

THE
METROPOLITAN LIFE
COOK BOOK



METROPOLITAN LIFE INSURANCE COMPANY

TABLE OF MEASURES AND WEIGHTS

2 cups butter.....	equal	1 pound
4 cups flour (pastry).....	"	1 "
2 cups granulated sugar.....	"	1 "
2½ cups powdered sugar.....	"	1 "
3½ cups confectioners' sugar.....	"	1 "
2½ cups brown sugar.....	"	1 "
1½ cups rice.....	"	1 "
4½ cups Graham flour.....	"	1 "
3½ cups entire wheat flour.....	"	1 "
4½ cups coffee.....	"	1 "
2 cups finely chopped meat.....	"	1 "
9 large eggs.....	"	1 "
1 square cooking chocolate.....	"	1 ounce
3 teaspoons.....	"	1 tablespoon
16 tablespoons.....	"	1 cup
2 tablespoons butter.....	"	1 ounce
4 tablespoons flour.....	"	1 "

Cupfuls are measured by standard measuring cup.

OVEN TEMPERATURES

Slow—250° to 350° Fahrenheit.

Moderate—350° to 400° Fahrenheit.

Hot or "quick"—400° to 450° Fahrenheit.

Very hot—450° to 550° Fahrenheit.

Slow oven requires 1 burner halfway on.

Moderate oven requires 2 burners halfway on.

Hot oven requires 2 burners on full.

If the oven is equipped with a heat control, follow directions given by the manufacturer.

WELL-nourished bodies are largely dependent on healthful eating. It is sometimes difficult to plan meals which are nourishing and at the same time have the variety which quickens the appetite. This book has been prepared to help the housewife in her everlasting question, "What shall I have for dinner tonight?" We hope that you will find it useful and helpful.

A companion book to this is *The Family Food Supply* which tells how to do your marketing and plan your meals economically. A copy will be sent you upon request.

METROPOLITAN LIFE INSURANCE COMPANY

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A Few Useful Suggestions

It pays to buy clean food from clean stores.

It is cheaper to buy in quantities as large as can be safely stored.

Food should be kept clean and covered.

Milk and cream should be kept covered in an ice box.

Salad plants should be washed and left in a cheesecloth bag in an ice box before serving.

Meat and fish should be taken out of paper wrappings when put in an ice box.

Cheese should be wrapped in a clean cloth, dampened in vinegar, and kept in a cool, dry place.

Flour should be sifted before measuring.

Mustard and baking powder settle in the can and should be stirred lightly before measuring.

Salt or sugar lumps should be broken before measuring.

One tablespoon cornstarch thickens as one egg.

One egg equals one-half teaspoon of baking powder.

Any of the flaked, ready-to-serve cereals can be used in the preparation of dishes that call for bread crumbs.

BEVERAGES

COFFEE

Coffee should be purchased for family use in small quantities, freshly roasted and finely ground. Better color and flavor are secured when finely ground coffee is used. Many kitchens are equipped with a coffee mill. This makes it possible to grind the coffee as needed. Ground coffee should be kept in air-tight tins, because it loses its aroma and flavor quickly.

- 1 level tablespoon coffee to 1 cup water for weak coffee
- 2 level tablespoons coffee to 1 cup water for medium coffee
- 3 level tablespoons coffee to 1 cup water for strong coffee

FILTERED COFFEE

Put coffee into filter and pour the freshly boiling water over it gradually. Remove strainer before serving. If strong coffee is desired, use more coffee for each cup water, rather than refiltering.

BREAKFAST COFFEE

- | | | |
|---|----------------------------|-------------------|
| 4 rounded tablespoons
finely ground coffee | White of $\frac{1}{2}$ egg | 4 cups cold water |
|---|----------------------------|-------------------|

Mix egg white and dry coffee, add the cold water and bring to boiling point. Boil 3 minutes. Remove from fire, let stand 5 minutes and strain from grounds.

NOTE.—Keep the inside of the coffee pot scrupulously clean, as coffee absorbs odors and flavors most readily. Always scald the pot before using. Glass or enamel coffee pots are better than metal.

ICED COFFEE

Prepare a strong coffee. Fill tumblers half full of cracked ice and add to it the coffee. Add sugar and whipped cream to taste.

TEA

Freshly boiled water should always be used in making tea. This is important because water below the boiling point does not develop the full flavor of this beverage. Scald an earthenware teapot, put tea in, allowing 1 teaspoon of tea to each cup of freshly boiling water; pour over it the boiling water; cover closely; let stand for 3 to 5 minutes without boiling; pour at once. It is advisable to strain tea from grounds. A tea-ball may be used, and allow the same proportion of tea to water. Place tea-ball in cup or pot and pour over it freshly boiling water. Remove tea-ball in 1 minute or more, according to strength desired.

COCOA

The general rule for cocoa is 2 teaspoons cocoa, $\frac{1}{4}$ cup cold water, 1 teaspoon sugar and $\frac{3}{4}$ cup milk for each cup cocoa desired. Cook the water and cocoa together until thick; add the sugar; stir until dissolved; add milk and boil 1 minute.

COCOA SYRUP

$\frac{1}{2}$ cup cocoa $\frac{1}{2}$ teaspoon salt 1 tablespoon butter
1 cup water 1 cup sugar 1 teaspoon vanilla

Cook cocoa and water together until it is smooth and thick. Add sugar and salt and cook a few minutes longer. Add butter and vanilla, the sauce may be kept in jars and used for pudding or ice cream sauce or the basis of iced cocoa.

CHOCOLATE

Use $\frac{1}{2}$ square of chocolate, 1 tablespoon sugar and 2 tablespoons hot water for each cup of chocolate desired. Break chocolate into pieces, add hot water, cook together until smooth; add sugar; stir until dissolved; add 1 cup scalded milk. Flavor with vanilla. Let cook about 5 minutes in a double boiler. May be served with whipped cream.

FRUIT PUNCH

4 cups hot water 1 small can chopped pineapple Juice of 4 oranges
2 cups sugar Juice of 3 lemons 1 bottle carbonated water

Prepare a syrup of the water and sugar and boil 15 minutes, cool, add fruit and carbonated water. Serve ice-cold.

GRAPE-JUICE LEMONADE

Juice of 3 lemons 2 cups grape juice Enough ice-water to
 $\frac{1}{2}$ cup sugar make 1 quart

Combine ingredients in the order given. Chill for $\frac{1}{2}$ hour. Serve in each glass a thin slice of lemon from which the seeds have been removed. This quantity will serve 6 water glasses or 18 punch glasses.

Tea, coffee or fruit syrups can be frozen in the trays of a mechanical refrigerator. The cubes used to chill drinks.

CEREALS

Cereals are valuable and inexpensive food as they furnish energy at a low cost.—Cereal mush or other cereal dishes with milk for breakfast furnishes a meal of excellent food value. It is a good plan to have several different kinds of cereals on hand so that there may be a change from day to day. Corn and oat preparations furnish particularly good winter foods. Corn meal, oatmeal, rice and hominy grits are cheaper than the ready-to-eat breakfast foods. Cereals are rich in starches and should be thoroughly cooked.

Cereal With Fruit.—For variety, cereal may be cooked with well washed dates, raisins or dried apricots or peaches. Slices or sections of fresh apples, peaches and pears may be added during the last 30 minutes of cooking. Cereal molded in cups may be used for dessert.

Cereal may be served with any fruit previously stewed, or fresh fruits, or the cereal may be cooked in strained fruit juice or milk instead of water.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Cereal as a Vegetable.—Left over cereal may be sliced when cold and fried for luncheon or supper. Cereal cooked in soup stock or with meat and seasoned with salt and pepper and butter may be used as a potato substitute.

GENERAL DIRECTIONS FOR COOKING CEREALS

Use a double boiler or 2 saucepans, one a trifle larger than the other. Fill the larger saucepan or lower part of double boiler $\frac{1}{3}$ full of water and put the water needed for the cereal in the other vessel. When the water boils, add the salt and cereal slowly so that the water does not stop boiling, and let boil for 10 minutes. Place the pot with cereal into the double boiler and cover and let steam. If the cereal seems to be too thick, add boiling water. The oatmeal, hominy and other coarse grain cereals are improved by soaking overnight in water. They should be cooked in the water in which they have been soaked.

TIME TABLE AND DIRECTIONS FOR COOKING CEREALS

	Water	Cereal	Salt (teaspoon)
Oatmeal.....	4 cups to 1 cup		$1\frac{1}{2}$ 3 hours
Rolled Oats.....	$2\frac{1}{2}$ cups to 1 cup		1 $\frac{1}{2}$ to 1 hour
Rice (boiled).....	8 cups to 1 cup		1 25 to 30 minutes
Rice (steamed).....	3 cups to 1 cup		1 1 hour
Wheat (rolled).....	$1\frac{1}{2}$ cups to 1 cup		1 1 hour
Wheat (granular).....	4 cups to 1 cup		1 1 to 3 hours
Cornmeal.....	6 cups to 1 cup		1 3 to 6 hours
Cracked Wheat.....	6 cups to 1 cup		1 3 to 6 hours
Hominy.....	4 cups to 1 cup		1 1 hour

(By using the fireless cooker, the cereal can be boiled 10 minutes over the fire in the evening, and then cooked overnight in the fireless cooker.)

STEAMED RICE

1 cup of rice 1 teaspoon salt 3 to 4 cups boiling water or milk

Cook as other cereal, stirring occasionally with fork to prevent sticking. Let it steam in a double boiler 45 minutes. Put in colander and pour cold water over the rice to wash off the sticky substance. Put colander over the lower part of the boiler again and allow the steam to thoroughly dry the rice.

BROWNED HOMINY

Fry cooked hominy to a golden brown in just enough fat to prevent sticking. Bacon fat or other drippings are preferable to lard because of their flavor.

BATTERS

RULES FOR MAKING QUICK BREADS

Have all necessary utensils ready and ingredients together before starting work.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Keep ingredients as cold as possible, especially the liquid, and it is advisable to keep the shortening cold for biscuits and pie crust.

Sift flour before measuring. After combining dry ingredients, sift again to distribute the baking powder and seasoning evenly throughout the flour.

All measurements should be level.

For batters, such as muffins, beat the eggs in a bowl and add the liquid, then add gradually to the dry ingredients. Add the melted shortening last. Batters should be beaten only enough to thoroughly mix the ingredients.

In making biscuits, the shortening is cut into the dry ingredients or worked in with the fingers.

Handle dough mixtures as little as possible. Too much rolling and mixing develops gluten and tends to toughen the finished product.

Quick breads are baked at a temperature ranging from 350° to 450°F. They are sufficiently baked when golden brown in color, shrink slightly from the sides of the pan and when no batter clings to a tooth-pick that has been inserted in the center of the product.

These recipes are for cream of tartar baking powder. For explanation of baking powder see page 48.

PLAIN MUFFINS

2 cups flour	4 teaspoons baking powder	1 egg
4 tablespoons sugar		1 cup milk
2 tablespoons fat	$\frac{1}{2}$ teaspoon salt	

Sift dry ingredients, add gradually eggs and milk well beaten and fat melted. Grease muffin tins; fill $\frac{3}{4}$ full. Bake about 25 minutes in a hot oven 400° to 425°F. Half a cup less of milk may be used and 1 cup of berries added to the mixture.

BRAN MUFFINS

1 cup flour	2 cups bran	2 tablespoons melted fat
$\frac{3}{4}$ teaspoon salt	3 tablespoons sugar	About $1\frac{1}{2}$ cups sweet milk
$3\frac{1}{2}$ teaspoons baking powder	1 egg	

Sift together the flour, salt and baking powder, blend with this the bran, and add to these dry ingredients the mixture of milk, beaten egg, sugar and fat. Have a thick, but very moist batter. Bake in greased muffin pans in a moderate oven about $\frac{1}{2}$ hour.

CORNMEAL MUFFINS

$\frac{1}{2}$ cup cornmeal	1 tablespoon sugar	$\frac{1}{2}$ teaspoon salt
1 cup flour	1 tablespoon melted fat	$\frac{3}{4}$ cup milk
3 teaspoons baking powder		1 egg

Mix and sift dry ingredients; add gradually milk and egg well beaten, and melted fat; bake in greased muffin pans in hot oven 400°F. about 25 minutes.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

CORN CAKE

1 cup cornmeal	4 teaspoons baking powder	1 egg, well beaten
$\frac{3}{4}$ cup flour		1 cup milk
2 tablespoons sugar	$\frac{1}{2}$ teaspoon salt	2 tablespoons melted fat

Mix and sift dry ingredients; add egg, well beaten with milk and the melted fat. Beat. Bake in a shallow, greased pan in a hot oven 425°F. 20 minutes. One cup sour milk may be used in place of sweet milk, using $\frac{1}{2}$ teaspoon soda and only 2 teaspoons baking powder.

BAKING-POWDER BISCUITS

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

Mix and sift dry ingredients. Rub in fat with tips of fingers, or chop in with a knife. Add milk gradually to make a soft dough. Use a knife in mixing. Toss on a well floured board. Pat and roll out to 1 inch thickness. Cut with biscuit cutter dipped in flour. Place close together on an oiled pan and bake in a hot oven 450°F. 10 to 15 minutes. For emergency biscuit, increase milk to 1 cup, and drop by spoonfuls on greased tin or in greased muffin pans and bake.

CINNAMON ROLL

Roll baking powder mixture to $\frac{1}{2}$ inch thickness and spread with a mixture of 2 tablespoons sugar and $\frac{1}{2}$ teaspoon cinnamon. Roll like jelly roll. Cut slices $\frac{1}{4}$ inch thick. Bake as for biscuits.

SWEET MILK DOUGHNUTS

2 tablespoons fat	4 teaspoons baking powder	$\frac{1}{2}$ teaspoon cinnamon or nutmeg
1 cup sugar		
1 egg	1 teaspoon salt	Flour to make a soft dough (3 to 4 cups)
1 cup milk		

Cream fat, add sugar, add milk and well beaten egg. Add 3 cups flour mixed and sifted with dry ingredients, then enough more flour to make dough just stiff enough to roll. With knife, toss about $\frac{1}{2}$ of dough on lightly floured board, knead slightly to make smooth. Roll to thickness of about $\frac{1}{4}$ inch. Use floured spatula freely to prevent dough from sticking to board. Cut with floured doughnut cutter. Fry in deep fat about 2 minutes. They should come quickly to the top. Brown on one side, turn and brown on the other. Turn but once. Drain over fat and then on absorbent paper. When partly cool, or just before serving, sprinkle with powdered sugar, if desired.

POP-OVERS

1 cup flour	1 cup milk	$\frac{1}{2}$ teaspoon melted shortening
$\frac{1}{2}$ teaspoon salt	2 eggs	

Mix salt and flour, add $\frac{1}{2}$ the milk; beat until smooth. Add remaining $\frac{1}{2}$ of milk, well beaten eggs and shortening. Beat 2 minutes with egg-beater. Turn into hot greased iron gem pans, and bake about 35 minutes in a hot oven 450°F. until they pop. Then reduce the temperature to 350°F. and bake about 15 minutes longer. Pop-overs can also be made using $\frac{1}{2}$ cup whole wheat and $\frac{3}{4}$ cup white flour.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Creamed meat or vegetables may be served in pop-over cases; or prune whip, blanc mange or chocolate cream filling may be served in them.

GINGERBREAD

1 cup sour milk	1 cup molasses	2 teaspoons ginger
1½ teaspoons soda	2½ cups flour	1 teaspoon salt
	2 tablespoons melted butter	

Mix soda with sour milk and add to molasses. Sift together flour, ginger and salt, combine 2 mixtures, add butter; bake in greased pan in moderate oven 350°F. 25 minutes.

DATE AND NUT BREAD

1 egg	½ cup nut meats	½ teaspoon salt
½ cup sugar	2 cups flour	1 cup milk
½ cup dates	4 teaspoons baking powder	

Beat egg and add sugar. Add nut meats broken and dates cut in pieces. Sift dry ingredients together and add alternately with milk to first mixture. Turn into greased pan; bake at 350°F. for 45 minutes. Either all dates or all nuts may be used instead of the mixture of dates and nuts.

RAISIN BREAD

3½ cups flour	1 teaspoon salt	1½ cups milk
4½ teaspoons baking powder	1 egg	1 cup chopped raisins
	1 tablespoon fat	½ cup sugar (or less)

Sift the dry ingredients, reserving a little flour. Add milk, egg and melted fat, beating mixture thoroughly. Sift flour over chopped raisins and stir into mixture. Place in greased bread pan and let stand for 20 minutes. Bake in moderate oven 350°F. 45 minutes to 1 hour.

Chopped dates or figs may be substituted for raisins.

