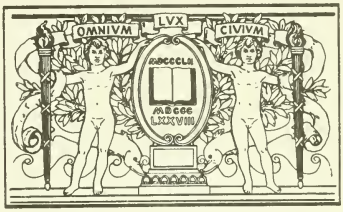
CLUB HOUSE COOK BOOK

OF THE

WOMAN'S CLUB OF READING, PA.



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CLUB HOUSE

COOK BOOK

Compiled by

ANNIE IAEGER SNYDER (MRS. JEFFERSON)

OF THE WOMAN'S CLUB OF READING, PA., DURING THE SUMMER OF 1916, TO BE SOLD FOR THE BENEFIT OF THE CLUB HOUSE FUND OF THE WOMAN'S CLUB OF READING, PENNSYLVANIA.

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Dedicated to the

Women of the Woman's Club

of Reading, Pennsylvania

who, in giving their tested recipes, have enabled me to give this book to the public.

The Woman's Club

OF

Reading, Pennsylvania.

Founder, Jean B. Stephenson, September, 1896.

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Whoever thinks a faultless piece to see
Thinks what ne'er was, nor is, nor e'er shall be.
—Pope.

All things were held in common and what one had was another's.
—Longfellow.

Foreword

HOW far away seem the beginnings of this book," says Mrs. Humphrey Ward in the foreword of Eltham House, and yet how appropriate in my offering this Cook Book to the Club, for, for many years, I have been collecting and hoarding up for my own benefit many good recipes. Little is original and yet I have taken nothing from the gorgeous Belgian Cook Book, neither from the modest Lutheran one; but I have used much material, with Congressman Dewalt's permission, from Farmer's Bulletins of United States Department of Agriculture.

The few advertisements have helped me financially without which the book would not have been published, and I would call the attention of the readers of this book to the advertisements of banks and hotels, with the request they give them the preference because of their kindness in helping me.

ANNIE IAEGER SNYDER.

THE book in your hands contains the gleanings of an active body of club women. I have examined it carefully, and take pleasure in pronouncing the recipes it contains as a whole (some old, some new, but all tested), practical, economical and good. I wish the compiler much success in her enterprise.

PRISCILLA SELTZER.

President of The Woman's Club of Reading.

A Word on Cook Books



HE oldest German Cook Book was printed in 1587 and the Romans reproduced one as early as A. D. 1490, but even if Cook Books are as old as the hills, you will ever want, and ever find something new. We hope you will find it in this Cook Book. A reliable Cook Book is a household necessity; and in some countries it is always a part of a bride's outfit. We all cherish our grandmothers' and mothers' recipes, but we would be without them if they had not been put in cook books.

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Temperatures in the House

How many housewives consider the many kinds of temperature measurements which are really found in the home? Someone once said that only in a green-house and in a candy factory was temperature recognized as an important factor. The temperature at which foods boil and cook is most important, especially the point at which fats are ready for use. A knowledge of the effect of low and high temperatures on food products will greatly influence the quality of the cooking. While many of our best cooks just guess at the heat of the oven or test it by putting in a paper, there is no reason why an oven and cooking cannot have distinct temperature measurements. The use of an oven thermometer (which, if not on your range, can be bought and adjusted) will undoubtedly result in more accurate cooking, and reduce the possibility of scorched or underdone foods.

There are, indeed, quite definite points for certain kinds of cooking as (1) biscuit and pastry, 450 to 550 F., (2) rolls, biscuits and muffins, 400 to 450 F., (3) cake, bread, cookies, 350 to 400 F., (4) custards, pudding, meringue, 250 to 350 F. Again, at what temperature should a refrigerator be kept? Do all housewives know it should lie between 45 and 55 degrees F. in order to keep the food supplies in proper condition? A simple thermometer would give this reading and would, perhaps, prevent unwholesome conditions.

Weights and Equivalent Measures

Cup and Spoon Measures

Here are two methods given by which to measure:

When measuring always pack the contents tightly and level off the top of the measure. A cup means the common size coffee cup generally used, that holds a half pint.

4 cups of flour sifted or 1 quart equal..... 1 pound
2 cups of granulated sugar equal..... 1 "
2½ cups powdered sugar equal..... 1 "
2 cups of solid butter equal 1 pint or..... 1 "
3 cups of meal equal..... 1 "
1 pint of milk or water equals..... 1 "
9 large or 10 medium eggs equal..... 1 "

A tablespoon 14 times quite full is a cup or ½ pint of milk or water.

2 tablespoonfuls of flour equals..... 1 ounce
1 tablespoonful of liquid equals..... 1 ounce
Butter the size of an egg equals..... 2 "
½ cup or ¼ pint of liquids equals 1 gill.

SUGAR—

A level cup of granulated sugar is 7 ounces.
A rounded cup of granulated sugar is ½ pound.
A heaping teaspoonful is 1 ounce.

Measurements No. 2

In using these measures use one or the other, not taking one measure of one and then a measure of the other; both are reliable when used by themselves.

1 teacupfull of water or milk measures.....½ pint
4 tablespoonfuls of water or milk measures.....¼ pint
1 wine glass full of water or milk measures.....⅛ pint
1 breakfast cupful of moist sugar heaped is.....½ pound
1 " " of castor sugar is..... 7 ounces
1 " " of rice is..... 7 ounces
1 " " of butter, lard or drip'ings heap'd 7 ounces
1 " " of bread crumbs pressed in is....4 ounces
1 " " of sago, or tapioca pressed in is. 4 ounces
1 " " of flour or cornmeal pressed in is 4 ounces
1 tablespoon of suet fine chopped heaped is..... 1 ounce
1 tablespoon of flour, heaped is..... 1 ounce
1 tablespoon of moist sugar is..... 1 ounce
1 tablespoon of golden syrup measures.....½ ounce
1 dessertspoon of flour heaped measures.....½ ounce
1 saltspoon is equal to ½ teaspoonful
1 teaspoonful is equal to ½ dessertspoonful
1 dessertspoonful is equal to ½ tablespoonful.
6 ordinary lumps of sugar weigh ½ ounce
1 piece of butter the size of an egg weighs 1 ounce.

Useful Things to Know

Tea—Six teaspoonfuls to 1 ounce; 1 pound for 60 or 70 people if teapots are used. Considerably less if bags of tea are placed in urns.

Coffee (Ground)—One full tablespoon for each person; 1 pound for 25 to 30 persons; less when made in large quantities.

Sugar—One pound for about 50. The lumps should be cut small.

Milk—Half a gill per head; 1 pint for about 12 people is enough for tea. For coffee the half gill per head.

Cream—One pint for about 25 people.

Claret or Lemonade—About ½ pint per head.

Bread and Butter—One and ¼ pounds to 1½ pounds of butter to 3 sandwich loaves. This makes enough thin bread and butter for 100 persons. Sandwiches same.

Large Cake—One slice to 2 people.

Small Cakes—Three to 2 persons for afternoon teas.

Ices—About 10 helpings to 1 quart.

Soup—One-third of a pint per head.

Fish—Allow ¼ pound uncooked per head.

Creams and Jellies—Eight to 10 helpings to a quart mold.

Cutlets—There are 7 cutlets on a leg of lamb or mutton.

These quantities are a correct average, but one person will use more butter than another when spreading.

Bread should be one day old and the butter softened by placing the plate over boiling water. For thick bread and butter allow about 22 rounds to a quartern loaf. Cut each in half to make 44 pieces and allow 6 ounces of butter to the loaf.

Wine—Champagne, about 7 glasses to the bottle; Port, about 9 glasses to the bottle; Claret, about 5 glasses to the bottle; Sherry, about 10 glasses to the bottle; Graves and Sauterne, about 6 glasses to the bottle.

A Few Helpful Hints

For boiled, steamed, or baked puddings, bread crumbs, or bread crumbs and flour, allow 2 ounces of flour to each person.

One-half pound of flour usually makes a pudding for 4 people.

One-half pound of flour will make a pie or tart for 4 people.

One-half pound of flour will make 1 dozen scones or cakes.

One pint of custard is enough for 4 people. Allow 1 gill for each person.

One pound of meat for 4 persons, less for a stew.

Allowances

Butter—One-half pound per head per week for eating.

Meat—Three-quarter pound uncooked, with bone, per head, per day.

Sugar—One pound per head per week for eating and cooking.

Tea—One-fourth pound per head per week.

Milk—Three-fourth pint per head per day for all purposes.

Jam—One pound per head per week.

Bread—One-half loaf per head per day.

Cheese—One-fourth pound per head per day.

Potatoes—About 3 and ½ pounds per head per week.

Breakfast, not the most elaborate meal of the day, but the first one, will receive our attention first. The custom of having a heavy meal to begin the day with has passed away, and the simplest meal has taken its place, most people being satisfied with eggs, bacon, and toast, often fruit, and cereal instead of hot breads and something fried. Fruit in season is always desirable and of these there is such a choice I need say nothing about it. Next comes the cereal and again I will only give the time table from an old book for cereals:

	Quantity Cups	Water Cups	Time Hours
Indian Meal	1	3½	4
Coarse Oatmeal	1	4	3
Fine Hominy	1	6	3
Cracked Wheat	1	4	4
Steamed Cooked Oats	1	5	4
Pettijohn	1	2	1
Rolled Wheat	1	2½	.40
Quaker Oats	1	2¼	1
Rice	1	4	1

Cook in double boiler.

After one of these cereals we come to bacon and eggs.

BREAKFAST

"If success be won this work must not be overdone."

EGGS

In the egg we find protein, lime, phosphorus, iron, water, albumen and fat, but eggs have neither starch or sugar and unless combined with something else are not a perfect food. The fat is mostly in the yolk, the protein in the albumen. It is said one egg is equal to one gill of good milk in food value, and that 10 are equal to 1 pound of meat. The simplest way to test the freshness of an egg is to drop it into a basin of water, the fresh will sink, while the stale will float, while the betwixt and between will keep in touch with the bottom but will tilt upwards. Eggs will never stand a fierce heat, as this toughens the albumen and makes them hard to digest. Indeed, eggs should never reach the boiling point if they are to be cooked properly. It is said there are over 200 ways of cooking eggs. I will first give the popular ways of cooking them for breakfast, then some fancy methods used for luncheon. Few people know how to cook an egg or boil an egg for breakfast properly, for even in that there is a right way and a wrong way.

To boil an egg the water should be boiling very fast when the egg is put in and there should be enough water to completely cover all of them. Immediately they are covered the sauce pan should be put on the back of the stove where it will stay hot but not boil. The eggs left in this hot water will be cooked soft in 5 minutes. If the egg is wanted hard it is put in cold water and allowed to come just to a boil; then it must be removed from the fire and left standing in the water 20 minutes. Cooked in this way they are perfectly digestible ,and many who thought they could not eat eggs at all have found no discomfort when cooked this way instead of the old method.

Poached Eggs—Break the egg into a saucer and slip it gently into a pan of rapidly boiling water in which is a pinch of salt and ½ teaspoon of vinegar. Remove pan at once from fire and leave the egg alone until it is set, then lift out with a draining spoon, allowing all the water to run off, and serve on a neat square of toast. Drain well or it will make the toast sodden.

Scrambled Eggs—Like poached they are seldom cooked quite right; instead of a soft creamy concoction they are a tough, stringy mess and the reason is too great heat and too fast cooking. It is best to scramble eggs over hot water, by putting your pan in a larger pan of boiling water. The proportion of cream or milk and butter is: 3 eggs, 4 tablespoonfuls of cream, 1½ ounces of butter. Put the milk or cream and butter into the pan until hot, then break in the eggs and stir with a wooden spoon until it gets just thick. Turn out quickly, and serve on buttered toast.

Eggs Sur le Plat—Grease a fireproof dish. Break the eggs, one by one, into it, being careful not to break them. Sprinkle with salt and pepper, and put in the oven just long enough to set the eggs, but not to make them hard. The dish being hot, they continue to cook after being taken from the oven, so allowance should be made for that fact.

Creamed Eggs—Use little individual fireproof pans or bowls for this. Break the eggs in carefully, one by one, and pour a tablespoon of cream over each egg.

Creamed Eggs and Potato—Place a layer of smoothly mashed and well seasoned potato in the dish or little pans previously greased and then an egg on the top as before.

Creamed Eggs—Cut hard boiled egg lengthwise. Make a sauce by boiling 1 cupful of good milk or cream. If using cream omit butter, but when using milk add a generous piece of butter. Stir in a heaping teaspoon flour stirred in milk. Season with pepper and salt. Pour the hot cream sauce over the eggs and serve at once.

Baked Eggs in Cream Sauce—Four eggs, 1 tablespoonful of butter, 1 tablespoonful flour, 1 cup cold milk, 1 teaspoon salt, dash paprika, 1 tablespoon chopped parsley and a little onion or nutmeg. Put butter in saucepan; when melted add flour. Mix well, add milk and boil 1 minute, add salt. Put sauce in earthen ware dish and put the raw eggs in very carefully. Put in hot oven about 3 minutes or a little longer. Dust with paprika and sprinkle with parsley. Serve in dish in which it is baked.

Egg Omelettes—Six eggs, 6 tablespoonfuls milk, season to taste. Beat yolks 5 minutes, add seasoning and milk, beat again about 3 minutes. Beat whites until stiff, then fold in lightly and bake in a slow oven until the edges begin to thicken. Place in oven about 5 minutes until whites are brown; fold and serve. YORK.

Potato Omelette—Four eggs, 1 cup mashed potato, 1 cup sweet milk, 1 teaspoon flour, salt and pepper. Beat eggs separately, have pan hot, leave on stove a few minutes, then put in oven until ready to serve.

Asparagus Omelette—Put a piece of butter the size of a walnut into a frying pan and when it is melted pour in 3 eggs which have been previously beaten, just enough to mix the yolks with the whites. Stir constantly and when the mixture thickens, take from the fire, season with salt and pepper, and stir into what you have left of cold boiled asparagus cut into bits.

Spanish Omelette—Four eggs, 4 tablespoonfuls water, 2 tablespoonfuls butter, salt and pepper. Beat yolks and whites separately; add water; mix whites and yolks lightly; add salt and pepper. Melt butter in pan. When hot, pour in eggs and cook until set on sides and bottom. Finish cooking in hot oven; fold, turn on hot dish and pour tomato sauce over.

Tomato Sauce—Two tablespoons butter, 2 tablespoons flour, ½ teaspoon onion juice, 1 cup strained tomatoes.

Egg Cutlets—Make sauce of ¾ cup milk and 2 large tablespoonfuls flour ,add to this 4 hard boiled eggs, chopped fine, 1 small onion, chopped, parsley, a dash of nutmeg, pepper, salt. When cold, mould, dip in egg and bread crumbs and fry. LORENE FOX WAGNER.

Bread Omelette—Four eggs, ½ cup milk, ½ cup stale bread crumbs, 1 tablespoon butter, ¾ teaspoon salt, ⅛ teaspoon pepper. Soak bread crumbs in milk for 15 minutes, add beaten yolks and seasoning. Fold in whites and bake in the oven in a casserole. YORK.

Egg Cutlets With Tomato Sauce—Four eggs, 1 cup of milk, 2 tablespoonfuls of flour, ½ teaspoon salt, 1 teaspoon onion juice, dash of pepper and paprika, 1 tablespoonful chopped parsley. Boil eggs hard, chop the whites fine, add to cream sauce, add salt pepper, parsley and mashed yolks of eggs. Spread on platter to cool. When firm take up 1 tablespoonful in hand and form into chops, dip in bread crumbs and egg. Fry in hot fat. Serve on platter with tomoto sauce.
NELLIE GERY.

BACON

"As in some Irish houses where things are so so
One gamin of bacon hangs up for a show;
But for eating a rasher of what they take pride in,
They'd as soon think of eating the pan it is fried in."
—Goldsmith.

It is said, of all meats bacon is the most extravagant in price and it will probably never be low priced again. It will, however, always be a gerat addition to the menu so that to know the best ways of using it is a necessity if one is to cook well.

The drippings from bacon are the best sort of shortening for cookies and every-day pastry, therefore every bit of the fat that renders out in cooking should be strained and saved for such uses. This reduces the first cost of the meat very much.

All left over bacon makes excellent seasoning for meat loaves; and may be nicely browned for garnishing by being dipped into egg batter and then in fine bread crumbs and placed in a hot oven until golden brown.

Sometimes bacon is too salty and requires soaking in hot water after it is cut. After that the salty taste is gone.

If you have always fried your bacon or broiled it over a hot fire, try it broiled in this manner: Use any wire broiler or rack, spread out the slices just touching not covering one another on it, and placed over a dripping pan in a hot oven. Inferior bacon becomes fine tasting when broiled so, and best bacon delicious.

Hominy and Bacon—Ingredients—Three cups cold boiled hominy, ¼ pound thinly sliced bacon, 1 teaspoon salt and pepper, sprigs of parsley. This makes a good breakfast dish. Method—Put the bacon in a hot pan and fry nice and brown, be sure and turn often. Remove the bacon on a hot platter and keep warm. Then put the hominy into the hot pan. Place over a quick fire and slightly brown. Dust with salt and pepper. Pile in center, parsley. A breakfast dish for cool mornings.

Fried Apples—A pleasant tart apple should be used, and those with thin skin. Wash and wipe, then slice without peeling. Put 2 spoonfuls of butter in a spider with a few spoonfuls of hot water, pour in the apples and cover closely; do not stir them. When done, put a little sugar in a dish and pour the apples out over it and sift a little sugar over the top. Fall pippins are fine for this dish.

TOAST

Toast is not only an invalid's dish but is a delicious substitute for the oatmeal or other cereal used by most people for breakfast, and is also often used with a cereal instead of other bread for breakfast. It is also very good if broken into bits and eaten with cream.

The usual way of putting a slice of bread on a fork, holding it over a fire until brown on one side, then turning to brown on the other side, covering it with butter, is a sure way to indigestion if taken by a healthy person, and when given to an invalid is simply barbarous.

Toast, to be easily digested, should never be buttered, it covers up the starch and saturates the gluten. Cut a stale loaf of bread into slices and place them in a hot oven until they are a delicate brown all the way through, when they will be found crisp and brittle. When the bread is thoroughly browned through and you have more than you wish to use, after it is cool, pack it away in a tin box and it will stay crisp for two or three days. Either brown or white bread makes a good toast but graham bread is to be preferred.

Cream Toast—A nice cream toast can be quickly prepared by taking a dozen or more of the crisp slices and dipping each into hot milk or hot water, and packing them closely together to moisten them through. Then take enough cream or new milk to completely cover them, boil with a little flour or cornstarch, flavor with salt and pour over toast.

Snow Flake Toast—One quart milk, ½ cup cream, a little salt, 1 tablespoon flour, whites of 2 eggs. Mix a tablespoon of flour with a little of the milk, and add when the rest of the milk is boiling hot. Let it cook until the milk has no raw taste. Have ready the whites of 2 eggs thoroughly beaten, and after the milk and cream are thoroughly cooked stir in the whites of the eggs and allow it to stay over the fire ½ minute to coagulate the eggs. This quantity is enough for 12 slices of bread well toasted. Dip the slices in hot milk. Take out quickly and pack together for about 3 minutes. Pour the snow flake mixture over them.

Cream Toast With Poached Eggs—Prepare the toast as above, lay each slice neatly in a saucer before adding the cream dressing, and then finish with a delicately poached egg. Eggs broken into separate sauce dishes or patty pans and steamed until the whites are set, will look better than those slipped off of a saucer.

French Toast—Take pieces of stale bread not toasted, dip in milk and then in the beaten egg. Fry on both sides a nice brown. The more eggs, the better the toast.

COFFEE

One heaping tablespoonful of coffee to each measuring cup of cold water. Beat up 1 whole egg and add about 1-3 of the egg to about six cups of the cold water. Thereby making 1 egg do three mornings for a small family. Stir all together and let come to a boil, then allow it to simmer gently for 8 or 10 minutes. This recipe is for those who like strong coffee. HANNAH STREET.

Coffee for many or few is seldom better than when this rule is followed: Four well rounded tablespoonfuls of finely ground coffee to 1 quart of water, allowing 1 egg to every gallon of coffee to be made. Stir egg and coffee well together and add cold all the water to be used, and put over the fire to boil. Stir frequently until the boiling point is reached. When the whole has boiled a few minutes, place it where it will no longer boil, but keep very hot.

This completes the breakfast and now we will have a few words to say about luncheon before going to dinner.

