and steam five minutes. Add meat and enough boiling water to cover. Let cook for one hour, and then add potatoes cut in cubes, and boil all together until potatoes are done.

**Roast Veal.**

Take a thick piece of veal from the upper part of the leg, dredge with salt and pepper, ginger and flour. Put in dripping pan in a very hot oven, with three tablespoons of beef or poultry drippings. When the meat is all browned over baste with fat and reduce the heat; add a little water, and baste often until tender.

**Veal Loaf.**

1½ lbs. raw veal, chopped very fine.	½ teaspoon ginger.
⅓ cup cracker or bread crumbs.	½ teaspoon poultry seasoning.
1 egg, beaten.	A little nutmeg.
½ tablespoon salt.	1 small onion, cut fine.
½ teaspoon pepper.	½ cup water or strained tomato.
	2 tablespoons poultry fat or butter.

Remove skin and membrane of lean veal, and grind very fine; add cracker or bread crumbs and egg, slightly beaten, then the rest of the ingredients. Mix well. Press all into a bread baking pan about four inches high, well greased, add lumps of fat over the evenly smoothed top. Bake two or three hours, basting frequently. Cut into thin slices; may be served hot or cold.

**Sweet Breads with Mushrooms.**

1½ cup boiled sweet breads, cut in cubes.	1 cup cream.
1 scant cup stewed mushrooms, cut in quarters.	1 tablespoon butter.
	2 eggs, yolks.
	Salt and pepper to taste.

Heat cream in a sauce pan, add sweet breads and mushrooms, the butter, pepper and salt and well beaten yolks. Cook until thick, stirring constantly, and serve on buttered toast.

**Poultry.**

Poultry includes chickens or fowls, turkey, duck and geese.

### Roast Chicken.

Dress, clean and season chicken. Place it on its back in roasting pan, with two tablespoons of fat. Dredge with flour, and place in hot oven. When the flour is well browned, reduce the heat, then baste every ten minutes, adding a little water when necessary to prevent burning. Turn chicken frequently. When the breast meat is tender, it is done. A four pound chicken requires one and one-half hours.

### Spring Chicken, Fried.

After the chicken has been cleaned and singed, lay it in salt water for half hour; cut it up as for fricassee; see that every piece is wiped dry; have ready, heated in a spider, some goose fat or other poultry drippings; season each piece of chicken with salt and pepper; roll each piece of chicken in sifted cracker crumbs; fry in the spider, turning often, and brown evenly. If chicken is quite large, it is better to steam it before frying.

### Chicken Fricassee.

3½ lbs. chicken.	3 tablespoons butter.
4 tablespoons flour.	2 cups chicken stock.
3 qts. boiling water.	Salt, pepper and ginger.
½ cup each onion, celery and carrot diced.	

Dress, clean and cut the chicken at the joints in pieces ready to serve; add salt, pepper and ginger and allow to stand. Cover chicken with boiling water, simmer three hours, add vegetable, cook until tender. Melt fat or butter in frying pan, add the flour, and gradually pour in chicken stock or liquid. Stir to prevent lumps, season to taste and pour over chicken. Let cook a few minutes and serve with dumplings or biscuit. A good way to prepare old chicken or fowl, as they are always made tender by long, slow cooking.



### Roast Turkey.

Dress and clean turkey, follow any desired receipt for stuffing. Tie down the legs, and rub entire surface with salt, and let stand over night. Next morning place in roasting pan on rack; spread breast, legs and wings with  $\frac{1}{3}$  cup of butter or fat creamed and mixed with  $\frac{1}{4}$  cup flour. Dredge bottom of pan with flour. Place in a hot oven, and when flour on turkey begins to brown reduce heat, and add two cups of boiling water, and baste with  $\frac{1}{4}$  cup of fat in  $\frac{3}{4}$  cup of boiling water. When this is used up baste with the fat in the pan. Baste every fifteen minutes until tender; do not prick with the fork; press with the fingers; if breast meat and legs are soft to the touch the turkey is done. If oven is too hot cover the pan; turn the turkey often that it may brown nicely. Remove strings and serve on hot platter with cranberry sauce or cranberry jelly, or cranberry frappe.

### Pressed Chicken.

4 lb. chicken.  
1 onion.

1 carrot.  
Water, to cover.

Seasoning.

Clean and cut at joints an old chicken or fowl, rub with salt and pepper, put in a deep saucepan, with one onion and one carrot cut up. Cover with cold water and cook steadily until chicken is very tender, and until there is about  $1\frac{1}{2}$  cups of liquid left with chicken. Take chicken out, remove from bones and put through mincer, season with salt and pepper, then mix with  $1\frac{1}{2}$  cups stock, and pack in buttered mould; set aside until firm; turn out of mould and serve on cold platter, garnished with lettuce leaves.

## CHAPTER IX.

## VEGETABLES.

## GENERAL RULES FOR VEGETABLES.

All vegetables must be drained as soon as tender.

The color may be kept in green vegetables, as spinach by pouring cold water through them after draining.

Cabbage and cauliflower, trim and soak top down to draw out any insects.

Parsnips scrub until white, trim off the forced roots. Beets, wash carefully, for if the skin be broken, the sugar juices will escape.

Carrots, scrub and scrape off the thin outer surface.

## TIME TABLE FOR COOKING VEGETABLES.

Cabbage	40 to 60 min.
Onions	30 to 60 min.
Potatoes, white	20 to 30 min.
Asparagus	$\frac{1}{2}$ to 1 hour
Beets	45 min. to 3 hrs.
Potatoes (sweet)	15 to 25 min.
Turnips	30 to 40 min.
String Beans	30 min. to 2 hrs.
Parsnips	15 to 45 min.
Tomatoes	15 to 20 min.
Barley	1 to 3 hrs.
Cauliflower	20 to 25 min.
Green Corn	10 to 20 min.
Boiled rice	20 min.

To avoid odor in cooking onions or cabbage, add  $\frac{1}{4}$  teaspoon soda, leave kettle uncovered and change water twice.

**Boiled Potatoes.**

6 potatoes.

1 tablespoon salt.

1 qt. boiling water.

Scrub, pare and cover with cold water. Cook in boiling salted water twenty to thirty minutes, or until tender. Drain and shake gently over the fire uncovered, till dry. Serve hot.

**Boiled New Potatoes.**

Scrape new potatoes and let stand in cold water  $\frac{1}{2}$  hour. Boil until tender in salted, boiling water, 1 tablespoon salt to 1 quart water, drain and dry; add 2 tablespoons melted butter and 1 tablespoon, chopped parsley, or shives; shake well over fire. May also be served with white sauce.

**Potatoes on the Half Shell.**

Take six good-sized, smooth potatoes. Bake about one hour. When done cut in two lengthwise, and with a spoon carefully scoop out the potatoes into a hot bowl. Mash fine; add 2 heaping teaspoons of butter, about  $\frac{1}{2}$  cup of hot milk, salt and red pepper to taste. Fill skins with this mixture, brush with a little butter, and place in the oven until brown, about fifteen minutes.

**Scalloped Potatoes.**

1 qt. cold potatoes.

4 teaspoon chopped parsley.

1 teaspoon salt.

1 cup white sauce.

 $\frac{1}{4}$  teaspoon pepper.

1 cup buttered cracker crumbs.

Cut potatoes in slices and season with salt, pepper and parsley. Butter a baking dish, put in potatoes, pour on white sauce, cover with crumbs. Bake till brown.

**Surprise Balls.**

Mashed potatoes.

Lean meat cooked, chopped.

Butter or fat.

Roll the potatoes into balls, press a hollow in top with a teaspoon. Season meat and fill into the hollow ball. Place in greased pan, with a little fat on the top of each ball, brown in the oven and serve hot.

**Baked Potatoes with Cheese.**

6 baked potatoes.	1 teaspoon salt.
$\frac{3}{4}$ cup milk.	1 cup Canadian cheese, grated.
	2 tablespoons butter.

Cut the potatoes in half lengthwise, scoop out the inside. Mash and mix with butter, salt and milk. Return to the shells and sprinkle with the cheese. Place in moderate oven and bake about five to ten minutes and serve.

**Sweet Potatoes—Southern Style.**

4 boiled sweet potatoes.	1 tablespoon water.
$\frac{1}{4}$ lb. butter.	Lemon juice.
	$\frac{1}{4}$ cup brown sugar.

Skin boiled potatoes and quarter. Place in baking dish with butter on top, sprinkle with brown sugar, add the water and a little lemon juice. Brown in oven and serve hot.

**Escalloped Corn.**

6 ears of cooked corn. or 1 can of corn.	$\frac{1}{2}$ cup corn liquid.
1 teaspoon sugar.	3 tablespoons cream.
$\frac{1}{8}$ teaspoon pepper.	1 teaspoon salt.
1 cup bread crumbs.	2 tablespoons flour.
	1 tablespoon butter.

Cut fresh boiled corn, too old to serve on cobs, from the cob; or use the pulp of one can of corn; mix corn with the salt, pepper, flour and sugar and add the liquid. Melt the butter, mix with the bread crumbs and cover bottom of a pudding dish with one-half of the crumbs. Bake in a moderate oven about twenty minutes, and serve hot in a pudding dish.

**Boiled Green Corn.**

Remove husks and silky threads, cover with boiling water, and cook from eight to twenty minutes according to number of cobs in the kettle. Remove from water, and serve hot with fresh butter, salt and pepper.

### Celery Stewed.

1 bunch stalk celery.                    1 cup white sauce.  
1 qt. boiling water.                    1 teaspoon salt.

Wash, scrape and cut the outer stalks of the celery into pieces one and a half inches long. Cook in boiling salted water about one-half hour, or until tender. Drain and serve with white sauce. Reserve the centre stalks for table use.

### Fresh Asparagus.

Cut asparagus on lower parts of stalks as far down as they will snap. Wash remove scales and retie bunches. Cook in boiling, salted water fifteen minutes, or until tender, leaving tips out of water first ten minutes. Drain, remove string and add melted butter and pepper or white sauce.

### Lima Beans.

Soak one cup of dried lima beans over night, drain and cook in boiling, salted water until soft. Drain and serve seasoned with salt and pepper, add a little fat or butter, and  $\frac{3}{4}$  cup of soup stock or cream.

### Boiled Beets.

Wash beets, but do not cut them, as that destroys the sweetness and color. Cook in boiling water until tender. Young beets will cook in one hour; old beets from three to four hours. When cooked put them in a pan of cold water and rub off the skin. Young beets are cut in quarters and served hot with butter, salt, pepper and hot vinegar. Old beets are sliced and pickled in vinegar.

### New Cabbage.

1 small cabbage.                    1 teaspoon salt.  
1 qt. boiling water.                    1 cup white sauce.

Cut a young cabbage in pieces, trim off the limp outside leaves. Cook in boiling salted water one-half an hour, or until tender. Drain off water and serve with melted butter or white sauce.