BOSTON BROWN BREAD

1 cup cornmeal	1 teaspoon salt	¾ cup molasses
1 cup rye flour	½ tablespoon soda	½ cup raisins, if desired
1 cup Graham flour	2 cups sour milk	

Sift together dry ingredients. Mix well with sour milk and molasses. If mixture is too stiff, thin with a little water. If raisins are used, either add to dry mixture before liquid, or reserve a little flour, sift well over raisins and stir in last. Fill well greased molds ¾ full of mixture and tie on the lids which also must be greased. Steam 3 hours or more, depending on size of molds used. Baking powder cans or other cans with lids can be used for molds.

Keep the water boiling all the time during the steaming. Add more boiling water, if necessary.

Cover the kettle during the steaming, and be careful not to jar it while cooking.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

GRIDDLE CAKE SUGGESTIONS

Use frying pan or griddle. Grease griddle if necessary (soapstone, aluminum or electric griddles must never be greased). Let fat begin to smoke before cooking the cakes. If large bubbles form at once on top of the cakes, the griddle is too hot.

If the top of the cake stiffens before the under side is cooked, the griddle is not hot enough. Never turn a cake twice. Serve griddle cakes as soon as cooked.

SWEET MILK GRIDDLE CAKES

4 cups flour	1 tablespoon sugar	1½ to 2 cups milk
¾ teaspoon salt	2 eggs	2 tablespoons melted fat
2 tablespoons baking powder		

Combine all dry materials and sift. Beat eggs, milk and melted fat together. Add sifted dry materials and beat thoroughly. Place batter in a pitcher. Pour on a hot, greased griddle.

SOUR MILK GRIDDLE CAKES

2½ cups flour	1 egg	1½ teaspoons soda
¾ teaspoon salt	2 cups sour milk	1 tablespoon fat

Follow directions given under sweet milk griddle cakes.

CORN CAKES

1½ cups flour	1½ teaspoons salt	1½ cups boiling water
1 cup cornmeal	2 tablespoons melted fat	¼ cup milk
4 teaspoons baking powder	¼ cup sugar	1 egg

Add meal to boiling water and boil 5 minutes; turn into bowl, add milk and remaining dry ingredients mixed and sifted, then the egg well beaten, and fat. Cook same as other griddle cakes.

WAFFLES

1½ cups flour	½ teaspoon salt	2 egg yolks
3 teaspoons baking powder	2 tablespoons sugar	2 tablespoons melted fat
	1 cup milk	2 egg whites

Measure, mix and sift the first 4 ingredients; add the milk gradually, then egg yolks and melted fat, and mix thoroughly. Lastly, fold in the stiffly beaten egg whites. Cook in a well greased waffle iron.

TOAST

BUTTERED TOAST

Cut bread a day old into ½ inch slices, put slices in a wire toaster or on a grate and place it some distance from the fire that it may dry gradually, and then brown as desired, and butter. Toast, if piled compactly and allowed to stand, soon becomes moist. It should be served as soon after toasting as possible.

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CREAM TOAST

Dip slices of toast into White Sauce (see page 30). Pour remaining sauce on the pieces of toast and serve hot.

FRENCH TOAST

1 egg, slightly beaten 5 slices of bread 2 tablespoons sugar
 ½ teaspoon salt 1 cup sweet milk Fat to grease the griddle

Add the salt, sugar and milk to the slightly beaten egg, dip the pieces of bread into the egg mixture. Cook the soaked slices of bread on a well oiled griddle; brown on one side, turn and brown on the other. Serve with maple syrup or jelly. Served with stewed fruit, makes a good dessert.

CINNAMON TOAST

Slightly stale bread 1 teaspoon ground 1 cup granulated sugar
 Butter cinnamon

Mix together the cinnamon and sugar and transfer to a shaker. Cut the bread ½ inch thick, trim off crusts, and toast quickly so that it will be soft in the middle. Butter generously, shake the cinnamon mixture over, put together in pairs and cut in triangles. Place in a hot oven for a minute or two and serve on a folded napkin on a hot plate.

BREAD AND BREAD MIXTURES

GENERAL DIRECTIONS FOR BREAD MAKING

First.—Scald the liquid, add salt, sugar and fat, then cool to lukewarm temperature.

Second.—Mix the yeast with ¼ cup lukewarm liquid, using yeast according to the time desired for the process. If the bread is to be allowed to rise overnight, use ½ yeast cake to 1 pint liquid or ⅓ yeast cake to 1 quart liquid. For bread mixed and baked during the day, use 1 yeast cake to 1 pint liquid. If dry yeast is used, mix it with a little lukewarm liquid and flour several hours before adding to the sponge.

Third.—Add the yeast mixture to the lukewarm liquid mixture.

Fourth.—Sift the flour, allowing 3 to 4 cups for each cup of liquid. Add ½ of the flour to the liquid mixture and beat thoroughly. Add more flour to make a dough, using a knife, until when touched with the finger, the dough does not stick to the finger. A bread mixer is a time and labor saver. Turn dough onto a slightly floured board; knead by pushing the dough into the palms of the hands and drawing it forward with the fingers. Use as little flour as possible on board and hands while kneading. Continue until the dough is smooth and elastic to the touch. It takes from 15 to 20 minutes to knead with the hands and about 3 minutes in the bread mixer. Thorough kneading makes fine-grained bread.

Fifth.—Put dough in a bowl, cover closely, put in a warm (not hot) place and let rise to double its bulk. This may be overnight or in the

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daytime, depending on the quantity of yeast used. During the rising, ordinary room temperature, from 68° to 75° F., should be kept. The length of time required for rising depends upon the room temperature; the process may be hastened by increasing the temperature from 75° to 88° F.

Sixth.—Knead again, shaping into loaves; divide dough into as many portions as there are cups of liquid in the mixture. Place in pans, if a dark crust is desired, brush over with skimmed milk or melted fat.

Seventh.—Cover and let rise in a warm place to double their bulk.

Eighth.—The baking is as important as the mixing of bread. The temperature of the oven depends somewhat upon the size of the loaves.

If your stove does not contain an oven thermometer, test the oven by spreading 1 teaspoonful of flour ½ inch thick on the lid of a jelly glass, and allow it to remain for 5 minutes in the oven. If the flour becomes golden brown, the temperature of the oven is between 400° and 425° F.

Ten minutes after the baking begins, the heat should be decreased gradually to about 375° F. The time for baking bread is usually divided into quarters. The first quarter, the bread rises; the second quarter, it begins to brown; the third quarter, it finishes browning; and the fourth quarter, the baking is completed and the bread shrinks from the pan. Bake loaves from 50 to 60 minutes.

Ninth.—Cool loaves on a rack or place them so the air can circulate freely around the loaf.

WHITE BREAD

1 cup scalded milk 1½ teaspoons salt 1 yeast cake mixed with
 1 cup boiling water 1 tablespoon sugar ½ cup lukewarm water
 2 tablespoons fat 6 cups flour

Follow general directions.

To make potato bread, add 2 cups mashed potatoes to the liquids. Use only 1 cup liquid and less flour is needed.

ENTIRE WHEAT OR BRAN BREAD

1 cup boiling water 1 teaspoon salt 2½ cups flour
 1 cup scalded milk 4½ cups coarse entire ½ yeast cake mixed with
 ½ cup molasses wheat flour ½ cup lukewarm water

Follow general directions. Use more yeast if bread is not allowed to rise overnight.

RYE BREAD

May be made as directed for entire wheat bread, using rye flour in place of the whole wheat flour.

ROLLS

1 cup boiling water 1 teaspoon salt 1 yeast cake mixed with
 1 cup scalded milk 3 tablespoons fat ½ cup lukewarm water
 4 tablespoons sugar Flour (6 to 8 cups)

Follow directions for making bread. Mashed potato may be used, and less liquid and flour is required.

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PARKER HOUSE ROLLS

Shape the roll dough into biscuits, let rise again, then roll $\frac{1}{4}$ inch in thickness, and, with the handle of a case knife dipped in flour, crease through the middle of each biscuit, or roll with rolling pin to oblong shape. Brush $\frac{1}{2}$ of each with melted fat, fold and press together. Cover, let rise and bake in a hot oven 12 to 15 minutes.

SOUPS

Cream soup, purée, bisque or chowder are heavy soups and contain sufficient nourishment to be the chief articles of food at a meal. Cream soups are made with thickened milk, combined with meat stock, fish stock or vegetable stock and pulp.

Clear soups, such as bouillon and consommé are used as appetizers at the beginning of a heavy meal.

To clarify soup, use 1 egg white to each quart of cold stock. Beat egg slightly, and add to stock. Heat gradually till near the boiling point, stirring all the time. Cook gently for 15 minutes. Remove to back of range and add $\frac{1}{2}$ cup cold water. Let stand a few minutes, then strain through cheesecloth placed over strainer. Heat and add any further seasoning desired.

Water in which vegetables are cooked should be saved. Any left-over vegetables heated in this stock and put through a sieve can be made into a vegetable soup by following the directions given for Cream of Potato Soup.

SOUP STOCK

To prepare soup stock follow these directions:

1 pound bone	$\frac{1}{2}$ cup carrot	1 teaspoon sweet herbs
1 pound meat	$\frac{1}{2}$ cup turnip	1 small bay leaf
1 quart cold water	1 teaspoon salt	1 sprig parsley
$\frac{1}{2}$ cup minced onion	6 peppercorns	1 piece celery root
		4 cloves

Cheap cuts of meat, shin, neck, or joints and small scraps of meat, such as the flank end of steak or left-overs and bones of roasts, may be used for soup stock. Cut the meat into small pieces. For each pound of meat and bone use about 1 pint of water. Put the meat and bone into cold, salted water. Let soak for 1 hour. Then let simmer gently about 3 hours. During the last hour of cooking add from $\frac{1}{2}$ cup to a cup of mixed vegetables for each pound of meat. Mixed herbs and spices may be tied in cheesecloth and added, and left in simmering soup as long as desired. The froth should be skimmed from stock as it rises, if clear soup is desired. When cooking soup stock in a fireless cooker add the vegetables in the beginning.

SCOTCH BROTH

3 pounds mutton from the neck	2 tablespoons salt	4 stalks celery
2 quarts cold water	1 sliced carrot	4 tablespoons barley, soaked overnight
	2 sliced onions	

Remove the skin and fat from meat that has been wiped with a damp cloth. Cut the meat into small pieces, put into the kettle and add the

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water. Heat gradually to boiling point, skim and cook about 2 hours, adding vegetables at the end of the first hour. Strain, cool and remove any fat. Reheat to boiling point, add barley and cook until the barley is soft. The meat should not be thrown away, but used in stews, croquettes, or meat cakes. If combined with a little broth, the flavor is restored.

SPLIT PEA SOUP

1 cup dried split peas	4-inch cube salt fat pork	2 tablespoons fat
3 quarts cold water	1 ham-bone	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ onion	2 tablespoons flour	$1\frac{1}{2}$ teaspoons salt

Pick over peas and soak overnight; drain; add cold water, pork, ham-bone, or water in which ham has been boiled, and onion. Simmer 3 or 4 hours, or until peas are soft. Rub through a sieve. Add the flour mixed with fat to soup. Boil 5 minutes, stirring constantly. Add seasonings. Thin with milk if necessary.

CREAM OF POTATO SOUP

4 medium-sized potatoes	2 tablespoons fat	1 teaspoon salt
$\frac{1}{2}$ medium-sized onion	1 quart of milk	$\frac{1}{8}$ teaspoon pepper
	2 tablespoons flour	

Pare potatoes very thin and cook, in enough water to cover, until soft. Drain off water and save. Rub potatoes through a sieve. Heat milk, onion and potato water (about 1 cup) in double boiler. Remove onion and add liquid to potatoes. Melt fat, mix with flour. Stir into hot soup. Season and serve hot. Two tablespoons of finely chopped parsley added just before serving adds greatly to the attractiveness of the soup.

BLACK BEAN SOUP

1 pint black beans	$\frac{1}{2}$ tablespoon salt	$1\frac{1}{2}$ tablespoons flour
2 quarts water	$\frac{1}{8}$ teaspoon pepper	1 hard-boiled egg
1 onion	$1\frac{1}{2}$ tablespoons butter	1 lemon

Wash and soak beans overnight in 2 quarts water. In the morning add onion sliced and simmer until beans are soft. Add more water if necessary. Rub through a sieve and reheat; add seasonings and butter and flour rubbed together. Just before serving add thin slices of lemon and egg.

CREAM OF CELERY SOUP

3 cups celery, cut in 1 inch pieces	$\frac{1}{2}$ teaspoon salt	2 cups milk
2 cups boiling water	2 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
	2 tablespoons fat	

Wash and scrape celery and cut into 1 inch pieces; add water and cook until very soft and tender; rub through sieve. Heat milk in double boiler, and add milk to celery. Melt fat, add flour and seasoning and mix with soup.

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CREAM OF TOMATO SOUP

$\frac{1}{2}$ can or 1 pint tomatoes	1 teaspoon salt Pepper	1 slice onion $\frac{1}{4}$ cup flour $\frac{1}{4}$ cup butter
2 teaspoons sugar $\frac{1}{4}$ teaspoon soda	1 quart milk	

Stew tomato and sugar, strain, add soda and seasoning. Scald milk in double boiler with 1 slice onion. Add flour well blended with butter; cook thoroughly. Remove onion from milk. Combine mixtures, adding tomato to milk slowly, strain, serve at once in a hot dish.

CORN CHOWDER

Fat salt pork, 1 inch by 3 inches 1 sliced onion	4 potatoes cut in $\frac{1}{2}$ inch slices 1 can corn	1 quart milk 8 crackers Salt and pepper
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Cut pork into small pieces and try it out in a pan over a slow fire. Add the sliced onion and cook 5 minutes without burning. Strain fat into a saucepan. Add potatoes and 2 cups boiling water to fat and cook until potatoes are soft. Then add the milk and corn. Heat to boiling point. Season with salt and pepper. Moisten crackers in cold milk. Serve crackers on top of chowder.

FISH CHOWDER

2 cups flaked cod, or fresh cod 6 potatoes, cut into cubes	1 pint boiling water 1 sliced onion Salt pork fat, 1 inch by 3 inches	1 tablespoon salt $\frac{1}{2}$ teaspoon pepper 1 quart milk 8 soda crackers
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Try out fat, add sliced onion and cook to a light brown, without burning. Strain fat into saucepan, add potatoes and boiling water and cook 10 minutes. Add the fish and simmer 20 minutes. Add the milk and seasonings. Heat to boiling point and serve with crackers, split and previously dipped in cold milk.

FISH

Fish, like meat, is a building food and contains some mineral matter. For variety it can be used in place of meat. At some seasons of the year, fish from local waters can be bought very cheap.

Fish contains the same food value as meat at a much smaller cost. tastes good, and is easily digested.

As white-fleshed fish is considered more easily digested than the red-fleshed, it should be selected for invalids, convalescents or those suffering from weak digestion.

Select a fish that has bright eyes and gills, shiny scales, firm flesh, and is free from a disagreeable odor.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

PREPARATION OF FISH FOR COOKERY

Cover board or table with paper before laying fish down. Remove scales by scraping a dull knife from tail to head, snapping scales off. Rinse knife in water occasionally. Wet hands before touching fish, and odor will come off more easily.

Dip hands in salt so that fish will not slip, and hold by tail. If inner organs have not been removed in market, make a lengthwise incision in belly and draw or scrape them out carefully, so that membrane which lines cavity is not broken. Remove head if desired. Remove fins with scissors. Wash inside and out in salted water. Sprinkle fish with salt if it is to be kept overnight. Handle fish carefully when cooking, as flesh falls apart easily, and have all utensils well greased, as skin sticks readily when heated.

METHODS OF COOKING FISH

Fish suitable for broiling are: Split mackerel, whitefish, cod, shad, trout, etc.; sliced halibut and salmon, white smelts and small fish. To broil—brush with melted fat, sprinkle with flour, salt and pepper, and cook over a flame or clear fire.

Fish suitable for baking whole are: Whitefish, cod, haddock, small salmon, shad. Follow directions for baked fish.

Fish suitable for boiling are: Salmon, halibut, cod, haddock, trout, etc. Cook in piece of cheesecloth. Add 1 tablespoon vinegar and 1 tablespoon salt to each quart of water.

Fish suitable for frying are the white-fleshed ones. Cook in deep fat, or saute in a little fat in a frying pan.

TIME TABLE FOR COOKING FISH

Baking—thick fish, a pound.....	10 to 15 minutes
Baking—thin fish, a pound.....	8 to 10 minutes
Boiling—thick fish, halibut, salmon, a pound.....	15 minutes
Boiling—thin fish, such as flounder, a pound.....	8 minutes
Frying—fillets or steak.....	4 to 7 minutes
Frying—smelts or trout.....	3 to 5 minutes

When the fish can be easily separated from the bone, the fish is sufficiently cooked.