LUNCHEON

Luncheon is not necessarily a meal, merely to use up left overs. The thrifty housewife will so arrange and gauge her meals never to have many left overs but I have a few rules here which will be a help to any housewife to follow:

1. When serving cold meat always have a soup.

2. When having a stew or hash or a meat prepared from left overs omit the soup.

3. When having boiled or fried fish omit the soup.

4. Have one hot vegetable either made of left overs or something you have not had for dinner.

5. Have a salad with cheese as the last course and no dessert.

6. Always have a salad with fish.

7. When you have no salad you can have a light dessert, but no ice-cream.

8. If fond of hot breads or biscuits luncheon is the time for them, then omitting the vegetable, using hot bread and preserves instead.

9. Tea.

The foods for luncheon will be found in other parts of the book.

PARTY LUNCHEON

The following menu for luncheon is from a very old cook book and puts all the rules given to shame, for it says five or six courses make a dainty and toothsome repast. In winter have oysters on the half shell with a piece of cut, not sliced, lemon. Then serve a clear soup, or puree of tomatoes, asparagus or peas. For the third course, lamb chops, broiled or breaded with French peas; with this mashed or browned potatoes. A salad should come next either of lettuce or tomatoes with mayonnaise or French dressing. Thin crackers with a good cheese should be passed with the salad. If you wish to order an ice from a confectioner do so; if not some sweets, such as preserved ginger; strawberries and cake should come next, followed by small cups of strong coffee with cream and sugar passed. Sweet breads could be used instead of chops.

DINNER

"All human history attests
That happiness for man—the hungry sinner
Since Eve ate apples, much depends on dinner."
—Byron.

"Their various cares in one great point
The business of their lives, that is—to dine combine."
—Young.

Dinner is our next consideration, but it would be a waste of time to take it up as we did breakfast, for there is such an endless variety of dishes for dinner, both of meats and vegetables; and of deserts there is no end. We are indebted to Congressman Dewalt for all that is said about meats, composition and cooking, and economical use of meat in the home. It would be well for every housekeeper to have copies of Farmer's Bulletins Numbers 34 and 391 in their cook books.

There are many ways of serving a dinner. The most popular menu for a home, every day dinner, is soup, preferably a light one; then one meat with usually two vegetables except in summer when two are served besides the potatoes which should always be in a dinner menu. We will give the recipes in the order in which they would be served at a dinner, beginning with soup.

SOUPS

"The onion is a homely plant, and rank as most that grows—
And yet it beats to mix with soup the lily or the rose."

There are more than five hundred different kinds of soup, but they can be divided into a few distinct classes—such as broths, clear soups, thick soups and purees.

Broths—The unclarified liquor in which chicken, veal, beef, or mutton is cooked forms this class.

Clear Soup—A good clear soup is made of double stock, that is good beef broth, strengthened with veal, to improve its flavor.

Thick Soups—Stock of any kind, white, brown or vegetables, is used in these soups, but soups of this kind are usually garnished as well as thickened.

Purees—These soups differ from other thick soups because they are thickened by the ingredients of which they are made, such as bisque of lobster, puree of peas, beans and lentils. But in all cases the substances composing the soup are rubbed through a sieve and served in the soup.

Flavoring for Soup—The ones most commonly used and easily obtained are turnips, carrots, onions, celery, parsley, thyme, bay leaf and potatoes.

Seasonings for Soup—In addition to salt and pepper which are the ordinary seasonings, but which must be added with caution, are nutmeg, allspice, mace, sugar and cinnamon, but often an overdose of these ruins a good soup.

STOCK

A few general directions for stock will be found useful:

1. Beef makes the best brown stock, therefore stock for good consomme or clear soup should be made of beef or veal, and part of a fowl which gives it a better flavor.

2. White stock is made from veal bones and remains of poultry and calves' feet. The liquor in which calves' feet or poultry has been boiled makes a good white stock.

3. Stock meat should be lean and fresh as possible. Never wash meat unless you must, as it robs it of its flavor.

4. The usual allowance of water is 1 quart to each pound of meat.

5. The meat should stand in the water for a few minutes and be gradually heated until it reaches boiling point, then when the scum has been removed, it should be kept at simmering point.

6. The vegetables should be either whole or in large pieces and be added after the stock has boiled.

7. Vegetables should be used sparingly, for too much seasoning often spoils and ruins a good soup.

8. To 4 quarts of water 1 carrot, 1 onion, ½ turnip and 1 stalk of celery, a teaspoon of salt, and some cooks say never use ground pepper, as it makes any soup cloudy, but to the above use 12 pepper corns.

9. The stock should simmer very slowly for 5 or 6 hours, then strained and the meat and sediment removed.

10. When cold all fat should be taken off the top.

11. All unused stock should be boiled up every day in hot weather, and in cooler weather every two or three days.

Stock No. 2

Get a beef shank and cheap piece of lamb; cook all day in salted water; strain, and skim off all fat, and this makes a foundation for many fine soups.

Bouillon, consomme, or tomato soups are the favorite to begin a dinner, also a plain cream or milk soup seasoned highly with either celery, asparagus, potato, or corn. Each flavoring makes the soup.

The heavier soups such as vegetable, calf's head or clam chowder are best for luncheon.

French Bouillon—Take 5 or 6 pounds of the fleshy part of the shin of beef (the neck of beef is sometimes used), pour on the meat 3 quarts of cold water. When it has been brought to a boil, skim well and throw in 1½ ounces of salt, a half dozen pepper corns, ½ dozen cloves and 2 blades of mace. Put in 2 small carrots, 1 turnip, 1 onion, and the heart of the root of celery or 2 stalks. The vegetables should be kept whole. A little caramel can be used to darken the soup. When it has simmered gently for 4 or 5 hours, take out the vegetables and meat and strain through a fine sieve. When perfectly cold, clear off every particle of fat. Heat again when using.

Consomme—Place a saucepan with 2 quarts of boiling water over the fire, add part of a carrot, 1 finely cut onion, 2 stalks of celery, tie together ½ handful of barley, 1 bay leaf, 3 cloves, 6 whole peppers, add it also to the same pan, cover and boil 1 hour, then strain; add 1 quart of soup stock; season with salt and pepper (cayenne). If liked, add 1 tablespoon of Worcestershire sauce.

Cream of Vegetable Soup—This soup is easily and quickly made if you will take the trouble to save small quantities of left overs in the vegetable line from several dinners; tomatoes, peas, corn, a little rice or macaroni, an onion or two, parsley and celery. Put all together with enough water to boil. If you have no cold boiled potatoes, cut up a few raw ones and boil soft first. When everything is together add 1 quart of milk, bring to a boil, stir in a little flour mixed smooth with milk. A little Worcester sauce or kitchen boquet will improve it.

YORK.

Clam Soup—One quart of clams, strain, boil liquor and skim. Put in as much water and milk as liquor. Run clams through grinder, season with pepper and salt, a pinch of curry and celery salt to taste, also a large piece of butter. Then throw in the clams. Take a tablespoon of flour, piece of butter the size of a walnut, mix with milk or water, and 3 hard boiled eggs chopped fine. Boil about 20 minutes.

MRS. SUSAN HUBER.

Puree of Split Peas—An excellent green soup. Soak 1 cup of green split peas over night. In the morning pour off any water that has not been absorbed and add to the peas 4 times their quantity of cold water. That is—if the soaked peas measure 2 cups, then you must add 8 cups of water. Add also ½ onion sliced to each quart of water. Stand over a slow fire and let simmer gently until the peas are soft. Rub through a sieve, season with salt and pepper and a little kitchen boquet and return to the fire. If the soup has simmered slowly, no thickening will be required. If obliged to hurry use 1 teaspoon flour and butter rubbed smooth to each quart of soup. Serve with slices of hard boiled eggs.

Cherry Soup—For this most invigorating hot weather soup sweet or sour cherries may be used; preferably sour; 1 quart stoned cherries, 1 quart water, sugar to taste. Boil until cherries are transparent; thicken by adding 1 heaping tablespoonful of corn starch moistened with cold water. Boil until clear and serve piping hot to get best tonic effects. Not to be despised ice cold. This quantity will serve 8 persons.

MARTHA WEIS KASE.

Cream of Corn Soup—One can of cream of corn, add 1 pint of water, and 2 slices of onion. Put in a double boiler for ¾ of an hour, then strain through a sieve. Put into the boiler 1 tablespoonful of butter and 1 of flour well blended, add 1 pint of sweet milk. After it starts boiling, add the cream of corn, salt and pepper to taste and some chopped parsley. It need only boil a few minutes. When serving, put a tablespoonful of whipped cream on each cup or plate.

MRS. SMYSER WILLIAMS.

Puree of Chestnuts—Peel sixty chestnuts, scald in boiling water, remove inside skin; when done pass them through a fine sieve, add enough stock to make the soup thick enough and pour over slices of fried bread. It must be served very hot.

Cream of Corn Soup—One cup of crushed corn, 3 cups of milk, 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon salt, white pepper, 1 cup water. Put the corn through chopper and put in top of double boiler. Boil 5 minutes, add the milk and when boiling add the flour and butter previously rubbed smooth. Boil 3 minutes, add salt and pepper.

Cream of Celery Soup—Cut one nice stalk of celery into small sections. Boil the celery and a tablespoonful of rice in salted water until tender, add a pat of butter rolled in flour and peppered, and two cups of hot new milk.

Scotch Soup—Into three quarts of water boil three pounds of beef three hours. At the end of the first hour put in three tablespoonfuls of barley. At the end of the third hour put in 1 teaspoonful salt and a sprinkling of pepper. You will have three pints of delicious, nourishing soup.

MINTA FULTON.

Cream of Tomato Bisque—Heat the contents of a can of tomato soup and an equal quantity of milk separately. Bring them to the boiling point, but do not let them boil. When ready to serve take them from over the fire and pour the hot soup into the hot milk, not the reverse. Remember that boiling curdles milk. This does not hurt the flavor of the soup but affects the smooth and pleasing appearance. This soup is not only delicious to taste, but is decidedly wholesome and nourishing.

Macaroni Soup—Soak 1 breakfast cupful of small macaroni in water all night. In the morning drain the water from it and put it in an enameled saucepan with cold water. Slice and chop a Spanish onion and add it with a little salt, and let boil until quite soft and the water is nearly all absorbed. Then add milk thickened with a little cornflour rubbed in a small piece of butter. FANNY BARON, London, England.

FISH AND OYSTERS

"Master; I marvel how the fishes live in the sea.
Why as men do a' land, the great ones eat up the little ones."

—Pope.

In preparing fish of any sort or kind, the very first thing is to see that it is perfectly clean, but if it is washed too much it will lose its flavor. The only way to clean a fish is to wipe it thoroughly with a clean damp cloth. If the fish is to be boiled a little vinegar and salt should be added to the water after it is cleaned to make it firm. Hot water should never be poured over the fish, but added gradually and gently. If the water is too hot, it breaks the skin; if too cold it loses its flavor. Fish to be broiled must be seasoned and flavored and put on a very clean gridiron which should be rubbed with a piece of suet to prevent it from sticking. Fish can be boiled, broiled, fried. It may also be baked, stewed, and made into soups.

Fish Cutlets—Boil 2½ pounds of fresh cod, pick in fine shreds. Make a thick drawn butter and season highly with butter, salt and cayenne pepper. Pour the drawn butter over the fish and mix thoroughly. When cold mold into cutlets. Dip in egg and cracker crumbs and fry. YORK.

Broiled Brook Trout—A broiling trout should not be less than 8 inches long. Clean by slitting down the back so that the fish can be spread out like a salt mackerel. Do not place the trout in water at any time; use only enough cold water to cleanse the fish. Wipe both sides thoroughly dry with a cloth and sprinkle with salt. Place the fleshy side of the spread out fish on the broiler next to the fire; when sufficiently browned turn the fleshy side up and baste freely with butter while the skin side is broiling. When the fish is done fold together and serve immediately. The true flavor of the brook trout can only be had when the broiling takes place immediately after the fish is killed.

JUDGE AND MRS. A. S. SWARTZ.

Soft-Shell Crabs—Lift the shell and extract the spongy substance on the back and pull off the loose shell on the under side which is called the apron. If they are sandy wipe them with a damp cloth, but do not let them lie in water at all. Dip them in egg and in cracker crumbs and fry about 10 minutes in hot lard. Serve with Tartare Sauce.

Fish Chowder—One pound cod, haddock, or whiting, 3 or 4 potatoes peeled and sliced, ¼ pound pork cut in dice, 1 small onion finely chopped, 3 water biscuits, ½ pint of milk, 1 pint of water, ½ teaspoon mixed herbs, salt and pepper. Wash and dry the fish and cut in small pieces, place the fish, potatoes, and pork in a stew pan, in alternate layers, sprinkling each layer with onion, herbs, salt and pepper, add the water. Cover closely and cook gently for 40 minutes. Meanwhile soak the biscuits in the milk, beat out the lumps with a fork and stir them into the stew, add seasoning to taste and serve hot.

Fish Sauce—One-fourth pound of butter, 1 teaspoonful chopped parsley, a little salt and pepper and the juice of two lemons. Cream butter. Mix all well together.

Creamed Sauce for Fish (Boiled)—Heat 1 coffee cupful of milk to boiling point, stir in a teaspoon of corn starch wet with a little cold milk. When this thickens, add two tablespoonfuls of butter, a little pepper, and salt, and a little chopped parsley. Beat an egg light, pour same over the egg gradually, put over fire and stir 1 minute; pour over fish.

Creamed Tuna Fish—One can of Tuna fish, 2 tablespoonfuls of butter, 1 tablespoonful flour, salt, cayenne and a little nutmeg, 1 cupful milk, a squeeze of lemon juice, 1 wineglass of sherry. Melt butter, add to flour, salt, cayenne and nutmeg. When smooth add the milk, then the fish and lemon juice; lastly the wine. Cook 5 minutes and serve on crackers or toast.

Fish Croquettes—Rub together 2 tablespoonfuls of flour and 1 of butter and stir in ½ pint of milk. Add a teaspoonful of finely chopped parsley, and ¼ teaspoonful of onion juice. Cook this paste until it is thick, add 2 cups of cold boiled fish and boil up again. Remove it from the fire, season with salt and pepper. When cold make into balls or cylinders. Dip in beaten egg and crumbs and fry.

Fish Mould—One-half pound of cooked fish coarsely chopped, 1 good teacupful of bread crumbs, 2 ounces of butter melted, 2 eggs, 1 teaspoonful anchovy essence, cayenne pepper and salt. White, oyster, or other fish sauce. Mix the fish and bread crumbs, and season highly with pepper, salt, cayenne, mixed well together, and moisten with the egg, butter and anchovy essence. Steam gently about 1¼ hours. Serve with a little sauce poured around.

Tartare Sauce for Crabs or Fish—Rub the yolks of 2 eggs to a paste with a tablespoonful of dry mustard, a teaspoonful of salt and ¼ teaspoonful of pepper. Add gradually 4 tablespoonfuls of oil, beating until a thick jelly, then very gradually, 3 tablespoonfuls of vinegar and 1 teaspoonful of onion juice. Lastly add 1 tablespoon of chopped capers and one of pickles.

Escolloped Eggs and Oysters—Melt some butter, season with salt, pepper, a pinch of grated nutmeg, chopped parsley and chives. Cook 4 dozen oysters in this sauce and when nearly done, add 5 or 6 sliced hard boiled eggs. Simmer over a slow fire for ¼ of an hour. Pour in scollop shells, sprinkle with grated bread crust and brown in oven.

Escolloped Oysters—To 50 oysters (a salt oyster being the best) take 4 hard boiled eggs chopped fine, ¼ pound butter, two or 3 cups of fine bread crumbs. Divide the oysters, eggs and bread crumbs into two parts. Put ½ the oysters into a buttered pudding dish, season with salt and pepper and a pinch of cayenne, then put a layer of ½ of the chopped eggs and dots of ½ the butter, then a layer of ½ the bread crumbs; make the next layer just the same way, but cover thickly on top with bread crumbs and dots of butter. Pour in a little milk and bake in oven about an hour.

ANNIE SNYDER.

Clams in Casserole—One dozen clams put through the meat grinder, 2 eggs, 1 cup bread crumbs, ½ cup cream, 2 tablespoonfuls melted butter, mince onion, parsley, salt and pepper to taste. INEZ RASHBRIDE.

Salmon Loaf—One can of salmon, 4 tablespoonfuls melted butter, ½ cup fine bread crumbs, 3 eggs beaten light, juice of 1 lemon, seasoning. Steam 1 hour and brown. Serve with cream sauce or cold with lettuce or mayonnaise.

ANNA L. HUFFORD.

Fricassee of Oysters—Drain one quart of oysters and put the liquor on to boil. Rub together one tablespoonful of butter and one of flour, add to the boiling liquor and stir it until it thickens. Season with salt, a very little cayenne pepper and a blade of mace. Remove it from the fire and add the beaten yolks of two eggs. Mix thoroughly and return to the fire, stirring for a minute or two. Put in the oysters and boil up again. Pour over slices of buttered toast and serve.

Oyster Croquettes—To 25 oysters 1 gill of oyster liquor, 1 gill cream, 1 tablespoon butter, 2 tablespoons flour, 1 tablespoon chopped parsley, ¼ nutmeg grated. Put oysters on to boil in their own liquor and stir constantly for 5 minutes. Take from fire and drain. Chop oysters very fine. Now put into a sauce pan 1 gill of liquor, and the cream, parsley, cayenne, nutmeg and salt. Rub together the butter and flour, add this to the boiling liquor and cream, stir until it boils (over the fire) for 1 minute; turn it out to cool; when cold form into cylinders, roll in beaten egg and bread crumbs and fry in boiling oil or lard. It is best to mix this several hours before using, moulding and frying a few minutes before serving. This quantity makes 6 croquettes. It is said Mrs. Rorer adds the yolks of 2 eggs which is an improvement.

ACEOLA COOK BOOK.

Oyster Peacemakers—This consists of a small hot roll scooped out and filled with creamed oysters. Use small rolls, as they are much daintier.

Oyster Stuffing—Twelve large oysters, 1 gill of stock, 4 ounces soft white bread crumbs, a little grated lemon peel, 1 dessert spoon chopped parsley, 1 pinch of mace, 1½ ounces of butter, salt and pepper to taste. Beard the oysters, save the liquor, and put it with the stock and beards and bring it to a boil. Let it simmer until you have drawn the flavor from the beards, then strain. Mix together bread crumbs, grated lemon, chopped parsley, salt, pepper, butter, mace and the oysters chopped. Bind the mixture with the egg and as much of the oyster stock as will bring it to the proper consistency. Use for stuffing fish and poultry.

Oyster Sauce—Twelve sauce oysters, 1 ounce of butter, a teaspoonful of lemon juice, the yolk of 1 egg, ¾ of a pint of Bechamel sauce. Remove the beards and put them with the butter into a sauce pan and cook, not boil, for 4 minutes, then drain well and halve or quarter them. Reduce the liquor to ½, then strain and return to pan, add the Bechamel sauce when hot, also the yolk of the egg and lemon juice and oysters. Stir until the oysters are quite hot. Season, if necessary, with a little salt and pepper.

Lobster or Salmon Chops—One cup of sweet cream, 1 can of lobster or salmon, 3 tablespoons of butter, 3 even tablespoons of flour, 1 scant teaspoon salt, ½ teaspoon mustard, 3 hard boiled eggs. Melt butter, add flour, take off stove, pour cream in slowly, put back on stove to thicken. Have lobster or salmon broken in small pieces. After sauce is thick and creamy, add the hard boiled yolks, first crushing them and put with them the dry ingredients. Mix with a little cream, then add to sauce the lobster or salmon. Spread on a platter to cool. After it is cold form into chops, dip in eggs and bread crumbs. Fry in very hot fat. NELLIE GERY.

Lobster a la Newberg—One lobster, 1½ pounds in weight, shredded, 1 cup of cream. Add 1 tablespoonful of flour and 1 tablespoonful of butter creamed, and stir constantly until thickened. Season with salt, pepper and a little nutmeg. Add lobster and when hot put in 1 tablespoonful of sherry wine. Serve at once. NORRISTOWN.

Fried Oysters—For 1 dozen large oysters break 2 eggs and beat well without separating, add ½ cup of cold water and a little salt and pepper. Take the oysters from the liquor without drying and dip lightly in coarse cracker dust, then in the beaten egg, then in the cracker dust again, and fry in smoking hot fat. MRS. OGDEN.