**Carrots.**

1 qt. carrots, sliced.  
1 teaspoon salt.  
2 tablespoons flour.  
Sugar to taste.

1 qt. boiling water.  
2 tablespoons butter or fat.  
Pepper.  
1 cup carrot liquid, or soup stock.

Wash, scrape and cut the carrots in small cubes. Cook in boiling, salted water until tender and serve in a sauce made by heating the fat, adding the flour and gradually the hot carrot liquid. Season to taste and serve hot.

**Chestnut Puree.**

Remove shells from nuts, and blanch. Cook in boiling, salted water; drain, mash, moisten with scalded milk. Season with salt and pepper and beat until light or riced. Pile lightly in centre of a dish and surround with meat.

**Baked Mushrooms.**

12 large mushrooms.  
Salt and pepper.

2 tablespoons butter.  
 $\frac{2}{3}$  cup cream.

**Toast.**

Wash the mushrooms, remove the stems, peel caps and place in buttered dripping pan, cap side up. Sprinkle with salt and pepper, dot over with butter and add the cream. Bake ten minutes in a hot oven. Arrange on dry toast and pour over the remaining cream in pan and serve hot.

**Baked Onions.**

Select even-sized onions, wipe, but do not peel. Place in baking dish, root down, and bake one hour, or until tender. Remove from fire, remove roots, peel carefully, return to dish, add pepper, salt, a little melted butter or fat; let stand five minutes in oven and then serve hot.

**Green Peas.**

$\frac{1}{2}$ pk. green peas in pods.	1 qt. boiling water.
1 teaspoon salt.	A little pepper.
1 teaspoon sugar.	2 tablespoons butter.
2 tablespoons flour.	$\frac{1}{2}$ cup soup stock.

Remove peas from pods and let stand one half hour in cold water. Skim off undeveloped peas from top of water, and then drain. Cook until soft in a small quantity of boiling water, add salt when nearly tender; let the water boil away, and without draining, add butter or any desired fat, sprinkle with the flour to thicken, add pepper and sugar if you wish, a little meat gravy or  $\frac{1}{2}$  cup soup stock or milk, boil a little longer and serve.

**Stuffed Peppers with Oysters.**

9 peppers.	$\frac{1}{2}$ teaspoon salt.
3 doz. oysters.	3 cups stale bread crumbs.
	$\frac{1}{2}$ onion.

Cut out the round piece of pepper with stem on it, remove seeds, chop 1 pepper and  $\frac{1}{2}$  onion and saute in butter. Parboil oysters, drain, soak the crumbs in oyster liquor, season, add sauted onion and pepper and salt and fill peppers with this mixture. Sprinkle over with cracker crumbs, butter melted. Bake until brown. Serve with tomato suace.

**Stewed Tomatoes.**

Wipe and cover tomatoes with boiling water. Let stand a few minutes, then skin. Cut in pieces, put in stew-pan, and cook slowly twenty minutes, stirring occasionally. Season with butter, salt, pepper and a little sugar if desired; add some bread crumbs.

**Baked Squash.**

Cut squash in two crosswise, remove seed and strings; place in dripping pan, shell side up and bake two hours, or until soft in a slow oven. Remove from the shell; mash, and season with butter, salt and pepper.

**Dandelions.**

Select dandelions early in the spring before they begin to blossom. Wash thoroughly, remove roots, drain and cook one hour or until tender in boiling, salted water. Allow 2 quarts of water to 1 peck of dandelions. Season with butter, salt and pepper.

**String Beans.**

Wash beans, remove strings and cut in one inch pieces. Cook in boiling water until tender, from one to three hours. Add salt last half hour of cooking. Drain and add white sauce, or salt, pepper and butter, or following sauce; 2 tablespoons butter, melt and add 2 tablespoons flour; then 1 cup of hot liquid in which beans were cooked; add salt and pepper to taste; 2 tablespoons vinegar, and 2 tablespoons sugar, and cook until smooth and clear.





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**Broiled Live Lobster.**

Split the lobster, and glaze with olive oil; broil on hot fire, with meat side to the fire. When well broiled season with salt, cayenne, and plenty of melted butter.

**Lobster a La Newburg.**

The meat of two lobsters cut into one-inch pieces, placed into saucepan with one ounce fresh butter, salt, cayenne pepper. Cook five minutes, add one wineglass Maderia wine, reduce to half by boiling three minutes. Beat three yolks with  $\frac{1}{2}$  pint cream and stir it into above mixture. Shuffle lightly two minutes until all is blended, and serve on toast.

**Chicken A La Waldorf.**

Cut white meat of boiled chicken into dice. Two truffles cut into dice or two large mushrooms, put into a saucepan with 1 pint of cream, salt, pepper, and boil twelve minutes. Then thicken with yolks of 2 raw eggs, diluted in 2 large spoons of Maderia wine. Stir this thoroughly with chicken and simmer. Serve hot in ramkins.

**Casserole of Rice and Meat.**

1 cup boiled rice.  $\frac{1}{2}$  lb. any cold meat (chop very fine).  
1 egg. 2 tablespoons cracker crumbs.  
Celery salt, onion essence, pepper, chopped parsley.

Butter a small mould, line the bottom and side with rice, pack in meat, cover with rice and steam forty-five minutes. Turn on hot platter and pour tomato sauce over it.

**Chicken or Veal Croquettes.**

1 cup chicken or veal, cut finely. 1 cup of white sauce.

Mix chicken with white sauce; let stand till thick enough to roll in a cylinder; dip in egg and cracker crumbs, and fry a light brown in deep fat.

**Cheese Souffle.**

2 tablespoons flour.	4 tablespoonful grated cheese.
2 tablespoonful butter.	1 pt. milk.
4 eggs.	

Rub butter and flour together over the fire, when they bubble add gradually hot milk; season with pepper and salt. Add the grated cheese.

**Scalloped Meat.**

2 cups cold meat, cooked.	1½ teaspoon salt.
¼ teaspoon onion juice.	¼ teaspoon pepper.
Parsley.	3 tablespoons flour.
3 tablespoons fat.	1½ cup hot meat stock.
2 cups bread or cracker crumbs.	

Make sauce with the fat, flour and seasoning, and add the hot stock gradually. Put half of the crumbs in a baking dish. Pour sauce mixed with meat (cut in small pieces) in dish, cover with crumbs and brown in oven twenty minutes.

**Sausage and Eggs.**

1 lb. sausage.	3 eggs.	2 tablespoons fat.
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Take cold boiled sausage, skin and slice in half inch pieces. Place in frying pan with hot fat; brown on both sides a few minutes and just before serving add the eggs, beaten slightly; mix and cook until eggs are set and serve immediately.

**Oysters, Manhattan Style.**

24 oysters.	1 tablespoon parsley.
1½ tablespoons butter.	½ teaspoon paprica.
½ teaspoon salt.	

Allow 3 to 6 oysters for each person. Have oysters freshly opened, and on deep part of shell. Cream the butter, add the rest of the ingredients. Divide this mixture, and put a bit on each oyster. Then cover each oyster with a slice of bacon. Set shells on baking tin in hot oven; cook about twelve minutes, or until bacon is crisp. Serve at once with ¼ lemon.

**Frogs' Legs.**

Scald the frogs' legs for just a moment; drain and dry; dust with salt and pepper; dip in beaten egg, then in rolled cracker and fry quickly in hot fat.

## CHAPTER XI.

## FISH.

## Composition of Fish.

	Refuse	Proteid	Fat	Mineral matter	Water
Trout.....	48.1	9.8	1.1	6	40.4
Whitefish.....	53.5	10.3	3.0	7	32.5
Perch.....	62.5	7.2	1.5	4	28.4
Herring.....	42.6	10.9	3.9	8	41.7
Pickereel.....	47.1	9.8	2	7	42.2
Black Bass.....	54.8	9.3	8	5	34.6

To scale fish, use fish-scaler, ordinary grater or knife. Begin at the tail end and go toward head, slanting the knife toward you to prevent scales from flying. Rinse and cleanse thoroughly in cold water. Sprinkle fish with salt and pepper, to preserve it and improve the flavor.

## Fried Fish.

Clean fish, wipe dry as possible, sprinkle with salt and pepper; dip in flour, crumbs or cornmeal; then in egg, and again in crumbs. Let stand a few moments. Then fry a golden brown in deep fat.

## Sweet and Sour Fish.

Cook the fish in water seasoned with salt, celery, one onion, one carrot, whole peppers, cloves and one tablespoon vinegar. When the fish is done, drain it, and make sauce as follows: Soak four ginger snaps; one half cup of brown sugar, and one-fourth cup vinegar; add to this a cup of the water the fish was boiled in; add lemon slices, raisins and boil thoroughly. It must taste strong of vinegar and sugar, and more of either to taste may be added.

**Broiled Smelts.**

Use only the largest smelts; split them down the backs; clean and remove the back-bone.

**Filled Fish.**

3 lbs. fish.	Salt.
1 onion, cut fine.	2 eggs.
$\frac{1}{2}$ cup bread or cracker crumbs.	1 tablespoon almonds, chopped.
2 tablespoons chopped parsley.	Pepper.

Clean the fish thoroughly, remove the skin without breaking, and the flesh by scraping it from the bones. Begin at the neck. With care, the back-bone may be removed with all the small bones attached. Chop the flesh fine. Mix with above ingredients. Wash fish skin, and fill with the mixture. Sew up with coarse thread. Place fish in boiling vegetable stock, boil slowly; when fish is cooked remove from pot, place on hot platter, to remainder vegetable stock add seasoning and one egg well beaten, to which has been added a tablespoon of cream, thicken stock with a teaspoon corn starch and pour hot over fish. Serve hot or cold.

**Fish A La Macedonie.**

2 lbs. fresh halibut.	1 can Macedonie, fine mixed
French dressing.	vegetable.

Boil fish in salted water, cool, surround with Macedoine and while still hot add a French salad dressing. Serve cold.

**Stuffing for Fish.**

$\frac{1}{2}$ cup bread crumbs.	$\frac{1}{2}$ cup cracker crumbs.
$\frac{1}{4}$ teaspoon salt.	$\frac{1}{4}$ cup melted butter.
1 teaspoon chopped onion.	1 teaspoon chopped parsley.
1 teaspoon capers.	1 teaspoon chopped pickles.

This makes a dry, crumbly stuffing; if a moist stuffing be desired, use stale bread crumbs (not dried), and moisten with one beaten egg or moisten the crackers with  $\frac{1}{4}$  cup hot water.

**Baked Trout.**

3½ lbs. trout.	1 onion cut fine.
1 can tomatoes.	1 piece celery root.
1 tablespoon flour.	1 yolk of egg.
Cream.	Worcestershire sauce.
	1 tablespoon butter.

Wet the flour with a little cold tomato. Salt fish, and let stand several hours. Place fish in a dripping pan with tomatoes, onion, celery and butter. Bake one-half hour. Strain the sauce and just before sending to the table thicken with egg yolk and add cream and Worcestershire sauce.