FISH—BAKED, WITH STUFFING

Select a fish weighing from $2\frac{1}{2}$ to 4 pounds. Bake with the following stuffing:

1 cup crumbs (bread or crackers, or half and half)	$\frac{1}{2}$ cup melted fat $\frac{1}{4}$ teaspoon salt $\frac{1}{8}$ teaspoon celery salt	$\frac{1}{2}$ teaspoon pepper Few drops onion juice, if liked $\frac{1}{4}$ cup water
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Mix ingredients in order given. If a dry filling is desired, the water may be omitted. Three tablespoons catsup, chopped parsley, capers,

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

pickles, or oysters may be added. Clean and wipe the fish. Rub the inside with salt. Fill with stuffing and sew together. Cut diagonal gashes $1\frac{1}{2}$ inches apart on both sides of the fish and place a strip of bacon or salt pork fat in each gash. Brush with melted fat, sprinkle with salt and pepper. Dredge with flour, tie in the shape of a letter "S" and bake in a dripping pan. When the flour is browned, baste the fish once in 10 minutes. Cook until the flesh is firm and separates easily from the bone.

BROILED FINNAN-HADDIE

Wash the fish thoroughly; let soak $\frac{1}{2}$ hour in cold water, skin side up; cover with water which is simmering, not boiling. Let stand 15 minutes, then drain carefully and wipe dry, brush over with fat and broil over slow fire about 15 minutes. Remove to hot platter, sprinkle with bits of butter, and with juice of $\frac{1}{2}$ lemon. Serve at once.

CREAMED FINNAN-HADDIE

Put Finnan-haddie in a baking pan, cover with cold water. Bring water to boiling point slowly. Cook over low fire $\frac{1}{2}$ hour. Drain and rinse, separate fish in flakes. Make White Sauce No. II, add flaked fish and 1 or 2 hard-boiled eggs sliced.

BROILED SALT MACKEREL

Let soak in cold water 12 hours, skin side up. Drain and wipe dry. Brush over with melted fat. Broil on a well greased broiler skin side down, basting with butter once or twice. Remove carefully to serving dish and pour over $\frac{1}{2}$ cup of hot White Sauce (see page 30). Sprinkle with finely chopped parsley. It may be served with melted butter in place of the white sauce.

FRIED SMELTS

To clean smelts, spread open outer gills, and with the forefinger take hold of the inner gills and pull gently; the parts unfit for food are all attached to these inner gills, and come away together, leaving the smelt in perfect shape. Rinse thoroughly and wipe dry. If smelts are small, dip in milk and roll in flour, or in egg and bread crumbs. Fry in deep fat.

CODFISH BALLS

1 cup salt codfish 1 egg $\frac{3}{4}$ teaspoon pepper
2 cups potatoes 1 tablespoon butter

Wash fish in cold water and pull into small pieces, keeping fish in water while doing so. Wash and pare the potatoes and cut into pieces before measuring. Cook the fish and potatoes together in boiling water until the potatoes are tender, then drain and shake over the fire until dry; mash, and beat thoroughly with a wire potato masher. Add the butter, pepper and salt if needed. Cool slightly, then add beaten egg, and beat until light. Take up mixture in a spoon, molding slightly with a knife, and drop into deep hot fat. Fry until brown, about 1 minute. Drain on absorbent paper.

Mixture for codfish balls may be served hot, without frying, or turned into a buttered baking dish and browned in the oven and served as a baked dish, or shaped into flat cakes and sauted in frying pan. To make codfish

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

puff, prepare in same manner, only use 2 well beaten eggs. Cook like an omelet.

SCALLOPED FLAKED COD OR OTHER FISH

1 pound flaked cod $1\frac{1}{2}$ cups white sauce $\frac{1}{4}$ cup buttered crumbs

Arrange fish and sauce in layers in a well greased baking dish. Cover with bread crumbs. Bake until heated throughout and crumbs are browned on top. Any kind of cooked fish may be flaked and prepared in this way. Layers of boiled onion or green peas may be used in this recipe. This recipe is suitable also for canned salmon or tuna fish.

SALMON LOAF

1 cup flaked cooked salmon	1 teaspoon salt	1 teaspoon lemon
or canned salmon	1 tablespoon butter	juice
1 cup stale bread crumbs	$\frac{1}{2}$ teaspoon onion juice	2 egg whites, stiffly
soaked in 1 cup	2 egg yolks, beaten	beaten
scalded milk		

Combine ingredients in order given, folding in the stiffly beaten whites last. Place mixture into a well greased and crumbed pan and bake in a moderately hot oven or steam the mixture. Serve with White Sauce (see page 30), or the following:

SAUCE FOR FISH

2 tablespoons butter	$1\frac{1}{2}$ cups milk, scalded	2 tablespoons lemon juice
2 tablespoons flour	$\frac{1}{2}$ cup liquid from fish	1 egg yolk

Melt butter, add flour, then heated milk gradually. Add liquid from fish and lemon juice just before removing from fire. Just before serving, beat sauce into yolk of egg. Serve hot. One tablespoon catsup may be added, if desired.

OYSTERS—FRIED

Select large oysters, remove pieces of shell, wash and wipe dry. Roll in well seasoned, dry bread crumbs, which have been sifted. Dip in egg (beaten with 1 tablespoon water or oyster juice), and again in the crumbs. Fry in deep fat.

OYSTERS—SCALLOPED

1 quart oysters	$\frac{1}{2}$ teaspoon salt	6 tablespoons butter
2 cups crumbs	Cayenne	$\frac{3}{4}$ cup liquid

Wash oysters with $\frac{3}{4}$ cup cold water in colander and remove pieces of shell. Strain the juice. Melt butter, add crumbs and seasoning. Line the bottom of a greased baking dish with $\frac{1}{2}$ the crumbs, then add $\frac{1}{2}$ the oysters. Add $\frac{1}{2}$ more crumbs, and remainder of oysters and liquid, which may be liquid from oysters, or milk. Cover with buttered crumbs. Bake in a moderate oven 30 to 40 minutes. A large shallow pan is always preferable to a deep baking pan, as there should be only 2 layers of oysters.

OYSTER STEW

1 quart oysters	$\frac{1}{4}$ cup butter	$\frac{1}{8}$ tablespoon pepper
1 quart milk	$\frac{1}{2}$ tablespoon salt	

Clean the oysters by placing in colander and pouring over them $\frac{3}{4}$ cup cold water. Pick over carefully, removing any bits of shell that adhere.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Reserve liquid, heat to boiling point, strain through double cheesecloth over wire strainer. Add oysters, cook until edges begin to curl. Add oysters and liquor to hot, scalded milk; add butter and seasoning. Serve at once.

Paprika, celery salt, onion juice, parsley or mace may be used as additional seasoning, if desired.

For oyster soup, thicken the milk, using $\frac{1}{2}$ tablespoon flour for each cup of milk. Prepare as for white sauce.

MEAT

Good beef is dark, purple in color when first cut, but turns to a bright red. It should be well streaked with a firm fat of yellowish color that crumbles easily. The flesh should be firm and, when pressed with the finger, no mark should remain.

Veal should be pink; it is usually less firm than beef. If used too young, it is watery and flabby.

Mutton should be dullish red, rather firm and streaked with firm white or slightly yellow fat.

Lamb, which is in season between May and November, should be pink, with more red color in the bones than mutton.

Pork should be pale in color. It is less firm than beef and has soft fat.

All meat should be removed from the paper wrappings as soon as it comes from the market. Paper absorbs meat juices, and if meat remains in the paper too long, it will taste of it. Before cooking, meat should be wiped with a clean, damp cloth, but it should never be put in water because water draws out the meat juices. Meat should always be kept in a cool place.

One of the fundamental, underlying principles in the cooking of meat is that heat hardens protein.

High temperature hardens and toughens meat; therefore, it should only be used to form a coating or to sear the meat on the outside. This also is the best means of retaining the juices, and if lower temperature is used to complete the cooking, the finished product will not be tough and indigestible.

Pounding and chopping helps to break the connective tissue. It is, however, likely to open the thread-like meat fibers and release the juices. If flour is pounded into the meat, it will hold and help retain the juices. The natural flavor of tougher meats is developed by long, slow cooking.

TIME TABLE FOR ROASTING (PER POUND)

Beef, round.....	10 to 12 minutes
Beef ribs (well done).....	12 to 15 minutes
Beef ribs (rare).....	8 to 10 minutes
Mutton, leg (well done).....	15 minutes
Mutton, leg (rare).....	8 minutes
Mutton, loin (rare).....	8 minutes

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Mutton, shoulder (stuffed).....	15 minutes
Lamb (well done).....	20 minutes
Veal (well done).....	25 minutes
Pork (well done).....	30 minutes
Chicken.....	15 minutes
Duck.....	20 to 25 minutes
Goose.....	18 to 20 minutes
Turkey, 8-pound.....	15 to 20 minutes

BEEF

ROAST BEEF

Wipe meat; rub with salt; put on rack in dripping pan. Place in a hot oven 450°F. until meat is seared on the outside, then reduce the temperature to moderate 350°F. and roast according to above time schedule. Baste the meat every 10 or 15 minutes with the fat that collects in the pan.

PAN-BROILED STEAK

Trim fat from steak, also part of bone, if desired. Wipe with damp cloth. Heat frying pan till very hot, or until blue smoke arises. Rub surface of pan with little fat. Place steak in pan, searing it quickly, first one side, then on the other and turning every 10 seconds. After both sides are seared, reduce heat under the pan and cook steak more slowly. Stand on edge to brown fat. Keep pan free from fat. Steak is done rare, when well browned and puffy. If 1 inch thick, this will take about 8 minutes. If desired well done, it will require 12 to 15 minutes or more.

HAMBURGER STEAK

Chop finely 1 pound lean raw beef; season highly with salt, pepper and a few drops of onion juice. Add $\frac{1}{2}$ cup milk gradually; mix with a fork and shape into cakes. Heat a frying pan, rub with the fat of meat and pan-broil the steaks. Turn cakes often during the cooking. One cup of dried bread crumbs, or cold cooked rice, may be added to the mixture before it is shaped into balls.

MEAT LOAF

Shape hamburger mixture (with bread crumbs) into a loaf; lay slices of bacon across the top. Place in baking pan and bake at 400°F. for 45 minutes. If the oven is being used for something that requires a low temperature, the meat loaf can be baked for 2 hours at 300°F. Serve with gravy made from fat in pan by adding flour. Allow to brown, add boiling water.

FLANK OR ROUND STEAK, STUFFED AND ROLLED

1 pound top round, or flank $\frac{1}{2}$ inch thick	2 or 3 small slices suet 1 onion, sliced	$\frac{1}{2}$ cup carrot, cubed 1 cup boiling water or stock
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STUFFING

1 cup crumbs	2 tablespoons parsley	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter (melted)	$\frac{1}{2}$ teaspoon onion juice	$\frac{1}{2}$ teaspoon paprika
	2 tablespoons chopped celery	

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Trim edges of steak, spread stuffing over it, roll and tie it, and lay it on onion and carrot in pan with suet on top. Pour the water or stock into pan, cook, closely covered, for 20 minutes or more in a hot oven, then uncover and cook 30 minutes longer. Serve with brown gravy made from drippings in pan.

SWISS STEAK

Select a slice of round steak cut about 2 inches thick. A steak from the top of the round is preferable. For a small family, half of the slice will suffice for 2 meals. A full slice from heavy beef will weigh 4 or 5 pounds. Pound into the steak, on both sides, as much flour as it will take up (nearly 1 cup).

Brown the meat on both sides in bacon or salt pork fat. Peel an onion for each person to be served; cook 5 minutes with 1 No. 2 can of tomatoes, pour over the meat and bake about 2 hours at a temperature of 350°F.

POT ROAST OF BEEF—GRAVY

Nearly any of the tougher meats may be used. The rump or lower part of the round is preferable. Wipe meat, sear in hot frying pan, or in the kettle for roasting. Lard outer surface if meat is lean, or few slices of salt pork may be cooked with meat. After meat is seared, add $\frac{1}{2}$ cup boiling water to 2 pounds meat, and cover tightly. Cook slowly until meat is very tender and well browned, adding only enough water to prevent burning. Season when nearly done. Serve with brown gravy made with liquid left in the pan. Instead of water, strained tomatoes may be used with pot roast. For seasoning, in addition to salt and pepper, a bit of bay leaf, parsley, a few cloves, or slices of carrot may be cooked with the roast.

GRAVY

To each cup of liquid add, gradually, 2 tablespoons flour mixed till smooth, with an equal quantity of cold water. Cook as white sauce. Strain.

VEAL

ROAST VEAL

The leg, cushion (thickest part of leg), and loin are suitable pieces for roasting. When leg is to be used, it should be boned. Wipe meat; sprinkle with salt and pepper; stuff and sew in shape. Place on rack in dripping pan, dredge meat and bottom of pan with flour, and place around meat strips of salt pork. Have oven hot 450°F. until meat is seared over; then reduce. Bake 3 or 4 hours in moderate oven 350°F., basting every 15 minutes with $\frac{1}{2}$ cup butter melted in $\frac{1}{2}$ cup boiling water, until used; then baste with fat in pan. Serve with brown gravy.

VEAL LOAF

2 pounds veal	1 tablespoon chopped	$\frac{1}{2}$ cup dry crumbs
$\frac{1}{2}$ pound fat salt pork	parsley	2 tablespoons tomato catsup
2 teaspoons salt	1 tablespoon lemon	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon pepper	juice, if desired	1 egg
		1 onion

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Select lean veal, remove skin and membrane, chop fine with salt pork. Add crumbs, seasoning. Brown minced onion in little fat, before adding. Beat egg slightly, add with milk, mix well. Pack in a bread pan, smooth evenly on top and bake in slow oven 2 hours, basting frequently with $\frac{1}{4}$ cup bacon fat. Meat may be shaped into loaf in roaster and baked in oven. May be served hot, with brown gravy or tomato sauce, or may be used cold.

VEAL CUTLETS

2 $\frac{1}{2}$ pounds veal	Pepper	Fine bread crumbs
(from round)	4 tablespoons drippings	1 egg
Salt	or butter	1 tablespoon water

Wipe meat and cut into pieces for individual serving, removing bone, skin and tough membranes. Skewer small pieces of meat together with wooden tooth-picks. Beat egg and water, so that white is well broken, but not light. Dip meat in sifted, seasoned bread crumbs; dip in egg, then in crumbs again. Melt fat in frying pan. When hot, brown cutlets quickly on both sides. Pour sauce over cutlets, cover, then cook at low temperature for 1 hour or until tender, turning occasionally.

SAUCE FOR CUTLETS

2 tablespoons fat	$\frac{1}{2}$ teaspoon pepper	2 tablespoons chopped
$\frac{1}{4}$ cup flour	1 pint stock, water, or	parsley, or lemon
$\frac{1}{4}$ teaspoon salt	strained tomato juice	juice, or horseradish
1 teaspoon Worcestershire		

Make according to directions for white sauce.

VEAL BIRDS

1 $\frac{1}{2}$ pounds veal steak	2 tablespoons fat
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cups boiling water

Wipe veal and trim off fat; cut into 6 pieces of uniform size; spread each piece with stuffing, roll and fasten with tooth-picks. Roll the birds in part of the flour and brown in melted fat. Remove and add the rest of the flour and boiling water—make a smooth gravy. Place birds in a casserole, pour the gravy over them and bake 1 hour at 375°F. Make stuffing according to recipe for flank steak (see page 21).

VEAL AND HAM PIE

1 $\frac{1}{2}$ pounds veal	1 teaspoon powdered	1 tablespoon chopped
2 hard-cooked eggs	herbs, salt, pepper,	parsley
$\frac{1}{2}$ pound ham	red pepper and mace	Pastry or biscuit dough
1 tablespoon flour	to taste	Stock
1 teaspoon grated		
lemon rind		

Cut veal and ham into thin slices. Trimmings from roast may be used. Mix on plate the flour, salt, pepper, red pepper, mace, powdered herbs and lemon rind, roll each piece of veal in this seasoning, and lay in deep casserole, alternately, layers of veal, ham, and eggs cut in slices; pile this in center of the dish, add one cupful of water, and parsley; cover with dough and bake in hot oven for 1 $\frac{1}{2}$ hours.

When baked, add a little well seasoned stock. Serve hot or cold.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

PLAIN FRIED HAM

Cut a thin slice from the center of a ham and gash the fat on the edge in several places; put in hot frying pan, brown quickly on one side, then turn and brown lightly on the other side. Then cook very slowly until tender. Apples cored and sliced, but not peeled, may be fried in the ham fat and served with the ham.

POULTRY

ROAST CHICKEN

After chicken has been dressed and cleaned, fill with stuffing, truss securely in compact shape, and lay on its back in roasting pan. Dredge with flour, salt and pepper, dot with bits of butter, if desired, and place in hot oven. As soon as flour is browned, reduce temperature to 350°F., begin to baste with cup of hot water every 10 minutes. Cook until breast meat is tender, about 1 hour for 4-pound chicken. Longer for larger chicken.