Escolloped Oysters—Thirty medium-sized oysters, 3 cups of dried bread crumbs, 2 tablespoonfuls of butter, 1 teaspoonful salt, ½ teaspoonful pepper and 1 cup of milk. Brush baking dish with butter and put 1 cup of crumbs in bottom. Then add 15 oysters, a little salt and pepper, another cup of crumbs, spread evenly over the oysters; then the other 15 oysters, salt and pepper and the balance of crumbs. On top salt and pepper and add the butter in small bits. Pour the milk over top; set in hot oven and bake 25 minutes. Garnish with parsley or water-cress.

COMBINATIONS FOR MEATS VEGETABLES AND SAUCES

Experience and judgment are both required to associate foods in such a way that will be both attractive and wholesome, and many mistakes are made. Having found these combinations in an old book thought it well to copy them, but years have brought their changes in cooking and this is only a suggestion. Sauces, too, are such an important part of the meal, that they can either make or mar an otherwise uninteresting dish. It is my desire to give you the meat with the vegetable, also the sauce which may or may not be used.

Soup—Meat soup is generally accompanied by bread only.

Pickles and crackers are served with oyster soup.

Grated cheese is often passed with macaroni or vermicelli soup.

Hot boiled rice is served with Gumbo soup. It is boiled until perfectly soft, but not enough to break the grains, and is often placed in a dish beside the soup tureen. In serving, the hostess pours a ladleful of soup into each plate and lays a spoonful of rice in the centre. It is a French custom to offer 2-inch squares of thinly sliced and buttered brown bread with soup.

Cold slaw is delicious with soup, being eaten at the same time, or just after the soup plates have been removed.

Fish—When fish is served as a course at dinner, potatoes are usually the only vegetable presented. They are often cut in little balls an inch in diameter and are fried brown and arranged around the fish in little piles as a garnish, but sometimes the potatoes are simply boiled and arranged in another dish.

Fish for baking is occasionally stuffed with seasoned mashed potatoes and small potato cakes that have been dipped in egg, laid in bread crumbs and fried, are served about the fish. Some cooks serve cucumbers, oil dressing, with fish.

Sauces for Fish

Baked Fish—Drawn butter, Hollandaise sauce, melted butter with finely chopped parsley.

Broiled Fish—Maitre d'Hotel or Tartare sauce.

Boiled Fish—Plain white sauce or egg sauce.

Beef—Almost any vegetable may be eaten with beef. If potatoes are not served with the fish course, they generally accompany the beef, being mashed or fried in balls or cooked in any preferred way. When sweet potatoes are served, it is an error to serve squash, the two being too much alike.

Sauce for Roast Beef—Brown gravy. Horseradish sauce.

Company Dinners—Mushroom sauce.

Roast Filet of Beef—Mushroom sauce.

Corn Beef—This meat should be served with carrots, turnips, parsnips, or cabbage or with pickles about it.

Turkey—Any vegetable may be served with this popular fowl, which is sometimes garnished with sausages made of pork or beef.

Sauce for Turkey—Cranberry jelly, brown gravy and celery sauce.

Chicken Fried—Fried chicken should always be accompanied by cauliflower and a cream dressing.

Chicken Fried—Cream gravy.

Chicken Boiled—Should always have a dish of boiled rice.

Fricasseed—A row of baked potatoes makes a pretty garnish about a roast chicken.

Chicken Sauce for Roast Chicken—Bread sauce, brown gravy. Grape jelly.

Sauce for Boiled Chicken—Bread, parsley, or celery sauce.

Lamb or Mutton—Green peas, spinach, cauliflower, and asparagus are liked with either of these meats, and currant jelly should be added as a relish.

Sauce for Roast Lamb—Mint sauce.

Sauce for Boiled Mutton—Caper or parsley sauce.

Pork—The most judicious foods to serve with pork are fried apples, apple sauce, tomatoes and sweet or white potatoes. If pork is offered in the form of sausage meat, apple sauce or fried apples should never be omitted.

Sauce for Roasted Pork—Apple sauce, brown gravy. Thinly sliced pork or fried bacon forms a savory garnish for beef steak. Thin slices of pork, egged, bread crumbed and fried and served on slices of fried mush make a good breakfast dish and the pork alone may garnish fried chicken, beefsteak or breaded chops.

Veal—Any vegetable may accompany this meat.

Sauce for Roast Veal—Tomato sauce. Horseradish sauce.

Goose—Apple sauce and turnips are always served with goose.

Sauce for Goose—Barberry jelly.

Game—Most epicures demand currant, plum, or some acid jelly with game. Saratoga potatoes, or potato balls, spinach, tomatoes, and salad are suitable side dishes.

Sauce for Roast Venison—Brown gravy, currant or barberry jelly.

Sauce for Roast Quail—Currant jelly, celery sauce.

Sauce for Canvasback Duck—Black currant jelly. Olive sauce.

Sweet Breads—At almost every company dinner or luncheon sweet breads are served with peas. They are delicious, however, with tomatoes, cauliflower, or macaroni, or with tomato sauce, or cheese together with asparagus or succotash.

Pork Sausage—Apple sauce or fried apple.

Boiled Tongue—Tartare sauce.

Lobster Cutlets—Tartare sauce.

Broiled Steak—Maitre d'Hotel sauce.

Lamb Shops—Bearnaise Sauce.

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MEATS

"Some hae meat that cannot eat,
And some wad eat that want it;
But we hae meat and we can eat
Sae let the Lord be thank it."

—Burns.

Meat is in general one of the most digestible of food materials, but it is undeniably one of the most expensive items in the food bill of the ordinary family.

It is important to reduce waste by using as much as possible of the bone, fat, and trimmings not usually served with the meat itself. If nothing better can be done with them, the bones and trimmings can always be used in the soup kettle, and the fat can be saved for cooking, thus saving the more expensive butter and lard. Let us look into the three most common ways of using meat.

Boiling—If a piece of meat is plunged into boiling water or very hot fat, it prevents the escape of the juices and flavoring matters. Thus cooked it retains all its flavoring matter and has the desired meaty taste. The resulting broth is correspondingly poor. These statements will be of much help in the rational cooking of meats in water. The treatment depends largely upon what it is desired to do. It is impossible to make a rich broth and have a juicy, highly flavored piece of boiled meat at the same time. If the meat alone is to be used the cooking in water should be as follows: Plunge the cut of meat at once into a generous supply of boiling water and keep the water at boiling point for ten minutes.

Stewing Meat—If both broth and the meat are to be used the process of cooking should be different from that for boiling meat. In stewing, the meat should be cut into small pieces and instead of being quickly plunged into hot water should be put into cold water, in order that much of the juice and flavoring materials be dissolved. The temperature should then be raised to about 180 F. where it should be kept for

several hours. Treated in this way the broth will be rich and the meat still tender and juicy. However, if the water is much hotter than 180 F., the meat will be dry and fibrous and prolonged boiling will only make it drier and firmer.

Broths—The quantities of the ingredients in a meat broth may be illustrated by a German experiment: One pound of beef and 7 ounces of veal bones gave about 1 pint of strong broth or soup. Very palatable broths can be made by using more water and adding savory herbs.

Roasting—The principal difference between roasting and boiling is in the medium in which the meat is cooked. In boiling the meat is surrounded by boiling water, in roasting by hot air, although in roasting proper much of the heat comes to the joint as radient heat. In both cases the fibres of the meat are cooked in their own juices.

When the meat alone is to be eaten, either roasting, broiling or frying in deep fat is, when properly done, a more rational method than boiling, for the juices are very largely saved. It is interesting and at the same time important to remember that the smaller the cut to be roasted, the hotter should be the fire. An intensely hot fire coagulates the exterior and prevents the drying up of the meat juices. This method does not apply to large cuts, because meats are poor conductors and a large piece of meat would soon become burned on the exterior before it reached the interior. Hence the rule the smaller the cut the higher the temperature to which it should be exposed. The broiling of a steak or chop is done exactly on this principle. A steak exposed to an intense heat for ten minutes is thoroughly cooked and has yet that rare, juicy appearance which is so desirable.

Vegetables of distinctive flavor, such as onions, carrots, or celery; savory herbs such as parsley, thyme, and materials, such as vinegar, pickles or currant jelly; spices, such as pepper, cloves, curry mixture and sharp or highly seasoned meat sauces are all types of flavoring materials which may be used in a great variety of ways. In fact the number of tasty dishes which a good cook can make out of the cheaper cuts of meat

or meat leftovers is almost endless. Undoubtedly more time and skill are required in their preparation than in the simple cooking of the more expensive cuts, just as more time and skill are required for careful, intelligent marketing than for haphazard ordering.

When Buying Meat—Remember that fresh beef should be firm to the touch and the fat should be cream colored. Avoid beef that looks moist. Mutton should be of a bright red color, with firm white fat. Reject any meat that has even a suspicion of an unpleasant odor. If meat isn't good no amount of cooking will render it wholesome.

Economical Steak—Round steak cooked in exactly the same manner that pot roast is frequently prepared, is delicious and very economical, as every ounce paid for can be eaten. Sprinkle salt and pepper on the round steak, then cut the meat in pieces, dredging each piece thickly with flour. Have the frying pan containing drippings or butter very hot and brown the steak. At the same time allow one onion to fry light brown in the pan. Cover the meat with cold water and allow it to cook slowly until the meat is tender and the sauce a rich brown. Serve the sauce on the platter with the meat. Veal cutlet cooked in this way is a pleasant variation from being breaded or fried brown.

Roast Fillet of Beef—Dress and lard your fillet of beef and put to soak in salad oil, with salt, pepper, parsley, slices of raw onion, and a laurel leaf, for 12 hours. Roast on the spit for ¾ of an hour. Serve with its own gravy, simply adding a few drops of vinegar or the juice of a lemon.

Roast Beef With Potatoes—Roast your joint of beef and serve with its own gravy. Boil some potatoes, warm them in melted butter, sprinkle with chopped parsley and hand in a separate dish.

Kluskies or Meat Cakes—Mince 2 pounds of fresh pork very fine, add some bread crumbs soaked in wine, a little grated lemon peel, salt and pepper, roll into balls, flatten them, and fry in butter until a good color.

Ham Baked in Sherry Wine—Take a small ham or part of a large one, boil until it becomes tender, then remove the skin and stick full of whole cloves, and sprinkle with pepper. Put in a baking pan or roaster and pour over ½ pint of sherry wine and ¼ pint of water, put in oven and brown. Serve hot or cold. MRS. WM. P. IRELAND.

Baked Ham—Take a thick slice of ham, rub into it on both sides 1 teaspoonful of dry mustard and ½ cup of brown sugar, cover it with one cup of hot milk. Cook slowly about 1 hour in oven or until tender.

MRS. AARON SWARTZ.

Baked Ham—Soak over night, next day boil in some water until tender, with 1 cup of vinegar, 1 dozen bay leaves, ½ dozen cloves. When nearly done remove from water, take off skin, stick with cloves and cover with bread crumbs, and sprinkle with white sugar. Bake until light brown.

MARY BRISTER.

Mock Terrapin—Butter size of a walnut, 1 tablespoonful of flour, 1 cup of milk, 1 egg hard boiled, 1 cup of lamb or veal, 1 onion, a pinch of parsley, salt and pepper, 2 tablespoonfuls of sherry wine. Melt butter, add flour and work smooth; add milk, let thicken in double boiler. Season with parsley, salt and pepper, add egg, chopped fine and onion (remember onion after boiled). Remove from stove and add wine. LILLIAN PETER.

Fried Pig's Feet—Boil the pig's feet two hours or until very tender, cut them in half lengthwise ,and fry in butter with pan covered. They can be boiled 1 day and fried the next.

ANNA BUSHBY.

Calve's Liver—Cook liver until tender, chop fine, season with cayenne pepper, salt and Worcester sauce, a little mushroom catsup, and a dash of Madeira wine or good sherry. Serve in individual shells of china or paper.

Swedish Meat Balls—One pound of Hamburg meat, 1 onion chopped fine, ½ cup of bread crumbs, 1 level teaspoonful allspice ground not too fine, ½ teaspoonful salt, 3 tablespoonfuls of milk. Mix into the meat and form into small balls and fry in butter until browned and crispy. The gravy to this is fine.

Beef Au Gratin—Cut into very thin slices enough cold, cooked beef to serve six persons. Peel two large Spanish onions and cut in the thinnest of slices. In a heavy granite pan melt 2 tablespoonfuls of butter. Add the onions and cook over a slow fire, shaking gently from time to time until they are a golden brown. Sprinkle into the butter two teaspoonfuls of flour and cook until melted. Add gradually 1 pint of clear beef stock, stirring briskly that the flour does not lump. Add one tablespoonful of tomato catsup and let all simmer. Put into a deep baking dish alternate layers of onion, sauce, and beef, cover with ½ cup of browned bread crumbs. Serve at once.

Beef Patties—Take one pint of sliced, cold roast beef and heat in 1 scant cupful of gravy seasoned with mushroom catsup or Worcestershire. In another pan put 1 tablespoon grated onion, and 4 tablespoonfuls of tarragon vinegar and boil until reduced to 1 tablespoonful. To this add 1 tablespoon butter, a dash of salt and pepper, and the yolks of 2 eggs. Stir over a hot fire until smooth and very thick. Fill heated patty cases with the hot meat, cover with 1 teaspoonful of the sauce and serve at once.

Veal Loaf—Three pounds of chopped veal, butter size of an egg, 4 crackers crushed, 3 hard boiled eggs cut fine, 1 teaspoonful black pepper, 1 tablespoonful salt, 1 tablespoonful sage, 1 tablespoonful minced parsley, 1 tablespoonful grated onion (if desired), 3 beaten eggs, 3 tablespoonfuls cream. Mix well together, form a loaf and bake 2½ hours.

MRS. GEORGE STRICKLER.

Veal Cutlets—Cut your cutlets ½ inch thick and beat them as flat as possible without breaking the bone, rub them over with salt and pepper, dip into melted butter, sprinkle with grated cheese, egg and bread crumbs. Then, if not covered enough, dip a second time. Fry the cutlets in fresh butter, and drain. Serve either with Martre d'Hotel or tomato sauce and garnish with a lemon cut in slices.

Mutton Cutlets With Tomato Sauce—Trim your cutlets, dip them into melted butter, sprinkle with salt and pepper, and grill on a gridiron. Be careful to turn cutlets, serve them at the end of 5 or 6 minutes with tomato sauce.

Lamb Stewed With Green Peas—Cut the breast of lamb in pieces, and put into a stew pan with just enough water to cover it; cover closely and let stew for 20 minutes; take off the scum, add 1 tablespoonful of salt and 1 quart of shelled green peas; cover and let them stew for ½ hour; mix 1 tablespoon of flour and butter, and stir in and let simmer for 10 minutes. Then serve. If you mix the flour with cream, it makes it better. ACEOLA COOK BOOK.

Savory Meat—Three pounds of lean, raw beef, chopped very fine, 3 eggs, 6 soda crackers rolled very fine, 1 tablespoon salt, 1 teaspoon black pepper, 4 tablespoonfuls of cream, piece of butter size of a walnut. Press into shape and bake 2 hours. MRS. A. A. MARPLE, A Cook Book.

Roast Beef Chauffe—Cold roast beef, tablespoonful of butter, 3 tablespoonfuls currant jelly, cayenne, salt, glass of sherry or Maderia. Cut beef in small pieces half an inch thick, put butter in chafing dish or pan, and when melted add the jelly and a dash of cayenne, little salt and wine. Add beef and serve hot.

Calve's Head—One head boiled until tender, pick, boil brains and chop fine, 3 eggs boiled hard, chop the whites. Take yolks and mash, add a little milk to moisten, red pepper, mustard and salt to taste, lumps of butter. Mix all together. Add 1 quart of stock or milk. Thicken with flour. Put in stove to heat, just before serving add 1 cup of sherry wine.

MRS. M. S. PRICE.

Ham Patty—To use up the remains of ham, take fat and lean together, pass through mincing machine, then pound to a smooth paste. Soak a slice of bread in milk and beat up to a cream; then mix in the ham and beat both together. Now beat to a froth 1 egg and stir it into the ham, season with salt and pepper and a little chopped parsley. Put the whole into a well greased mould and bake until brown.

Turkey Chartreuse—Chop fine turkey meat, add an equal amount of fine soft bread crumbs, season highly with salt, pepper, onion juice and chopped parsley, then stir in enough stock to moisten. Pack this in the center of a buttered mold lined with boiled rice, cover with rice and steam for an hour. Serve with cream sauce.

Savory Steak—One teacup bread crumbs with a little finely minced parsley and thyme. Season with salt and pepper and moisten with milk. Put this on one side of a nice steak. Turn the steak and roll the stuffing inside, tie securely. Fry quickly in boiling fat. And then put in a saucepan with I teacup of water and stew gently (to simmer at the edge only) for 2 hours.

FANNY BARON,
Chorley Wood, England.

Baked Liver—Fry a small quantity of chopped onion in a piece of butter the size of a hickory nut. Add 1 or 2 tablespoonfuls of chopped ham or bacon. Let it fry until a light brown. Then remove from the fire and add a small saucer of very fine bread crumbs. Season with pepper, no salt, as the ham is salt enough; 1 egg beaten light, parsley and sweet marjoram. Cut incisions in the liver about 2 or 3 inches apart and fill with the filling. Put into a slow oven. Have a little butter melted with hot water and baste the liver with it until it begins to draw its own gravy, then baste with that.

FANNY KEELY.

SWEET BREADS

"Variety's the very spice of life
That gives it all its flavor."—Cowper.

Sweet Bread Patties With Oysters and Mushrooms—One-half pound of sweet-breads, 2 dozen oysters, 1 can or ¼ pound fresh mushrooms, 3 hard boiled eggs, ½ cup of chopped celery, 1 tablespoon minced parsley, ½ pint of cream, ½ pint of milk, 1 tablespoonful of butter, 1 tablespoonful of flour, salt and cayenne to taste. Boil sweet breads 20 minutes in salt water, blanch and remove all skin, break into small pieces. Heat oysters in own liquor, until edges curl, strain. Heat cream and milk. Rub together flour, butter and seasoning, and mix with hot cream and milk. Stir until it boils and is very smooth. Mix all together and fill shells. For 1 dozen patty shells. MRS. IRVIN S. ERMENTROUT.

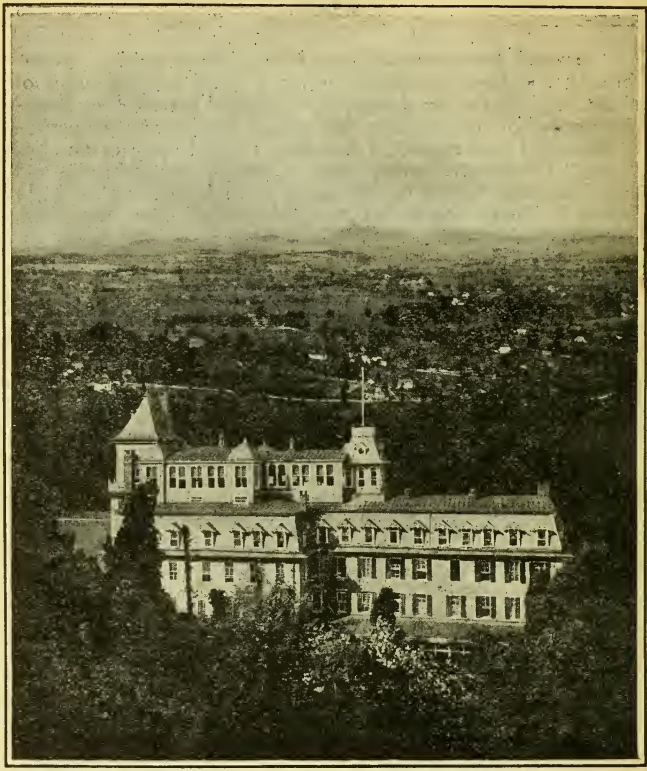
Fried Sweet-Breads—Trim and blanch your sweet breads, and dip them into luke warm stock to which you have added melted butter, chopped herbs, onion, the juice of a lemon, salt and pepper. Dip them into a batter and fry a golden brown. Serve with tomato sauce and garnish with mushrooms.

Lamb's Sweetbreads No. 1—Put them in hot water and simmer for a full half hour. Pour away all but ½ pint of water and let simmer 2½ or 3 hours, when nearly done add salt and pepper, ketchup and thicken with 1 tablespoon of flour mixed with 2 tablespoonfuls cold water. Let boil 2 minutes and serve.