**Salmon Loaf.**

1 lb. can of salmon.	1 egg.
1 cup of bread crumbs.	Salt and pepper to taste.

Make into a loaf and place in a dish set in a steamer over kettle of boiling water, and steam one hour. This makes a nice dish served cold for luncheon.

**Sauted Fish.**

Clean fish, wipe dry as possible, sprinkle with salt and pepper, dip in flour, crumbs or cornmeal, and cook in spider with enough hot fat to prevent its sticking to the pan. Shake the pan, occasionally. Brown well on under side, then turn and brown on the other side.

**Broiled Sardines.**

Twelve large sardines broiled under gas flame for a few minutes (in a broiler). Serve on toast 2 sardines for each person. Decorate with parsley and a slice of lemon.

**Broiled Salt Mackerel.**

Freshen the fish by soaking it over night in cold water, with the skin uppermost. Drain and wipe dry; remove the head and tail; place fish upon a buttered broiler, and slowly broil to a light brown. Place upon a hot dish; add pepper, bits of butter, a sprinkling of parsley and a little lemon juice.



## CHAPTER XII.

**SALAD DRESSING AND SAUCE FOR MEATS  
AND VEGETABLES.****Vinaigrette Dressing.**

3 teaspoons vinegar.	4 tablespoons olive oil.
$\frac{1}{4}$ chopped onion.	2 branches parsley.
3 stalks chives or	Salt.
$\frac{1}{4}$ chopped green pepper.	Pepper.

Mix all together, put oil in last very slowly.

**French Salad Dressing.**

$\frac{1}{2}$ teaspoon salt.	$\frac{1}{4}$ teaspoon pepper.
2 tablespoons vinegar.	4 tablespoons olive oil or
$\frac{1}{2}$ teaspoon onion juice.	any poultry fat.
	$\frac{1}{4}$ teaspoon pepper.

Mix the ingredients and stir until well blended.

**French Dressing.**

4 tablespoons vinegar.	$\frac{3}{4}$ cup water.
1 tablespoon onion (chopped fine).	1 teaspoon salt.
	$\frac{1}{8}$ teaspoon pepper.
	$\frac{1}{4}$ teaspoon mustard.

Mix, set aside and keep very cold and pour over salad just before serving.

**Boiled Mayonnaise Dressing.**

2 tablespoons vinegar.	2 tablespoons lemon juice.
$\frac{1}{4}$ teaspoon salt.	1 teaspoon sugar.
$\frac{1}{2}$ teaspoon mustard.	Speck of cayenne pepper.
1 teaspoon butter or fat.	Yolk 2 eggs.

Mix the dry ingredients, add and stir the well beaten yolks, then add the vinegar. Boil in double boiler until thick. Take from the stove, and add the butter or fat and the juice of the lemon. Thin with whipped cream or lemon juice before serving.

**Cream Salad Dressing.**

1 cup sweet or sour cream.	2 tablespoons vinegar.
2 tablespoons sugar.	$\frac{1}{2}$ cup tomato catsup.
1 teaspoon salt.	2 tablespoons olive oil.

Mix oil, salt, sugar and vinegar together, then beat in the catsup and finally add the cream, beating it in gradually.

**Oil Mayonnaise Dressing.**

3 hard cooked yolks.	1 raw yolk.
2 teaspoons prepared mustard.	1 teaspoon grated onion.
$\frac{1}{8}$ teaspoon pepper.	1 tablespoon sugar.
1 lemon juice.	2 tablespoons white vinegar.
	3 teaspoons oil.

Mash and rub the cooked eggs smooth, add the dry seasoning, then the raw yolk and the rest of the ingredients, all but the oil. Stir until smooth, and add the oil, drop by drop. Stir constantly, and keep cool until wanted.

**Thick White Sauce.**

For Croquettes.

2 $\frac{1}{2}$ tablespoons butter.	$\frac{1}{4}$ cup flour.
$\frac{1}{4}$ teaspoon salt.	$\frac{1}{8}$ teaspoon pepper.
	1 cup hot milk, or white soup stock.

Melt butter in hot frying pan, add flour and stir well, and then add  $\frac{2}{3}$  of the hot liquid at once, and the rest gradually, stirring constantly until smooth. (Season.)

**White Sauce.**

2 tablespoons butter.	2 tablespoons flour.
$\frac{1}{8}$ teaspoon pepper.	1 cup hot milk.
	$\frac{1}{2}$ teaspoon salt.

Melt the butter. Remove from the fire, and mix with flour. Add  $\frac{2}{3}$  of the hot milk at once, and rest gradually, and boil, stirring constantly until mixture thickens. Season and serve hot.

**Brown Sauce.**

2 tablespoons flour.	$\frac{1}{8}$ teaspoon pepper.
$\frac{1}{2}$ teaspoon salt.	2 tablespoons butter or fat.
	1 cup hot water or vegetable stock.

Brown fat or butter, and if desired add small onion chopped, and when brown add the flour, let brown, and gradually add the hot liquid and the seasoning.

**Tomato Sauce.**

2 tablespoons flour.	1 cup strained tomatoes.
$\frac{1}{2}$ cup water.	1 teaspoon salt.
2 tablespoons butter.	$\frac{1}{4}$ teaspoon onion juice.

Salt and pepper.

Heat the butter, remove from the fire, stir in the flour. Add the water gradually, to make a smooth thickened sauce. Pour into the tomato, add the onion juice, salt and pepper, boil five minutes. Served with boiled macaroni, or boiled or baked meat, or fish, or eggs.

**Mint Sauce.**

$\frac{1}{4}$ cup chopped mint leaves.	1 tablespoon powdered sugar.
	$\frac{1}{2}$ cup vinegar.

Add sugar to vinegar; when dissolved pour over mint and let stand thirty minutes over slow fire to infuse. If vinegar is strong, dilute with water. Or boil sugar and vinegar, throw in mint leaves and let boil up once. Set aside, and serve cold with lamb.

**Curry Sauce.**

2 tablespoons flour.	2 tablespoons butter.
$\frac{1}{2}$ teaspoon curry powder.	$\frac{1}{4}$ teaspoon salt.
	1 cup hot soup stock.

Melt butter, add flour, then seasoning and gradually the hot soup stock. Let cook until thick and smooth, and serve with hot left over meat.

**Horseradish Sauce.**

1 tablespoon vinegar.	$\frac{1}{4}$ teaspoon salt.
3 tablespoons grated Horseradish.	$\frac{1}{4}$ cup cream.
	Pepper.

Mix ingredients and add the cream, beaten stiff. Serve with cold meat or whole tomatoes as relish.

**Egg Sauce for Fish.**

$\frac{1}{4}$ cup butter.	$\frac{1}{8}$ teaspoon pepper.
3 tablespoons flour.	$1\frac{1}{2}$ cups hot water.
	$\frac{1}{2}$ teaspoon salt.

Melt the butter, add flour, salt and pepper, pour on gradually the hot water. Boil five minutes, add two hard boiled eggs cut in slices, or finely chopped parsley.

## CHAPTER XIII.

## SALADS.

**To Prepare Lettuce.**

Cut off the roots and coarse outside leaves, remove the other leaves, one at a time and place in cold water. Rinse carefully and lay in a towel, and shake the water from the leaves.

**Pimento Salad.**

$\frac{1}{2}$ package Knox gelatine.	$\frac{1}{3}$ cupful vinegar.
$\frac{1}{2}$ cupful sugar.	Juice of $\frac{1}{2}$ lemon.
$\frac{1}{3}$ cupful water.	$\frac{1}{2}$ teaspoonful salt.

When gelatine is dissolved, add  $\frac{1}{2}$  pint boiling water. Let cool add  $\frac{3}{4}$  cupful of celery, cut fine;  $\frac{1}{2}$  cupful pecans, and  $\frac{1}{2}$  small can of pimentos cut fine, and the rest of the ingredients. This will fill six moulds.

**White Grape Salad.**

1 pt. white grapes.	1 cup apples.
Celery.	English walnuts.

Cut grapes in half, remove seeds; add apples chopped, celery cut in small pieces, and about 1 dozen walnuts, cut fine. Mix all together, and moisten with mayonnaise, or French dressing.

**Salmon Salad.**

1 small can salmon.	Juice of lemon.
Celery.	1 doz. walnuts.
3 cucumber pickles.	$\frac{1}{2}$ doz. olives.

Take salmon, add lemon juice, chill. When ready serve, add as much celery, cut small, as fish, 1 dozen walnuts, 3 cucumbers, pickles, and  $\frac{1}{2}$  dozen olives, cut small. Mix well, and serve with mayonnaise dressing.

**Chicken Salad.**

Cut chicken in small cubes; add as much celery as meat, mix with good salad dressing, and serve very cold on lettuce leaf.

### Pineapple Salad.

1 can sliced pineapple. Filberts.

Take slice pineapple, place on crisp lettuce leaf; put one filbert in center of pineapple, and for each slice of fruit a heaping desert spoon mayonnaise dressing to which has been added whipped cream. Serve very cold.

### Banana and Nut Salad.

Boil  $\frac{1}{2}$  cup each sugar and water, five minutes; add the juice of  $\frac{1}{2}$  lemon, and boil three minutes. Peel bananas, roll in cold syrup and then in chopped walnuts or pecans. Serve on lettuce with teaspoon of mayonnaise.

### Orange and Pineapple Salad.

2 oranges. 1 pineapple or canned  
pineapple.

Peel oranges and slice very thin, 1 pineapple sliced. Put orange and pineapple in alternate layers. Pour over fruit sauce made as follows: 1 cup currant juice cooked with 1 teaspoonful cornstarch mixed with 1 tablespoon sugar. When clear, remove from fire and serve on sliced fruit, serve very cold.

### Lobster Salad.

1 can lobster or Celery.  
1 fresh lobster. 1 hard boiled egg.

Cut lobster in small pieces, as much celery as fish and 1 hard boiled egg, cut in small pieces. Mix well with a boiled mayonnaise or French dressing.

### Tuna Fish Salad.

Tuna fish sold in tins, and resembles in taste and appearance the white meat of chicken, that it may easily be mistaken for chicken salad; 1 tin of Tuna fish, cut in small pieces, as much celery as fish, and six large olives, cut in small pieces, mix altogether and serve with French dressing.

**Potato Salad.**

12 small potatoes.	$\frac{1}{2}$ cup vinegar.
3 tablespoons sugar.	1 teaspoon salt.
$\frac{1}{4}$ teaspoon pepper.	1 cup thick, sour cream.
2 hard cooked eggs.	1 tablespoon chopped parsley.
	1 onion grated.

Boil potatoes in their jackets, peel and slice, and mix while hot with the vinegar, salt, pepper, onion, and add the sour of cream. Place in salad bowl, and garnish with the eggs, sliced crosswise, and the chopped parsley. Serve cold, add copers or chopped pickles, if you wish.