STUFFING FOR ROAST CHICKEN

4 cups bread crumbs	1 egg, slightly beaten	2 tablespoons butter,
2 teaspoons salt	$\frac{1}{2}$ teaspoon poultry,	melted
$\frac{1}{2}$ teaspoon pepper	seasoning or onion	2 to 3 cups boiling water

Mix in order given, combine thoroughly and use to stuff chicken. Butter may be omitted if chicken is fat, or beef drippings may be substituted. If a dry, crumbly dressing is desired, omit the boiling water.

CHICKEN FRICASSEE

3 pounds chicken	$\frac{1}{2}$ bay leaf	$\frac{1}{2}$ cup chopped salt pork
1 onion	1 teaspoon salt	fat or other fat
2 cloves		$\frac{1}{2}$ cup flour

Singe, draw and disjoint a 3-pound chicken. Wash and rinse carefully. Put into a saucepan with 1 quart of water, 1 sliced onion with 2 cloves pressed into it, bay leaf and salt. Simmer slowly until tender. Remove chicken, dredge the pieces generously with the flour, salt and pepper, and brown in the salt pork fat or other fat in a frying pan. When the pieces of chicken are nicely browned on both sides, add the stock in which the chicken has been cooked. If the gravy is not thick enough, add flour thickening to it. Season to taste. Arrange the browned chicken on a platter. Pour the gravy over it. Surround with a border of boiled rice. This is a good way to utilize fowls which need long, slow cooking to make them tender.

TO FRY CHICKEN

Select young chicken. Cut up. Wash, drain, but do not dry. Dredge well with flour and seasoning. Use drippings for fat—salt pork, bacon, beef or chicken fat will do, or use part butter and part other fat. Cook chicken slowly in fat in frying pan until tender, and well browned. Serve with cream or milk gravy.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

CHICKEN A LA KING

2 tablespoons butter	2 tablespoons flour	2 cups cooked chicken
$\frac{1}{4}$ pound fresh mushrooms	2 cups milk or	cut in pieces
1 teaspoon salt	1 cup milk and 1 cup	1 pimento
	chicken stock	$\frac{1}{2}$ teaspoon pepper

Melt the butter, add the mushrooms, cover and cook about 5 minutes, dredge with flour, add seasonings and liquid, chicken and pimento. Allow to cook a few minutes until sauce thickens, serve on toast or in patty shells.

CHICKEN A LA MARYLAND

Cut up chicken as for fricassee. Dip in egg and bread crumbs. Bake in oven, adding small amount of water and basting frequently. Fifteen minutes before removing from oven, add 2 cups cream or milk, and simmer gently. Remove chicken, and thicken liquid.

CHICKEN PIE

1 chicken	Bit of bay leaf	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ onion	Salt	Pie crust or biscuit
1 tablespoon parsley	$\frac{1}{2}$ teaspoon pepper	dough

Dress, clean, and cut up chicken. Put in a stewpan with onion, parsley, and bay leaf, salt and pepper. Cover with boiling water, and cook slowly until tender. Thicken stock with flour diluted with enough cold water to pour easily. Cover the chicken mixture with crust in which several incisions have been made. Wet edge of crust and put around a rim, which is close to edge. Bake in a moderate oven 350°F. until crust is well risen and browned.

PRUNE AND APPLE STUFFING

3 cups bread crumbs	1 cup apples, pared, cut	$\frac{1}{2}$ cup soaked, stewed and
$\frac{1}{2}$ cup melted fat	in eighths, and stewed	stoned prunes
1 teaspoon salt	in a little sugar	$\frac{1}{2}$ cup nut meats, broken
	Few grains pepper	into pieces, if liked

MASHED POTATO STUFFING

2 cups mashed potatoes, highly seasoned with salt and pepper	$\frac{1}{2}$ cup chopped, par-boiled onions	2 tablespoons melted fat
	2 egg yolks	$\frac{1}{4}$ teaspoon sage

Mix ingredients in order given.

LEFT-OVER MEATS

GENERAL DIRECTIONS

Almost any left-over meat may be combined with other foods, well seasoned, and be made up into very palatable dishes. Beef, veal, mutton, lamb, chicken, and ham are all desirable and may be combined. Fish may be substituted for meat in many recipes.

Trim off carefully all non-edible parts.

Cut or chop meat in fine pieces of uniform size. Do not mash.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

CASSEROLE OF RICE AND MEAT

2 cups chopped, cooked meat	$\frac{1}{2}$ teaspoon onion juice	$\frac{1}{4}$ cup fine bread crumbs
1 teaspoon salt	1 tablespoon chopped parsley	4 cups cooked rice
$\frac{1}{4}$ teaspoon pepper	1 egg	

Season the meat, mix with crumbs and beaten egg, and add meat stock to make mixture pack easily. Line a greased mold, or baking pan, with 2 or 3 cups rice. Pack rice well and fill with meat, cover with the remainder of the rice, cover tightly and steam or bake about 45 minutes. Remove from mold. Serve with tomato sauce.

SHEPHERD'S PIE OR SCALLOPED MEAT

2 cups chopped, cooked meat	2 cups left-over gravy	$\frac{1}{2}$ teaspoon paprika
	1 teaspoon salt	1 teaspoon onion juice
2 cups mashed potato	$\frac{1}{2}$ teaspoon pepper	1 or 2 tablespoons butter

It is unnecessary to follow above proportions. Use available amounts of meat and potato, and gravy, and season to taste. Line bottom of buttered baking dish with well beaten mashed potato (either hot or left-over). Add thick layer of meat and gravy, then layer of potato, until dish is full. Make the top crust of potato. Dot with bits of butter. Or, meat and gravy may be placed in lower part of baking dish with single thick layer of mashed potato for the crust. Stiffly beaten egg white may be folded into mashed potatoes before adding to meat, if desired. Bake in hot oven till potatoes are browned, or if cold potatoes have been used, till thoroughly heated and browned. Crumbs, macaroni or rice may be substituted for potatoes.

MINCED MEAT ON TOAST

Use any meat, put through food grinder or chop fine in chopping bowl. Heat in gravy, white sauce, or tomato sauce. Add butter, season well, and serve on hot toast.

HASH

1 to 2 cups chopped meat	$\frac{1}{2}$ teaspoon pepper	3 to 4 tablespoons butter
2 cups cubed potato	1 teaspoon mixed onion or celery	Enough milk, water or stock to moisten
1 teaspoon salt		

Any available left-over meat may be used, taking about equal parts of meat and potato. Chop meat first, then add potato and chop together. Season. Melt fat (1 tablespoon to each cup of hash) in frying pan, spread hash in evenly and cook slowly for 20 minutes. Shake the pan occasionally to prevent sticking. The hash may be put in a buttered pan and baked in the oven.

BAKED RICE AND MEAT

2 cups cold, cooked meat (chicken, beef, veal or lamb)	1 cup canned tomatoes, salt and pepper	1 tablespoon Worcestershire sauce
2 cups meat stock	$\frac{1}{2}$ cup rice	2 medium-sized onions
	2 tablespoons butter	

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Cook the meat, which has been cut in cubes, stock, tomatoes, one of the onions cut fine, Worcestershire Sauce and seasonings together for about 10 minutes. Melt the butter in a frying pan and add the onion and uncooked rice. Allow both to brown slightly and add them to the other mixture. Turn all into a buttered casserole and bake 40 minutes.

MEAT CROQUETTES

2 cups chopped, cooked meat	$1\frac{1}{2}$ cups White Sauce III (see page 30)	$\frac{1}{2}$ teaspoon salt
		$\frac{1}{4}$ teaspoon pepper

PREPARATION OF CROQUETTES

In general, use equal amounts of white sauce and meat. Less will be needed if meat is freshly cooked than if canned meat is used. Meat should be chopped fine, seasoned rather highly, then moistened with sauce as soft as can be handled. Let chill thoroughly on flat dish, then divide evenly into separate portions, allowing 2 tablespoons for each croquette. Shape into balls, cylinders, cones or any desired shape. Roll and sift dry crumbs, beat egg with 1 tablespoon water. Roll croquettes in crumbs, dip in egg, again roll in crumbs, and fry in deep fat, till light brown in color. Drain on paper. They may be served with sauce.

Any meat or combination of meats may be used. Fish, eggs and macaroni may be used in same way. Seasoning may be onion, parsley, celery salt. Lemon juice combines well with fish or chicken.

MEAT STEW

Cut any left-over cooked meat into 2-inch cubes. Brown in melted fat together with 1 or 2 onions depending on the amount of meat. Add carrots diced and potatoes—cover with stock and cook slowly until the vegetables are almost soft, thicken the gravy with flour and water. Drop dumplings on top, cover lightly and cook about 15 minutes longer. (Dumpling recipe, see page 24.) The stock for the stew can be made from the bones and trimmings or from meat or vegetable extract.

MEAT AND VEGETABLE SAUCES

HOLLANDAISE SAUCE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt	1 tablespoon lemon juice
2 egg yolks	Sprinkle of cayenne	

Divide butter in 3 pieces. Put 1 piece in a pan with the egg yolks and lemon juice and cook over hot water, stirring constantly with wire whisk. Don't let water touch pan or egg will cook too quickly. As the sauce thickens, add the second piece of butter, then the third. Remove from fire, add seasoning. One tablespoon of cream added helps to keep the sauce from separating.

GOLDEN SAUCE

3 tablespoons butter	$\frac{1}{2}$ teaspoon salt	1 teaspoon lemon juice or vinegar
3 tablespoons flour	$\frac{1}{2}$ teaspoon pepper	
$1\frac{1}{2}$ cups milk	2 egg yolks	

Make sauce of first 3 ingredients, salt and pepper. Beat egg yolks slightly and just before serving, add sauce and heat. Add lemon juice and serve at once.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

MINT SAUCE

8 stalks mint, or 2 tablespoons sugar $\frac{1}{2}$ cup vinegar
2 tablespoons dry mint

Wash mint and pick leaves from stems. Chop fine. Add sugar to vinegar. Pour over mint leaves. Let stand 1 hour.

CREAM OR WHITE SAUCE

I	II	III
1 cup milk	1 cup milk	3 tablespoons butter
1 tablespoon flour	2 tablespoons flour	3 tablespoons flour
1 tablespoon butter	2 tablespoons butter	1 cup milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon salt	1 teaspoon salt

Melt butter in saucepan, then add flour, stirring till mixture becomes foamy, but not brown. Add milk, continue stirring to insure smoothness, cook till thickened. Season.

White Sauce I is used in preparation of creamed vegetables. II is used in cream soups and scalloped dishes. III is that usually used for croquettes.

The general rule for use of white sauce for creamed scalloped vegetables is to use half as much white sauce as vegetables. For example, for 1 pint of potatoes, use 1 cup of white sauce.

For croquettes, use equal amounts of white sauce and meat. Chill mixture before using.

RELISHES

CHILI SAUCE

1 peck ripe tomatoes, finely chopped	6 green peppers (small), finely chopped	3 tablespoons salt $\frac{1}{2}$ tablespoon allspice 1 tablespoon cinnamon $\frac{1}{2}$ tablespoon cloves $\frac{1}{2}$ teaspoon paprika
12 onions (size of egg), finely chopped	1 pint brown sugar 1 pint vinegar	

Mix the first 6 ingredients together and cook until nearly done, before adding the spices.

MUSTARD PICKLE

1 quart small cucumbers	1 quart green tomatoes, sliced	3 small heads cauli- flower, torn apart
1 quart large cucumbers, sliced or diced	2 quarts small green tomatoes	6 green peppers, cut in strips
2 quarts small pearl onions	2 quarts butter beans or celery cut in 2-inch pieces	

Prepare vegetables overnight and soak in a strong brine made by adding 2 cups of salt to each gallon of water. In the morning bring to the boiling point and let simmer until vegetables are tender.

Drain thoroughly in a colander and cover with the following mustard dressing: Mix together $1\frac{1}{2}$ cups sugar, 4 tablespoons each flour and powdered mustard, $\frac{1}{2}$ tablespoon turmeric, 1 teaspoon celery salt; add slowly 3 pints of hot vinegar; stir till smooth. Cook in double boiler till it thickens. Pour over hot vegetables; simmer for 5 minutes. Pack in hot, clean jars.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

MEAT SUBSTITUTES

Milk, eggs and cheese contain the same tissue building properties as meat and can be used in place of it. Dried peas and beans, some cereals and nuts make satisfactory substitutes for meat particularly when they are combined with any of the above foods. They can also be used with meat to extend the flavor.

EGGS

SCRAMBLED EGGS

6 eggs	3 tablespoons butter	$\frac{1}{2}$ teaspoon salt
6 tablespoons milk	$\frac{1}{2}$ teaspoon pepper	

The general rule is to use 1 tablespoon milk and $\frac{1}{2}$ tablespoon butter for each egg. Beat eggs slightly to mix whites and yolks, add salt, pepper and milk. Put butter into hot omelet pan. When melted, pour in the mixture. Cook slowly at a low temperature, until creamy consistency, lifting from bottom of pan with spatula, as it thickens. Do not stir, but leave in rather large masses. Serve on hot buttered toast.

BAKED EGGS

Toast circular pieces of bread from which a little of the centers have been removed. Place pieces on a buttered dish. Break an egg and drop contents in the center of bread. Sprinkle with salt and pepper, dot with butter, pour on a little milk or cream and bake in a moderate oven until eggs are cooked.

BAKED EGGS WITH CHEESE

Follow directions for baked eggs, sprinkling slices of toast with cheese before eggs are dropped onto them, or slip eggs into buttered egg shirrers. Cover with white sauce, sprinkle with grated cheese and buttered crumbs. Bake until eggs are set.

SCALLOPED EGGS AND HAM

4 hard-cooked eggs	$1\frac{1}{2}$ cups buttered hard crumbs	1 pint white sauce
$\frac{1}{2}$ cup or 1 cup cold chopped ham or meat		

Chop the eggs, and follow the rule, alternating the eggs and meat, or add chopped eggs and meat to the sauce.

CREAMY OMELET

6 eggs	1 teaspoon salt	3 tablespoons butter
$1\frac{1}{2}$ cups White Sauce	$\frac{1}{2}$ teaspoon pepper	

II (see page 30)

Make either French or puffy omelet, using white sauce instead of water. Pour another $\frac{1}{2}$ cup white sauce around it before serving, after it has been placed on a hot platter.

EGGS FLORENTINE

On a bed of cooked and seasoned spinach place eggs which have been poached. Pour over White Sauce No. II seasoned with grated Parmesan cheese.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

FRENCH OMELET

6 eggs ½ teaspoon salt 3 tablespoons butter
6 tablespoons liquid ¼ teaspoon pepper

The general rule is, for each egg use 1 tablespoon liquid, ½ tablespoon butter. Season to taste.

Break eggs into bowl, beat slightly to mix, or until they can be taken up on spoon; add seasonings and liquid, which may be cold water, milk, or stock. Have ready a smooth, hot pan (light weight, small pan is best) in which butter has been melted. Shake the pan so that every part is coated with butter. Pour beaten eggs into pan. As eggs cook, shake pan lightly, and with fork or spatula, gently lift egg. Tip pan, so that some of uncooked portion can run to side. When puffed, creamy, and lightly browned on the bottom, take pan in left hand, tilting pan downward. With knife, loosen edge of omelet from pan. Make slight cut in middle at each side at right angles to the handle of the pan, but not entirely through the omelet. Fold quickly, and turn on to a hot plate, from which it is to be served, at once.

STUFFED EGGS

5 hard-cooked eggs 1 cup White Sauce (see page 30) 1 teaspoon salt
3 tablespoons American cheese (grated) 1 tablespoon butter 1 teaspoon mustard Few grains of cayenne
1 teaspoon vinegar

Cut the hard-cooked eggs in halves lengthwise; remove yolks, mash, add grated American cheese, vinegar, mustard and salt and a few grains of cayenne. Add melted butter. Shape in balls size of original yolks, refill whites. Place in a baking dish, pour around white sauce. Bake in an oven with buttered crumbs.

CHEESE DISHES

One pound of cheese contains as much fuel value as 2 pounds of meat. Cheese may be added to white sauce and served with boiled rice or boiled vegetables or plain on toast. Cheese may be combined with left-over cereal mush, and baked as a souffle or shaped into cakes and baked in the oven or browned in a little fat in a pan.

CHEESE FONDUE

1 cup stale bread crumbs 1 cup milk ½ teaspoon salt
1 cup or ½ lb. cheese 2 eggs ½ teaspoon mustard
(cut fine) 1 tablespoon butter ½ teaspoon paprika

Mix bread, milk and cheese in a double boiler. When cheese is melted, add eggs, beaten until well mixed, add seasonings. Cook until thick and perfectly smooth.

The same mixture may be prepared by placing bread and cheese in layers, in buttered pudding dish, and pouring over it milk, mixed with egg and seasoning, then baking till firm, in moderate oven 325°F. testing with knife, as for all custard mixtures. Dish should be set in pan of water to bake.