Lamb's Sweetbreads No. 2—Two sweetbreads, 1 egg, breadcrumbs, ½ pint of gravy, 3 tablespoonfuls sherry. Soak sweetbreads in cold water for 1 hour, then put in boiling water to render firm. Stew gently for 15 minutes; take them out and drain in a cloth. Brush over with yolk of egg and bread crumbs, fry in hot lard until brown. Heat the gravy, season with pepper and salt. Add sherry, pour over the sweetbreads and serve. FANNY BARON,
Chorley Wood, England.

Braised Sweetbreads (Very Fine)—Three pairs of sweetbreads, 2 tablespoonfuls of butter, 1 level tablespoonful of flour, ½ pint of water, 1 teaspoonful grated carrot, 2 teaspoonfuls grated onion, 1 teaspoonful salt, ½ teaspoonful pepper, ½ teaspoonful beef extract, 1 bay leaf, 1 small sprig of parsley, 1 small teaspoonful lemon juice. Clean the sweet breads and let them soak 1 hour in cold water enough to cover them, in which 2 tablespoons of salt have been stirred; then take them from the salt water and drop in a bowl of boiling water for 2 minutes. Arrange them in a deep frying pan. Put the butter, herbs and vegetables in a frying pan and set on the range; cook slowly for 15 minutes, then add the flour and stir until the mixture boils, add the water gradually, stirring all the time; when this liquid boils stir in the meat extract, salt, pepper and lemon juice. Cook for 5 minutes and strain over the sweet breads; cover the pan and put in a moderately hot oven, basting every 15 minutes with the gravy in the pan; arrange the sweetbreads on a dish and pour brown mushroom sauce around them.

MRS. AARON SWARTZ,
Aceola Cook Book.



Modern All-Year Health Resort

GRAND-VIEW

WERNERSVILLE, PA.

REUBEN D. WENRICH, M. D.

SAUCES

"Hunger is the best sauce."

It is very important that cooks should make a study of sauces and their relation to meats and vegetables, for a good sauce in the right place will make a good dish which would otherwise be very poor. The French are noted for their sauces and most of the ones I have used here were taken from a cook book by the Baron Busse in French and English, which was loaned me this summer.

Brown Thickening—Brown thickening is the foundation of nearly all brown sauces and is made as follows: Take 1 pound of fresh butter, melt it in a saucepan, skim it and when clear stir in 1 pound of flour, moisten with either water or stock, and stir with a wooden spoon until brown, when it will be ready for use.

White Thickening—Prepare same as brown thickening, but do not leave on the fire long enough to become brown, as this thickening is used for white sauce.

Be'chamel Sauce (for Cod)—Take a large lump of butter, a dessertspoonful of flour, salt, black pepper, a pinch of grated nutmeg, chopped parsley, stir into a tumblerful of cream and leave on fire until it boils. If too thick add a little more cream.

Cheap Be'chamel Sauce—Take a lump of butter, some finely chopped parsley and chives, add 1 tablespoon of flour mixed in cream. Season with salt and pepper and a pinch of nutmeg. Stir over fire until quite thick. Pass through tammy and serve. Shred cod and pour over.

Hollandaise Sauce (Baked Fish)—Put 4½ ounces of butter in a bowl, yolks of three eggs, a little salt and a teaspoonful of vinegar. Warm in a pan until it thickens. Just before serving add juice of a lemon.

Tartare Sauce (Smelts, Lobster, Broiled Fish, Boiled Tongue and Lobster Cutlets)—Take 3 tablespoonfuls of be'-chamel sauce, stir in a bowl with yolks of 2 eggs, a little salt, pepper and grated nutmeg. When well mixed add some olive oil, drop by drop, until the sauce is quite thick. Flavor with a few drops of tarragon, and a little finely chopped chevril and eschalot.

Maitre D'Hotel Butter (Salt Fish, Broiled or Fried, Broiled Steak)—Take a tablespoonful of mixed herbs composed half of finely chopped parsley, ¼ tablespoonful of chevril leaves and ¼ of chopped water-cress. Mix into 1 pound of fresh butter, add 1 or 2 chopped tarragon leaves, the juice of 1 lemon and the yolks of 2 eggs. This sauce will keep a long time.

Maitre D'Hotel Sauce (Baked Beans)—Melt a large lump of butter, flavor with chopped herbs, salt and pepper. Warm the beans in this and serve very hot.

Tomato Sauce (Mutton Cutlets, Veal Chops or Cutlets)—Cut some perfectly ripe tomatoes into halves, simmer for ½ hour in a saucepan, with some minced lean ham, thyme, laurel leaves and white pepper. Moisten with a teacupful of stock and simmer until quite thick. When required for use, a little butter can be added.

Spanish Sauce—People often think this sauce is expensive to make, but the following recipe will show how simple it is to prepare. Cut up some trimmings and giblets of fowl, a little veal and a slice of ham. Warm in butter until brown, moisten with a tumblerful of white wine and the juice of 1 lemon, add a little stock and simmer by the side of the fire for several hours, pass through a tammy, clear off all grease and thicken a little.

Drawn Butter—Two tablespoonfuls of butter, ½ pint of boiling water, 1 tablespoonful of flour, ½ teaspoonful of salt. Mix flour and butter together to a smooth paste in a bowl; place the bowl over the fire in a pan of boiling water; add the ½ pint of boiling water; gradually stirring all the while until it thickens; add the salt and use.

Cream Mushroom Sauce (Croquettes, Fillet of Beef)—Melt 1 tablespoonful of butter without browning; add 1 tablespoonful of flour, stir until it is smooth; then add ½ cupful of cream and ½ cupful of mushroom liquor, salt and pepper to taste; cut ½ can of mushrooms with a silver knife, and add just before the same begins to thicken. They should only cook long enough to be heated through, and served at once.

MRS. A. S.

Celery Sauce—Wash and cut into inch pieces 1 medium sized stalk of celery, and boil until tender in milk and water; season with white pepper, nutmeg and salt, and thicken with a scant tablespoon of butter and flour rubbed together.

Caper Sauce—Mix ¼ pound of butter with the same quantity of flour, a tumblerful of water, salt and pepper in a saucepan. When boiling take off the fire, stir in ½ pound of butter; put some capers in a sauce boat and pour the sauce over them. Do not allow this sauce to become too thick, and make just before serving.

Curry Sauce—Take 3 ounces of butter and a dessertspoonful of curry powder. Stir over the fire until the butter begins to melt. Moisten with strong stock or gravy, reduce, skim off all grease, and warm in a bain-marie. When ready to serve stir in a lump of butter and season a little more, if necessary.

Anchovy Sauce—Skin and scrape some well soaked anchovies, pass through a tammy and stir in the same quantity of butter as there is paste.

Mint Sauce (Roast Lamb)—Reduce equal quantities of vinegar and water, sweeten with a lump of sugar and stir in some finely chopped mint.

Robert Sauce—Brown some slices of onion in butter and add a little flour, moisten with stock, white wine and a few drops of vinegar. Boil for ½ hour, skim off all grease, season with salt and pepper. Stir in a teaspoonful of mustard and serve.

Cream Sauce (for Vegetables)—Melt ½ pound of butter, add a little flour, salt and pepper, and a pinch of grated nutmeg. Stir until quite thick, add 1 pint of cream and a little chopped parsley, leave on fire 5 minutes.

Fresh Butter Sauce (Vegetables)—Melt some fresh butter, flavor with salt and pepper and chopped parsley.

Sauce a la Bourgeoise (to be Handed with Boiled Beef or Boiled Fowl)—Take a large tablespoonful of chopped and blanched parsley, chevril and tarragon leaves, stir into a teaspoonful of stock, add a dessertspoonful of strong gravy, 2 teaspoonfuls French mustard, the same quantity of powdered sugar. Just before serving flavor with lemon juice and a little white pepper.

A Good Sauce for All Roasts. No. 1—Simmer a wineglass of red wine, an anchovy, a little stock, a chopped eschalot and the juice of 1 lemon in a saucepan. Pass through a tammy and mix with the gravy of your roast.

A Good Sauce for Cold Scraps of Meat—Make some Robert Sauce and thicken with the yolks of 2 eggs; flavor with a few drops of vinegar and mustard. Warm the scraps in the Robert Sauce before thickening it, and do not let it boil.

Poor Man's Sauce (For a Cold Leg of Mutton)—Take equal quantities of water and vinegar, flavor with lemon juice, chopped eschalots, salt and pepper. Do not allow the sauce to boil, but cook over a moderate fire.

These are only a few of the very many sauces that give that variety which is not only the spice of life, but even more the spice of the table; as you see, they do not require much skill in making, but they make a very important addition to any meal, as well as being attractive and wholesome.

Hard Brandy Sauce—Take ½ cup of butter, 2 cups of powdered sugar, 1 wineglass of brandy, 1 teaspoonful mixed cinnamon and mace. Warm the butter slightly, work in the sugar, and when this is light, add brandy and spices.

White Wine Sauce—This sauce is so useful that it should always be on hand in every kitchen, and whenever any is used it should be replaced. Fill a fish pan nearly to the brim with white wine, a wineglass of brandy, the same quantity of sherry and season with salt and pepper, 2 cloves, a head of garlic, sliced onions, carrots, turnips, parsnips, celery, thyme and a lump of butter. Boil over a quick fire until reduced 1-3. If the wine catches fire, don't worry, it will greatly improve the flavor of the sauce. When used for cooking fish make enough to cover the fish thoroughly. A cheaper way to make the sauce is to use equal parts of vinegar and water instead of wine, and omit some of the vegetables.

Wine Sauce—Take 2 ounces of butter, 2 teaspoons of flour, ½ pint of boiling water, 1 gill of Maderia wine, ¼ pound of sugar, ½ nutmeg. Mix flour and butter together, pour in the boiling water. Let it boil a few minutes, then add sugar and wine and grate in nutmeg.

ANNIE SNYDER.

Wine Sauce No. 2—Mix 1 dessertspoonful of flour with a little butter and ½ a wineglass of water, the juice of ½ a lemon, salt, pepper and a little nutmeg. Place on a quick fire and stir. When the sauce has boiled up two or three times take off fire and serve.

Pepper Relish—Twelve green peppers (sweet), 12 red peppers (sweet), 15 small onions. Chop peppers and onions fine, pour over boiling water and let stand 5 minutes and drain. Again pour over boiling water and let stand 10 minutes, drain, and add 1½ cups of sugar, 3 teaspoonfuls salt, 1 quart of vinegar. Boil 15 minutes and can.

LORENE FOX WAGNER.

Bordeaux Sauce—Two quarts of green peppers cut fine, 2 small heads of cabbage cut fine, 5 small onions cut fine, 2 sweet red peppers, 2-3 tablespoonful of tumeric, 2-3 tablespoonful mustard seed, 2 tablespoonfuls of salt, 1 cup of sugar, 1 quart of vinegar. Boil 20 minutes and put in jars.

MRS. IRWIN ERMENTROUT.

Chili Sauce—Twenty-five tomatoes chopped fine, 10 onions, 4 green peppers chopped fine, 1 bunch of celery chopped fine, add ½ gallon of vinegar, 1 cup of sugar, ½ tablespoon each of cloves, mace, allspice and cinnamon, 1 tablespoonful salt. Boil 2 hours.

MARGARET HODGES.

Corn Sauce (a Relish)—One small head of cabbage, 1 dozen ears of corn, 1 tablespoon of ground mustard, 1 teaspoon of tumeric, 1 teaspoon of celery seed, 1 cup of sugar, 1 teaspoonful of salt, 1 quart of vinegar. Put corn on in cold water, boil 10 minutes, then grate cabbage. Mix all together, cook ½ hour. Put in jars while hot and seal.

MRS. MAXWELL.

Apple Sauce—There is no need to give directions for apple sauce, but may I suggest that some time you try 4 or 5 cloves and the thinly sliced rind of ½ lemon.

Bread Sauce—Bread sauce is served mostly with game, but occasionally with fowl. Two ounces of bread crumbs, 1 slice of onion, ½ ounce of butter, ½ pint of milk, seasoning. Simmer the milk, butter and onion for 15 minutes, then strain off the milk onto the bread crumbs which should be very fine. Put the milk and bread crumbs back into the saucepan, season with pepper and salt and allow to just come to a boil. Serve very hot. A blade of mace added to the onion in the first simmering is sometimes used and all the older recipes call for a teaspoonful of black peppercorns.

India Relish—One-half peck green tomatoes, 2 Bermuda onions, 1 dozen sweet peppers, red and yellow, 4 sharp red peppers. Take through meat grinder, boil until tender, drain through a colander. Put in pan with mustard seed and salt to taste. Take 1 quart of vinegar, 1½ pounds of sugar, 1 tablespoon celery seed, 1 of whole cloves, 1 bay leaf, 1 allspice, 1 cinnamon stick. Put all the spices in a bag and boil with the vinegar and sugar, add tomatoes and ingredients. Let it all boil up well, and then put in jars.

NELLIE GERY.

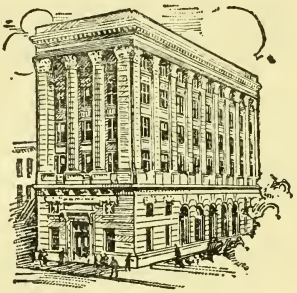
French Pickle—One colander of cucumbers peeled and cut in slices, 1 quart onions, sliced, and drained over night, 1 quart of vinegar, 1 pound of sugar, 1 tablespoon tumeric, 1 tablespoon allspice, 1 tablespoon celery seed, 1 tablespoon whole black pepper. Put into bag and boil with it; when finished, take out bag. Add ½ cup ground mustard, mixed with ½ cup of flour and let come to a boil. Put all together and boil five minutes. Pack in jars and seal.

MRS. MAURER.

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POULTRY and GAME

Baked Squab—Draw, singe and truss, place in body 1 sprig of celery, 1 bay leaf, one small sprig of parsley, one small slice of onion and dust well, inside and out, with salt and pepper; pour over one tablespoon full of olive oil; place in pan ¼ cup of boiling water, put in quick oven and cook from ¾ to one hour, basting every 10 minutes.

Roast Turkey—Wash, singe and draw a young, plump turkey, rub it with salt and pepper inside and out, and stuff it with tender bread crumbs moistened only with melted butter or fat drawn from the fowl. The fat gives a better flavor and may be quickly melted. To a bowlful of crumbs add a teaspoonful of thyme, or sweet marjoram, or both, a saltspoon of pepper, a teaspoonful salt, and a little onion juice. Mix the filling well and after it has been pressed under the loose skin and into the body, skewer the fowl. Draw the legs firmly against the body, fold the wings under the back and tie all firmly together with plenty of clean cotton cord. Now grease the turkey well with butter, olive oil, or the like, dredge with flour and place it on a trivet in a hot oven to sear quickly that the juices will not escape during the roasting proper. When the skin is well seared, lessen the heat and baste the turkey frequently from a pint of hot water turned into the pan as soon as the flour on the turkey has been nicely browned. An 8 pound turkey should be allowed three hours in a moderate oven, and it may be dredged with flour a second time, about an hour before it is to be served. In the meantime boil the gibblets in a little salted water, and when done, chop fine and return to the water in which they were boiled. After the turkey has been lifted to the platter, turn the giblets and water into the roasting pan and let the gravy boil. The flour that has been basted from the turkey will usually make the gravy thick enough, but if this is insufficient, dredge browned flour into the pan until the gravy is creamy as it boils up. It will then be ready to serve. The roasting turkey will as a rule impart sufficient seasoning to the gravy, but more may be added, if necessary.

Roast Turkey with Celery Stuffiing—Make the usual stuffing of bread crumbs and seasoning and add to it 1 cup of finely minced celery and 1 pint of raw oysters. Add ½ cupful soft butter and enough of the oyster liquor to moisten. Baste the turkey every 10 minutes with melted butter and oyster liquor.

Roast Turkey with Chestnut Filling — Use the large chestnuts which are called French chestnuts, because the French cooks first used them in cooking. They cost about 25 cents a quart. Put a pint and a half of the chestnuts into boiling water and cook until tender, then remove the shells and outer skin and press through a sieve or mash fine. Add ¼ cup of butter, a teaspoon of salt, a saltspoon of pepper, and ¼ cup of cream. Add 1 cup of cracker crumbs with the ¼ cup of butter. Do not add any other seasoning to destroy the flavor of the chestnuts. This authority says, rub the turkey with salt and spread with 1-3 cup of butter and ¼ cup of flour, which have been creamed together. This paste may be put on easily with a knife and is a great improvement over trying to make flour and butter stick on when applied separately. Baste the turkey once in 10 or 15 minutes, using first 1-3 cup of butter melted in ½ cup of water. Afterwards use the gravy of the pan. This careful dredging and basting will give a frothy crust.

Cracker Stuffing—The old-fashioned cook will make a cracker stuffing, and for an 8 pound turkey will allow two cups of rolled crackers to which ½ cup of melted butter is added. Moisten the cracker with not quite two cups of hot milk and season with one level teaspoonful of salt, a scant quarter of teaspoonful pepper, and 2 level teaspoonfuls of sage. Add a well beaten egg.

Those who are particular to ask for some of the turkey "dressing" should remember that a dressing is something poured over an article of food, while a stuffing is encased in it. Hence it is correct to speak of the stuffing.

Old-Time Chicken Pie—Take a good plump fowl, 4 or 5 pounds; clean carefully, cut in pieces as for fricassee. Stew gently until tender. Lift out the pieces of chicken. Remove all the skin which you put in a chopping bowl and chop very fine until nearly a paste. Cut and arrange the chicken in small pieces suitable for serving, removing the large bones. Add the chopped skin to the liquor in which the chicken was cooked. Add 1 cup, half cream and milk. Season with salt, paprika and celery salt. Thicken with flour until a rich, creamy gravy is obtained. Line the sides of a pudding dish with a good baking powder biscuit dough. Lay the pieces of chicken in the dish; lay a round of biscuit dough on the top with a hole in the centre. Pinch the edge and a little strip of the dough may be laid around the edge. Bake until a golden brown. Serve with the gravy left. Small pieces of salt pork may be boiled with the chickens, as well as an onion, which you remove. This is a delicious recipe in use in our family nearly a century. MRS. M. PRICE.

Deviled Chicken—One pint of cold chicken, 1½ pints of cream, 1 tablespoonful of butter, 1 tablespoonful chopped parsley, 3 hard boiled eggs, 2 tablespoonfuls bread crumbs, salt and pepper. Sprinkle lightly with bread crumbs, and brown in a quick oven. DAISY BENNER.

Chicken Terrapin—Two eggs, 2 cups of cold chicken, 1 chicken liver, 1½ tablespoonfuls of butter, 1 tablespoonful of flour, ½ cup of chicken stock, ½ cup of cream, ½ teaspoon of salt, one or two gratings of nutmeg, 2 tablespoonfuls of good sherry. Cook eggs hard, chop fine, dice chicken, mash liver. Make sauce of butter, flour, stock and cream. Blend all together. Heat well and serve on toast. Good on chafing dish. N. H. G.

To Cook a Fowl (English Fashion)—Truss as for roasting and place in a large pan with some drippings or fat from the bird and 2 tablespoonfuls of water, put lid on and place in hot oven for 3 hours (no basting required). It will be nicely browned and ready to serve and tender and well flavored as chicken. Birds of 2 or 3 years are good cooked this way.

CHORLEY WOOD, ENGLAND.

Chicken a la King—Five pounds of chicken, boil until tender; 2 cans of mushrooms (buttons), 1 10-cent can of pimentos, 1 cup of stuffed olives, ½ pound of butter, 1 pint of cream, 1 quart of milk, ¾ cup of flour, 1 cup of sherry wine. Melt butter and cream with flour, gradually add milk, boil until it thickens, add chicken cut in pieces as large as water crackers, then cream. Add sherry just before serving. Use double boiler. This will serve 20 people.

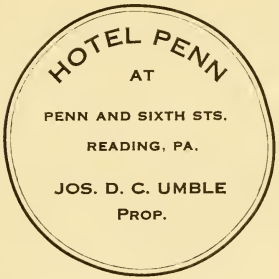
MRS. A. GERY.

A

GOOD

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VEGETABLES

"The onion strong, the parsnip sweet,
The trailing bean, the ruddy beet,
Yea, all the garden brings to light
Speak it a landscape of delight."