**Water Lily Salad.**

1 large or 2 small heads. of lettuce.	3 to 6 eggs.
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Cook eggs one-half hour. When cold, remove the shell, and cut the egg crosswise, in small points to resemble leaves of a flower. Carefully wash and wipe the lettuce; cut the large leaves into narrow shreds, but save the nicest small ones whole. Arrange the finely shredded lettuce in the bottom of salad bowl, pour over it the dressing, arrange the leaves on top of it, put half an egg in center of each leaf. Garnish with radishes.

**Pepper and Grape Fruit Salad.**

Remove the tops from six green peppers. Take out seeds and refill with grape fruit pulp, fine cut celery and English walnut meats, mixed with Mayonnaise dressing. For each pepper use three halves of walnut meats, and half as much celery as grape fruit.

**Pineapple Salad in Apple.**

Shred the pineapple, also the celery. Just before serving hollow out and peel apples, as many as you need; fill with celery and pineapple and cover with Mayonnaise. Serve ice cold.

**Stuffed Tomato Salad.**

6 ripe tomatoes.	2 cucumbers.
$\frac{1}{2}$ pint salad dressing.	Lettuce.
Salt and pepper.	

Scald the tomatoes, so that the skins can be easily removed. Cut a slice from the top of each, and with a small spoon remove the seeds. Peel the cucumbers, and cut them into dices, season highly and mix with at least half the dressing. Fill tomato cups with this, and put another spoonful of the dressing on top. Sprinkle a very little finely chopped parsley over and serve on a bed of lettuce leaves.

**Stuffed Beet Salad.**

Boil without peeling medium-sized beets until they are tender. Cut a slice off the bottom so they will stand upright, and scoop the inside out carefully, keeping the shell as whole as possible. Peel the shells, and when cold fill with a mixture of beet centers, cold boiled potatoes and celery, all cut in small pieces and well moistened with a good Mayonnaise. Serve on lettuce leaves, and place a slice of hard boiled egg on each portion of salad.

**Artichokes Salad.**

Boil the French Artichokes from 30 to 40 minutes, until leaves may be easily pulled out. Cool and then put on ice. Serve with a thin Mayonnaise or Vinaigrette dressing.

**Chestnut Salad.**

Cook chestnuts until tender, cut in halves or quarters, add as much celery and apple, cut small, as nut meats, and then mix with French or Mayonnaise dressing, and serve very cold on crisp lettuce.

**Russian Salad.**

1 cup peas.	1 cup turnips, diced.
1 cup string beans, cut small.	French dressing.
1 cup carrots, diced.	

Potatoes may be used instead of turnips.

## CHAPTER XIV.

## PUDDINGS AND SAUCES

## Aunt Martha's Apple Pudding.

6 or 7 apples.	1 cup sugar.
3 eggs.	1 teaspoon flour.
1 lemon (juice).	

Fill a medium-sized pudding dish  $\frac{2}{3}$  full of sliced apples; cover closely and bake. When tender, pour over following: well beaten yolks of three eggs, mixed with 1 cup sugar, 1 teaspoon flour, juice of lemon, fold in well beaten white. Bake fifteen minutes, in moderate oven.

## Chocolate Pudding.

1 pt. milk.	2 tablespoons grated chocolate.
$\frac{1}{2}$ cup sugar.	1 tablespoon corn starch.
	Vanilla.

Mix first three ingredients, put on stove and allow to come to boiling point, then add cornstarch, diluted with a little milk add vanilla, stir until thick, pour in cups and allow to stand until firm. Serve with whipped cream.

## Baked Custard.

1 pt. milk.	4 tablespoons sugar.
2 eggs.	Flavoring.

Scald, but not boil, milk, add by degrees the beaten yolks and sugar, when well mixed, add beaten whites, flavor to taste, pour in deep dish or cups. Set these in pan of boiling water, and bake in oven until firm.

## Suet Pudding.

1 cup chopped suet.	1 cup molasses.
1 cup sweet milk.	1 teaspoon soda.
3 cups flour.	1 cup seeded raisins.
1 cup clear currants.	1 grated nutmeg.
1 teaspoon cloves, cinnamon and allspice.	

Put mixture into good-sized buttered bowl, tie cloth over top of bowl, set in steamer, and allow to steam  $2\frac{1}{2}$  to 3 hours.



**Half Pay Pudding.** $\frac{1}{4}$  lb. flour. $\frac{1}{4}$  lb. suet. $\frac{1}{4}$  lb. currants. $\frac{1}{4}$  lb. bread crumbs. $\frac{1}{4}$  lb. raisins.

2 tablespoons Golden syrup.

Mix altogether, put in buttered basin, and steam three hours.

**Chocolate Souffle.**

3 eggs.

 $\frac{1}{2}$  cup grated chocolate. $\frac{1}{2}$  cup sugar.

Beat yolks of eggs with sugar and grated chocolate, then fold in well beaten whites, put in pudding dish, and bake fifteen minutes, to be eaten at once; must not stand.

**Lemon Pudding.** $\frac{1}{4}$  lb. butter. $\frac{1}{4}$  lb. flour.

2 eggs.

3 oz. sugar.

Juice of  $\frac{1}{2}$  lemon.

1 teaspoon baking powder.

Rind of 1 lemon.

Steam in cups one and one-half hours.

**Caramel Pudding.** $\frac{1}{2}$  box gelatine. $\frac{1}{2}$  cup cold water.

1 cup dark brown sugar.

 $\frac{1}{2}$  cup hot water.

Dissolve first two ingredients, boil sugar with water until hairs, then add gelatine. Cook a minute and then pour slowly over well beaten white of four eggs. Beat altogether until cold, put in mould and set away to harden. Slice and serve with whipped cream.

**Chocolate Bread Pudding.**

4 eggs (separate).

4 tablespoons grated bitter  
chocolate.

4 tablespoons bread crumbs.

4 tablespoon sugar.

1 teaspoon baking powder.

Mix altogether and lastly add beaten whites. Bake in pudding dish. To be served with orange sauce.

**Date Pudding.**

2 oz. dates (stoned).	$\frac{1}{4}$ lb. bread crumbs.
$\frac{1}{4}$ lb. suet.	1 tablespoon syrup.
$\frac{1}{2}$ nutmeg.	1 teaspoon sugar.
$\frac{1}{2}$ teaspoon baking powder.	1 egg.
	$\frac{1}{4}$ cup milk.

Steam three hours.

**Marshmellow Cream.**

1 rounded tablespoon granulated gelatine.	$\frac{1}{2}$ cup cold water.
$\frac{1}{2}$ cup cold water.	4 eggs (whites).
	1 cup sugar.

Dissolve gelatine in cold water, and stir over fire until thoroughly dissolved. Add  $\frac{1}{2}$  cup cold water to hot gelatine, and let cool. Beat whites of eggs until stiff, then pour gelatine slowly into whites and beat thoroughly, put in cup of sugar gradually, and keep beating. Divide mixture into three parts: color two parts; 1 pink, strawberry flavor, and 1 green pistacho flavor, leave one part white, add chopped nuts, pour into mould and allow to stand until firm, cut in slices. Serve with whipped cream.

**Queen of Puddings.**

$\frac{1}{2}$ pt. of bread cubes.	$\frac{1}{4}$ cup of sugar.
$\frac{3}{8}$ eggs.	1 teaspoon of vanilla.
1 pt. milk.	1 cup stewed pears or apples.

Cut the bread into  $\frac{1}{2}$  inch cubes; beat the yolk of the eggs and one white together, add sugar and vanilla, and beat until well mixed, add the milk, and stir until sugar is dissolved. Pour this custard over the bread and bake in moderate oven until set; take from the oven and cover with stewed pears or apples. Make a meringue of remaining two whites, and two rounded tablespoons of granulated sugar; add a few drops of vanilla, spread over apples, and place in a cool oven until a delicate brown. Any kind of preserve or jelly may be used instead of fruit.

**Matzo Pudding.**

3 large apples, grated.	4 yolks beaten.
$\frac{2}{3}$ cup powdered sugar.	$\frac{1}{2}$ lemon rind.
$\frac{1}{4}$ cup matzo meal.	4 whites beaten.

Stir sugar with beaten yolks, add the apples, grated lemon rind and the meal, and lastly beaten whites. Bake in spring form. Sprinkle four tablespoons almonds blanched and cut fine on top, and bake in moderate oven.

**Matzo Crimsel.**

2 matzos.	3 eggs.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{2}$ cup sugar.

Soak matzos in water and press quite dry. Mix in the rest of ingredients and stir well. Drop from tablespoon in hot deep fat, and fry slowly until browned on both sides. Serve warm with stewed cherries or prunes.

**Apple Charlotte.**

2 qts. apples, diced.	1 cup sugar.
$\frac{1}{2}$ cup currants.	1 lemon rind and juice.
1 teaspoon cinnamon.	1 cup seeded raisins.
$\frac{1}{4}$ cup of red or white wine.	

Line a well-greased pudding dish with very rich pie crust  $\frac{1}{2}$  inch thick, fill with chopped apples, sugar, few chopped almonds, wine, raisins, lemon juice and rind. Cover with pie crust  $\frac{1}{4}$  inch thick, and bake 30 to 60 minutes in hot oven.

**Fig Pudding.**

1 cup flour.	2 teaspoons baking powder.
1 cup bread crumbs.	1 cup sugar.
$\frac{1}{2}$ lb. dried figs.	1 cup finely chopped suet.
2 eggs.	1 cup milk.

Pinch salt.

Sift flour and baking powder into a bowl, add bread crumbs, sugar and salt, figs, cut up small and suet. Mix well, add the eggs well beaten, and the milk. Turn into a greased pudding mould, cover closely, and steam three hours. The pudding should be moist enough to pour easily into mould.

**Wine Sauce.**

1 cup wine (sherry or Madeira). 2 eggs.  
 $\frac{3}{4}$  cup sugar.

Heat wine to the boiling point and pour slowly into the eggs which have been beaten light with sugar, stir all the time. Cook until thick, pour in sauce dish and keep warm, until ready to serve.

**Caramel Sauce.**

Put  $\frac{1}{3}$  cup sugar in a spider, stir until melted, add  $\frac{1}{2}$  cup of boiling water, and simmer ten minutes.

**Orange Sauce.**

2 eggs (separate). 2 tablespoons sugar.  
 Juice of 2 oranges.

Cook in double boiler, when thick, put pan in cold water, and add beaten whites.

**Sauce for Steamed Puddings.**

$\frac{1}{2}$  cup butter. 1  $\frac{1}{2}$  cup sugar.  
 $\frac{3}{4}$  cup milk. 1 tablespoon sherry.

Cream butter and sugar, add sherry, and just before serving, add hot milk.

**Vanilla Sauce.**

$\frac{1}{4}$  cup sugar. 1 tablespoon butter.  
 2 tablespoons flour. 2 cups boiling water.

Vanilla.

Boil sugar and water, melt butter and add flour, then add syrup, boil until thoroughly cooked. Strain and add flavoring; serve hot.