Macaroni, rice, or other cooked cereal may be substituted for bread crumbs. More or less cheese may be used. One egg will often be sufficient, or 3 may be preferred. Whites and yolks may be separated and whites stiffly beaten, folded in last. Then bake in buttered pudding dish.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

CHEESE SOUFFLE

4 tablespoons 1½ cups grated cheese 4 egg whites beaten stiff
granulated tapioca 4 egg yolks well beaten with 1 teaspoon salt
1½ cups milk

Cook milk and tapioca in double boiler until tapioca is clear. Add cheese and stir until melted. Add egg yolks and mix well. Fold in egg whites. Bake in greased baking dish set in pan of hot water at 350°F. 50 minutes.

RAREBIT

½ cup milk or cream 2 tablespoons butter ½ teaspoon salt
2 cups or ½ lb. cheese 1 egg Sprinkle cayenne

Put milk and grated cheese in upper part of double boiler, or blazer of chafing dish. When cheese is melted, add butter. Pour this mixture over egg, slightly beaten, then return to double boiler. Add seasoning. Stir constantly, and cook until smooth and thick. Serve at once, over slices of toast, or hot crisp crackers.

BAKED RICE AND CHEESE

3 cups cooked rice 1½ cups cheese grated ½ teaspoon salt
Butter Milk Bread crumbs

Cover bottom of buttered baking dish with rice, sprinkle with cheese, season and dot with butter. Repeat until rice and cheese are used. Add milk to half the depth of rice. Cover with crumbs. Bake at 350°F. about 20 minutes or until cheese melts and crumbs are brown.

COTTAGE CHEESE

Heat sour milk to about 100°F. and turn into a strainer lined with cheesecloth. Pour over 1 quart hot water. Let curd hang in cheesecloth bag until all whey has drained off. Add enough cream and melted butter to moisten. Add salt.

MACARONI AND SPAGHETTI

Macaroni and spaghetti are starchy foods, and dishes made from either are served in place of potatoes, and when combined with cheese, also as a meat substitute. If they are carefully and thoroughly cooked, they are pleasing in appearance and palatable. They should be cooked in rapidly boiling, salted water until tender, then drained and rinsed in cold water. This keeps the pieces from becoming mushy and sticking together. They may be used interchangeably in recipes, for they differ in form, rather than in content.

SPAGHETTI AND TOMATOES

Cook spaghetti in boiling salted water until tender. Drain and rinse. Put a layer of the spaghetti in a buttered baking dish. Cover it with a layer of tomato sauce made like White Sauce II, using strained canned tomatoes instead of milk. Dot with ¼ inch cubes of bacon and onion, chopped fine. Repeat layers until dish is full. Cover with buttered crumbs and put in an oven and bake until hot throughout. A little grated cheese may be sprinkled on each layer of tomatoes, if desired.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

MACARONI WITH CHEESE

1 cup macaroni $\frac{1}{2}$ cup chopped or grated Buttered crumbs
 1 $\frac{1}{2}$ cups White Sauce cheese

Break macaroni into pieces 1 inch long, boil, strain and rinse. Stir cheese into hot, well seasoned white sauce and put macaroni and sauce in buttered baking dish in layers; sprinkle buttered crumbs on top and brown well in hot oven.

For other meat substitutes, see special vegetable recipes.

VEGETABLES

Vegetables should form a large part of our daily diet. They contain water and mineral matter and also health-promoting vitamins. In addition, they contain woody fibres or cellulose which stimulate the intestines.

GENERAL RULES FOR COOKING VEGETABLES

Wash thoroughly. Pare, peel or scrape, if skins must be removed. Skins should be left on to keep in all the food value possible. Beets must never be peeled before cooking. Soak in cold water until ready to cook. Cook in freshly boiling salted water until tender.

Allow 1 teaspoon salt to 1 quart of water. Use as little water as is possible without burning, except for strong flavored vegetables like cabbage and turnips. These should be cooked uncovered in a large quantity of water. Greens like spinach and kale, need only the water which clings to them from washing. To preserve the color of green vegetables, cook uncovered. Water in which vegetables have been cooked is called vegetable stock and should never be thrown away, but used in soups and sauces.

Winter vegetables should be kept in a cool, dark, dry place. Fresh vegetables may be washed and kept on ice in a clean piece of cloth.

Time for cooking vegetables varies with the age of the vegetables and the hardness of the water. Test them by pricking with a fork. Never add soda to vegetables as it has a tendency to destroy the vitamins.

GENERAL TABLE FOR COOKING VEGETABLES

Vegetables	Special Directions	Time for Cooking	Serve
Asparagus	Tough lower ends cut off.	15 to 30 minutes	On toast with drawn butter or other sauce.
Beets (old)	Cook unpeeled.	1 to 4 hours	With butter.
Beets (young)	Cook unpeeled.	20 to 30 minutes	With vinegar.
Green Beans	Remove strings and cut in 1 inch lengths.	20 to 30 minutes	With butter.
Brussel Sprouts	Remove wilted or yellow leaves. Soak in salt cold water for an hour.	15 to 20 minutes	With butter or any sauce.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Vegetables	Special Directions	Time for Cooking	Serve
Cabbage	Cut small head of cabbage into 4 parts. Soak in cold, salt water.	15 to 30 minutes	With butter or cream sauce.
Carrots	Scrape, do not peel. Cut in slices or cubes, if large or old.	20 to 30 minutes	With butter or cream sauce.
Cauliflower	Remove green leaves and thick stalk. Soak head down in cold water containing teaspoonful of salt and teaspoonful of vinegar.	20 to 25 minutes	With butter or cream sauce.
Celery	Remove leaves. Scrape stalk. Cut in 3-inch pieces.	30 minutes	With butter or cream sauce, or see p. 36.
Cucumbers	Peel and cut in thick slices.	15 minutes	With butter or flour and butter sauce.
Corn on cob	Remove husks and silk.	15 to 20 minutes	Wrap in napkin.
Eggplant	See page 37 for special recipe.		
Mushrooms	See page 37 for special recipe.		
Onions	Peel and cut off roots.	20 to 40 minutes	With butter or cream sauce, or see p. 37.
Okra	See page 37 for special recipe.		
Parsnips	Wash and boil and then scrape off the skins. Cut in slices.	35 to 40 minutes	With butter or cream sauce.
Peas	Shell and boil slowly. Add salt when nearly done.	15 to 30 minutes	With butter or a little milk, or see p. 38.
Potatoes	Scrape when old and cook with skins on when young.	25 to 30 minutes	See pp. 38, 39.
Spinach	Wash thoroughly in 5 or 6 waters. Use very little water in cooking.	15 to 20 minutes	Chopped and served with butter and a little vinegar, if desired, or with cream sauce.
Squash (summer)	Peel and cut (if the squash is very old, the seeds should be removed).	15 to 30 minutes	Mashed, with salt, pepper and butter.
Squash (winter)	May be served as summer squash, only always remove seeds and stringy portion.	1 to 1 $\frac{1}{2}$ hours	Mashed. See p. 39.
Tomatoes	Peel and cut in pieces.	20 to 30 minutes	Add sugar, or salt and pepper, or see pp. 39, 40.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Vegetables	Special Directions	Time for Cooking	Serve
Turnips	Peel and slice. Mash with wooden masher when done.	40 to 50 minutes	Mashed, with butter, salt and pepper, or see p. 40.
Lima Beans	Boil gently and add salt when they are nearly done.	15 to 30 minutes	With butter.

ASPARAGUS

Tough lower ends should be cut off. Cook in deep saucepan standing upright. The steam will cook the tender tips while the hard stalks will be cooked in the boiling water. Or break into 1 inch pieces, cooking tip parts first and adding the tender tips the last 15 minutes. Serve on toast with drawn butter or with white or Hollandaise sauce.

BUTTERED VEGETABLES

Most vegetables may be served buttered. After they are boiled and drained, they should be returned to the stove and the butter and seasoning added. The pan should be well shaken so the butter will coat the vegetables.

SCALLOPED CABBAGE

$\frac{1}{2}$ head cabbage	$\frac{1}{2}$ teaspoon pepper	$\frac{1}{2}$ cup bread crumbs
$1\frac{1}{2}$ cups White Sauce (see page 30)		1 teaspoon salt

Soak and wash half a head of firm cabbage in salted water. Then boil cabbage. Allow to cook and cut fine. Into a well greased baking dish put a layer of well seasoned cabbage (salt, pepper), a layer of white sauce, and continue making layers until all of the ingredients are used. Put well buttered bread crumbs over top of the mixture. Bake (covered) until the mixture is bubbling hot. Then remove cover and brown.

Any vegetable or a combination of vegetables can be used this way.

STUFFED CABBAGE

1 medium-sized cabbage	1 onion	1 egg
1 pound beef	$\frac{1}{2}$ cup bread crumbs	Seasoning
1 slice bacon or salt pork	$\frac{1}{2}$ cup milk	1 green pepper

Select solid cabbage, not too large, remove outside leaves, cut out stalk end, leaving a hollow shell. Chop uncooked beef, with bacon and onion. Add crumbs soaked in milk, beaten egg, salt and pepper. Shape mixture into balls or cakes, arrange in cabbage. Arrange strips of sweet pepper on top of cabbage, tie in cheesecloth, then steam or boil until tender. Serve with tomato sauce.

CELERY, CREOLE STYLE

1 cup diced celery	1 tablespoon butter	$\frac{1}{2}$ cup canned tomatoes
2 tablespoons finely chopped onion	2 teaspoons finely chopped green pepper	$\frac{1}{2}$ cup boiling water
		$\frac{1}{2}$ teaspoon salt

Put celery in saucepan with boiling water and boil 10 minutes or until tender. Melt butter, add onion, salt and pepper, and cook slowly 5 minutes and stir in the tomatoes, add celery and cook the entire mixture 10 to 15 minutes longer.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

SUCCOTASH

To a pint of cooked corn add a pint of cooked and seasoned shelled lima beans. Serve buttered or in milk.

CORN A LA SOUTHERN

1 can corn	1 pint scalded milk	1 teaspoon salt
2 eggs	1 medium-sized green pepper	$\frac{1}{8}$ teaspoon pepper
2 tablespoons melted butter		

Chop pepper, mix ingredients in order given, pour into buttered pudding dish, and bake slowly till firm. Fresh corn cut from the cob may be used in the same manner.

FRIED EGGPLANT

Peel an eggplant, cut in thin slices, sprinkle with salt and pile on a plate. Cover with weight to extract the juice and let stand for $1\frac{1}{2}$ hours, or soak in brine for same time. Dredge with flour and fry slowly until crisp and brown, or dip in egg and crumbs, fry.

STUFFED EGGPLANT

1 eggplant	2 tablespoons butter	1 egg
1 cup crumbs	$\frac{1}{2}$ tablespoon onion	Seasoning

Cook eggplant 15 minutes in enough boiling salted water to cover. Cut a slice from top and with a spoon remove pulp, taking care not to work too close to skin. Chop pulp, add soft stale bread crumbs. Melt butter, add finely chopped onion, and cook 5 minutes. Add to chopped pulp and bread, season with pepper and salt, and, if necessary, moisten with a little water. Cook 5 minutes, cool slightly, and add 1 beaten egg. Refill shell with mixture and bake 40 minutes at 350°F.

Cooked rice or macaroni may be substituted for crumbs. Chopped meat may be added.

CREAMED MUSHROOMS

Wash and stem mushrooms. Remove the peeling if it seems tough. Melt in a saucepan about 2 tablespoonfuls butter for every $\frac{1}{2}$ pound of mushrooms. Add mushrooms, cover tightly and cook over a low fire 10 minutes. Dredge lightly with flour, season with salt and pepper and cover with thin cream. Cook 5 minutes longer and serve on toast.

BOILED ONIONS IN WHITE SAUCE

Peel the onions and cut off the roots, dropping into cold water as fast as they are peeled. Drain from the cold water and put in a stewpan with boiling water to cover generously. Add 1 teaspoon of salt for each quart of water. Boil rapidly for 10 minutes, with the cover partly off the saucepan. Drain off water and cover onions with hot, sweet milk (1 quart of onions will require 1 pint of milk). Simmer for $\frac{1}{2}$ hour. Thicken sauce with 1 tablespoon butter, combined with 1 level tablespoon flour. Add 1 teaspoon of salt and $\frac{1}{2}$ teaspoon of white pepper.

OKRA, RICE AND TOMATOES

1 quart okra pods	$\frac{1}{2}$ can tomatoes	Salt and pepper
1 cup rice	2 tablespoons butter	Sprinkle of paprika

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Wash rice and cook in boiling salted water until tender. Drain, and add butter, salt, pepper and paprika. Cut okra in slices and cook in small quantity of boiling water. When nearly ready, add tomatoes and rice. Serve hot.

PEAS WITH PORK

1 quart peas 1 tablespoon butter 2 small white onions
 $\frac{1}{4}$ cup pork $\frac{1}{2}$ cup water $\frac{1}{2}$ teaspoon pepper

Cut pork into small bits. Put butter in stewpan, cover and place over the fire. When butter is melted, add pork and cook gently until a light brown, then add water, peas, onion and pepper. This is a good way to cook peas when they are a little old and hard.

PEAS WITH LETTUCE

1 quart peas 1 head lettuce, the heart 1 teaspoon sugar
 2 tablespoons butter 1 small onion $\frac{1}{4}$ cup water

Put all ingredients into a stewpan; cover, and place over the fire and cook for 5 minutes, tossing the vegetables several times. Now draw the pan back where the contents will simmer slowly for $\frac{1}{2}$ hour.

MASHED POTATOES

1 pint boiled potatoes Speck pepper $\frac{1}{4}$ cup hot milk
 $\frac{1}{2}$ teaspoon salt 2 tablespoons butter

Mash the hot potatoes with wire masher, or put through ricer. Add seasoning, quantity of milk used will vary with quantity of potatoes. Use just enough to moisten well, but potatoes should not seem watery. Place over fire again and beat till light and smooth.

POTATO CROQUETTES

2 cups mashed potatoes $\frac{1}{2}$ teaspoon salt 2 tablespoons butter
 $\frac{1}{2}$ teaspoon white pepper 1 egg or 2 yolks $\frac{1}{2}$ teaspoon celery salt

Beat the eggs, mix with potatoes and add other ingredients. A little milk is sometimes needed if potatoes are dry. Heat mixture in a saucepan, stirring; when it leaves the side of the pan, turn it on to flat dish; when cool, divide, shape, crumb and fry.

STUFFED POTATOES

Select medium-sized, smooth-skinned oval potatoes. Bake in a hot oven 450°F. until tender, about 50 minutes, being careful not to over-brown the skin. Cut the potatoes in two, lengthwise, remove the potato pulp, being careful to leave shells unbroken. Mash the hot potato, add either milk or cream as for mashed potato.

Season as follows: To each cup of potato add $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon pepper, $\frac{1}{2}$ teaspoon onion juice and 1 teaspoon butter. Fill the shells with this mixture, rounding the surface so that it is the shape of the original potato. Bake for 10 minutes in a hot oven. Grated cheese may be sprinkled over the top.

POTATOES AU GRATIN

Remove the skins from boiled or baked potatoes and cut them in cubes. Arrange the cubes in layers in a buttered baking dish, covering each layer with White Sauce II (see page 30), and grated cheese. Sprinkle the top with buttered crumbs and bake the potatoes for about 20 minutes.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

CREAMED POTATOES

Dice cold potatoes. Melt in a saucepan 1 tablespoon of butter for every cup of potatoes. Add the potatoes, tossing them about in the butter, dredge lightly with flour, 1 tablespoon for each tablespoon of butter. Season with salt and pepper, cover with milk, allow to cook 5 minutes and serve.

ESCALLOPED POTATOES

Peel and cut raw potatoes in slices $\frac{1}{4}$ inch thick. Put a layer in a buttered baking dish, dot with butter, salt and pepper. Repeat until dish is $\frac{3}{4}$ full. Pour scalded milk over the potatoes until it reaches the top layer. Bake at a temperature of 350°F. for 1 hour or until potatoes are soft.

GLAZED SWEET POTATOES

6 medium-sized sweet $\frac{1}{2}$ cup brown sugar 1 tablespoon butter
 potatoes

Wash and pare potatoes. Cook 10 minutes in boiling salt water. Drain, cut in halves lengthwise, and put in a buttered pan. Sprinkle with sugar; add butter melted. Bake in slow oven 325°F. about 1 hour.

WINTER SQUASH

Cut off top of small Hubbard squash, remove seeds and stringy portion, place in pan and steam or bake about 2 hours until tender. Remove pulp from shell, keeping large shell intact; put pulp through ricer, season with salt, pepper and butter, and 2 tablespoons of cream. If desired, a little sugar or molasses may also be added, and return to shell. Smooth surface to a dome shape and score with knife, brush over with milk and egg, add specks of butter, then place in oven a few minutes. Serve on a folded napkin on individual plates, or on chop plates. Part of second squash is needed to make a full shell.