Vegetables are baked, roasted, fried or boiled, are used for making a great variety of dishes, and are prepared for the table in other ways, but the most common method of cooking them is in boiling water. The simpler the method of cooking and serving vegetables the better. A properly grown and well cooked vegetable is always palatable and readily digested.

All green vegetables, roots and tubers should be crisp and firm when put on to cook. If not crisp and firm, they should be soaked in very cold water until they regain their crispness and plumpness. To secure the best results, all vegetables, except dried legumes, must be put in boiling water and kept on boiling until the cooking is finished. Herbaceous vegetables should boil rapidly all the time. With tuber roots, cauliflower, the boiling should not be violent enough as to break the vegetable. Green beans and peas, when removed from the pod, must also be cooked gently, i. e. just simmer. When the pods and all are used, they should cook as rapidly as the others.

During the cooking of all vegetables the cover must be drawn to one side of the stew pan to allow the volatile bodies liberated by the heat to pass off in the steam. All vegetables should be thoroughly cooked, but the cooking should stop while the vegetable still is firm. The best seasoning for most vegetables is salt and good butter.

Vegetables that are blanched and then cooked with butter and other seasonings, and very little moisture, are more savory and nutritious than when all the cooking is done in a

good deal of clear water. Blanching, which in cooking is entirely different from the bleaching or blanching of green vegetables in the garden, is a cooking process often used with vegetables, since it removes the strong or acid taste and improves the quality. It is also convenient, since blanching may be done at any time and the cooking completed in a very short time, when the dish is to be served.

Have a large stew pan half full of rapidly boiling water. Add a tablespoonful of salt for every two quarts of water. Have the vegetables cleaned and well drained. Drop them into the boiling water and bring back the water to the boiling point as soon as possible. Boil rapidly with the cover entirely or nearly off the stew pan from 5 to 20 minutes, then drain off all the water. If the cooking of the vegetable is not to be finished at once, pour cold water over the vegetable to cool it quickly, then drain and set aside until needed. If the cooking is to be continued at once, do not pour on the cold water. To complete the cooking the vegetable should be put in a small stew pan with butter and other seasonings, and cooked gently until done. A few spoonfuls of liquid will be required for every quart of very juicy vegetables, and a half pint of liquid for drier vegetables. The stew pan is to be covered except a small opening being left for ventilation.

Seasonings and Sauces for Vegetables—Much of the excellence of well cooked vegetables depends upon the proper use of seasonings and sauces. The seasoning selected should undoubtedly be suitable for the dish, but so much depends upon custom that only general suggestions can be made. The Italians, and some other races, are much fonder of garlic than Americans; the Germans, of summer savory or bohnenkraut, in string beans, and who, but the English, of mint with green peas? As commonly understood, three herbs enter into the seasoning known to cooks as "fine herbs." They are parsley, chevril, and chives. These three herbs combine well with almost any vegetable, fish or meat. They are minced fine and added to the sauce, soup, etc. When added to sauces the herbs must be added just before serving.—U. S. Department of Agriculture, Farmers' Bulletin No. 256.

The general rules for time for cooking vegetables are as follows, when they are not blanched:

15 to 20 minutes for Brussels sprouts, green corn, asparagus, spinach and young peas.

20 to 30 minutes for young cabbage, peas, cauliflower, rice, potatoes, summer squash, macaroni and celery.

30 to 45 minutes for sweet potatoes, baked potatoes, onions, young parsnips, turnips, beets and young carrots.

45 to 60 minutes shell beans, string beans, oyster plant and winter squash.

1 to 2 hours for winter vegetables.

There is always a plea for some new vegetable. Rather should there be a plea for more ways of cooking the old vegetables. The desire of most housewives for a new vegetable is much like the desire to learn a new language, when one does not know half the words in one's own language. You would probably be surprised if you counted up the methods in which vegetables are served in your own home. You probably could not count more than thirty or forty, while in reality the different ways run into the hundreds. So here fellows a list to help you out, which was taken long ago from a newspaper. Green salads, that are served as a separate course, are not given. Neither are white potatoes, as they are always used with the other vegetables. And neither are macaroni, vermicelli, spaghetti and rice which are often substituted for vegetables. Here is the list which is long enough that you need not duplicate the ways of serving each vegetable at your table for several months:

Turnips

1. Boiled and mashed.

2. Boiled, diced and creamed.

3. Boiled, diced or sliced and warmed in meat stock.

Carrots

1. Boiled, sliced with butter.
2. Boiled, warmed in stock.
3. Boiled, served with cream sauce.
4. Boiled and mashed.
5. Boiled, diced and served with green peas.

Parsnips

1. Boiled and fried in slices or halves.
2. Boiled and creamed.
3. Boiled, sliced and served with butter.
4. Boiled and mashed.
5. Boiled, sliced and dipped in fritter batter and fried.
6. Scalloped; boil, dice and put in dish with white meat drippings and brown.
7. Baked; quarter, steam an hour, put in dish with meat drippings and brown.

Salsify or Oyster Plant

1. Boiled and creamed.
2. Boiled, sliced, served with butter, parsley and lemon juice.
3. Croquettes.

Jerusalem Artichokes

1. Boiled and creamed.

Kohl Rabbi

1. Boiled, sliced, served with butter.
2. Boiled, diced and creamed.

Lentils

1. Boiled, served with butter.
2. Served with cream sauce.
3. Baked, like dried white beans.

Shell Beans

1. Boiled, served with butter, salt and pepper.

Beets

1. Boiled, sliced or chopped and served with melted butter.
2. Boiled, pickled.
4. Diced, mixed with horse-radish.
5. Sugared; boil, slice, mix 1½ cupfuls sugar, ½ teaspoon salt, 3 tablespoonfuls butter, heat and serve.
6. Boil, serve with sour sauce. Mix 2 tablespoonfuls each, butter and flour, add ½ cupful of hot water, ¼ cupful vinegar, same of cream, teaspoonful sugar and salt and pepper. Cook until smooth.

Radishes

1. Raw.
2. Boiled, skimmed and served with butter.
3. Boiled, served with cream sauce.

Onions

1. Spring onions, raw.
2. Sliced Bermuda onions.
3. Sliced Spanish onions.
4. Fried with beefsteak.
5. Boiled, served with butter.
6. Boiled, served with cream sauce.
7. Boiled, covered with cream sauce and baked.
8. Au gratin; boil, sprinkle with cheese and brown.
9. Stuffed; parboil large ones, remove centers, stuff with forcemeat, then bake.
10. Scalloped; parboil Spanish onions, chop, put in alternate layers with bread crumbs and white sauce in dish and bake.

String Beans

1. Boiled, served with butter.
2. Simmered tender in stock after being parboiled.
3. Served with cream sauce in milk.

Dried White Beans

1. Baked.
2. Boiled.

Sweet Potatoes

1. Boiled.
2. Baked.
3. Baked and stuffed.
4. Boiled, sliced and fried in deep fat.
5. Parboil, French fried in deep fat.
6. Boiled, sliced, browned in baking dish with butter.
7. Candied.
8. Croquettes.
9. Browned with roast of meat.
10. Creamed; boil, dice, serve in cream sauce.

Peas

1. Boiled, served with butter.
2. Served in cream sauce.
3. Served in milk.

Lima Beans, Fresh or Dried

1. Boiled in hot milk.
2. Boiled, served with butter.
3. Boiled, served with cream sauce.

Cabbage

1. Boiled.
2. Boiled and minced with garnish of sausage or other force meat.
3. Boiled and creamed.
4. Coldslaw.
5. Hotslaw.
6. Parboiled, stuffed with bread crumbs and baked.
7. Leaves stuffed with forcemeat and boiled in stock.
8. Scalloped; boil, chop, mix with crumbs and white sauce and brown.
9. Chopped raw and served with boiled dressing.

Lettuce

1. Leaves boiled, chopped and served with butter.
2. Leaves boiled, chopped and served with cream sauce.
3. Stalks, creamed.

Tomatoes

1. Raw, sliced.
2. Scalloped.
3. Stewed.
4. Stuffed with crumbs, force meat or corn, and baked.
5. Stewed with rice.
6. Sliced and fried.
7. Sliced, dipped in batter and fried.
8. Au gratin; scalloped or baked with cheese on top.
9. Stewed with corn cut from cob.
10. Tomato toast; diced, fried and served on toast.
11. Steamed; put whole with butter in steamer.
12. Deviled; mix two crumbed egg yolks, pepper, salt and vinegar. Dip thick slices of tomato in this and broil.

Cauliflower

1. Boiled, served with butter.
2. Boiled, served with cream sauce.
3. Au gratin; boiled and baked with cheese sprinkled over.
4. Scalloped; boiled, cream sauce and crumbs, and brown in oven.

Brussels Sprouts

1. Boiled.
2. Boiled with cream dressing.
3. Boiled, fried brown in hot oil or butter.
4. Boiled, then dipped in egg and crumbs, and fried in deep fat.
5. Scalloped; boil and mix with cream sauce and crumbs, and brown in oven.

Cucumbers

1. Sliced, raw.
2. Parboiled, stuffed and baked.
3. Scalloped; parboiled, dice, mix with crumbs and white sauce, bake.
4. Fritters; cut in inch thick slices, dip in batter and fry.
5. Creamed; soak an hour in salt water, cook until transparent in drawn butter, in upper part of double boiler.
6. Sauted; pare, boil 3 minutes, quarter, roll in flour, brown 20 minutes in butter.

Green Corn

1. On the cob.
2. Cut off, with butter, pepper and salt.
3. Cut off, with milk.
4. Fritters.
5. Pudding.
6. Souffle.
7. Succotash.

Okra

1. Baked in alternate layers with rice and tomatoes, baked, covered, until okra is tender.
2. Stewed alone or with meat in a stew.
3. With vinegar; boil ½ hour, season with salt, vinegar and pepper.

Eggplant

1. Fried.
2. Scalloped; boil, dice, mix with white sauce and crumbs and bake.
3. Stuffed with forcemeat, after parboiling, and browned.
4. Broiled; slice, dip in oil and bread crumbs and boil.

Celery

1. Raw.
2. Raw, crevices stuffed with cream cheese.
3. Boiled, with cream sauce.
4. Fritters; dip 3 inch pieces in fritter batter and fry.

Asparagus

1. Boiled, served with butter, pepper and salt.
2. Served whole with cream sauce.
3. Cut in pieces, and serve in cream sauce on toast.
4. Served with Hollandaise sauce.

Swiss Chard

1. Boiled, chopped in butter.
2. Boiled and creamed.
3. Stalks boiled and creamed.

Beet Greens

1. Boiled, chopped, with butter and vinegar if desired.
2. Boiled, mixed with cream sauce.

Squash (Winter Variety)

1. Boiled, mashed and seasoned.
2. Baked, mashed and seasoned.

Squash (Summer Variety)

1. Boil and mash.
2. Fried; slice, dip in egg and crumbs and fry brown.

Kidney Beans

1. Boiled, served with butter, pepper and salt.

Vegetable Marrow

1. Stewed in stock.
2. Mashed.
3. Creamed.
4. Diced and buttered on toast.
5. Fried; parboil, quarter, dip in egg and crumbs and fry.

Kale

1. Boiled, minced, mixed with butter and served with or without vinegar.
2. Boiled with bacon and minced.
3. Boiled, minced and heated with stock.
1. Boiled, chopped, served with egg garnish.
2. Boiled, minced, mixed with white sauce.
3. Boiled and made into a souffle.
4. Boiled and made into croquettes.

Cranberries

1. Stewed. 2. Jelly. 3. Frozen.

Sweet Green Peppers

1. Stuffed with chopped meat, crumbs, rice, corn and baked.
2. Cut in rings and fried.
3. Cut in two, dipped in oil and crumbs, and broiled.
4. Boiled, chopped and mixed with cream sauce.

French Artichokes

1. Boiled, with Hollandaise sauce.
2. Fritters; boil, quarter, dip in fritter batter and fry.
3. Stuffed; parboil, stuff chicken forcemeat and white sauce mixed between leaves and bake.

VEGETABLES

"What's there?
Things for the cook, sir; but I know not what."
—Romeo and Juliet.

Carrots—Scrape the carrots, cut in dice, boil until soft, drain and season with salt, pepper and sugar to taste, sprinkle flour over the top, add cream and let simmer. Before serving pour drawn butter over. MRS. GEORGE D. HORST.

Green Peas Boiled (French)—Shell the peas, put in boiling water, add a little salt, a sprig of green mint, and boil with saucepan uncovered from 10 to 25 minutes. Drain well, and put in a hot dish, season with pepper and a small piece of butter.

Peas Creamed No. 2—One pint of cooked green peas, salt, green mint, 3 or 4 tablespoonfuls of cream, pepper, sugar, finely chopped parsley and butter. Take the green peas, heat them in boiling water containing salt, and a sprig of green mint. Drain carefully, put the peas in a saucepan with cream, season with salt and pepper and a good pinch of sugar, add a dessertspoonful of chopped parsley and stir carefully until peas and cream are mixed; add a little butter. Do not allow cream to boil.

Corn Pudding No. 1—Scrape the substance out of fresh uncooked corn, add melted butter, pepper, salt and sugar to taste, add yolks and whites of 3 eggs beaten separately, 1 cup of milk mixed with the yolks. Put into a baking dish and bake ½ or ¾ of an hour. MRS. GEORGE D. HORST.

Corn Pudding No. 2—Twelve ears corn grated, 3 eggs beaten separately, 1 cup milk, 1 tablespoonful melted butter, 1 tablespoonful flour, pepper and salt. Bake in the oven ½ hour. "NORRISTOWN."

Corn Pudding No. 3—One dozen large ears of corn, 1 pint of milk, 4 eggs, 1 teaspoonful salt, ¼ teaspoonfuls black pepper. Score the corn down the centre of each row of grains, then with the back of the knife, press out all the pulp, leaving the hull on the cob; beat the whites and yolks separately, add yolks to the corn, mix thoroughly, add salt, pepper and milk, and stir in the whites carefully. Put in a pudding dish. Bake slowly one hour. A tablespoonful of sugar is nice in corn pudding. "NORRISTOWN."

Canned Corn Pudding—Mince corn, beat 3 eggs separately, add 1 tablespoonful of sugar, 2 tablespoonfuls melted butter, even teaspoonful salt, a cup of milk. Fold in whites of eggs. Bake in a greased pudding dish half hour, then uncover to brown slightly.

MRS. McCOY, York.

Creamed Cucumbers—Cut cucumbers lengthwise into several parts, boil 20 minutes or until tender. Serve like asparagus on buttered toast with cream dressing. Tender spring onions may be served the same way when boiled.

MRS. HARRY MAURER.

Sweet Potato and Marshmallow—Sweet potatoes, sugar, butter, salt and marshmallows. Boil potatoes in unsalted water, until tender; remove the skins and mash as Irish potatoes, stir into them sugar, butter and salt to taste. Place in a buttered baking dish, cover the top with marshmallows. Put in the oven until the mashmallows brown and swell.

NELLIE GERY.

Cape Cod Cranberry Sauce—Wash 1 quart of selected cranberries, and put them into a large pot; preferably one with a long handle; thoroughly mix with the berries 1 quart of granulated sugar, and then pour over them 1½ pints of cold water. Put the pot without cover over a hot fire, and as soon as it comes to the boiling point move the pot constantly to keep the berries from burning, but do not touch them with a spoon or any kind of a stirrer. Let them boil for 8 or 10 minutes, then turn them into a bowl or glass jars.

ROSE NEAD.

Stewed Celery—Cut into inch pieces, outside celery stems and stew until tender in slightly salted water. Drain and pour over a sauce made as follows:

Sauce—Yolks of 2 eggs well beaten, pinch of salt and dry mustard, 1 tablespoon sugar, 1 tablespoon butter, 2 tablespoonfuls vinegar and ½ cup of milk. Boil in double boiler until creamy. Pour hot over hot celery.

MRS. N. M. WANNER, York.

Stuffed Green Peppers—A tasty, green entree. Allow 1 large, firm, green pepper for each guest. Cut a slice from the stem end, remove seeds carefully, parboil 15 minutes and drain. While these cook, prepare the following mixture: To every six peppers allow one sweetbread. Parboil and chill the sweet bread and cut up with a silver knife. Melt 2 tablespoonfuls of butter and rub it smoothly with 2 tablespoonfuls of flour. Add gradually ½ cup of white stock (chicken preferred) and when creamy, add 1-3 of a cup of minced mushroom (canned will do) and 2 tablespoonfuls of sweet cream. Season with pepper and salt and Worcester sauce. Fill the pepper shells with this mixture, cover with buttered bread crumbs, and bake until the crumbs are brown. While they are baking prepare the following sauce: Break the stems of the mushrooms, cover with cold water and cook for 20 minutes. In another saucepan melt 2 tablespoons of butter, rub in 2 tablespoons of flour and add a few drops of onion juice. Stir this mixture and pour over gradually the water from the mushroom stems with enough stock to make 1 cupful. Add 2 tablespoons of cream, and season with salt and papricka. Arrange the peppers on a platter, pour the sauce around them.

Green Peppers Stuffed With Cauliflower—Cut a thin slice from the stem end of large peppers and remove seeds. Parboil 10 minutes and fill with creamed cauliflower. Sprinkle tops with buttered crumbs and bake until skins are tender, basting occasionally with butter and water.

MRS. A. E. COLEMAN.

POTATOES

Left-Over Potatoes—Cut in blocks. Take milk and thicken with flour in double boiler, grate a little cheese in it. Pour over the potatoes. Cover with bread crumbs and grated cheese. Brown in oven. MARY BRISTER.

Potato Dressing for Chicken or Turkey—One-half gallon potatoes mashed very smooth, butter size of walnut, salt and pepper to taste, and milk to smooth. Stir in a tablespoon of flour, 3 eggs, parsley chopped fine, onions and bread cut in small squares and browned in butter. Put in a buttered pan and brown. Serve hot. MRS. J. F. ANCONA.

Hashed Brown Potatoes—Cut 4 large cold boiled potatoes into small dice: Put 2 tablespoonfuls of butter in a frying pan, when hot add 1 small tablespoon of chopped onion and cook until brown; add the potatoes and stir until they are well heated through, and commence to brown. Now add 1 tablespoonful of chopped parsley; spread your potatoes evenly over the bottom of the pan. Put over a moderate fire for 10 or 15 minutes, shaking the pan at intervals to keep potatoes from adhering to the bottom. They should brown in the shape of an omelette. Put a platter over the pan, turn upside down so that the browned side will be uppermost.

MRS. AARON SWARTZ.

Hashed Brown Potatoes—Six potatoes, 2 tablespoonfuls flour, 2 tablespoonfuls butter creamed, 1 pint of milk, cooked and poured over potatoes. Salt, pepper, bits of butter, parsley, and bread crumbs on top. Bake in oven.

MRS. IRVIN ERMENTROUT.

Potato Puffs—Six tablespoonfuls cold, mashed potatoes with a little salt, 2 tablespoonfuls of flour, 2 eggs, 2 tablespoonfuls baking powder. Drop by spoonfuls in boiling lard.
MRS. RALPH McCALL.

Potato Puff No. 2—Two cupfuls cold mashed potato, add six tablespoonfuls melted butter, beating to a white cream. Whip two eggs very light with a teaspoonful of cream or milk; salt to taste. Beat all well. Pour in a deep dish; bake in quick oven until browned.

Scalloped Potatoes—Pare three or 4 large potatoes and cut into dice. Put a tablespoonful of butter in a frying pan, and when melted, add a tablespoonful of flour; mix until smooth. Add ½ pint of new milk; stir until it boils. Season with salt and pepper. Put a layer of this sauce in the bottom of a baking dish, then a layer of raw potatoes, with salt, pepper, minced parsley and a few drops of onion juice. Repeat until the dish is filled, put the sauce on top. Sprinkle with bread crumbs and bits of butter. Set in a moderate oven to bake ½ hour. Serve in dish it was baked in.

Candied Sweet Potatoes—Pare raw sweet potatoes, slice across the potato in not too thin slices, put in a pan with a little water and boil until nearly soft. Take out and put in layers in a pudding dish, with lots of butter and sugar on each layer. Take a little of the water in which the potatoes were cooked and put in bottom of dish. Bake about one hour.

Sweet Potatoes With Sherry Wine — Season mashed, boiled sweet potatoes with butter, salt, pepper and sherry wine, add some cream or rich milk and beat until light and fluffy. Serve. MRS. A. SWARTZ.