**Brandy Sauce.**

Stir enough pulverized sugar into beaten yolks of three eggs to thicken them, add  $\frac{1}{2}$  wine glass brandy, and stir in whites beaten stiff.

**Hard Sauce.**

$\frac{1}{3}$  cup powdered sugar.  $\frac{1}{2}$  teaspoon lemon extract.  
 $\frac{1}{8}$  cup butter.  $\frac{2}{3}$  teaspoon vanilla.

Cream butter, add sugar gradually, and flavoring.

## CHAPTER XV.

## COOKIES AND KISSES

## Date and Almond Kisses.

1 lb. dates.	4 eggs (whites).
$\frac{3}{4}$ lb. almonds.	1 cup powdered sugar.

Blanch almonds, and cut lengthwise in four parts. Pit dates and cut in four parts; mix nuts and dates. Beat sugar and whites until gloss, add nuts and dates, and put teaspoonful of mixture on waxed papers, on buttered tin. Bake twenty minutes in moderate oven.

## Butter Cookies.

1 cup butter.	2 eggs.
1 cup sugar.	3 small cups flour.
$1\frac{1}{2}$ teaspoons baking powder.	

Mix altogether, being careful not to use too much flour, roll out very thin, and use very little flour in rolling out. Brush top of cookie with white of egg, and sprinkle sugar, cinnamon and chopped nuts.

## Sponge Drops.

3 eggs.	$1\frac{1}{4}$ cups of flour.
1 cup sugar.	1 teaspoon cream of tartar.
$\frac{1}{2}$ teaspoon saleratus.	Orange flavor.

Beat eggs and sugar, stir in flour to which has been added cream of tartar and saleratus. Flavor and drop in teaspoonful, about three inches apart. Bake instantly and quickly.

## Oatmeal Cookies.

1 cup butter.	2 cups flour.
1 cup sugar.	2 cups rolled oats.
1 cup chopped raisins.	2 eggs.
4 tablespoons milk or	1 teaspoon vanilla.
$\frac{1}{2}$ cup sweet	$\frac{3}{4}$ teaspoon cinnamon.
$\frac{3}{4}$ teaspoon soda.	Pinch salt.

Drop with a teaspoon.

**Cocoanut Kisses.**

2 eggs (whites beaten).  $\frac{1}{2}$  cup powdered sugar.  
 1 cup cocoanut.  $\frac{1}{2}$  teaspoon vanilla.

Bake on waxed paper in moderate oven from twenty to twenty-five minutes.

**Plain Cookies.**

2 cups sugar. 1 cup butter.  
 2 eggs.  $\frac{2}{3}$  cup sour milk.  
 1 teaspoon soda. 1 teaspoon flavoring.

**Fruit Cookies.**

1 cup butter.  $1\frac{1}{2}$  cup sugar.  
 $\frac{1}{4}$  cup sour cream. 1 cup chopped raisins.  
 1 teaspoon soda. 1 teaspoon cinnamon.  
 1 teaspoon cloves. 3 eggs.  
 3 big cups flour. 3 tablespoon brandy.  
 Sprinkle with sugar.

**Rocks.**

$1\frac{1}{2}$  cups sugar. 1 cup butter.  
 3 eggs. 1 teaspoon soda in hot water.  
 1 teaspoon cinnamon. 3 cups flour.  
 1 lb. walnuts, chopped fine.  $\frac{3}{4}$  lb. raisins.

Drop teaspoonful on buttered tins and bake in moderate oven.

**Jackson Cookies.**

$1\frac{1}{2}$  cup sugar. 1 cup butter.  
 3 eggs. 1 cup sour milk or cream.  
 1 level teaspoon soda.  $3\frac{1}{2}$  cups flour.  
 2 teaspoons cinnamon.

Drop by teaspoon on buttered tin, and bake in quick oven.

**Chocolate Cookies.**

2 cups butter.  $\frac{1}{4}$  lb. sweet chocolate, grated.  
 2 cups sugar. 6 eggs.  
 2 cups flour. 2 teaspoons baking powder.  
 1 teaspoon vanilla.

Flour enough to roll, spread on tops, the whites of two eggs beaten stiff with nuts, sugar and a little lemon juice.

**Peanut Cookies.**

1 cup sugar.	1 cup sour milk.
$\frac{1}{2}$ cup butter.	2 eggs.
1 teaspoon of soda (put in milk).	1 cup peanuts
1 teaspoon vanilla.	chopped fine.

Flour enough so you can drop mixture on greased tins, and bake in quick oven.

**Almond Bars.**

$\frac{1}{2}$ lb. brown sugar.	2 whole eggs.
$\frac{3}{4}$ cup flour.	$\frac{3}{4}$ teaspoon baking powder.
$\frac{1}{2}$ teaspoon cinnamon.	$\frac{1}{2}$ teaspoon allspice.
$\frac{1}{2}$ teaspoon cloves.	$\frac{1}{8}$ lb. almond (scald and sliced).

Bake twenty minutes in shallow tins, cut in bars while hot, and frost with confectioners sugar and milk.

**Cream Puffs.**

One cup hot water and one-half cups butter, while boiling beat in 1 cup flour, when cool stir in three eggs, one at a time without beating, drop in buttered muffin tins. Bake twenty-five minutes, when cool cut tops and fill with sweetened whipped cream, sprinkle powdered sugar over top.

**Ginger Bread.**

1 cup sorgun molasses.	1 teaspoon cloves.
$\frac{1}{2}$ cup sugar.	1 teaspoon cinnamon.
$\frac{1}{2}$ cup butter.	2 $\frac{1}{2}$ cups flour.
2 eggs.	2 teaspoons soda in 1 cup boiling water.

Mix altogether and bake.

**Doughnuts.**

1 cup sugar.	1 cup sour milk.
2 eggs.	1 teaspoon soda.
2 $\frac{1}{2}$ tablespoons butter.	Salt.
	Nutmeg.

Mix soft as possible. Fry brown in deep fat.

**Date Cookies.**

2½ cupfuls oatmeal.	2½ cupfuls flour.
1 cupful butter.	1 cupful brown sugar.
1 teaspoon soda, dissolved.	1 teaspoon cinnamon.
in ½ cupful hot water.	

Combine materials as usual. Turn a dripping pan up-side-down, and butter it. Place one-half the dough on the pan and roll it out. Then put on a filling made as follows:

One pound dates, 1 cupful sugar, ½ cup water and cook until soft.

Spread this mixture on the dough. Roll out the remainder of the dough. It will have to be cut to put it on the filling. The pieces of the top layer of dough will run together, when baked cut in squares the desired size, when first taken from the oven.

**Chocolate Kisses.**

3 whites of eggs.	½ lb. grated chocolate.
½ cup sugar.	Vanilla.

Beat whites of eggs very stiff, add sugar, chocolate and vanilla. Bake on flowered tins in slow oven sixty minutes.



## CHAPTER XVI.

## PASTRY.

All of the material must be as cold as possible. The dough should be mixed with a knife and not touched with the hands. It should be rolled in one direction only and on one side, using but little flour. The dough should be rolled thin and baked until brown.

The shortening should not be cut fine, if a flaky crust is desired.

## Plain Pie Dough.

1 cup flour.  
 $\frac{1}{2}$  cup butter, or  
 other fat.

Ice water.  
 $\frac{1}{4}$  teaspoon salt.

Mix, roll thin and spread on top of pie plate. Enough for two crusts.

## Matzo Pie Crust.

2 eggs.  
 $1\frac{1}{2}$  matzos.  
 $\frac{1}{8}$  teaspoon salt.

1 tablespoon fat.  
 $\frac{1}{4}$  cup matzo meal.  
 2 tablespoons sugar.

Soak matzos and press dry; heat fat and add soaked matzos. When dry add matzo meal, eggs, sugar and salt. Mix well, and press into pie plate with hands, as it is impossible to roll this dough. Have dough  $\frac{1}{4}$  inch thick.

## Apple Pie.

Line a pie plate with pie crust. Sprinkle with bread crumbs. Lay in sliced apples, sprinkle with sugar and cinnamon. Cover with pie crust, slash and prick; bake in hot oven until crust is brown, and fruit is soft.

**Lemon Sponge Pie.**

3 eggs separate.                      3 tablespoons sugar.  
 3 tablespoons flour.                1 teaspoon baking powder.  
    Grated rind of lemon.

Bake cake; put on plate, and make following filling:  
 5 eggs, separate.                      3 tablespoons sugar.

Juice of two lemons. Cook in double boiler, add whites when cool, put on top of filling and put cake with filling into oven until top is brown.

**Individual Pies.**

1 cup sugar.                              3 eggs (separate).  
 ½ cup butter.                            1 cup raisins, chopped fine.  
    1 teaspoon vanilla.

Bake in pattie tins; add beaten whites on top of each, and let brown in oven.

**Squash Pie.**

1 cup of boiled squash.            1 ½ cup milk.  
 ½ cup brown sugar.                    2 eggs.  
 1 tablespoon melted butter.        1 teaspoon cinnamon.  
 1 teaspoon ginger.                      A little nutmeg.  
    Pinch of salt.

Mix well, and put into pie crust.

**Chocolate Pie.**

1 cup grated chocolate.              ¾ cup sugar.  
 4 whites.

Beat whites stiff, add sugar, chocolate and vanilla. Have pie crust baked in pie tin, put in filling, and bake until slightly brown.

**Prune Pie.**

Press one-half pound of stewed prunes through a colander, to remove stones and skin. Simmer five minutes in their own juice, add sugar to sweeten, rind of half a lemon, cinnamon or spice to taste. Spread the mixture on a pie crust and bake well.

**Canadian Pumpkin Pie.**

1 cup strained or Mashed pumpkin.	1 beaten egg.
$\frac{1}{4}$ cup syrup.	$\frac{1}{2}$ teaspoon salt.
	$\frac{1}{8}$ teaspoon ginger or cinnamon.
$\frac{1}{4}$ cup brown sugar.	$\frac{1}{4}$ cup cream.

Mix in order given, and bake until firm in a tin lined with pie dough.

**Mock Cherry Pie.**

1 cup cranberries.	$\frac{3}{4}$ cup sugar.
$\frac{1}{2}$ cup raisins, seeded.	1 tablespoon flour.
	1 teaspoon butter, melted.

Cut cranberries in halves; raisins, in pieces. Add the rest and bake in moderate oven between crusts.

**Strawberry Shortcake.**

3 eggs.	2 cups flour.
$1\frac{1}{2}$ cups sugar.	2 teaspoons baking powder.
1 teaspoon lemon juice.	Whites 3 eggs.
$\frac{1}{2}$ cup water.	1 qt. strawberries.

Beat yolks, add the sugar, lemon juice and water; then the flour, mixed with baking powder, and lastly the whites of the eggs. Bake in shallow pans. When cool, split and fill with one pint of strawberries which have been slightly crushed. Make a meringue by beating the whites of two eggs stiff, and add gradually a tablespoon powdered sugar. Place on top of cake and garnish with remainder of strawberries.