ESCALLOPED TOMATOES

1 pint peeled and cooked 2 cups grated bread 2 tablespoons butter
 tomatoes or 1 crumbs A suggestion of pepper
 can No. 2 1 teaspoon salt

Reserve 3 tablespoons of bread crumbs and spread the remainder on a pan. Brown in the oven, being careful not to burn them. Mix the tomato, browned crumbs, salt, pepper and $\frac{1}{2}$ the butter together, and put in a shallow baking dish. Spread the unbrowned crumbs on top, and dot with the remainder of the butter cut into bits. Bake in a moderately hot oven 350°F. for $\frac{1}{2}$ hour. The top of this dish should be brown and crisp.

TOMATOES, CORN AND CHEESE

1 can sweet corn $\frac{1}{2}$ pound cottage cheese 1 tablespoon butter
 1 pint canned tomatoes 1 tablespoon cracker crumbs

Fresh corn and tomatoes can be used also. Put a layer of corn in a buttered baking dish, layer of tomatoes, a layer of cheese, and repeat. Sprinkle cracker crumbs over top, dot with butter, and bake for $\frac{1}{2}$ hour at a temperature of 375°F.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

BROILED TOMATOES

6 good-sized tomatoes	2 tablespoons grated cheese	Salt
1 cup finely ground cooked chicken	Milk	Pepper

Sprinkle flour over cooked chicken and add milk enough to moisten well. Heat in saucepan until thickened. Cut tomatoes in half crosswise, spread with chicken mixture, sprinkle cheese on top. Put under broiler turned on half way. Broil until lightly browned on top.

FRIED TOMATOES

Slice firm unpeeled tomatoes. Dip in flour to which salt and pepper have been added. Fry to a light brown on both sides; about 5 or 6 slices at a time, taking care not to break them. Remove from pan, pour in top milk and let come to a boil. Pour over tomatoes. Usually enough flour is left in pan to slightly thicken sauce.

HASHED TURNIPS

Chop cooked and drained turnips into rather large pieces. Return to the stewpan, and for $1\frac{1}{2}$ pints of turnips, add 1 teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper, 1 tablespoon of butter and 4 tablespoons of water. Cook over a very hot fire until the turnips have absorbed all the seasonings. Serve at once.

BAKED BEANS

1 quart beans	1 teaspoon mustard	1 teaspoon salt
$\frac{1}{2}$ pound salt fat pork	$\frac{1}{2}$ cup molasses	

Pick over and wash beans; cover with cold water and soak overnight. In the morning, drain, cover with fresh water and cook slowly below boiling point until soft, then drain. Put $\frac{1}{4}$ inch slices of salt pork in the bottom of an earthen bean pot or covered crock. Put beans in pot and bury the remaining pork (which should be gashed in several places) in the beans. Mix the salt, mustard and molasses in a cup; fill the cup with boiling water and pour the mixture over the beans. Add enough more boiling water to cover beans. Cover bean pot, put in oven, and bake in a slow oven 300°F . 5 to 8 hours. If baked a long time, they become dark and have a rich flavor.

RED BEANS

Red beans may be cooked as lima beans. They may be served in White Sauce (see page 30), tomato or meat-stock sauce.

STUFFED PEPPERS

6 green peppers	1 large onion	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup English walnuts, chopped	1 teaspoon salt	$\frac{1}{2}$ cup bread crumbs
	1 teaspoon melted fat	$\frac{1}{2}$ cup milk

Select broad peppers that will stand on end and are easy to serve. Cut top from each pepper. Remove seeds and parboil 15 minutes. Stuff with filling mixed in the order given above. Bake 20 minutes at 400°F ., basting frequently with hot water. Any left-over meat can be substituted for the nuts. Tomatoes and rice make an excellent filling for peppers.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

CHILI CON CARNE

1 pint dried lima beans or kidney beans, soaked overnight	$\frac{1}{2}$ cup suet, forced through food-chopper	$\frac{1}{8}$ teaspoon pepper
2 cups beef, chopped	1 red pepper, cut in strips	$\frac{1}{2}$ teaspoon mustard
1 teaspoon salt	$\frac{1}{2}$ onion, sliced	1 tablespoon vinegar
		Tomatoes to cover

Arrange ingredients in layers in a bean pot. Cover with water and bake slowly at a temperature of 300°F . 3 or 4 hours.

SALADS AND SALAD DRESSINGS

Salads which usually are made from either vegetables or fruits or combinations of both should be more commonly used. They should be cold, crisp, well mixed and attractively served with oil dressing, mayonnaise or a boiled dressing. Salad plants include lettuce, romaine, endive, chicory, escarole, sorrel and water-cress, and vegetables such as onion, cabbage, celery, cucumber and tomatoes.

POTATO SALAD

2 cups freshly boiled potatoes	$\frac{1}{8}$ teaspoon pepper	About 3 tablespoons olive oil
1 teaspoon salt	Few drops onion juice	1 tablespoon vinegar
	1 tablespoon finely minced parsley	

Cut potatoes in $\frac{3}{4}$ inch cubes. Add seasoning, then olive oil, only what the potatoes will absorb, then add vinegar and mix carefully until it is absorbed. Mound on a bed of lettuce in a shallow dish. Egg yolks make an attractive garnish if put through a ricer. Tomatoes cut in eighths added to potato salad make a pleasant variation.

EGG SALAD

1. Cut the whites of hard-boiled eggs into eighths lengthwise, arrange on lettuce to simulate the petals of a flower. Put yolks through ricer and arrange in the center of whites. Serve with boiled dressing.

2. Cut eggs lengthwise in quarters and serve on lettuce with boiled dressing.

3. Chop whites finely and arrange on lettuce. Put yolk through ricer and mound in the center. Serve with boiled dressing.

4. Diced hard-boiled eggs and sliced cucumbers may be added to potatoes. Eggs and fish combine very well with water-cress or escarole.

DEVEILED EGGS

Cut hard-cooked eggs crosswise or lengthwise, remove yolks, mix with vinegar and seasoning, or with boiled dressing. Refill yolks in the whites. Cold minced ham or chicken may be added to the yolks. French dressing may be used instead of vinegar.

CHICKEN SALAD

Remove bones and gristle, fat and skin, from cold, cooked meat. Cut meat into $\frac{1}{2}$ inch cubes and mix it with an equal amount of celery which has been scraped, chilled and cut in small pieces. Moisten with French

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dressing. Add mayonnaise dressing or boiled dressing to taste. Arrange on lettuce leaves; garnish with curled celery.

Veal, flaked fish, such as salmon, tuna, etc., may be mixed and used in the same way.

CHEESE AND NUT SALAD

1 cup cheese ½ cup sweet cream ½ cup chopped pimento
1 tablespoon melted butter ½ cup chopped nuts ½ cup chopped olives

Mash the cheese, moisten with cream and melted butter, season with salt and cayenne, add chopped nuts, pimento and olives, press into a mold and let stand 2 hours. Cut in slices and serve on lettuce with mayonnaise dressing. Combine mild cream cheese with pimento, shape into small balls and serve on head lettuce with French dressing.

OTHER CHEESE COMBINATIONS

Grate raw carrots and combine them with cottage cheese in the proportion of half carrot and half cheese. Season with mayonnaise, form into balls and serve on lettuce with French dressing. Dates are good stuffed with cream cheese. Slices of orange may be added. Tomatoes also may be stuffed with cheese.

MACEDOINE SALAD

1 cup cooked carrot, 1 cup cooked string beans Shredded lettuce
strips 2 tablespoons finely French dressing

1 cup cooked potato cubes chopped parsley
Arrange shredded lettuce on salad plates. Mix vegetables with French dressing. Put a spoonful on each plate. Serve.

COLE SLAW

Finely shred cabbage, soak 1 hour in cold water and drain. Mix shredded cabbage with salad dressing. Serve on lettuce leaves. Finely chopped green pepper, onion and pimento may be added.

WALDORF SALAD

1 cup cubed apple 1 cup nut meats Salad dressing to
1 cup celery moisten

Cut slice from tops of green or red apples; scoop out the inside pulp, leaving just enough to hold the skin in place. Fill the shells with salad mixture and serve on lettuce leaves. A little salad dressing may be put on top of each. The apple, cut in cubes, celery, and nut mixture may be served on lettuce with salad dressing.

FRUIT SALAD

2 oranges ½ pound malaga grapes 12 walnuts
3 bananas 4 slices pineapple, cubed

Mix fruit and serve salad dressing on top, or add fruit salad dressing to moisten. Mix with whipped cream or fruit salad dressing, or salad dressing only. May be served in orange cups.

FRUIT SALAD DRESSING

½ cup pineapple 2 eggs ½ cup sugar
¼ cup lemon juice 1 cup whipped cream

Beat 2 eggs, add sugar, pineapple and lemon juice. Cook in double boiler, stirring constantly until thickened, then set aside to cool. Whip the

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cream and fold into the mixture just before serving. Very delicious for all fruit salads.

MAYONNAISE DRESSING

A few grains of paprika ½ teaspoon mustard, 1 tablespoon lemon
½ teaspoon salt if desired juice
The yolk of 1 egg 1 cup olive oil 1 tablespoon vinegar
1 teaspoon powdered sugar

Mix the salt and paprika, add other seasonings, and the yolks; beat well, adding acid, gradually, beating it in with a Dover egg-beater. When all the acid has been added, turn in a teaspoonful of olive or other vegetable oil and continue the beating; add oil, a teaspoonful at a time, 3 or 4 times, beating vigorously meanwhile; then add the oil by the tablespoonful until all has been used. At the last, beat in 2 or 3 tablespoonfuls of boiling water. The boiling water is thought to keep the sauce from "turning" or curdling after it has been set aside. By adding all of the acid to the yolks before oil is used, the egg-beater may be used from the beginning. The larger surface over which the oil is spread lessens the liability of the mixture to curdle. After the sauce is mixed, cover with an earthen or glass dish and set aside in a cool place. Russian dressing is made by combining mayonnaise, chili sauce and India relish in the proportion of ½ mayonnaise and ¼ each chili sauce and India relish.

BOILED SALAD DRESSING

1 teaspoon salt Few grains cayenne Yolks 2 eggs or 1 egg
1 teaspoon mustard 2½ tablespoons flour ¾ cup milk
2 teaspoons sugar 2 tablespoons melted butter ½ cup vinegar

Mix the dry ingredients, add the egg yolks, slightly beaten, butter, milk and vinegar, slowly. Cook in double boiler until mixture thickens. Cool before using. If cooked too long, it will curdle.

FRENCH DRESSING

½ teaspoon salt ½ teaspoon powdered 1 tablespoon lemon juice
½ teaspoon white pepper sugar 1 tablespoon vinegar
½ teaspoon paprika Pinch of mustard 4 tablespoons olive oil

Mix dry ingredients, add oil and stir till thoroughly mixed; then add vinegar and lemon juice, a few drops at a time and beat till an emulsion is formed. Or, ingredients may all be placed in a bottle and shaken vigorously together to form an emulsion. A dressing for fruit salad can be made by adding ¼ cup of cream whipped to the above quantity of French dressing.

PUDDINGS

OLD-FASHIONED RICE PUDDING

½ cup rice ½ teaspoon salt ½ teaspoon vanilla
4 cups milk ½ cup sugar Grated rind ½ lemon

Wash rice, mix ingredients and pour into buttered pudding dish. Bake 3 hours in a very slow oven 250°F., stirring 3 times during the first hour of baking to prevent rice from settling.

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RICE PUDDING

1 quart scalded milk $\frac{1}{2}$ cup sugar 2 eggs
1 cup boiled rice $\frac{1}{4}$ teaspoon salt

Rice may be cooked in water or milk. Stir into milk, add sugar, salt and eggs, slightly beaten. 1 tablespoon butter may be added. Flavor as desired. Bake or steam in buttered shallow baking dish, till firm. Yolks only may be used. Meringue may be added, if desired.

STEAMED CHOCOLATE PUDDING

3 tablespoons 1 egg $2\frac{1}{2}$ teaspoons baking powder
shortening 1 cup milk $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup sugar $1\frac{1}{2}$ to $1\frac{3}{4}$ cups flour 2 squares chocolate

Cream shortening, and gradually, add egg yolk well beaten. Mix and sift flour with baking powder and salt, add alternately with milk to first mixture. Then add melted chocolate and egg white stiffly beaten. Turn into buttered molds. Cover and steam 2 hours. Serve with chocolate sauce or whipped cream.

STEAMED PUDDING

2 tablespoons shortening, $\frac{1}{2}$ cup sour milk $\frac{1}{2}$ teaspoon soda
melted 2 cups flour 1 teaspoon mixed spice
 $\frac{1}{2}$ cup molasses $\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ cup chopped nuts or raisins

Mix the ingredients in the order given, sifting dry ingredients together. Spice may be cinnamon, nutmeg, cloves or ginger. It is unnecessary to use butter for shortening, as spice and molasses cover its flavor. Fruit used may be raisins, currants, dates, figs, citron, etc. Any kind of nuts may be used, or part fruit and nuts. Grease molds. This will fill 6 good-sized molds. Steam 1 to 2 hours. Serve with sauce.

CHOCOLATE PUDDING

1 tablespoon gelatine $\frac{1}{4}$ teaspoon salt 1 square chocolate
 $\frac{1}{2}$ cup sugar 1 cup milk $\frac{1}{2}$ teaspoon vanilla

Soak gelatine in $\frac{1}{2}$ cup milk. Scald other $\frac{1}{2}$ cup milk, sugar, salt and chocolate in double boiler, beat with rotary egg-beater to combine thoroughly. Add to gelatine and stir until it is dissolved—add vanilla and cool, add cream. When mixture is slightly thickened, beat with rotary beater. Mold and chill until firm. May be served with whipped cream or chocolate sauce.

ENGLISH PLUM PUDDING

2 cups stale bread $\frac{3}{4}$ pound raisins, seeded, $\frac{1}{2}$ cup fruit juice
crumbs cut in pieces and floured $\frac{1}{2}$ grated nutmeg
1 cup milk $\frac{1}{4}$ pound currants $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{2}$ cup sugar 2 ounces finely cut $\frac{1}{4}$ teaspoon cloves
2 eggs citron $\frac{1}{2}$ teaspoon mace
 $\frac{1}{2}$ pound suet $1\frac{1}{2}$ teaspoons salt

Scald bread crumbs and milk, let stand until cool, add sugar, beaten yolks of eggs, raisins, currants and citron; chop suet, and cream by using the hand; combine mixtures, then add fruit juice, nutmeg, cinnamon, cloves, mace and whites of eggs beaten stiff. Turn into buttered mold, cover and steam 6 hours. Serve with hard sauce.

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STEAMED APPLE PUDDING

Put a thick layer of sliced apples in a kettle, sprinkle with sugar and cinnamon and cook over a low fire until they are soft. Make a biscuit dough and place over the apples, cover the kettle tightly and steam dough 15 or 20 minutes. Serve with cream or hard sauce.

TAPIOCA CREAM PUDDING

$1\frac{1}{2}$ tablespoons minute 2 cups scalded milk $\frac{1}{2}$ teaspoon salt
tapioca, or $\frac{1}{2}$ cup 1 egg 1 teaspoon vanilla
pearl tapioca $\frac{3}{4}$ cup sugar

Pick over tapioca and soak 1 hour in cold water to cover. Drain, add to milk and cook in a double boiler until tapioca is transparent. Mix the yolks with the sugar and salt. Combine by pouring hot mixture slowly into egg mixture. Return to double boiler and cook until it thickens while stirring constantly. Fold in whites of eggs beaten until stiff, remove from range, chill and serve. If minute tapioca is used, it need not be soaked.

FUDGE SHORTCAKE

Bake the plain cake mixture (see page 48) in muffin or cup-cake pans. Serve with hot Chocolate Sauce II (see page 48). Whipped cream may also be added.

CUP CAKE SURPRISE

Make hard sauce (see page 47). Peel and cut up 4 good-sized peaches. Add to hard sauce and set in the refrigerator or other cool place 1 hour or more. Serve on cup-cakes made according to plain cake recipe (see page 49). Strawberries or canned crushed pineapple may be used in the same way.

MACAROON WHIP

1 pint whipping cream $\frac{1}{2}$ cup powdered sugar Few grains salt
1 cup crushed macaroons

Whip cream until stiff. Add powdered sugar and salt. Fold in finely crushed macaroons. The mixture may be piled in sherbet glasses and chilled in the refrigerator or it may be frozen in the tray of a mechanical refrigerator.

FRUIT DESSERTS

BROWN BETTY

2 tablespoons melted 4 sliced or chopped Juice of 1 orange or
butter apples add enough water to
2 cups toasted bread Grating from lemon or make $\frac{1}{2}$ cup liquid
crumbs orange rind $\frac{1}{2}$ cup sugar

Put the buttered crumbs into a baking dish in alternate layers with the apples, making the last layer of crumbs, and sprinkle each layer of apples with the fruit juice, water and sugar. Bake 1 hour; cover the dish the first half of cooking. Serve with hard sauce or cream. Pineapple can be used the same way, using pineapple juice for liquid.