Candied Sweet Potatoes—Candied sweet potatoes are very popular on Southern tables and are extremely palatable when well prepared. Cut boiled sweet potatoes into long slices, place in an earthen dish. Put lumps of butter on each slice and sprinkle with sugar. Some cooks add a little water also. Bake until the sugar and butter have candied, and the potatoes are brown. U. S. D. A.

Candied Sweet Potatoes — Take 6 or 7 medium-sized sweet potatoes, pare and halve lengthwise, and put in a large frying-pan. Over them put 2 cups of cold water, 1 cup of granulated sugar, and ½ cup of butter. Let them cook nearly an hour, adding just a very little bit of water at a time, if they show signs of candying before the potatoes are thoroughly done. MARGARET C. KLINE.

Lyonnaise Potatoes—Two cupfuls of cooked chopped potatoes, 1 even tablespoonful of finely chopped onion, 1 even tablespoonful of finely chopped parsley, 2 tablespoonfuls of butter, salt and pepper to taste. Melt the butter, add onion and fry until a nice brown; add the seasoned potatoes and stir until they have absorbed all the butter. Add parsley and serve at once. ACEOLA COOK BOOK.

Hashed Potatoes—Pare three or four large potatoes and cut into dice. Put a large tablespoon of butter into a frying pan and when melted, add 1 tablespoonful of flour; mix until smooth. Add ½ pint new milk; stir until it boils. Season with pepper and salt. Put a layer of this sauce in the bottom of a baking dish, then a layer of raw potatoes with salt, pepper, minced parsley and a few drops of onion juice. Put the sauce on top. Sprinkle with bread crumbs and dabs of butter. Bake ½ hour in a moderate oven.

Philadelphia Potatoes—Dice 1 pint of cold boiled potatoes. Make a white sauce by putting in a sauce pan 1 tablespoonful of butter, 1 tablespoon flour, ½ teaspoon pepper and salt. Stir until mixed then gradually add ½ pint of hot milk and continue stirring until thick and smooth. Put potatoes and sauce in alternate layers in baking dish, pour over top 1 beaten egg. Brown in hot oven. M. L. S.

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HOWARD M. WING, MANAGER

SALADS

"It's in the spring man's appetite fondly turns to salad greens."

The word salad signified originally something eaten with salt. We cannot eat our salad nowadays simply with salt, and we do not agree with the salad connoisseur who says "The simpler we eat it, the better; a salad of crisp, fresh greens dressed with French dressing is far better than the more complicated and elaborate ones." Lettuce has the approval of centuries behind its use, for it was known on the royal table of Persians some four centuries B. C. The Greeks used lettuce, too, and it has been used in all lands and ages since then. It has been said, also, that our earlier ancestors knew nothing of the cool, wholesome salad. We are indebted to an English queen, one of the numerous spouses of Henry VIII for its introduction to England. The historian Hume states that it was not until the end of the reign of this monarch that "Any salads, carrots, turnips or other edible roots were produced in England." Queen Catherine, when she required a salad, was obliged to send a messenger over the sea to get it, so to avoid the inconvenience, her Majesty ordered her gardeners to produce the required vegetables at home in her gardens."

The best salad makers in the world are the French and the Italian. The French salads are conceded to be the best in the world, but without their fragrant herbs (and these little salad herbs are of great importance to their salad making), they would be quite like the English ones.

The English are not good salad makers and that is why the native New Englander, descended from good old English stock, even today eats milk on lettuce or thinks it fine with vinegar and sugar. Milk, or sugar and vinegar, of course, are all right, but they would not be chosen in this day by the chef who makes an art of salads.

Salads that contain various mixed vegetables may truly be called Italian, for all eatable odds and ends are made into salads by this thrifty people.

Good materials, good methods combined with intelligence and attention to small details, are all that is necessary to make a salad which will be delicious, delicate and appetizing. The list of salad greens in the spring is a long one, and the methods by which each may be prepared are numerous, but here is a small list of some of them: Endive, chicory, cresses, water-cress, nasturtium is really one of the cresses; in England it is called Indian-cress; dandelion greens, sorrel and celery, all can be eaten with French or mayonnaise dressing. Some of the cooked greens can be included in the list. Spinach, kale and okra pods.

Mayonnaise No. 1—One teaspoonful each of mustard, salt, and powdered sugar, a few grains of cayenne, yolks of 2 eggs, juice of ½ lemon, 2 tablespoonfuls vinegar and 1½ cups of olive oil. Take yolks of eggs, stir them a little, add dry ingredients, then a little vinegar, a little of the olive oil, and a little of the lemon juice until all is used up.

MARY BRISTER.

Mayonnaise No. 2—Have everything ice-cold. One-half teaspoonful salt, ¼ teaspoonful pulverized sugar, ¼ teaspoonful Colman's mustard, ⅛ teaspoonful cayenne pepper, 1 tablespoonful vinegar, 1 tablespoonful lemon juice, yolks of 1 or 2 eggs, enough olive oil to stiffen dressing. Into a cup put salt, sugar, pepper, mustard, lemon juice and vinegar to dissolve. Into a bowl beat the yolks of the eggs with a little salt until stiff. Then, very slowly, drop the oil and beat. When enough oil has been beaten in, gradually add the vinegar, etc. If the dressing is too thin add more oil; if too thick, add more vinegar.

MRS. T. E. HESSENBRUSH.

Spring Salad—Equal parts of celery, radishes, cold beans and cold peas cut quite fine; ½ onion may be added. Add several slices of cucumbers and tomato. Serve on lettuce with any preferred dressing.

Salad Dressing or Mayonnaise—In a cold bowl break 1 whole egg, juice of ½ lemon, half a teaspoonful of salt, ½ teaspoonful of mustard, 2 tablespoonfuls olive oil. Use a Dover eggbeater for a minute or two. Add two more tablespoons oil, beat another minute or two, then oil can be added in larger quantities and be beaten until you have desired quantity of dressing. K. E. S.

Boiled Salad Dressing (Excellent)—Stir together 1 teaspoonful of salt, 1 tablespoonful oil or butter and 1 tablespoon of sugar, then a full teaspoonful of mustard, and three raw eggs stirred in separately. Add slowly 1 small cupful of vinegar and lastly 1 cup of milk and cream mixed. Put mixture in a double boiler and stir to the consistency of custard. Mix the ingredients in precisely the order given stirring well after each is added. The ingredients will not then curdle the milk. This may be used on cold vegetables.
ANNIE DAMPMAN.

Salad Dressing No. 2—One pint of sour cream, 2 eggs, 3 tablespoonfuls granulated sugar, 1 tablespoon (scant) of flour, 1 heaping teaspoon mustard, 1 teaspoonful salt, 2 tablespoonfuls olive oil, ½ cup vinegar. Mix all dry ingredients together first, then stir in the eggs, one by one, then add olive oil, then cream and last of all the vinegar. Boil in a double boiler, stirring constantly until the proper consistency. Keeps indefinitely. FLORENCE ZIEBER FENCIL.

Plain French Dressing—This dressing is used by the French on nearly all of their salads. Those who do not care for oil should use equal quantities of oil and vinegar or 1-3 vinegar to two-thirds oil; but 4 parts of oil to 1 of vinegar are needed to make the genuine French dressing. The dressing may be mixed in a bowl and the salad added; or the salad may be made as follows: Place the salt and pepper and a tablespoonful of the oil together, mix well and add to the salad. Stir lightly, put in the rest of the oil, stir again for a few seconds and lastly add the vinegar. Toss the salad and serve.

Another way to make it is to put salt and pepper in a jar, add gradually the oil and lastly the vinegar and when all is in the jar, shake the jar every now and then while preparing the salad and by the time the salad is prepared the French dressing will be ready, too. This is the correct meas use: One saltspoonful of salt, ¼ saltspoonful of pepper, 1 tablespoonful of vinegar and 4 tablespoonfuls of good oil.

How green you are and fresh!

Vegetable Salad—Cut ¼ head of cabbage and several onions on the cabbage cutter. Cut ½ dozen tomatoes, 2 peppers, 2 stalks of celery. Mix thoroughly and serve with pepper and salt, French or mayonnaise dressing. Any quantity may be made and the proportions varied.

MRS. HARRY MAURER.

Egg and Lettuce Salad—Allow 2 eggs to each person, boil hard, chill, quarter or slice upon a flat dish which has been covered with lettuce and cut in narrow strips with a scissors. Slice 10 or more stuffed olives, scatter over eggs and add mounds of cooked dressing at intervals over the whole. Sprinkle with paprika and serve ice cold.

Cream Cheese and Date Salad—Mix a cream cheese with pepper and salt to taste and a little cream. Press into the cavities of dates from which the pits have been removed. Serve three or four dates on lettuce leaves with French dressing.

Sweetbread Salad—Parboil a pair of sweetbreads 20 minutes. When cold, cut in ½ inch cubes. Mix with an equal quantity of cucumbers cut in ½ inch pieces. Season with salt, pepper, and paprika, and arrange in nests of lettuce leaves. For the dressing, beat ½ cup of heavy sweet cream with a Dover egg beater, add 3 tablespoons vinegar very slowly, continuing the beating, then season highly with salt, pepper, and paprika. Add 1 tablespoonful of sugar. In winter I often substitute celery for cucumber.

MRS. AARON SWARTZ.

Tomato Salad (Fine for a Luncheon)—Pare and chill six medium-sized tomatoes; when ready to serve, cut in eighths, ¾ of the way to the bottom; then open like the petals of a flower, and put on a nest of crisp lettuce leaves. Mash cream cheese with a little French dressing and make into balls about as big as a large pea, put 8 of these balls in each tomato.

Dressing of Tomato Salad—One-half teaspoonful of salt, ¼ teaspoonful of pepper, ½ tablespoonful chopped parsley, 2 tablespoonfuls vinegar, 4 tablespoonfuls of olive oil, 1 finely chopped, red pepper. Mix and stir well.

MRS. AARON SWARTZ.

Apple and Walnut Salad—Select fine, mellow, tart apples. Pare, core and dice sufficient to make two cupfuls, add 1 cupful of diced celery and 2 cups of English walnut meat. Moisten with a cream salad dressing, serve on crisp lettuce and garnish with halved walnuts. Do not prepare the apples until just before time to serve, as they quickly discolor.

Jellied Fruit Salad—Dissolve 1½ teaspoonfuls of granulated gelatine and 1½ cups of granulated sugar in 2 cupfuls of hot water, then add the strained juice of 2 lemons. Remove the pulp from three oranges and 1 small grape fruit, slice 3 bananas and mix with ½ cupful of chopped English walnuts, and 1 cupful of grapes that have been seeded. Pour the jelly over this and set away to cool. At serving time turn out on a nest of lettuce leaves. Garnish with mayonnaise and serve.

Pineapple Salad No. 1—On a couple of crisp, chill, white lettuce leaves lay a chilled slice of drained pineapple. In the centre place a ball of cream cheese rolled in parsley. Dress with French dressing.

Pineapple Salad No. 2—Calls for the crisp lettuce and pineapple slices. Then remove the pits from 3 dates for each person, and fill cavity with cream cheese. Place the dates on the pineapple and serve with French dressing.

Pineapple Salad No. 3—The third pineapple salad has seeded white grapes and chopped pecans sprinkled over the pineapple, with French dressing.

Tomato Salad—Trim ripe tomatoes, cut the tops off and scoop out centres. Fill with equal parts of chicken, hard boiled eggs and a little sweet Spanish onion chopped together (or chicken and celery), serve ice cold on crisp lettuce with stuffed olives cut in halves and arranged over the top and among the lettuce leaves. Serve a good cream salad dressing over all.

Pilgrim Salad—Pick a head of lettuce apart, washing carefully, and shred very fine with a pair of sissors. Peel two apples, cut in quarters, remove cores and slice very thin, place in bowl, pour over them 2 tablespoonfuls of lemon juice to prevent the apples discoloring. Mince fine 1 green and 1 red pepper, ½ cup of cooked chestnuts. Place shredded salad on salad plate, lay slices of apple around, forming a horseshoe, sprinkle with finely minced peppers and chestnuts, and pour over it the dressing.

Tomato Salad—Unpeeled tomatoes are never offered in a salad at a well served table. The skins should be removed by immersing in boiling water for a minute before they are sliced; a little parsley, thyme, tarragon and chives chopped fine and added to the French dressing make a delicious addition to tomato salad. If mayonnaise dressing is used the tomato should be peeled and left whole, with a small piece scooped out at the top for the dressing to be put in. For the sliced salad with French dressing the ripest possible fruit should be used, but when they are served whole, good, firm ones should be used.

Peanut Salad—Soak 1 cup of the nut meats in olive oil, drain them and mix with two cups of finely cut celery and 1 dozen pitted olives. Mix them with a mayonnaise dressing and serve on lettuce leaves. This is a nice salad to serve with duck.

Vegetable Salad—Take any vegetable that you have left over from previous meals, such as peas, carrots, beets, beans, etc., mix them together, dress well with a good French dressing, heap into a mound and serve on lettuce leaves. Cut the vegetables as near the same size as possible.

Chicken Salad—So much has been written about this salad that the average housekeeper has come to consider it a very difficult dish to prepare, while it really is one of the simplest. Chicken used for salad should always be boiled. After being boiled the chicken should not be removed from the water, but the kettle should be set in a cool place and the fowl taken out when perfectly cold. Remove the skin, fat and bones, and cut the meat into small pieces. Celery is almost invariably preferred for chicken salad, although lettuce is some times used. The celery, which should be crisp and white, is cut into small pieces and mixed with the meat, after which a mayonnaise dressing is added. A little more celery than chicken meat is used. For large parties when the chicken is likely to dry from being cut before it is needed, it is best to keep it moist by adding a French dressing as soon as cut. This dressing must then be drained off before the mayonnaise is added. In making chicken salad allow 1½ cupfuls of mayonnaise dressing, 1½ pints of celery and 1 pint of chicken. If a large quantity of dressing is required a cupful of whipped cream may be added to every pint of mayonnaise. This makes the dressing lighter and the oily flavor less noticeable.

S. I. A.

Pretty Individual Salad—An individual salad for the luncheon table always looks well and is pleasing. This recipe for orange salad is new. Take ½ orange, divide it into its sections; peel them as well as you can and spread them out on a dish in wheel shape. In the centre of the wheel place chopped dates and walnuts and a maraschino cherry. A French dressing, mayonnaise, or boiled dressing may accompany the salad. Serve on crisp lettuce.

Mixed Green Salad—Make a bed of crisp, light green, lettuce leaves. In a separate bowl mix onions, sliced very thin, cucumber, canned string beans, and peas, and some green asaparus tips, using a French dressing plentifully seasoned with salt and pepper, as all these vegetables need high seasoning. When you have mixed the salad thoroughly arrange in a mould on lettuce leaves.

Fruit Salad—One large grape fruit, 2 oranges, 1 pound of white grapes, cut in half and seeds taken out, ½ pound English walnut meats, a little pineapple if you like. Prepare fruit and let drain in colander for four hours.

Dressing for Fruit Salad—Yolks of 4 eggs, 4 tablespoonfuls of sugar, 2 tablespoonfuls vinegar, 2 tablespoonfuls of water. Put this in double boiler; when thick, add large lump of butter. When entirely cold stir into it 1 pint of whipped cream. Just before serving mix with fruit. Serve on lettuce leaves. N. G.

Salad—Sardines and tomatoes served on crisp lettuce leaves make a good salad. MRS. MAUGER.

Bean Salad—One can red kidney beans, 1 stalk celery, 1 pepper, 1 onion, 1 tomato, 8 sweet pickles. Cover with vinegar sweetened and salted to taste.

MRS. JOHN BAIR.

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3% ON SAVINGS ACCOUNTS

May We Serve You?

PIES

"No soil upon earth is so dear to our eyes
As the soil we first stirred in terrestrial pies."
—O. W. Holmes.

Sunshine Pie

A pound of patience you must find;
Mix well with loving words and kind.
Drop in two pounds of helpful deeds,
And thought for other people's needs,
A peck of smiles will make the crust,
Then stir and bake it well you must;
And now we ask that you will try
A slice from off our sunshine pie.
—Mrs. Staples, Mettowee Cook Book.

Lemon Pie—One cup of sugar, 2 tablespoonfuls corn starch, 1½ cups of boiling water, ½ tablespoon butter, pinch of salt. Cook until clear; when cold, add the yolk of 1 egg, grated rind and juice of 1 lemon. Line a pie plate with pastry and bake, then fill, beat the white to a stiff froth with 1 tablespoon of sugar. Put in oven and brown.
MRS. HOWARD RICH.

Lemon Tart—One cup of sugar, ½ cup of molasses, 1 cup of water, 1 heaping tablespoonful flour, 1 egg, grated rind and juice of 1 large lemon. Line pie dish with pastry, mix sugar, molasses, flour, egg and lemon, add water and fill in pie dish.

Sweet Strips for Top—One large cup of flour, 1 cup of sugar, 1 tablespoonful butter, 1 teaspoonful of baking powder, milk enough to moisten. Mix flour, sugar, baking powder and butter well together. Moisten with milk, roll and cut into strips, lay over top and bake in moderate oven.
MRS. ELMER THOMPSON.

Bread Custard—One-fourth cup of butter, ¾ cup of white sugar, ¾ cup of milk, 1 cup of bread crumbs, a little nutmeg.
L. B.

German Shoo-Fly—Line 4 pie plates with rich pastry. Mix ½ cup of butter and lard, 3 cups of flour, 1 cup of brown sugar. Mix 1 cup of molasses (dark), 1 cup of boiling water, 1 scant, level tablespoon soda. Mix all together and sprinkle some of the crumbs on top, or put liquid into lined pans and sprinkle all of the crumbs on top. Spices can be added. MRS. GEORGE STRICKLER.

Why the Pie Boils Over—When the fruit in tarts boils over it is because the bottom heat is too strong, as is often the case in a gas stove. To prevent this, stand the pie dish in another containing water or on a tin covered with a little sand.

Lemon Custard—Make a pastry and bake it. Two cups of water, 2 cups of sugar, 1 lemon, 2 tablespoonfuls of corn starch and 3 eggs. S. M.

Doughnuts, Diamond Ponds—One cup of sugar, 1 egg and a little salt beaten together, 1 cup of sour milk, 1 tablespoonful of sour cream or 1 tablespoon of hot lard out of the frying dish, 1 teaspoonful of soda. Flour enough to roll out well. MRS. HERBERT LITTLE.

Crumb Cake—Mix thoroughly 2 cups of sugar, ¾ cups of butter and lard, 3¾ cups of flour, 2 teaspoonfuls baking powder, ½ grated nutmeg. Take out ½ of the crumbs to sprinkle on top, add 3 well beaten eggs and 1 cup of sweet milk. Divide into 4 pie plates, and sprinkle crumbs on top. Bake quickly. MRS. GEORGE STRICKLER.

Sweet or White Potato Pie—One and one-half pounds of potatoes, mashed, without milk, ½ pound of butter melted, 6 eggs, ¾ pounds of sugar, ¾ pint of milk or cream. Flour crust and bake until set. K. E. S.

Molasses Doughnuts—One cup of molasses, ½ cup of sugar, 1 egg, 1 cup of sour milk, 1 teaspoonful soda, pinch of salt, little nutmeg, 1 teaspoonful hot lard, enough flour to make a soft dough. Fry in hot lard.
MRS. HOWARD RICH.

Baking Powder Pastry—Sift together 2 cups of flour, ½ teaspoonful of baking powder and a pound of salt. Beat the white of 1 egg to a stiff froth and add to the flour, then make into a paste with ¼ cup of ice water. Roll into a thin sheet. Divide ½ cup of butter into 3 parts. Take one of these parts and cut into pieces and dab over the sheet of pastry, dredge lightly with flour, then fold into 3 and roll out into a thin sheet. Repeat this with the other two pieces of butter. After it has been folded and rolled for the third time, it is ready for use. This pastry can be kept for a few days in a cool place.

Mrs. Keely's Famous Puff Pastry (for Two Pies)—One-half pound and 2 ounces of flour, ¼ pound of butter, ¼ pound of lard, 1 teacup of water. Cut the butter and lard in the flour with a knife until quite fine, then add water, a little at a time. It may not take the whole cup full, as the dough must not be too wet, using the knife to mix it. Never use the hands when handling the dough, as the warmth of the hands makes the shortening warm and hard to handle. Roll out in a sheet about ¼ of an inch thick, then turn the ends and sides of the dough inside of the rolled out sheet. Roll out again. Do this once more. Then roll the sheet of dough medium thick. Roll up as you would jelly cake. Cut into 4 parts, as each part is enough for 1 layer in the pie plate. Before putting on the top crust, wet the under crust around the edges with cold water which will keep the juice from cooking out. Have butter, lard, and flour cold, especially in the summer time. Use ice water. Put the butter and lard on ice the night before using. You can keep the dough on the ice for several days, if you only want to bake one pie at a time.