**Pumpkin Pie.**

$1\frac{1}{2}$ cupfuls canne pumpkin.	1 cupful milk.
$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ teaspoon cinnamon.
$\frac{1}{2}$ teaspoon salt.	1 teaspoon vanilla.
	2 eggs.

Put into rich pie crust, bake, and serve with sweetened whipped cream.

## CHAPTER XVII.

## CAKES

## Cheap Apple Sauce Cake.

1 cup apple sauce (no sugar).	1 cup sugar.
add 1 teaspoon baking soda.	$\frac{1}{2}$ cup butter.
2 cups flour.	1 cup raisins.
1 cup nuts (ground).	$\frac{1}{2}$ teaspoon cinnamon.
$\frac{1}{2}$ teaspoon cloves.	Nutmeg.

## Eggless, Butterless, Milkless Cake.

1 cup sugar.	1 cup raisins.
$\frac{1}{4}$ cup fat.	1 teaspoon cinnamon.
	1 cup water.

Boil above ingredients three minutes, when cool add 2 cups flour into which has been sifted three level teaspoons baking powder, 1 cup nut meats,  $\frac{1}{2}$  teaspoon soda, dissolved in a little water. Lemon flavoring.

## Crumb Cake.

1 $\frac{1}{2}$ cups sugar.	$\frac{1}{2}$ cup butter.
	2 $\frac{1}{2}$ cups flour.

All mixed dry, same as for pastry. Reserve  $\frac{3}{4}$  of a cup of these pastry crumbs for top. Add to the rest two level teaspoons baking powder, 1 teaspoon vanilla, 2 eggs well beaten, 1 cup milk. Sift cinnamon or grated chocolate over the crumbs when ready for the oven.

## Sour Cream Spice Cake.

1 egg (well beaten).	$\frac{1}{2}$ cup butter (scant).
1 cup white sugar.	1 cup sour cream.
1 teaspoon baking soda.	1 teaspoon cinnamon.
1 teaspoon cloves.	1 teaspoon nutmeg.
1 cup of seeded raisins.	2 scant cups of flour.

Pinch salt.

Bake in a long tin well greased in a moderate oven. Add soda to cream, and beat well before putting in batter.

**Date Cake.**

4 eggs (separated).	1 cup sugar.
1 cup flour.	1 heaping teaspoon baking powder.
1 cup chopped nuts.	1 cup chopped dates.
Grated rind of 1 lemon.	

Beat yolks of eggs with sugar, add one piece of chocolate, grated, and 1 teaspoon spices, then 1 cup flour and baking powder, beaten whites and lastly chopped nuts and dates.

**La Purette.**

1 cup sugar	} creamed.	1 heaping cup flour.
3 yolks.		1 teaspoon baking powder.
¼ cup tepid water.		Whites last, well beaten.

Bake in shallow pan, when cold cut into squares. Cover squares on all sides with following: cream 1 cup butter, add as much powdered sugar as it will hold, 1 tablespoon cream and 1 teaspoon vanilla, and roll each square in salted ground almonds.

**Lady Finger Sorte.**

6 eggs.	1 cup sugar.
6 lady fingers.	1 cup almonds.
Juice and rind of lemon.	

Cream sugar and yolks together, then add lady fingers ground up with 1 cup almonds, do not scald almonds, lastly add beaten whites and rind, and juice of lemon.

Bake in two layers and put together with following custard filling:

One cup milk, 1 egg, 1 tablespoon corn starch, sugar to sweeten, pinch salt and vanilla. Ice cake with lemon icing.

**Nut Cake.**

1½ cups sugar.	1 cup milk.
1 cup butter.	1 cup nuts.
3 eggs.	2 teaspoons baking powder.
3 cups flour.	

**Sunshine Cake.**

1 1/2 cup sugar.	6 eggs.
1/2 cup water.	1 cup flour.
1 cup cream tartar.	Vanilla.

Boil sugar and water until it strings, beat whites of eggs stiff, and beat in syrup until cool, then add beaten yolks, 1 cup flour and 1/2 cup cream tartar; flavor and bake slowly one hour.

**Walnut Cake.**

1 lb. walnuts, in shell.	7 eggs.
1 cup sugar.	1/2 cup cracker meal.
1 tablespoon flour.	1 teaspoon baking powder.

Grind or pound almonds up, beat yolks of eggs light with sugar, add cracker meal mixed with flour and ground almonds, and baking powder, lastly add beaten whites and flavoring, bake in layer tins and put together with whipped cream, sweetened and flavored.

**Devil's Food.**

1 cup grated chocolate.	1 cup brown sugar.
1 cup brown sugar.	1/2 cup butter.
1 cup milk.	2 eggs.
	1 cup milk.

Boil first three ingredients together until thick; let cool. Mix sugar, butter, eggs and milk together, add boiled mixture, then add two cups flour and teaspoon soda dissolved in little water, lastly add beaten whites. Bake in layers and put together with chocolate frosting.

**Sponge Cake.**

4 eggs.	1 cup flour.
1 cup sugar.	1/2 teaspoon baking powder.
	Flavoring.

Beat yolks of eggs and sugar together for ten minutes, then add 1 cup flour and baking powder, lastly beaten whites and flavoring.

**One Egg Cake.**

$\frac{1}{2}$ cup sugar.	1 egg.
$\frac{1}{4}$ cup butter.	$\frac{1}{2}$ cup milk.
$2\frac{1}{2}$ teaspoons baking powder.	$1\frac{1}{2}$ cups flour.
	Vanilla.

**Chocolate Cake (Eggless).**

$\frac{1}{2}$ cup fat or butter.	$\frac{1}{2}$ cup grated chocolate.
2 cups brown sugar.	1 cup sour milk.
$2\frac{1}{2}$ cups flour.	$\frac{1}{2}$ cup hot water, with $\frac{1}{4}$ teaspoon soda.

**Aunt Hannah's Cinnamon Cake.**

$\frac{1}{2}$ cup butter.	1 cup milk.
2 cups sugar.	2 teaspoons baking powder.
4 eggs (separated).	$2\frac{1}{2}$ cups flour.
$\frac{1}{2}$ teaspoon vanilla.	Cinnamon and sugar.

Mix butter and sugar, add yolks, then half milk and half flour, then remaining milk and flour, beaten whites last. Bake in long tins, in slow oven, sprinkle sugar and cinnamon, mixed on top.

**Luncheon Cakes.**

1 cup dates.	1 tablespoon baking powder.
1 cup nut meats.	3 eggs.
1 cup sugar.	1 cup flour.

Stir sugar and flour, eggs and baking powder together, add chopped nuts and dates. Bake in shallow tins and roll in powdered sugar.

**Christmas Cake.**

1 lb. raisins.	$\frac{1}{2}$ teaspoon cloves.
1 lb. currants.	1 lemon rind and juice.
2 cups flour.	$\frac{1}{2}$ wineglass sherry.
6 eggs.	$\frac{1}{2}$ tablespoon cinnamon.
$\frac{1}{2}$ lb. brown sugar.	$\frac{1}{2}$ teaspoon ginger.
$\frac{1}{2}$ lb. mixed peel.	$\frac{1}{2}$ teaspoon mace.
$\frac{1}{2}$ wine glass molasses. *	$\frac{1}{2}$ teaspoon soda dissolved in hot water.

Steam  $2\frac{1}{2}$  hours, and bake one hour.

**Angel Food.**

1 cup of egg whites (unbeaten). 1 cup sifted flour.  
 1  $\frac{1}{4}$  cups sugar. 1 teaspoonful cream of tartar.  
 1 teaspoon vanilla.

Put salt into the egg whites and beat until frothy. Put in the cream of tartar and finish beating, must be very stiff. Then beat in sugar, add the flavoring and fold in the flour lightly. Bake in slow oven 50 or 60 minutes. Sift sugar once, flour five times, have eggs very cold.

**Ice Box Cake.**

1  $\frac{1}{2}$  doz. fresh lady fingers. 2 tablespoons sifted confec-  
 2 bars German sweet chocolate. tioners' sugar.  
 2  $\frac{1}{2}$  tablespoons boiling water. 4 eggs (separate).

Melt chocolate in double boiler, add water, then sugar; then each yoke separately; lastly beaten whites. Spread lady fingers flat side down on waxed paper in square pan, then filling; then another layer of fingers, and then remainder of filling. Set on ice for ten hours, when ready to serve cut in squares, and serve with whipped cream.

**Bermuda Ginger Cake.**

$\frac{1}{2}$  cup butter.  $\frac{1}{2}$  cup milk.  
 $\frac{1}{2}$  cup sugar.  $\frac{1}{2}$  cup molasses.  
 2 eggs (beaten). 1 teaspoon soda dissolved in  
 1 desert spoon ginger. warm water.  
 1 orange, juice and rind.  $\frac{1}{2}$  lemon (juice.)  
 2 cups flour.

**Sweet or Sour Cream Cake.**

1 cup cream. 1  $\frac{3}{4}$  cups flour.  
 1 cup sugar. 2 eggs.  
 1 teaspoon soda. 1 teaspoon vanilla.  
 A little salt.

Can be baked in patty tins.





**Fig Filling.**

1 lb. figs.	1 egg (white).
$\frac{1}{2}$ cup water.	$\frac{1}{2}$ cup chopped nuts.
1 cup sugar.	Flavoring.

Boil first three ingredients until thick; then mix nuts in and add mixture to well beaten white.

**Marshmellow Frosting.**

21 tablespoons powdered sugar. 3 tablespoons gelatine.  
7 tablespoons water.

**Divinity Cake Icing.**

2 cups white sugar.	$\frac{1}{2}$ cup corn syrup.
$\frac{1}{2}$ cup water.	1 egg (white).
	Vanilla.

Boil sugar; syrup and water together until it forms a ball in water. Have white of egg beaten stiff. Pour hot syrup on this slowly, beating constantly, until thick and creamy. Spread on cake and cover with bitter chocolate, that has been melted. This is delicious for white loaf cake.

**Caramel Frosting.**

$\frac{3}{4}$ lb. maple sugar, scraped.	Butter size of an egg.
$\frac{3}{4}$ lb. brown sugar.	1 $\frac{1}{2}$ cups cream.

Mix and boil slowly for forty minutes. Remove from stove and stir over ice until proper consistency to spread. If too stiff, thin with cream. Dip knife in cream to spread.

**Chocolate Filling.**

2 whites of eggs.	$\frac{1}{4}$ cup confectioner's sugar.
	$\frac{1}{4}$ lb. chocolate.

Beat eggs very stiff, add sugar, and lastly the grated chocolate. Stir until smooth.

## CHAPTER XIX.

## FROZEN DESERTS

## Ice Cream.

3 pts. cream.	5 oranges.
2 lemons.	3 cups sugar.

Boil sugar and juice of lemons and oranges just long enough to dissolve; cool and add cream.

## Chocolate Ice Cream.

3 pts. cream.	1 teacup powdered sugar.
1 pt. milk.	1 teaspoon corn starch.
2 eggs.	1 teaspoon vanilla.