APPLE SNOW

$\frac{1}{2}$ cup cooked apple 3 egg whites Powdered sugar
Pare, quarter and core 4 sour apples. Steam until soft and rub through sieve. There should be $\frac{1}{2}$ cup cooked apple. Beat the whites

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of eggs until stiff; add gradually apples sweetened to taste. Pile lightly on a dish and serve with custard sauce. One tablespoon lemon juice may be added.

PRUNE SOUFFLE

$\frac{1}{2}$ cup chopped nuts	$\frac{1}{4}$ teaspoon salt	1 cup prune pulp
$\frac{1}{2}$ cup grated bread crumbs	$\frac{1}{6}$ teaspoon cinnamon	2 eggs
2 tablespoons sugar	$\frac{1}{2}$ cup prune juice	Grated rind of 1 lemon
	1 tablespoon lemon juice	

Mix the first 6 ingredients. Remove the stones from the cooked prunes and force the pulp through a sieve. Add lemon juice and prune pulp. Stir in dry ingredients. Add yolks of eggs beaten until light and lemon-colored. Fold in whites beaten until stiff. Turn into greased baking dish and bake in a slow oven. Set baking dish in pan of water.

COOKED RHUBARB

Wash, peel and cut rhubarb in 1 inch pieces. If pink and tender, do not peel, as the color is much better if skin is left on. Add just enough water to keep from burning. When nearly done, add sugar to taste. Cook until tender.

STEWED PEARS

6 pears	8 tablespoons sugar	2 tablespoons lemon juice
2 cups boiling water		

Pare and core fruit and place in cold water to prevent discoloration till ready to use. Make syrup, add fruit, cored side down. Boil gently until soft but not broken, add lemon juice just before done. Cook small quantity at a time.

FRUIT WHIP

1 cup fruit pulp (crushed berries, peaches, apple sauce, prune or apricot pulp)	1 egg white
	$\frac{1}{2}$ cup powdered sugar

Put all ingredients in bowl together and beat with rotary beater until stiff—10 or 15 minutes. Pile in sherbet glasses and chill.

BAKED APPLES

Select 6 smooth, uniform-sized apples. Wash and core. Fill the centers with 1 tablespoon light brown sugar. Place in shallow pan, pour $\frac{3}{4}$ cup boiling water about them, bake till tender, 20 to 40 minutes according to size and variety of apples. Baste while baking. A little lemon juice or cinnamon may be added for flavor. Chopped nuts or raisins may be mixed with sugar for filling apples.

BAKED BANANAS

Wipe banana and loosen one section of skin, then replace. Place in shallow pan, cover and bake until skin is dark, when banana should be soft. Remove from skin, sprinkle with powdered sugar or serve with lemon sauce.

CRANBERRIES

1 quart cranberries	1 cup water	1 $\frac{3}{4}$ cups sugar
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The general rule is: Use $\frac{1}{4}$ as much water as cranberries. Add $\frac{1}{3}$ as much sugar as cranberries.

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Have water boiling. Add berries, cover, and cook till berries have burst outer skin. Add sugar and boil few minutes longer. Pour into mold. If desired, cranberries may be strained before sugar is added.

PRUNES

Wash, soak overnight. Heat gradually in water in which they are soaked, and cook slowly (on back of range or over asbestos mat) closely covered, till skins are tender, letting water cook away till syrup is thick. Most prunes contain so much sugar that lemon juice improves the flavor. Seldom do they need sugar.

MARSHMALLOW DELIGHT

1 can pineapple	$\frac{1}{2}$ pound marshmallows	$\frac{1}{2}$ pint heavy cream
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Drain juice off pineapple and cut in cubes. Cut marshmallows in small pieces. Combine with pineapple and set in refrigerator or in cool place several hours. Just before serving add cream whipped. Serve in sherbet glasses.

ORANGE OR PINEAPPLE BAVARIAN CREAM

1 tablespoon granulated gelatine	1 cup orange juice or 1 cup grated pineapple	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup cold water	Juice of $\frac{1}{2}$ lemon	1 cup thick cream
		Sprinkle of salt

Soak gelatine in cold water. Heat pineapple, add sugar, lemon juice and pour over gelatine. Set in a pan of ice-water. Stir until it begins to thicken, fold in cream whipped until stiff. Turn into mold and chill.

DESSERT SAUCES

CHOCOLATE SAUCE I

$\frac{1}{2}$ ounce chocolate	$\frac{1}{2}$ cup hot milk	$\frac{1}{2}$ teaspoon cinnamon
2 tablespoons hot water	$\frac{1}{2}$ cup double cream	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup sugar	2 eggs	

Melt chocolate, add sugar and hot water, and cook until smooth and glossy. Add milk. Beat eggs. Combine as for a custard; strain. When cold, add flavoring and whipped cream.

CREAMY HARD SAUCE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup thick cream, whipped	1 teaspoon vanilla
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1 cup powdered sugar
Cream butter well. Add sugar gradually and enough cream to pour. Add vanilla.

HARD SAUCE

$\frac{1}{2}$ cup butter	1 teaspoon vanilla	1 cup sugar
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Cream butter, add sugar gradually while beating, add flavoring.

CARAMEL SAUCE

Butter the inside of a granite saucepan, add 2 ounces of unsweetened chocolate, and melt over hot water; add 2 cups of light brown sugar, and mix well; then add an ounce of butter and $\frac{1}{2}$ cup of rich milk. Cook until the mixture forms a soft ball in cold water, then take from fire, and flavor with vanilla. Put into a sauce boat and pour while hot over each service of ice cream.

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CHOCOLATE SAUCE II

(To be served with vanilla ice cream.)

$\frac{1}{2}$ cup boiling water	2 squares unsweetened chocolate	2 tablespoons butter
$\frac{1}{2}$ cup sugar		$\frac{1}{2}$ teaspoon vanilla

Pour water on chocolate and cook together, stirring until chocolate is melted and mixture is thick. Add sugar and cook a few minutes longer. Add butter and flavoring.

LEMON SAUCE

$\frac{1}{2}$ cup sugar	2 tablespoons butter	Few gratings nutmeg
1 tablespoon cornstarch	$1\frac{1}{2}$ tablespoons lemon juice	Pinch of salt
1 cup boiling water		

Mix the sugar and cornstarch. Add the water gradually, stirring constantly. Boil 5 minutes, remove from fire, add the butter, lemon juice and nutmeg. Serve hot.

CAKES

GENERAL RULES FOR MIXING AND BAKING

Have all necessary utensils and ingredients ready before starting work. A round-bottomed bowl is the best type of mixing bowl to use. A wooden spoon is more suitable to use for beating than a metal spoon, and is noiseless, too. For beating egg whites, a wire or rotary beater may be used.

The shortening used in cake making must be of the best quality.

The equivalents for $\frac{1}{2}$ cup of butter are as follows:

$\frac{3}{4}$ cup oleomargarine	7 tablespoons vegetable cooking fats	$6\frac{1}{2}$ tablespoons lard
$1\frac{1}{2}$ cups thick cream		

Fine granulated sugar makes a finer-textured crust than coarse granulated sugar. If coarse sugar is used it should be sifted and only the finer particles put in the mixture.

Pastry flour made from the winter wheat makes a lighter, whiter and more tender cake than bread flour made from the spring wheat. If bread flour is substituted, about 2 tablespoons less to a cup should be used, or the cake mixture will be too stiff.

Sift flour before measuring. After combining dry materials, flour, baking powder and spices, sift again.

All baking powders contain soda, acid and cornstarch or flour. They fall into three classes depending on the *kind* of acid which they contain. They are Tartrate powders, Phosphate powders and Combination powders. The general rule for them is: 2 teaspoons Tartrate or Phosphate baking powders to 1 cup flour, 1 teaspoon Combination baking powders to 1 cup flour. Directions for use are usually given on the can. The proportions in these recipes are for Tartrate or Phosphate baking powders.

Break the eggs carefully and in separating see that no particles of the yolks are dropped in the whites. When yolks and whites of eggs are added separately, beat yolks until thick and lemon-colored; fold in last the stiffly beaten whites. Long beating is the only way to make a cake fine-grained.

When fruits and nuts are used, they should be lightly dredged with flour.

Grease the cake pan in which "butter cakes" are baked with melted shortening and sift a layer of flour over this, then shake off surplus.

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Pans for butterless cakes, such as sponge cake, should never be oiled, floured, or lined with paper.

Fill cake tins $\frac{3}{4}$ full and press the cake mixture from the center to the corners of the pan so the finished product will be level on the top. Pastry chefs recommend a round pan with a tube for loaf cake.

The oven temperature and time required for baking depend upon the size and kind of cake. In general, oven temperature should be moderate and steady and increased gradually. From 325° to 375°F. is the range for most cakes. If the temperature is too high, a crust is formed before the cake has had a chance to rise fully, and the finished product will show cracks and unevenness. If the cake browns too quickly on top, cover with oiled paper. The cake should be placed in or near the center of the oven so it will bake evenly. Layer cake pans should not touch as there should be space around them for circulation of heat.

PLAIN CAKE

$\frac{1}{4}$ cup shortening	$1\frac{1}{2}$ cups flour (pastry)	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ cup sugar	2 teaspoons baking powder	$\frac{1}{2}$ teaspoon flavoring
1 egg		$\frac{1}{8}$ teaspoon salt

Cream butter, add sugar gradually. Separate white and yolk of egg. Beat yolk till thick and lemon-colored, add to creamed butter and sugar. Sift together remaining dry ingredients. Add these alternately with milk, beating thoroughly. Flavor with vanilla. Beat egg white till stiff and fold into batter. Bake in a moderate oven at a temperature of 350°F. in a loaf pan for about 45 minutes.

SPICE CAKE

$\frac{1}{2}$ cup shortening	1 teaspoon soda	1 teaspoon cinnamon
$\frac{1}{4}$ cup brown sugar	3 cups flour	Sprinkle ground mace
3 eggs	1 teaspoon mixed all-spice, nutmeg, cloves	$\frac{1}{2}$ cup raisins
$\frac{1}{4}$ cup water		$\frac{1}{4}$ cup currants
		$\frac{1}{4}$ cup citron

Mix as for other butter cakes. Raisins and currants should be chopped or cut up fine. Citron will cut up more easily if first softened by steaming over hot water. Part of flour must be reserved to sift over fruit, which should be well beaten in, before stiff egg whites are folded in. Bake in loaf or tube pan, in very moderate oven, for about 50 minutes. It is usually well to line pan with several thicknesses of greased paper.

JELLY ROLL

2 eggs	1 cup flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$1\frac{1}{2}$ teaspoons baking powder	3 tablespoons milk
Grated rind of lemon		

Beat eggs, add sugar and beat well. Add lemon rind. Sift flour with baking powder and salt; add alternately with the milk. Bake 15 to 20 minutes at a temperature of 360°F. in greased bread pan and turn out on a damp cloth. Spread with jelly and roll. Dredge top with powdered sugar.

MARSHMALLOW CAKE

$\frac{1}{2}$ cup shortening	3 teaspoons baking powder	$\frac{1}{4}$ teaspoon cream of tartar
$1\frac{1}{2}$ cups sugar	4 egg whites	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup milk		1 teaspoon vanilla
2 cups flour		

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Cream the shortening, add sugar gradually. Mix and sift dry ingredients, flour, baking powder, cream of tartar and salt; add them alternately with milk to creamed mixture. Lastly, add stiffly beaten egg whites and the flavoring. Bake in layer cake pan about 30 minutes in a moderate oven, temperature 350°F. Put layers together with marshmallow frosting and ice with French cream frosting.

DEVIL'S FOOD CAKE

½ cup butter	1 teaspoon vanilla	4 squares bitter
2 cups sugar	4 teaspoons baking	chocolate
1 cup milk	powder	2½ cups flour (pastry)
4 eggs	¼ teaspoon salt	

Cream the shortening, add sugar gradually and egg yolks that have been beaten until thick and lemon-colored. Mix and sift dry ingredients, flour, baking powder and salt; and add alternately with milk. Lastly, add the egg whites beaten until stiff, melted chocolate and vanilla. Bake from 45 minutes to 1 hour in a moderate oven 350°F. Bake in round pan with tube.

ANGEL CAKE

7 egg whites	¾ cup pastry flour	¾ teaspoon cream of tartar
1 cup fine granulated sugar	Few grains salt	1 teaspoon vanilla

Place egg whites on a platter and beat with a wire beater until foaming; add cream of tartar and continue beating until they are stiff. Add sugar gradually by folding into the egg mixture with a spatula or cake spoon, then fold in dry materials, flour and salt, that have been sifted together 4 times. Lastly, add vanilla. Bake in a greased tube pan from 45 minutes to 1 hour in a slow oven at a temperature of 300° to 325°F.

SPONGE CAKE

6 eggs	1½ tablespoons lemon juice	1 cup flour
1 cup sugar	1½ teaspoons grated lemon rind	½ teaspoon salt

Beat egg whites until very stiff and add ½ sugar. Beat egg yolks until thick and lemon-colored, add remaining sugar and lemon juice and rind. Fold whites into yolks; sift flour and salt together; fold into egg mixture. Bake in ungreased pan 1 hour, first at 300°F. for 15 minutes, increasing heat gradually to 350°F. for last 45 minutes.

FRUIT CAKE

1 pound (2 cups) shortening	2 teaspoons baking powder	2 pounds raisins, seeded and finely chopped
1 pound (2 cups) light brown sugar	Few grains salt	½ pound date meats, finely chopped
7 eggs	2 tablespoons fruit juice	½ pound citron, thinly sliced and cut into short strips
1 pound (4 cups) flour	2 tablespoons milk	
2 teaspoons mace	2 pounds currants	
2 teaspoons cinnamon		

Cream shortening, add sugar gradually and beat for 5 minutes. Beat egg yolks until light and lemon-colored, and whites until stiff and dry. Add these to the butter and sugar mixture, then add milk, fruit juice,

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chopped nuts and fruit that have been rolled in flour. Lastly, add well sifted dry ingredients (flour, spices, baking powder and salt), beat mixture thoroughly and place in deep, round cake pans lined with several thicknesses of oiled paper. Bake 3 to 4 hours in a slow oven. If the oven is difficult to regulate, cover the cake with several thicknesses of oiled paper the last hour of the baking.

MARTHA WASHINGTON PIE

Bake plain mixture in 2 layers. Cool; fill between layers and spread on top whipped cream, sweetened and flavored with vanilla.

CAKE FROSTINGS AND FILLINGS

Good frosting requires as much skill in making as candy. Boiled frostings are more delicious than those made with confectioners' sugar. When sugar is scarce, omit frostings on cakes, and use fillings only.

SEVEN-MINUTE FROSTING

2 egg whites	5 tablespoons cold water	1 teaspoon vanilla
1½ cups sugar	1½ teaspoons light corn syrup	

Put egg whites unbeaten, sugar, water and corn syrup in upper part of double boiler. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 7 minutes or until frosting will stand in peaks. Remove from fire, add vanilla, and beat until thick enough to spread.

VARIATIONS

Chocolate—Fold 3 squares melted chocolate into frosting after it is removed from the fire. Do not beat as for plain frosting.

Cocoanut—Add ½ can or 1 cup fresh cocoanut to above. Spread on cake. Sprinkle other half can over top of cake.

QUICK FROSTING

1 egg white	½ teaspoon vanilla
Confectioners' sugar	

Put unbeaten egg white in bowl, add about ½ cup confectioners' sugar, beating with wire beater. Add vanilla. Continue to add sugar until of consistency to spread.

CREAM FILLING

¾ cup sugar	½ teaspoon salt	2 cups scalded milk
½ cup flour	2 eggs	1 teaspoon vanilla

Mix dry ingredients; add eggs slightly beaten and pour in gradually the scalded milk. Cook 15 minutes in double boiler stirring constantly until thickened. Cool and flavor.

Chocolate Cream Filling.—Add 1½ squares melted chocolate to Cream Filling mixture.

PASTRY

Pastry, if it is to be served at all, should be light, tender and flaky. Winter wheat flour, called pastry flour, should be used, as it makes the pastry more tender than bread flour.

The lightness of the pastry depends upon the amount of air enclosed and its expansion in baking.

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Line pie plate with paste. Pare, core and cut apples and fill the pie. Mix dry ingredients and lemon juice, and sprinkle over apples. Dot over with butter. Wet edges of under crust, cover with upper crust, pressing the edges close together. Bake in a hot oven 450°F. until crust is brown, then 350°F. until the fruit is cooked.