MRS. FANNY KEELY,

Lemon Tarts—One lemon grated, 1½ cups of sugar, 1 tablespoonful of flour, yolks of 4 eggs, 1 pint of milk that has been boiled and cooled. Add to milk butter size of an egg. Beaten whites of eggs add last. Line pie plate with pastry and pour mixture in. ELLA ROEDER FRY.

Plain Pie Crust—One pound 2 ounces of flour, ¼ pound of lard, a little salt; wet with water. L. B.

New England Cream Pie—Two cups of flour, 1 cup of sugar, 2 teaspoonfuls cream tartar, 1 teaspoonful soda, a little salt. Sift all together twice, put 1 egg in cup and fill cup with milk, add the other ingredients. Stir well and add ½ cup of lard and butter. Flavor to taste. This makes 2 cakes. Put whipped cream between and on top and serve.

MRS. HOWARD R. RICH.

Sliced Sweet Potato Pie—Line a pie plate with rich pastry and set in oven until a light brown; slice steamed sweet potatoes. Steep 2 teaspoonfuls of cinnamon and 1 of cloves in ½ teacup of whisky and a little water, that is, take nearly ½ cup of whisky with a little water, making ½ cup in all, but nearly all whisky. Put a layer of potatoes on the baked crust, then bits of butter and sugar, about 1 tablespoonful of each for a pie, then pour over a little of the whisky and water and so on until the plate is filled. Bake with an upper crust. Apples may be used raw in the same way.

MRS. MAXWELL.

Workingman's Pie—Cover a pie pan with the usual pie dough; add a thin layer of molasses, a cover of biscuit dough is then placed on the molasses. The biscuit dough is made as follows: Two cups of sugar ½ cup of butter, 1 cup of sweet milk, 2 teaspoonfuls baking powder. Flour enough to roll. Sweet or sour milk can be used. When sour use 1 scant teaspoonful of soda. MRS. W. H. LUDEN.

Banbury Tarts—Celebrated in Shakespeare's time and served at Club on Shakespeare Day. The pastry by Mrs. Randolph Meek. Six cups flour, 2 cups lard, 1 teaspoonful of salt. Moisten with ice water. The Filling—By Mrs. John F. Beyerle. Cook 2 pounds of seeded raisins, ½ pound of currants, 4 ounces of candied orange peel, taken through meat grinder, then add ½ ounce of cinnamon, scant ½ ounce of allspice, ½ cup butter, 2 cups sugar, 1 lemon, juice and grated rind. Mix thoroughly and cook slowly, preferably in double boiler. Cut dough in 4-inch squares after rolling thin and place a spoonful of filling in each, turn over and moisten with cold water to close, press edges with prongs of fork. This quantity will make 4 dozen tarts.

PAN CAKES, FRITTERS, ETC.

French Pan Cakes—Beat separately the whites and yolks of 4 eggs; then put them together, adding 1 cup of milk, half a cupful of flour, a pinch of salt, the grated rind of a lemon and a teaspoonful of melted butter. Fry in small pancakes, turning once; then spread each with a little fruit jelly, roll into a cone and sprinkle with powdered sugar. The pancakes are eaten piping hot.

Batter for Fritters—Put ¾ of a pound of flour in a pudding bowl, melt 2 ounces of butter in a little warm water, blow the butter off the water into the flour, stir well, add the water, and when the paste is perfectly smooth moisten with enough warm water to make it a proper consistency; add a pinch of salt and 2 whipped whites of eggs, when the batter will be ready for use. If required for sweet fritters, employ milk instead of water.

A Good Batter for Fritters—Yolks of 2 eggs beaten well, add ½ cupful of milk or water, 1 tablespoonful of olive oil, saltspoon of salt, 1 cup of flour or enough to make almost a drop batter. When ready to use add whites of the eggs beaten stiff. If intended for fruit fritters add 1 teaspoonful of sugar. If for clams add teaspoonful of vinegar.

M. E. WILSON.

Pan Cakes—Make a batter of flour, milk, yolks of eggs, a pinch of salt and a little brandy. Melt some butter in a frying pan. Pour in a large tablespoonful of batter at a time. When done on one side, turn, sprinkle with powdered sugar, fold up in shape of small omelette and serve.

Apple Fritters—Peel some fine russet apples and cut them into quarters, soak for an hour in brandy, flavored with cinnamon and green lemon peel, after which drain them and dip in a thin batter. Fry in melted lard, or butter. When a good color, place on a baking dish, sprinkle with sugar and glaze in the oven. Serve very hot.

Orange Fritters—Peel your oranges, cut them into quarters, remove the pips and cover with powdered sugar. Dip into batter and fry in boiling lard, drain and dish up sprinkled with powdered sugar.

Apricot Fritters With Brandy — Cut your apricots into halves, remove the stones and place each piece between 2 round slices of bread which have been soaked in brandy. Dip into batter and fry in hot butter or lard until a golden brown. Drain, sprinkle with sugar and glaze in oven.

It Is Customary

for Sunday to put in an appearance just once out of every seven days, and it is customary for people who are seeking a pleasant change and a delicious Lunch or Dinner on that day, to go to the : : :

Hotel Berkshire

You will find it an excellent custom—there are ten special numbers—six to eight o'clock. : : : : :

PUDDINGS and DESSERTS

The proof of the pudding is the eating.

Dennison Pudding—One cup of butter, 1 cup of New Orleans molasses, 2 eggs, 1 cup seedless raisins, 1 cup currants, 3 cups of flour, 1 teaspoonful soda dissolved in hot water, 1 tablespoonful cloves, 1 tablespoonful cinnamon, 1 teaspoonful salt. Work butter and molasses together. Put in moulds and steam 3½ hours.

Sauce for Pudding—One cup of butter, 2 cups of sugar, 1 tablespoonful cornstarch, ½ grated nutmeg, 2 eggs, 1 cup of sherry and ½ cup of whisky. Pour over whole of this 1 pint of boiling water. MRS. WILSON ROTHERMEL.

Ashburton Pudding—Four cups of flour, 1 cup of suet, chopped fine, 3 cups of raisins seeded, 1 cup of molasses, 1 cup of milk, 1 teaspoonful soda, dissolved in milk. Mix well and boil 3 hours in a large bag or mould.

Sauce for Pudding—One-fourth pound butter melted, ¾ pound of sugar, 2 eggs well beaten, 1 tumbler of sherry wine. Cook in double boiler until creamy.

MRS. WM. BRUSSTAR.

Apple or Peach Dumplings (Six Dumplings)—One pint of flour sifted with 1 heaping teaspoonful baking powder and a pinch of salt. Piece of butter size of an egg, rubbed into flour. Enough milk to make a soft dough. Roll into an oblong shaped piece about the thickness of pie crust. Cut into six long narrow strips. Lay on the fruit cut into small pieces or slices, and sprinkle with sugar. Roll each strip and stand on end in a pan, giving them plenty of room. Pour into the pan a syrup made of ½ cup of sugar, 1 teaspoonful of butter. Fill the cup with boiilng water. Bake the dumplings in this syrup from 20 minutes to ½ hour.

MIRIAM GEIGER YOUNG.

Stewed Apples and Rice—Peel and scoop out the cores of some fine, russet apples, simmer in clarified sugar until stewed. Blanch your rice and boil in milk. Keep it firm by adding milk gradually, sweeten with sugar, stir in a pinch of salt. When done, pour into a dish, place the apples on the rice; fill all spaces between the fruit with the rice, and brown in oven. Serve very hot.

Huckleberry Pudding—One cup of sugar, ¾ cup of butter, 1 cup of sweet milk, 4 eggs, 1 pint of huckleberries, 3½ cups of flour, 3½ teaspoonfuls baking powder. Bake and serve with brandy sauce.

Brandy Sauce—Three-fourths cup of granulated sugar, 1 teaspoon corn starch, 2 tablespoonfuls of butter, 2 cups of boiling water. Work butter and sugar together, mix in corn starch and pour on the boiling water. Let it come to a boil, and flavor with brandy, a little nutmeg and a small pinch of salt.

MRS. WILSON ROTHERMEL.

Huckleberry Pudding No. 2—One-third cup of butter, 1½ cups of brown sugar, 2 eggs, 1½ cups of flour, 1½ teaspoonful baking powder, 1 pint berries—huckleberry, blackberry or cherries.

ANNA L. HUFFORD.

Chocolate Rice Pudding—One cup of rice boiled in 2½ cups of milk, add ½ teaspoonful of salt, boil until tender, let it cool, then add ½ pint of double cream whipped with 3 tablespoonfuls of powdered sugar and 1 teaspoonful of vanilla. Mould in glass dish. Melt ¼ cake of chocolate with 3 tablespoons of powdered sugar, ¼ cup of milk, flavor with vanilla and when cold, put over top of rice.

MRS. HARRY SMINK.

Spanish Cream—One package of Coxe's Gelatine dissolved in 1 quart of milk, 4 dessertspoonfuls of sugar beaten into the yolks of 4 eggs; stir these into the milk and gelatine, and heat until it forms a custard (do not boil). Beat whites very light, add 3 tablespoonfuls of sugar; fold into the custard, pour into moulds and put on the ice.

JANE ADDISON.

Lemon Jelly—Take 1 ounce of gelatine, half a pound of sugar, the juice of 3 fine lemons and the rind of two of them. Warm in two pints of water until the gelatine is dissolved. Pass through a jelly bag into a deep bowl, and when cold stand on ice and whip until the jelly has thickened. Pour into a mould and stand in refrigerator until set.

Fried Peaches—Cut large, juicy, yellow peaches in half, leave on the skin, but take out stones. Fill each half peach or cup with sugar and fry slowly in butter. This is a recipe from Miss Thoburn, California, where this dessert is a great favorite of her mother's.

Real, Old Short Cake of Southern Fashion (Mothers' Magazine)—Take 3 cupfuls of flour, ½ teaspoon salt, 2 heaping teaspoonfuls of baking powder, ½ cupful best butter, and sufficient rich milk to form a soft dough. Sift the baking powder, salt and flour together; rub the butter in with the finger tips and add milk. Work quickly, handling the dough as little as possible. Roll into a thin sheet and bake in a round greased pan in a very quick oven. Brush over with melted butter before putting in the oven, so that the crust will not harden. While the cake is baking, take 2 boxes of berries and divide the larger fruit from the smaller. Slightly crush the smaller fruit and sprinkle liberally with powdered sugar. When the cake is removed from the oven, allow it to cool slightly, then split open, spread with softened butter, and cover with a layer of the large berries. Dust with powdered sugar; pour over half the crushed, smaller berries and syrup, place the upper half of the cake on top and pour over the rest of the fruit. Have the oven moderately warm, place the cake in it for 4 or 5 minutes, and send to the table covered with powdered sugar. This cake should be warm and fresh, and eaten with thick sweet cream.

Charlotte Russe—One pint of double cream, ½ pound macaroons. Flavor with sherry wine. Whip cream very stiff. Put layers of macaroons at bottom of dish, then a layer of the cream and then macaroons and so on, until all is used up. This will serve 8 persons. JANE ADDISON.

American Cream—One pint of milk, 1 envelope of minute gelatine (plain), yolks of 2 eggs beaten with 2 tablespoonfuls of sugar and a little salt. When the milk is boiling stir in slowly the gelatine, then add the yolks, sugar and salt. Boil about 3 minutes as you would soft custard. Remove from fire, stir in the whites which have been beaten with 2 tablespoonfuls sugar. Flavor to taste.

MRS. CLARENCE LONG.

Stewed Pears—Take pears in good condition, peel and halve about eight. Use heavy granite stew pan, add 1 cup of sugar, 4 or 5 cloves, thin slices of lemon, and cold water enough to scantily cover the fruit. Place on the back of the range and simmer, tightly covered, for three or four hours. If slowly cooked the pears will be dark red and almost transparent. MRS. PAULINE WILHELM, York.

Strawberry Short Cake—Two eggs, butter size of an egg, 2 cups of flour, ½ cup of milk, 1 cup of sugar, 1 teaspoonful vanilla. Cream butter and sugar together, add other ingredients. Bake about 15 minutes. Cut cake open and put in strawberries, also on top and cover with whipped cream.

DAISY BENNER.

Canned Peaches—One gallon rock candy syrup, 1 quart of water, boil 10 or 15 minutes together. Put in peaches, boil until tender, put in jars and seal. MRS. DELANO.

Banana Dessert—Cut ripe bananas into inch lengths, and roll them in finely chopped pecan meats. Crumb some macaroons, and put 2 teaspoonfuls of crumbed macaroons with ½ a lady finger in each dessert glass. Pour custard over this, and on top place 2 or 3 pieces of banana and a spoonful of whipped cream.

Charlotte Russe—Boil 1 quart of milk. Stir in the yolks of 4 beaten eggs, 3 tablespoonfuls of sugar, 1 tablespoon of flour, boil until thick, then allow it to cool. When cool pour over ¼ pound macaroons wet with sherry wine. Beat the whites, sweeten them, flavor with lemon. Put on top and brown. NORA.

Carrot Pudding—One and one-half cups of flour, 1 cup of sugar, 1 cup chopped suet, 1 cup of raisins, 1 cup of currants, 1 cup grated potato, 1 cup grated carrots, 1 teaspoon soda, 1 teaspoon salt. Steam or boil 3 hours.

I. RASHBRIDGE.

Peach Trifle—Make a boiled custard with the yolks of 4 eggs, 1 pint of milk, and 2 tablespoonfuls of sugar. When cool, flavor with a small ¼ teaspoonful each of almond and vanilla flavor, and set on ice. Cut stale sponge cake in slices, lay them on the bottom of a pretty dish and cover with a few spoonfuls of the custard. Peel and slice 6 large, ripe peaches, spread them over the cake, and dust thickly with powdered sugar. Pour over this the custard, and cover with a meringue made by whipping the whites of the eggs (with 4 tablespoonfuls of powdered sugar, and 4 drops of almond flavoring) to a very stiff consistency.

Peach Flippe—One cup of crushed peaches, ¼ box of gelatine, ¼ cup of cold water, ½ cup of sugar, ½ pint of whipped cream. Dissolve gelatine with water, add sugar to crushed peaches then gelatine. Whipped cream last. Stir thoroughly. M. ELIZABETH WILSON.

Sweet Potato Pudding—Grate a large potato and then mix it with enough creamy milk to make a flowing batter; add an egg, yolk and white beaten separately, 2 tablespoonfuls of powdered sugar and a pinch of salt. Bake, covered, until solid and soft through, then put a meringue on top and brown this in oven.

Another Method—Boil the potato, cut it in thick slices and lay these in a baking dish, with sugar and lemon juice between; pour in ½ cup of cold water and bake until the potatoes have absorbed this and are brown on the top.

An Easy Pudding—Three eggs, 3 tablespoonfuls of flour, 1 pint of milk, a little salt. Beat eggs separately, mix with milk then add flour, add whites of eggs last. Bake in moderate oven 20 minutes. Serve with hard sauce.

ANNIE K. EBUR.

Spanish Cream—One-fourth box of gelatine, dissolved in 1 pint of milk. Put on stove and stir until it dissolves. Beat the yolks of 2 eggs with 3 tablespoonfuls sugar, flavor with vanilla or lemon. Pour the milk as soon as it boils on the yolks, and return it again to the boiler, stirring all the time. As soon as it is the consistency of custard, pour into a dish. Have ready the whites of the eggs, well beaten with a tablespoonful of pulverized sugar. Mix them with the custard and pour into molds. S. CALDWELL, 1879.

Maredoine of Fruit—Peel and pick to pieces with a silver fork a ripe sweet pineapple; place it in a large glass bowl, sprinkle with sugar, and add next a layer of strawberries (about a quart), sugar, and place on top of this 4 large oranges which have been peeled and thinly sliced. Cover closely with finely cracked ice, and pour over the whole a glassful of good sherry. Surmount the dish with a ball of cherries tied by the stems with a knot of ribbon. At dessert, when the salad is served, the ribbon is removed, loosening the fruit which is mixed with the rest in true salad fashion, with fork and spoon.

Rice a La Conde—One-fourth pound of Carolina rice, 2 ounces of butter, 3 ounces sifted sugar, 1 pint of milk, 1 can of apricots or peaches, 1 teaspoon vanilla essence, candied cherries. Wash the rice thoroughly in cold water, put into a pan of cold water and bring to a boil, then pour away the water. Add the milk and stir until boiling, then cook slowly for ¾ of an hour stirring occasionally. Add the butter, sugar, and vanilla and turn into a buttered mould (one with a hole in the center) and set aside to cool. When cold turn out, fill the center with apricots or peaches and decorate with cherries. The peaches should be cut in half and the juice poured around. ANON.

Steamed Bread Pudding—Bread crumbs soaked in cold water, squeeze out water, then measure 1 quart; 1 quart bread crumbs, 1 cup molasses, 1 tablespoon butter, 1 cup raisins, ½ cup currants, a little citron, 1 teaspoonful salt, 1 teaspoonful cinnamon, ½ nutmeg, 1 pinch of cloves (if liked), 1 cup flour, 1 egg, 1 teaspoonful soda dissolved in hot water and added last. Steam 2 hours in well buttered mould. Serve with hard sauce. JULIA MOULD.

Snow Ball Custard—Beat the whites of 3 or 4 eggs stiff. Beat the yolks and add 2 tablespoonfuls of sugar and 1 teaspoonful of corn starch. Heat 1 quart of milk in a large spider. When it is just scalding hot drop into the milk 6 or 7 spoonfuls of the whites one at a time. In a few minutes turn them, and when cooked, take out one by one and lay on a dish. Do not let the milk boil, or the balls will break. Finish with all the whites; next stir in the yolks and continue stirring for 5 minutes, but do not allow it to boil. Flavor with lemon or vanilla. Pour into a deep dish, put the balls all over the custard. Allow it to get cold before serving.

MRS. T. T. IAEGER.

Maple Mousse—One cup of cream whipped stiff, yolks of 3 eggs well beaten, ½ cup of thick maple syrup. Mix the cream and egg yolks and add the syrup little by little. If the syrup is not thick enough it must be boiled down and cooled before using. Put on ice and chill for several hours before serving. ABIGAIL W. LIVINGOOD.

Strawberry Short Cake—Four cups of flour, 3 teaspoons baking powder, 1 teaspoon salt, 1 heaping tablespoon of lard, 2 quarts (at least) of strawberries. Mix the flour, baking powder, salt and lard, well with the hands, then add enough milk to beat thoroughly like a cake. Add enough flour to the edges to handle and mould into biscuits which are rather flat. Put into a greased pan and bake. Split, spread with butter and fill with crushed strawberries to which sugar has been added. Put some whole strawberries on top and cover again with more crushed berries and juice. Serve immediately while warm. ABIGAIL W. LIVINGOOD.

Currant Pudding—Boil currants, strain, put on stove again, adding cinnamon and sugar. While boiling pour sago in and let boil until clear. Put aside to cool. Eat with sugar and cream. MRS. GEORGE D. HORST.

Gelatine—One package of gelatine, 1 pint of cold water, let it soak 20 minutes, then add 3 pints of boiling water, rind and juice of 3 lemons, 2 pounds of sugar and 1 pint of sherry wine. Strain and mould. ANNIE K. EBUR.

Causes of Long Life

There are many contradictory theories as to the causes of long life, in individuals.

There can be no difference of opinion, however, as to the cause of the very long life of the Farmers National Bank.

It has lived and grown and flourished, for more than 100 years, because it served the public well and assured the safety of its customers.

It will continue to live and grow, from the same causes

THE

FARMERS NATIONAL BANK

OF READING, PA.

1814—Oldest Bank in Berks County—1916

Resources Over $4,600,000.00

FROZEN DESSERTS

"So comes a reck'ning when the banquet's o'er,
The dreadful reck'ning, and men smile no more."
"GAY."

Frozen Custard—One pint of milk, 1 quart of cream, 1 tumbler light cherries, preserved, 1 small tumbler dark preserved cherries, 1 teaspoonful vanilla, 2 tablespoonfuls flour, 2 eggs well beaten, 2 cups of sugar, ½ cup almonds browned in oven, and ground, ½ cup good sherry. Milk, eggs, flour and sugar boiled in double boiler. When cold, add rest of ingredients, add cream last, and freeze as ice cream.
"SALLIE," YORK CATERER.