Beat the eggs; stir in the milk; add corn starch and sugar, let come to a boil; take quickly from the fire; stir it all the time; when perfectly smooth, mix it with the eggs and milk; then add the cream and vanilla; if not sweet enough add more sugar; when cold put in the freezer.

## Burnt Carmel Ice Cream.

1 heaping cup sugar.	1 teaspoon vanilla.
	1 pt. cream.

Put sugar in frying pan and stir until melted, then add  $\frac{1}{4}$  cup of cream very gradually and 1 teaspoon vanilla, remove from stove and add remaining cream, beat with Dover beater, add pinch of salt and freeze.

## Maple Parfait.

6 eggs (yolks).	1 pt. of cream.
	1 cupful maple syrup.

Beat eggs light, add maple syrup and cook in double boiler until thick, add cream when cool and freeze.

## Ideal Ice.

1 pt. cream.	1 cup milk.
1 cup sugar.	1 teaspoon vanilla.
2 eggs (whites beaten).	$\frac{1}{4}$ cup Jamaica rum.

Mix altogether and freeze.

**Cranberry Frappe.**

4 cups cranberries.                    2 cups sugar.  
 3 cups water.                            1 cup water.  
 2 lemons (juice).                    ½ cup orange juice.  
    Whites 2 eggs.

Boil cranberries in three cups of water until soft, then rub through a sieve. Boil sugar and water until threads. Pour over stiff beaten whites, add cranberries, orange juice and lemon. Freeze.

**Strawberry Parfait.**

1 qt. strawberries (mashed).       ½ box gelatine.  
 2 cups sugar.                            1 pt. cold water.  
 1 cup boiling water.                 1 pt. whipped cream.

Put berries with sugar and let stand a few hours, then mash through fine sieve. Dissolve ½ box gelatine with 1 pint cold water, when dissolved add 1 cup boiling water, add this to the berries, lastly add beaten cream. Mix well and freeze.

**Frozen Kiss Pudding.**

1 qt. whipped cream.                 1 teaspoon vanilla.  
 ½ lb. ground kisses.

Mix and put in a mould, pack in salt and chopped ice three or four hours.

**Orange Frappe.**

1 qt. water.                                1 pt. orange juice.  
 1 pt. sugar.                                2 lemons, juice only.

Make a syrup of water and sugar, boil it twenty minutes. Add other ingredients, strain and freeze.

**Grape Frappe.**

4 cups water.                             2 cups grape juice.  
 2 cups sugar.                             ⅔ cup orange juice.  
    ¼ cup lemon juice.

Make a syrup by boiling water and sugar fifteen minutes; add grape, lemon and orange juice; cool, strain and freeze.

## CHAPTER XX.

## PICKLES AND PRESERVES

## Summer Dill Pickles.

100 pickles.	1 cup vinegar.
5 stalks dill.	Grape leaves or cherry.
1 oz. black peppers corns.	2 cups salt.
Bay leaves.	2 gal. water.

Soak pickles in cold water over night, or twelve hours. Drain and dry. Place in layers of two rows pickles; then three or four blossom ends of dill, and a teaspoon whole black pepper; repeat; covering top layer well with dill and adding some cherry or grape leaves. To four quarts of water, take one cup of salt. Boil, and when cool, pour over pickles to cover. Cover with cloth. Weight well with plate, to keep under wine. Let stand in warm place to ferment for a week. One cup of vinegar may now be added. Rinse off scum that arises on cloth every day in warm weather. Will keep hard for months. Keep cool, in a dry place.

## Cold Vinegar Pickles.

Two quarts green cucumbers, about one inch thick (slice ); 12 onions (sliced).

Sprinkle above with salt, let stand 2 hours and drain. Dissolve in enough vinegar to cover cucumber; two cupsful brown sugar and add to this when cold, 2 teaspoons celery seed, 2 teaspoons mustard seed, 2 teaspoons ginger; 2 teaspoons tumeric powder.

## Long Cucumber Pickles.

Take fresh long cucumber, cut lengthwise, soak in ice water three hours. Put in bottom of each glass or can onion, celery and cucumbers. Pour over the following heated: 1 quart white wine vinegar, little water, 1 cup sugar,  $\frac{1}{2}$  cup salt, little red pepper.

**Delmonico Pickles.**

- |                               |   |
|-------------------------------|---|
| ½ pk. green tomatoes, sliced. | 2 lbs. brown sugar.                     |
| ¼ pk. skinned onions, sliced. | ¼ lb. white mustard seed.               |
| 1 pt. salt.                   | ¼ oz. celery seed.                      |
| 3 large cucumbers, diced.     | 2 tablespoons cinnamon,<br>broken.      |
| ½ gallon cider vinegar.       | 2 tablespoons cloves,<br>heads removed. |
| 1 oz. tumeric powder.         |   |

Mix tomatoes and onions with the salt and sprinkle a little salt over the cucumbers. Let stand 24 hours, pour off brine and soak 12 hours in cold water. Tie spices in a bag and place into a kettle with the vinegar and sugar, heat to the boiling point, add the pickles and let simmer slowly for 1 hour. Fill into cans and keep in cool place.

**Green Tomato Mince Meat.**

- |                           |                                    |
|---------------------------|------------------------------------|
| 1 pk. green tomatoes.     | 2 desertspoons salt.               |
| 1 pk. sour apples.        | 2 desertspoons cloves.             |
| 5 lb. white sugar.        | 2 desertspoons ground<br>cinnamon. |
| 1 lb. raisins.            | 1 desertspoon nutmeg.              |
| 1 lb. currants.           | 1 ½ cups butter.                   |
| 2 cups vinegar or brandy. | 2 cups molasses.                   |

Wash tomatoes, chop up in moderate size pieces, do not remove skins, cover with boiling water, boil fifteen minutes, drain off all the liquid, put back again on stove, cover with fresh water and boil again; repeat this twice, it will make tomatoes nice and clear, peel apples and chop like tomatoes, and add all other ingredients, mix well together, put in enamel kettle and cook for two and one-half hours, bottle and put away for pies, be sure not to use an iron on tin kettle (very good).

**Grape Conserve.**

- |                                 |                        |
|---------------------------------|------------------------|
| 5 lbs. fruit, picked from stem. | 1 lb. English walnuts. |
| 5 lbs. granulated sugar.        | 4 large oranges.       |
|                                 | 2 lbs. raisins.        |

Scald fruit and strain as for jelly, seed and chop raisins. Pare off the rind of the orange very thin, and put on fire in a little water. Scald twenty minutes to remove bitter taste. Drain and chop fine, chop walnuts, add oranges and fruit juice; boil twenty minutes. Put up as jelly.

**Crab Apple Jelly.** $\frac{3}{4}$  pk. of crab apples. $\frac{1}{4}$  pk. of plums.

Wash apples; cut in halves, add plumes and water to cover, boil until very soft, put fruit in cheese-cloth bag, let drain over night. Next morning measure cup of juice to cup of sugar, put on fire and boil till starts to thicken, keep skinning skum off so jelly will be perfectly clear, put in jelly glasses, set aside to cool, when thoroughly cool, seal with wax.

✓ **Rhubarb Conserve.**

1 qt. of rhubarb.

1 qt. red raspberries.

1 pt. red currants.

1 lb. raisins.

1 lb. chopped walnuts.

2 oranges.

2 lemons.

Cut rhubarb in pieces without peeling, add raspberries, currants, raisins, walnuts, and oranges and lemons, cut fine without peeling to each pound of fruit add pound of sugar, cook until thick like jelly.

**Pumpkin Marmalade.**

Small pumpkin (4 lbs.).

6 lbs. sugar.

2 lemons.

3 oranges.

Pare and cut pumpkin dice. Sugar pumpkin at night in morning cook for  $2\frac{1}{2}$  hours. Take rind of lemon and oranges, and cook until tender, cut in pieces and add to it pulp of lemons and oranges, cook until it jells. (Use ordinary field pumpkin).

**Gooseberry Conserve.**

6 qts. of gooseberries.

6 qts. of sugar.

3 lb. seedless raisins.

Juice of 3 oranges.

Grated rind of 2 lemons.

Cook altogether until it jells.

## CHAPTER XXI.

## INVALID COOKERY

## Albumenized Milk.

 $\frac{1}{2}$  cup milk.

White of 1 egg.

Put white of egg in a tumbler, add milk, cover tightly and shake thoroughly until well mixed.

## Milk Punch.

 $\frac{1}{2}$  cup milk.

1 tablespoon whisky, rum or brandy.

Sugar.

A few little grated nutmeg. Mix ingredients, cover and shake well.

## Egg Flip.

1 egg.

A little grated nutmeg.

1 teaspoon sugar.

Hot milk.

1 tablespoon brandy.

Separate egg. Beat yolk until light with sugar, add white beaten stiff, then the liquor. Fill up the glass with the hot milk. Grate the nutmeg on top. Serve hot for colds.

## Lime Water.

Pour 2 quarts boiling water over an inch cube un-slacked lime; stir thoroughly, and let stand over night; in the morning pour off the liquid that is clear, and bottle for use. Keep in cool place.

## Lemonade or Orangeade.

2 tablespoons sugar.

1 cup water.

Juice  $\frac{1}{2}$  lemon or orange.

Extract the juice of  $\frac{1}{2}$  lemon or orange. Add sugar and water, and stir until dissolved. Or the sugar and water may be boiled to a syrup, allowed to cool, and then added to the juice. Serve hot or cold.



**Beef Juice.**

$\frac{1}{2}$  lb. round steak, scraped.      Salt to taste.

Scrape one-half pound lean, juicy beef to a fine plup. Put it into a double boiler, with cold water in the lower part heat gradually, and keep it simmering 1 hour, or until the meat is white. Strain and press out the juice, season with salt to taste, and serve hot.

**Red Wine Soup.**

1 cup red wine.	3 whole cloves.
$\frac{1}{2}$ cup water.	3 small sticks cinnamon.
2 tablespoons sugar.	1 yolk of egg.

Boil wine, water and spices ten minutes, and pour boiling hot over the well beaten yolk of egg. Serve hot or cold.

**Oatmeal Gruel.**

$\frac{1}{2}$ cup coarse oatmeal.	3 cups boiling water.
1 teaspoon salt.	Milk.

Add the oatmeal and salt to the boiling water, and cook three hours, in a double boiler. Strain and dilute with milk or cream. If rolled oats are used, cook one hour.

**Farina Gruel.**

3 tablespoons farina.	1 cup boiling water.
1 teaspoon salt.	1 cup milk.

Place upper boiler directly over the fire, until the water boils. Add farina slowly. Boil up once, then place over boiling water fifteen minutes. Add milk; cook fifteen minutes longer. Sweeten if desired.

**Milk for the Sick.**

When milk cannot be taken alone, add soda, seltzer, apollinaris or vichy water; give in small quantities at frequent, regular intervals.