RHUBARB PIE

1 pint rhubarb 1 cup sugar $\frac{1}{4}$ teaspoon salt
2 tablespoons flour

Wash rhubarb, cut into $\frac{1}{2}$ inch pieces. Mix with other ingredients. Line deep pie pan with pie crust. Fill with mixture, being careful not to heap up. Measure pan before mixing ingredients, so that no more may be prepared than pan will hold. May be covered with an upper crust, or barred with narrow strips of crust, or baked in lower crust only, and meringue added. In this case, 1 or 2 beaten egg yolks are usually mixed with rhubarb.

COOKIES

PEANUT COOKIES

2 tablespoons fat 2 teaspoons baking $\frac{1}{4}$ cup milk
1 cup sugar powder 1 cup chopped peanuts
2 eggs well beaten $\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ teaspoon lemon juice
2 cups flour

Cream the fat, add sugar gradually, add well beaten egg. Mix and sift baking powder, salt and flour; add to first mixture. Then add milk, peanuts and lemon juice. Drop from tip of a spoon on a greased pan 1 inch apart. Place $\frac{1}{2}$ peanut on top of each. Bake 12 to 15 minutes in a slow oven.

CHOCOLATE DROP COOKIES

$\frac{1}{4}$ cup fat $\frac{1}{2}$ cup milk 2 squares melted
1 cup light brown sugar $1\frac{1}{2}$ cups flour chocolate
1 well beaten egg $\frac{1}{2}$ teaspoon soda 1 cup chopped nuts
1 teaspoon vanilla

Cream the shortening, add the brown sugar gradually, then the well beaten egg, milk and the flour, mixed and sifted with the soda. Stir in the melted chocolate, chopped nuts and vanilla. Drop mixture by spoonfuls onto a well buttered pan 1 inch apart and bake in a moderate oven 350°F.

OATMEAL COOKIES

$\frac{1}{2}$ cup fat 2 cups oatmeal 1 teaspoon cinnamon
1 cup sugar 2 cups flour $\frac{1}{2}$ teaspoon salt
2 beaten eggs 1 teaspoon soda 1 cup raisins
 $\frac{1}{4}$ cup milk

Cream the fat, add the sugar gradually and work until creamy. Add the well beaten eggs, milk and oatmeal, the flour, soda, cinnamon and salt mixed and sifted, and the raisins. Drop by teaspoonfuls on a buttered pan. Bake in a moderate oven 350°F.

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BANGOR BROWNIES

$\frac{1}{2}$ cup melted 2 squares melted bitter 1 teaspoon baking
shortening chocolate powder
1 cup molasses 1 cup flour Few grains salt
1 egg 1 cup nuts

Sift flour, baking powder and salt together. Mix the ingredients in the order given and beat thoroughly. Spread the mixture evenly on a cake pan that has been lined with oiled paper. Bake about 15 minutes in a slow oven 325°F. Remove the paper from the cake as soon as it is taken from the oven and cut into small squares or strips with a sharp knife.

COCOANUT DROP COOKIES

$\frac{1}{2}$ pound butter and lard 1 pint New Orleans molasses 1 pound flour
1 pound brown sugar 2 cans moist cocoanut

Cream fat, add brown sugar (be sure it is free from lumps) and other ingredients in the order given. Put batter in the refrigerator for several hours—overnight is a good plan. Drop by teaspoonfuls on greased sheets. Bake in a moderate oven 375°F. Allow the cakes to partly cool before removing from the pans.

INVALID COOKERY

Food for invalids, which should be given as prescribed by a doctor, is classified as:

Liquid diet, including milk, cream soups, broths and fruit beverages.

Soft diet which includes, in addition to the above, cereals, soft cooked eggs, milk toast, custards and ice cream.

Light diet, which includes liquid and soft, and such foods as chicken and baked potatoes.

Full diet, which is the diet of a normal person.

Fruit beverages and beef tea, though not especially nourishing, are useful stimulants to the jaded appetite.

Toast should be cut thin and crisped all through. It may be softened with hot milk or water. Cereals should be thoroughly cooked.

Cream soups add variety to the milk diet.

Gelatines and ices furnish a tempting means of serving liquid foods in solid form.

The tray should be made as attractive as possible, never overcrowded. Cover it with a fresh napkin and use the daintiest china the household affords.

If disease is contagious, before removing the tray from the room, wrap all left-over food in paper and burn as soon as possible.

Put the dishes in a pan large enough so they can be completely covered with cold water. Boil for 15 minutes.

OATMEAL GRUEL

$\frac{1}{2}$ cup rolled oats $1\frac{1}{2}$ cups boiled water $\frac{1}{4}$ teaspoon salt
Add oatmeal mixed with salt to boiling water. Boil 2 minutes. Cook in double boiler 1 hour. Strain, bring to boiling point and add milk or cream to thin.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

OATMEAL WATER

2 tablespoons oatmeal 1 quart cold water

Cook slowly for about 2 hours, boiling down to a pint. Strain while hot and add enough cold boiled water to make 1 quart of fluid. Set aside in covered dish to cool.

RICE GRUEL

1 tablespoon rice 1 cup milk

Wash rice, cover with cold water and let stand 2 hours. Drain, add milk and cook $1\frac{1}{2}$ hours in double boiler. Strain and season. Serve hot or cold.

RICE WATER

2 tablespoons rice 3 cups cold water Cream or milk
Salt for seasoning

Wash rice by placing in strainer and allowing cold water to run through. Soak 30 minutes in cold water, heat gradually to boiling point until rice is soft. Strain, reheat rice water, season with salt; and if too thick, dilute with boiling water. Add milk or cream as the case may require.

BARLEY WATER

2 tablespoons barley 1 quart cold water

Wash barley, add water and let soak 4 hours. Cook in same water until water is reduced one-half, if to be used for infant feeding; for adults, reduce liquid to 1 cup. Salt and cream or lemon juice and sugar may be added as the case requires.

TOAST WATER

Good in case of nausea.

Two slices of bread toasted until thoroughly dextrinized, 1 cup boiling water.

Break toast in pieces, add water and allow to stand 1 hour. Strain through cheesecloth, season and serve hot or cold.

ALBUMEN BEVERAGES

White 1 egg $\frac{1}{2}$ cup orange or lemon juice Syrup to taste

Beat egg white to a froth, add fruit juice, strain, sweeten. Serve cold. Syrup for fruit beverages can be made by cooking 1 cup of sugar and

1 cup of water 12 minutes.

Albumen water is made by adding $\frac{1}{2}$ cup water to the egg white, omitting the fruit juice and syrup.

Albumenized milk is made by using $\frac{1}{2}$ cup milk with the egg white.

Fruit drinks are made by combining sugar syrup, plain or carbonated water, and fruit juice.

PEPTONIZED MILK

1 tube Peptonizing Powder $\frac{1}{2}$ cup cold water 1 pint fresh milk

Put powder into a sterilized quart bottle, add water, and shake until powder is dissolved; add milk, shake and place on ice. Use as needed, always keeping remainder covered on ice.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Peptonized milk may be served warm by putting bottle in vessel of water (115°F.) and keeping at the same temperature 10 minutes. Serve immediately.

IRISH MOSS LEMONADE

$\frac{1}{2}$ cup Irish Moss Lemon juice Syrup
 $1\frac{1}{2}$ cups cold water

Soak Irish Moss in cold water, drain and pick over. Add $1\frac{1}{2}$ cups cold water, cook 30 minutes in double boiler and strain. Add lemon juice and syrup to taste to $\frac{1}{2}$ cup liquid and serve.

BEEF BROTH

2 pounds meat from the 2 pounds bone $1\frac{1}{2}$ teaspoons salt
shoulder or shin 3 quarts cold water

Cut the meat into small pieces and put it with the cracked bone into kettle and cover with cold water. Set in slow oven and cook from 8 to 12 hours. Strain through colander, add salt to taste and cool quickly. When cold, remove the fat. Serve cold, as a jelly or heat to the simmering point, but do not boil.

NOTE.—Reheat in double boiler; not direct heat, as it coagulates albumen.

BEEF EXTRACT

$\frac{1}{2}$ pound beef steak from Salt
round, cut 1 inch thick

Remove fat and wipe steak with cloth wrung out of cold water. Place on heated wire broiler, broil 4 minutes, turn every 10 seconds for the first minute, to prevent the escape of juices, turn occasionally for the next 10 minutes. Remove from broiler and cut into pieces of correct size to fit meat press or metal lemon squeezer. Make several cuts in pieces, put in press or lemon squeezer and express juice. Turn juice into cup, set in saucepan of hot water, season with salt and serve at once. Care must be taken that cup does not become hot enough to coagulate albuminous juices.

CHICKEN BROTH

Cut 2-pound chicken into pieces; cover with 2 pints cold water; simmer 3 hours or until meat is tender. Remove meat, cool stock, remove fat, reheat and add $\frac{3}{4}$ cup cooked rice. Season and serve.

MUTTON BROTH

3 pounds lamb, cut from 3 pints cold water 1 teaspoon salt
forequarter 2 tablespoons boiled
rice or barley

Wipe meat, remove from bones, discard skin and fat, and cut lean meat in small pieces. Put meat and bones in kettle, add water, heat gradually to boiling point, skim and cook slowly until meat is tender. Add salt when half cooked. Strain, remove fat, reheat and add cooked rice.

RAW BEEF SANDWICH

Scrape beef with dull knife, place between buttered slices of bread. Cut in fancy shapes. Toast in oven. (Meat for this purpose must be inspected.)

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

CREAMED CHICKEN

To $\frac{1}{2}$ cup cold, cooked chicken, add $\frac{1}{4}$ cup White Sauce I. Serve on toast.

BROILED SWEETBREAD

Soak sweetbread for 1 hour in enough cold water to cover. Cook in boiling water to which salt and 1 tablespoon of vinegar have been added for 20 minutes. Drain, plunge into cold water. Dry and separate meat from tubes and membrane. Split lengthwise. Sprinkle with salt and pepper and place on broiler. When sweetbread is heated, brush both sides with melted butter. Continue to broil.

EGGNOG

1 egg 1 to 2 tablespoons sugar $\frac{1}{4}$ cup milk
 Speck nutmeg and salt

Beat yolk, add sugar, salt and milk, strain, add stiffly beaten white and nutmeg.

CODDLED EGGS

Allow $\frac{1}{4}$ cup milk for each slightly beaten egg. Cook mixture in a double boiler, stirring constantly until thickened. Season with salt and pepper and serve on buttered toast.

SCRAMBLED EGGS

Allow 1 tablespoon of milk for each egg, slightly beaten. Pour in a buttered pan. Cook until creamy, stirring and scraping from the bottom of the pan as it thickens.

SOFT CUSTARD

1 pint milk scalded $\frac{1}{2}$ cup sugar Speck of salt
 2 egg yolks Flavoring

Beat the eggs, add sugar and salt and scalded milk slowly. Cook in a double boiler, stirring constantly until the mixture coats the spoon, add flavoring.

BAKED CUSTARD

Instead of cooking the above mixture over hot water, strain into custard cups or a mold set in a pan of water. Bake in a slow oven 325°F. until firm. Custards are done when puffy on top and firm in center, or when a silver knife, inserted in the center, comes out clean.

JUNKET

2 cups milk 2 teaspoons rennet, or 2 teaspoons lukewarm
 2 tablespoons sugar $\frac{1}{2}$ junket tablet water
 $\frac{1}{2}$ teaspoon vanilla

Heat the milk to lukewarm (99°F.) in double boiler. Add sugar and flavoring, and stir until sugar is dissolved. Add junket dissolved in water, and pour into dish from which custard is to be served. Let stand until cool and firm. Serve with cream, soft custard, fruit, or fruit syrup. Cinnamon, nutmeg, cocoanut, chocolate, cocoa, or other flavor may be substituted for vanilla.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

THE LUNCH BOX

The lunch carried from home requires thought in planning so that it will be satisfying, nutritious and appetizing. The container used plays a large part in keeping the lunch in good condition.

The lunch box should be dust-proof, well ventilated and easily washed. Metal boxes have these advantages, and when collapsible they are easy to carry home. Some are arranged in compartments and are equipped with thermos bottles.

Baskets are not easily cleaned and unless the food is well wrapped, it dries out quickly.

Fibre boxes are cheap, but they are absorbent and therefore hard to keep clean.

Wax paper, paper napkins, paper plates and containers, paper or collapsible metal cups, thermos bottles and sealtight jars all aid in preparing lunches.

The container should be lined with a paper napkin and each article wrapped separately in waxed paper, and placed in the order in which the food will be eaten. Articles should be packed compactly so that the food cannot be shaken about.

The lunch box menu should be planned to include a substantial food, a juicy fruit or vegetable, a simple dessert and a beverage.

Sandwiches, which are usually included, should be made from day-old bread, which may be Graham, whole wheat, rye, rolls or white bread.

In cutting the bread, arrange the slices so that they will fit together.

Cream the butter or butter substitute until soft enough to spread easily. The butter tends to prevent a soft filling from making the bread soggy.

SANDWICH FILLINGS

MEAT

Minced ham with cream or salad dressing.

Left-over meat, minced, with cream or salad dressing.

Dried beef, plain or frizzled.

Slices of beef, ham, chicken, lamb, sprinkled with salt or spread with a little salad dressing.

Broiled sliced bacon.

Beef or pork liver cooked until tender, put through food grinder, mixed to a paste with melted butter, seasoned with salt, pepper and onion juice.

Half liver and half hard-cooked egg.

FISH

Tuna fish or salmon, plain or mixed with salad dressing.

Sardines, minced, with lemon juice added.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

EGG

Hard-cooked, chopped and mixed with salad dressing.
Scrambled, plain or in milk, or with bits of chopped bacon.

CHEESE

Cream cheese with chopped nuts, olives or peppers, or a combination of these.

Sliced cheese with salad dressing or mustard on rye bread.

Cottage cheese with onions and cream or salad dressing used with brown bread. Pimento may also be added.

Add India relish to well seasoned fresh cottage cheese.

Add chopped English walnuts to cottage cheese. This will make a dark filling but a good flavor.

Chopped parsley, cottage cheese and salad dressing.

FRUIT

Date combination.

Chopped dates, 6; butter, 2 teaspoons; orange or lemon juice, few drops (2 sandwiches).

Wash dates and put through chopper. Add a little salt, equal amount or more of peanut butter or cream cheese and a few drops of lemon juice. Mix well.

NOTE.—Cooked prune pulp or raisins may replace dates.

Chop dates, add little sweet fruit juice, heat and rub to a smooth paste. Add shredded cocoanut and a few chopped nuts and orange or lemon juice. (Excellent with brown bread.)

Jams and jellies.

Ripe bananas mixed with chopped peanuts or peanut butter.

VEGETABLE

Plain lettuce with salad dressing.

Sliced tomato with salad dressing, or lettuce and tomato.

A small amount of diced, pickled cucumber with cottage cheese.

Pickled beets, chopped and mixed with cottage cheese.

Chopped celery, apple, nuts or olives (any proportion preferred), salad dressing.

Mixed pickle, sour or sweet, with chopped egg.

Mashed left-over beans or rubbed through colander, mixed with tomato sauce or salad dressing and chopped sour pickle or green pepper relish.

ADDITIONAL LUNCH BOX SUGGESTIONS

Vegetable soups made with either meat stock or cream can be kept hot in a thermos bottle.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Hard-cooked eggs are frequently used. As a variation, the yolk may be removed, seasoned with salt, pepper, mixed with salad dressing and put back in the white. See Stuffed Eggs Recipe, page 32.

Fruit or vegetables, such as apples, apple sauce, baked apples, peaches, oranges, lettuce, tomatoes or celery, make a good combination with sandwiches.

Vegetable salads, such as potato salad, Boston baked beans and potato chips, add variety to the lunch of the adult, but are not suitable for the child's meal away from home.

A bottle of milk should be included in the lunch boxes of school children.

For dessert, one may use nuts and raisins, a few dates or figs.

Custards, with varied flavorings, cereal puddings, and gelatine puddings are also good. These may be made in individual cups and packed in the lunch box.

Plain cookies, date or raisin cookies or sponge cake may be added as a dessert. Pie, pickles, doughnuts or griddle cakes, or rich cakes should not be included in the school lunch box.

SUGGESTED COLD LUNCHES

FOR INDUSTRIAL WORKERS

- 1 minced ham sandwich with white bread
- 1 Swiss cheese sandwich with rye bread
- 1 whole tomato
- 1 apple dumpling
- 1 cup coffee (in thermos)

Vegetable soup (in thermos)

- 2 broiled bacon sandwiches on whole wheat bread
- 1 doughnut and 1 apple
- 1 bottle milk

2 salmon and lettuce sandwiches on whole wheat bread

Potato chips

- 1 orange
- 2 cookies
- 1 bottle of milk

FOR SCHOOL CHILDREN

- 1 cottage cheese sandwich on brown bread
- 1 jelly sandwich on white bread
- 1 apple
- $\frac{1}{2}$ pint bottle of milk

2 egg sandwiches on whole wheat bread

- Celery
- Apple sauce
- Milk

2 tomato sandwiches on whole wheat bread

- 1 baked apple
- Small cake and milk

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

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