### Egg Nog.

Beat the yolk of 1 egg, add 1 tablespoon sugar, and beat until light. Add  $\frac{1}{2}$  cup milk. Beat the white of egg well, and fold it in lightly. Add  $\frac{1}{2}$  teaspoon vanilla and a little grated nutmeg.

### Mutton Broth.

1 lb. lean mutton, chopped very fine.      1 pt. water cold.

To make this quickly for sick person, pour the cold water over the mutton, let stand until the water is very red, then heat it slowly and let it simmer ten minutes, strain, season with salt and serve hot.

### Cream or Milk Toast.

2 cups milk or cream.      2 tablespoons butter.  
1 tablespoon flour.      1 teaspoon salt.

Cook the flour in the melted butter. Add salt and gradually stir in hot milk. Serve hot. Flour may be omitted, if desired.

### Rice Water.

2 tablespoons rice.      Milk or cream.  
2 cups cold water.      Salt.

Pick over rice, add to water and boil until rice is tender; strain and add to rice water, milk or cream as desired, season with salt and reheat. A half-inch piece of stick cinnamon may be cooked with rice and will assist in reducing a laxative condition.



### Toasted or Roasted Marshmallows.

Place marshmallows on a wire broiler and toast under the gas. Turn and toast brown on both sides.

### Cocoa Fudge.

$\frac{1}{4}$ cup cocoa.	1 cup milk or cream.
2 cups sugar.	1 tablespoon butter.
	$\frac{1}{2}$ teaspoon vanilla.

Mix sugar and cocoa. Put milk and butter in saucepan, on stove, and when the butter has melted add the sugar and cocoa, stir until dissolved, then cook, stirring occasionally until it strings or forms a soft ball in cold water. Remove from stove, set pan in a pan of cold water, add the vanilla and then beat gently until it begins to thicken. Pour it instantly into a buttered pan. When hard, cut in squares.

### Cream Candy No. 1.

$1\frac{1}{2}$ lb. confectioners' sugar.	1 egg (white).
$\frac{1}{5}$ cup cold water.	Vanilla to taste.

Slip the white of egg in a cup; measure the space it occupies, add the same amount of water (usually  $\frac{1}{5}$  cup), and mix thoroughly. Pour enough sugar into mixture to mould like dough. Flavor to taste and knead thoroughly. This forms the stock Dough and is the foundation of many candies. It may be used with nuts, whole or chopped. These candies are better the day after they are made.

### Chocolate Almonds.

Blanch the almonds. Grate or shave some sweet chocolate into a bowl which is set in a pan of boiling water. When the chocolate is melted put a nut on the point of a darning needle and dip into it. Then lay on a greased paper to dry. After all the nuts have been dipped and are dry dip them a second time. The chocolate may be flavored with vanilla if desired.

**Glaced Nuts or Fruits.**

1 cup boiling water.  $\frac{1}{8}$  teaspoon of cream of tartar.  
2 cups sugar.

Put ingredients into a smooth sauce pan, stir until sugar is dissolved. Place over fire, see that the flame does not reach the sides of the pan. Heat to the boiling point, and let boil well without stirring, until the syrup is light color or just begins to discolor. With tips of fingers or brush, dipped in cold water, quickly brush off sugar if it adheres to side of pan, being careful not to touch the syrup. Remove sauce pan from fire and place in large pan of cold water, to instantly stop boiling, then quickly place in pan of hot water, to keep syrup from hardening. Now quickly dip fruit and nuts a few at a time, in the hot syrup and remove them with fork or wire spoon to oiled paper.

**To Sugar Popped Corn.**

5 qts. of popped corn.  $\frac{1}{2}$  cup water.  
 2 cups sugar. Flavoring.

Shake the popped corn, so that the unpopped kernel may go to the bottom of the dish. Put the nice, white corn in a greased pan. Boil the sugar and water until it forms a soft ball in cold water or strings. Stir with wooden spoon into the popped corn. Mix and form into balls, lightly first with a spoon and then with the hands (floured).

**Salted Almonds.**

$\frac{1}{2}$  lb. nuts. 1 teaspoon butter.  
Salt.

Pour boiling water over shelled almonds, allow them to stand until the skins will slip off easily. Drain at once and skin quickly. Place butter in a shallow pan, melt and add the nuts. Put on upper grate in moderate oven and shake often, until slightly browned. Sprinkle lightly with salt, bake a few moments longer and take from oven.

Or fry the blanched nuts a light brown in hot fat and then salt.

**Butter Scotch.**

2 cups brown sugar.  $\frac{1}{2}$  cup water.  
 $\frac{1}{2}$  cup butter.

Place in sauce pan over fire and boil about twenty minutes or until a drop poured into cold water forms hard ball. Stir constantly to prevent burning. Pour into buttered tins to cool. Cut into squares with heated chopping knife.

**Cream Candy No. II.**

2 cups sugar. 2 tablespoons butter.  
 $\frac{1}{2}$  cup water.  $\frac{1}{2}$  cup vinegar.

Put butter into spider; when melted add sugar and vinegar. Stir only until sugar is dissolved. Boil until, when tried in cold water, mixture will become brittle, or form a hard ball. Turn on a buttered pan to cool. As edges cool, fold toward center; as soon as it can be handled, pull until white and glossy. Stretch and cut same as molasses candy. Any flavoring, vanilla, orange, coffee or other extract may be had, by pouring a few drops over the mixture while cooling in pan.

**Candied Orange Peel.**

Peel of 4 oranges.  $\frac{1}{2}$  cup water.  
1 cup sugar.

Remove peel from oranges in quarters, cover with cold water, bring to boiling point and cook slowly until soft. Drain, remove white portion, using a spoon, and cut yellow portion in thin strips, using scissors. Boil sugar and water until syrup will thread when dropped from tip of spoon. Cook strips in syrup five minutes, drain and coat with fine granulated sugar.

**Salted Peanuts.**

In buying peanuts for salting, get those which have not been roasted. Remove skins and fry same as salted almonds.

## DAILY MENUS

## Breakfasts.

## I.

Oranges.  
Rolled Oats.  
Golden Rod Toast.  
Coffee.

## II.

Grapes.  
Toasted Cornflakes.  
Creamy Omelet.  
Popovers.            Coffee.

## III

Grape Fruit.  
Cream of Wheat.  
Matzo Pancake.  
Toast.            Coffee.

## IV.

Sliced Banana with Cream.  
Shredded Wheat.  
Eggs a La Martin.  
Rice Gems.            Coffee.

## V.

Raspberries.  
Toasted Corn Flakes.  
Scrambled Eggs.  
Dream Biscuits.            Coffee.

## VI.

Iced Melon.  
Rolled Wheat.  
Broiled Steak.  
Rolls.            Coffee.

Dinner Menus.

I.

Split Pea Soup.  
Steak in Casserole.      Boiled Potatoes.  
Stewed Tomatoes.  
Apple Charlotte.  
Tea or Coffee.

II.

Bouillion.  
Lamb Cutlets.      Tomato Sauce.  
Sweet Potatoes.  
String Beans.  
Half Pay Pudding with Sauce.  
Tea.

III.

Cream of Tomato.  
Pan Broiled Steak.      Baked Potatoes.  
Escalloped Corn.  
Chocolate Pie.  
Coffee.

IV.

Corn Soup.  
Hamburg Steak.      Boiled New Potatoes.  
Stuffed Beet Salad.  
Mock Cherry Pie.      Coffee.

V.

Cream of Asparagus.  
Beef Loaf.      Boiled Potatoes.  
New Cabbage.  
Lemon Sponge Pie.      Coffee.



## VI.

Ox Tail Soup.  
 Roast Lamb. Mint Sauce.  
 Boiled New Potatoes.  
 Fresh Asparagus.  
 Prune Pie. Coffee.

## VII.

Cream of Potato.  
 Chicken Fricassee. Rice.  
 Green Peas.  
 Stuffed Tomatoes.  
 Maple Parfait. Coffee.

## VIII.

Bouillion.  
 Baked Trout. Potato on Half Shell.  
 Boiled Beets.  
 Ideal Ice. Tea or Coffee.

## IX.

Cream of Tomato.  
 Fried Fish. Scalloped Potatoes.  
 Baked Onions.  
 Stewed Celery.  
 Canadian Pumpkin Pie. Coffee.

**Supper and Luncheon Menus.**

## I

Salmon Salad.  
 Parker House Rolls. Grape Conserve.  
 Iced Tea. Date Cookies.

## II.

Cold Roast Chicken.  
 Scalloped Potatoes. Celery.  
 Graham Gems.  
 Crumb Cake. Cocoa.

## III.

Sardine Loaf.

Water Lily Salad.      Nut Bread.  
La Purette.              Postum.

## IV.

Scalloped Meat.

Dill Pickles.              Wheat Muffins.  
Doughnuts.              Coffee.

## V.

Lobster Salad.

Wheat Bread.              Saratoga Chips.  
Aunt Hannah's Cinnamon Cake.  
Coffee.

## VI.

Sweet Breads with Mushrooms.

Pimento Salad.              Nut Bread.  
Ice-Box Cake.              Tea.

## VII.

Chicken Croquettes.

Green Peas.              Long Cucumber Pickles.  
Brown Bread.  
Cream Puffs.              Coffee.

## VIII.

Baked Eggs.

Surprise Balls.              Johnny Cake.  
Almond Bars.              Tea.

## IX.

Casserole of Rice and Meat.      Delmonico Pickles.  
Pumpkin Bread.  
Sponge Drops.              Gooseberry Conserve.  
Cocoa.

## X.

Cheese Souffle.                      Baked Potatoes.  
     Wheat Bread.  
 Luncheon Cake.                      Coffee.

## Holiday Dinners.

## I.

Grape Fruit.  
 Ox Tail Soup.                      Crotons.  
 Celery.      Salted Almonds.      Olives.  
     Fish a La Macedonie.  
 Roast Chicken.                      Mashed Potatoes.  
     Baked Mushrooms.  
     Russian Salad.  
 Individual Pies.                      Burnt Caramel Ice Cream.  
     Small Cakes.  
 Toasted Crackers and Cheese.      Coffee.

## II.

Strawberry Cocktail.  
 Cream of Asparagus.  
 Radishes.                      Celery.  
     Baked Trout.  
 Fried Chicken.                      Sweet Potatoes (Southern Style)  
     String Beans.  
     Stuffed Tomatoes.  
 Apple Pie.                      Frozen Kiss Pudding.  
     Nuts.                      Raisins.  
 Cheese and Crackers.                      Coffee.

## III.

Oyster Cocktail.  
 Soup with Matzo Balls.  
 Roast Turkey.                      Roasted Potatoes.  
     Cranberry Frappe.  
 Chestnut Puree.                      Green Peas.  
     Pepper and Grape Fruit Salad.  
 Fig Pudding.                      Wine Sauce.                      Ice-Box Cake.  
     Nuts.                      Raisins.                      Bonbons.  
     Coffee.

FOR EXTRA RECIPES

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