Caramel Ice-Cream—One quart of cream, 1 pint of milk, 2 eggs, 10 ounces of sugar, ¼ cup of flour. Boil the milk. Beat the eggs, 1 cup or ½ the sugar and flour together, smoothly. Stir in the boiling milk. Brown the other half, or cup of sugar, with a little water; let it boil down and become brown. While it is hot stir it in the hot custard, beating out lumps. In winter time add cream at once, then set away to cool before freezing. In summer allow it to cool before adding cold cream.

Frozen Cranberries—To 1 quart of cranberries, two lemons. Stew berries and strain as you do for sauce. Freeze as you would ice-cream. MRS. IRVIN ERMENTROUT.

Nut Caramel Ice-Cream—Melt ½ cupful of brown sugar and stir until it is dark brown in color. Then gradually add 4 tablespoonfuls of boiling water and cook for 3 minutes longer. Heat 1 cupful of milk and thicken by adding a scant teaspoonful of corn starch moistened to a paste with a little cold water. Cook over hot water for 8 minutes. Remove from the fire and when cool add the caramel syrup, half a pint of double cream that has been whipped with 1 tablespoon of powdered sugar, and 1 large cupful of chopped nut meats. Freeze slowly in the usual manner.

Stale Cake Pudding—Pack an ice-cream freezer in ice and salt, using more salt than you would for plain ice-cream. Scatter a few pieces of candied fruits in the bottom of the freezer, or preserved fruits, from which the syrup has been drained, may be used. Then put in whipped cream from 3 to 4 inches in depth. Take slices of cake, dip them in sherry and lay them over the cream. Scatter bits of fruit over the cake, making sure that many of them are around the edge so that they will show when the pudding is turned out. Put more whipped cream, then again cake and fruit, and finish with the whipped cream. Cover the freezer closely, drain the water off, repack, and stand away for 3 hours. Turn out on an ice-cream platter.

Coffee Parfait—One cup of cold, strong coffee, ½ cup of sugar, whites of 3 eggs, ½ pint of cream, 1 teaspoonful of vanilla. Boil coffee and sugar until it spins a thread. Beat until dry the whites of the eggs. Then pour the boiling syrup over the eggs, stirring all the while. Whip the cream until stiff, add to the coffee and eggs, add vanilla. Pour in freezer, pack in ice, and stand for 3 hours. G. N.

Coffee Parfait—One cupful of sugar, 1 cupful of water, whites of 3 eggs, 1 cupful strong coffee, 2 cupfuls of whipped cream. Cook sugar and water until they form a thick syrup; beat the whites of the eggs and pour the boiling syrup over them. Cook, add the coffee and when cold, the whipped cream. Mix all well, and put the mixture into a mold, cover very closely, and bury in ice and salt for several hours.

Frozen Fruit Salad—Peel and cut into slices 4 bananas, add ¼ pound of candied cherries, cut into quarters, the pulp of 1 shaddock, 2 conserved green gages cut into small bits, and ½ pound of white grapes. Sprinkle over these ½ cup of granulated sugar, a tablespoonful of Jamaica rum, ½ pint of champagne. Let it stand for ½ hour; then add ½ pint of cold water. Turn into a freezer until partially chilled. Serve at once in punch glasses.

Frozen Walnut Pudding—Clean 1 cup of raisins, cover them with boiling water, drain them ten minutes, and roll them in granulated sugar. Beat the yolks of four eggs with ½ cup of sugar until light. Mix one tablespoonful of corn starch with a little cold milk, then gradually add two pints of hot milk. Cook over a hot fire for 15 minutes, stirring continually until thick. When cool, add 1 tablespoon vanilla extract, ½ pint of peach preserves, ½ pint of English walnuts, chopped fine, and the raisins. Freeze as ice-cream. When partly frozen add the whites of 3 eggs with ½ quarter pound sugar. Serve with whipped cream and halves of English walnuts. MRS. A. A. GERY.

Vanilla Ice-Cream—One quart of cream, 1 cup of sugar, vanilla bean, or 2 tablespoons vanilla extract.

Orange Water Ice—One quart of water, 2 cups orange juice, 2 cups of sugar, ¼ cup lemon juice. Boil grated rind of 2 oranges in the syrup.

Milk Sherbet—One-half cup of lemon juice, 2 cups of sugar, 1 quart of milk.

Custard—Three yolks of eggs, ¼ cup sugar, 2 cups of hot milk, salt, ½ teaspoon flavoring. Prepare as for lemon jelly; beat the whites of the eggs until light, and when the jelly begins to thicken, add them to it. Beat until smooth, nearly hard, then pour into a mould. Prepare the custard and when cold serve it with the pudding.

Custard Pudding—One-fourth cup pearl tapioca or rice, 1-3 cup sugar, 2 cups of milk, 2 eggs (yolks), ⅛ teaspoonful salt, whites of 2 eggs, ½ teaspoonful vanilla. Soak the tapioca in enough hot water to cover it, until it absorbs the water, add the milk and cook until the tapioca is soft and transparent, add the yolks of the eggs, sugar and salt, cook 3 minutes, remove from fire, add the beaten whites and flavoring, and when cold serve. Rice, if used, must be cooked in boiling water until soft.—From Drexel Institute of Art, Science and Industry, sent in by Mrs. John B. Bowers.

Snow Pudding—One-eighth box of gelatine, ¼ cup cold water, 1 cup boiling water, 1 cup of sugar, ¼ cup lemon juice, 3 whites of eggs.

Hot Egg-Nog—Yolk of 1 egg, 2 teaspoonfuls sugar, 1 cup hot milk, nutmeg, brandy or wine. Beat the egg, add the sugar, pour the hot milk over them, strain and flavor as desired. If wine or brandy is used take 1 tablespoonful.

CHEESE

"The gourmand smiles when the moon he sees,
For he thinks it's made of good green cheese."

Cheese Straws—Roll out pie crust very thin, sprinkle it with grated cheese and cayenne pepper. Fold the crust in thin layers, roll it thin again, and sprinkle again with cheese. Fold and roll again, and cut in narrow strips or straws. Brown on flat pans in a moderate oven.

INEZ RASBRIDGE.

Cheese Croquettes—Two tablespoonfuls butter, 4 tablespoonfuls flour, 1 pint of milk, ¾ pound cheese cut in small bits, 1 or 2 eggs, yolks only, salt and red pepper. Melt butter, add flour, then the milk. Stir constaintly over the fire until boiled smooth. Add the cheese, stirring until it is all melted and of smooth consistency. Beat into this the yolks of the eggs. Set away to cool and become stiff, then mould. Fry in VERY hot, deep fat, doing only a few at a time.

MRS. WILLIAM BOYER.

Roquefort Cheese Dressing—Mix together 1 teaspoonful roquefort cheese and the yolks of 2 hard boiled eggs, add 1-3 teaspoon paprika, 3 tablespoonfuls salad oil, 3 tablespoonfuls of white vinegar, ½ teaspoonful salt. Chop fine the hard boiled whites of the 2 eggs, and add to the mixture. Serve on crisp lettuce. MRS. AARON SWARTZ.

Cheese Pudding—One pint of bread crumbs, 1 pint of milk, 1½ cups of grated cheese (English), 2 eggs and seasoning. Bake 15 or 20 minutes. ANNA HUFFORD.

Roquefort Relish—One-fourth pound roquefort cheese, ¼ pound of butter, 1 cake of Philadelphia cream cheese, ¼ green pepper, 1 dozen pimolas chopped fine. Work to a smooth paste and pack in small jars. K. E. S.

Welsh Rarebit—Take 1 pound of cheese for six persons, cut fine and melt in chafing dish with hot water pan beneath. Old cheese has much oil which should be taken out, as it produces dreams. Mix with a level teaspoonful of Coleman's mustard, several dashes of cayenne pepper, and when melted pour gradually enough beer or ale to make it thin enough to spread on salted crackers. MRS. HARRY MAURER.

Tomato Rarebit—Put piece of butter size of an egg into a small saucepan, and melt, add 2 tomatoes, stir until they are hot through. Take off, add 2 tablespoonfuls of grated cheese, a pinch of cayenne pepper, also salt and the yolk of 1 well beaten egg. Stir a minute or two over the fire, then turn out on a round of hot buttered toast. Serve hot and quickly. CHORLEY WOOD, ENGLAND.

The following two recipes for cheese pudding are popular on the other side, and the savory cheese pudding is an especial favorite with Irish menfolk as a luncheon dish.

Cheese Pudding—Boil up a pint of milk and pour it on 1 tablespoonful of rice flour which has been mixed with a little cold milk. Put back into the pan and stir until it thickens. Remove the pan from the fire and add 4 ounces of finely grated cheese, a pinch of salt and cayenne, 2 ounces of butter and the yolks of 2 eggs. Mix all well together, and add the beaten whites of the eggs. Butter a pie dish, pour the mixture into it and bake in a moderate oven for 20 minutes. Sprinkle grated cheese over the top before serving. IRISH.

Savory Cheese Pudding—One-fourth pound of cheese grated, 1 ounce of butter, oil, pepper, salt, 1 teaspoonful of strong, mixed mustard, 1 egg. Mix all and bake it in a buttered dish 20 minutes until set. Serve it very hot.

Cheese Pudding—One-half pound grated cheese, 4 tablespoonfuls bread crumbs, 2 eggs, 2 tablespoonfuls of cream, or ½ cup of milk, 1 tablespoonful melted butter, ½ teaspoonful of salt. Rub cheese and bread together, add yolks of eggs well beaten, then add milk or cream. Lastly, well beaten whites. Bake 20 minutes. MRS. J. M.

"Mousie loves cheese—so do we."

Macaroni With Cheese and Tomato Sauce—Put two cups of elbow macaroni in 2 quarts of boiling water, boil 30 minutes; drain and blanch. Pour on platter; cover with sauce. One cup grated cheese (American), 1 teaspoonful salt, 2 tablespoons grated onion, 1 cup of tomatoes, 2 tablespoonfuls chopped parsley. Put the tomatoes and onions on to boil 5 minutes. Add salt and cheese. Stir until cheese is melted. A little thickening must be added. Sprinkle top with chopped parsley.

Baked Tomatoes and Cheese—Two cups of canned tomatoes, 2 cups of fresh bread crumbs, one cup grated strong cheese, one tablespoonful sugar, one teaspoonful butter, and one of salt. Brush bake dish with butter, put half of the crumbs in bottom, half of the tomatoes and half of the sugar, salt and cheese; rest of the crumbs and rest of everything else in same order. Put in moderate oven and bake 35 to 40 minutes. Make cheese balls same time with cream cheese mixed with grated green sapsago cheese, and see what an appetizing addition to your salad course you will have. Fill celery stalks with a mixture of Roquefort cheese and sherry or brandy. You must beat it until it is smooth.

Blushing Bunny—A—Two tablespoonfuls butter, 2 tablespoonfuls flour and ¾ cup cream. B—¾ cup stewed tomatoes and ⅛ teaspoon soda. C—Two eggs slightly beaten, 2 cups grated cheese, English Dairy, salt, mustard, and cayenne to taste. Make white sauce of A. Put soda in tomatoes, let come to a boil and strain. Add B to A, then add C and when nicely blended serve hot on toast or crackers.

LOUISE R. LYONS.

THE

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SANDWICHES

Paris Sandwich Filling—One pint of tomatoes, boiled down to a cupful and strained through a fine sieve, one cup of ground, dried beef, one cup of grated cheese, dash of cayenne pepper. This quantity is enough for fifty sandwiches.
L. F. WAGNER.

Sandwich Fillings—Bologna and celery ground in a meat cutter and mixed with mayonnaise. Celery, apples, nuts, ground and mixed with mayonnaise. MRS. MAUGER.

Chop pecan nuts with celery very fine. Mix with mayonnaise dressing and spread between thinly sliced white bread.

Cheese Sandwich—Make plain bread and butter sandwiches, cut thinly and with very thin shavings of cheese between, melt a tablespoon of butter (bacon fat or bacon drippings is better) and toast the sandwiches until a nice even brown. Drain well, sprinkle with pepper and salt and serve hot.

Raisin Sandwiches—One cup of seeded raisins, ½ cup of finely chopped nuts, or peanut butter, 1 level teaspoonful salt, 2 tablespoonfuls orange or lemon juice. Wash and dry raisins, put through food chopper, add salt, nuts and fruit juice. Mix well and spread between white bread. No butter is used with these sandwiches. This paste will keep a long while.

Sardine Sandwich—Remove skin and bones from a ten-cent box of sardines and pound the fish to a paste. Add salt, cayennne and a dash of lemon juice. Work the whole into a smooth paste and spread between thin slices of buttered bread, and garnish with a salt pickle. Two cents' worth of potato salad from the delicatessen, and a nip of black coffee, go well with these sandwiches.

Slices of plain brown and white bread about 4 inches square and evenly buttered, can be rolled up and are more attractive than plain straight slices and are more easily eaten on a hot day.

Peanut Sandwiches No. 1—Roll the peanuts very fine, stir them thickly in mayonnaise dressing and spread between thin slices of bread.

Peanut Sandwiches No. 2—Roll or pound the shelled peanuts and spread them thickly upon thin slices of buttered bread. Sprinkle lightly with salt before putting the slices together.

Another filling is made by salting the powdered nut meats and mixing them with enough cream cheese to hold them together. Spread this on thin bread or crackers. These sandwiches are very nice to serve with lettuce salad.

Caviare Sandwich—To 1 teaspoon of caviare paste add a few drops of lemon, and a little olive oil. Mix well together until a paste is formed. Spread the mixture on thin slices of buttered, white bread, cover with an unbuttered slice and cut down in triangle. Add to the dainty a nice tomato or a crisp cucumber (eaten with salt alone) a nip of black coffee and a doughnut.

VALLEY FORGE



PURE WHOLE FOOD PRODUCTS

GREAT VALLEY MILLS
Paoli, Pa.

VALLEY FORGE RECIPE

Whole Wheat Bread—Four cups of Valley Forge Whole Wheat Flour, 2 cups of milk, 1 cup molasses, 1 teaspoonful soda, 2 teaspoonfuls baking powder, ½ teaspoonful salt, 1½ cups raisins. First heat molasses, stir in soda, dissolved in water. Mix 3 cups of the flour and milk together; stir in hot molasses, then stir in the last cup of flour with baking powder in. Beat thoroughly. Bake in moderate oven 1 hour. This makes 2 loaves.

Hot Breads, Muffins, Etc.

"Here is bread which strengthens man's heart, and therefore called the staff of life." —Matthew Henry.

For Six Muffins—Beat 1 egg until light, add ½ cupful of milk, a saltspoonful of salt, a tablespoonful of sugar and 2-3 cupful of flour. Beat well and add a level teaspoonful baking powder. Put the batter into six well greased gem pans, and bake in a quick oven for 15 minutes. ROSE W. NEAD.

Corn Muffins—Two cups of corn meal, 1 cup of flour, 1 teaspoonful of salt, ½ cup of sugar, 2 eggs and 1 cup of milk.
ANNA L. HUFFORD.

Nut Bread No. 1—One cup of flour, ½ teaspoonful salt, 2 heaping teaspoonfuls baking powder, 1 pound dates, 1 pound English walnuts, chopped, 4 eggs beaten separately. Whites of eggs in last. Bake 1 hour in slow oven.
MRS. IRVIN ERMENTROUT.

Nut Bread for Sandwiches No. 2—Or cut very thin for table. Very good. Three-fourth cup of wheat flour, ¾ cup of graham flour, ¾ teaspoon salt, 1 teaspoonful baking powder. Mix these well together, then add 1-3 cup of molasses, 1-3 cup of chopped walnuts. Mixed together with ¾ cup milk. Bake in moderate oven for ½ hour. Bread should be baked the day before using.
MRS. CHARLES REA, York.

Nut Bread No. 3—Beat two eggs very light, add 1 cup of sugar, 1 cup of milk. Sift 4 cups of flour, half a teaspoonful of salt and 2 heaping teaspoonfuls Royal baking powder, add 1 cup of chopped nuts. Add the other mixture and stir thoroughly. Let stand 15 minutes. Bake in moderate oven from 35 to 50 minutes.
MRS. J. D. FINLEY, York.

Brown Bread—Two cups of corn meal, 1½ cups of flour, 2 cups of milk, 1 cup of molasses, 1 teaspoonful soda, 1 teaspoonful salt and 1 tablespoon of lard (melted). Steam 3 hours and set in oven a few minutes to dry.

DIAMOND PONDS, 1899.

Corn Bread—One cup yellow corn meal, 1 cup of wheat flour, ½ cup granulated sugar, ½ teaspoon salt, 2 teaspoonfuls baking powder, 1 large cup of milk, 2 eggs, 1 tablespoonful butter. Sift flour meal, sugar, salt and powder, three times. Put in butter with hands, add milk, then eggs. Bake 25 minutes in moderate oven. If made exactly this way it never fails.

MRS. CHARLES REA, York.

Tea Cake—One cup of sugar, 1 tablespoon butter, 2 eggs, 1 cup of milk, 3 teaspoonfuls baking powder. Flavor with a little nutmeg. Bake in cake pans. Put little lumps of butter over the top, and sprinkle with sugar and cinnamon before baking. MRS. E. G. STEACY.

Cinnamon Buns—Three tablespoonfuls butter, 3 tablespoonfuls sugar, 1 tablespoonful salt, 2-3 quart milk, 1 cake of Fleischmans Yeast, water or potato water, 3 pounds King Midas flour, 6 eggs (well beaten), 3 tablespoonfuls baking powder (heaping), 1 pound of butter, ½ ounce cinnamon, ¼ pound currants, 1 pound raisins, 5 pounds dark brown sugar. Scald the butter, sugar, salt and milk. Let it cool until it is luke-warm. Then add the yeast cake, and sufficient water or potato water to make an even quart. Pour into bread mixer and add flour, turn 5 minutes, set in warm place to raise until morning. In the morning, add the well beaten eggs, baking powder and sufficient flour to make a soft dough. Roll to a long length, and spread with butter, sprinkle with cinnamon, currants, raisins, and dark brown sugar. Roll and cut as you would cut jelly roll. Bake in a slow oven; turn out on a platter greased with butter. Dip up with a spoon the syrup that has run into the tins and pour over the buns. When cool, turn right side up and put the syrup which remains in the platter over the top of the buns. The above recipe makes 6 tins of 8 buns each. PRISCILLA SELTZER,
President of Woman's Club.

Popovers—One cup milk, 1 cup flour, 1 egg and salt. Beat together with Dover beater. Bake in hot muffin irons.
ANNA HUFFORD.

Waffles No. 1—One cup of sour milk, 1 cup of sweet cream, 3 eggs, beaten separately, ¼ teaspoonful baking powder dissolved in a little vinegar. Flour enough to form a thin batter. MRS. SONDHEIM.

Waffles No. 2—One pint of sour cream, 1 pint of flour, 2 eggs, pinch of salt, 2 heaping teaspoonfuls of Royal baking powder. Beat the yolks, add cream, then the flour and baking powder, and lastly, the whites of the eggs well beaten. Add salt to whites of eggs. MRS. ANNA BUSHBY.

Tea Rolls—One cup of sweet milk, boil, then cool; 1 cup of yeast or 1 yeast cake, 2 tablespoonfuls granulated sugar, a little butter, and a pinch of salt. Mix, stiffen and let it raise until morning; when light, roll and cut, let it raise again, then bake. INEZ RASBRIDGE.

Raised Waffles—Dissolve a cake of compressed yeast in ½ cup of tepid water. Put a tablespoonful melted butter into a crock with 2 well beaten eggs, 2 cups of milk scalded and cooled, 1 tablespoon sugar, 1 teaspoonful of salt, 2½ cups of sifted flour. Beat until batter is smooth, cover and set aside to rise in a warm place, free from draft, for an hour or more. When light, stir well and bake. If too thick, add milk. If batter is to rise over night, use half yeast cake.
MRS SAMUEL K. McCALL.

Breakfast Gems—One pint of sweet milk, 1 cup each of graham and wheat flour, 1 egg, ½ teaspoon salt, 1 tablespoon sugar. Beat eggs separately and stir everything well together. Butter gem pans and have them hot when dough is put in. Bake in hot oven. BONNIE BRIAR.

Corn Bread—One cup of corn meal, ½ cup of sugar, 1 cup of flour, a little salt, ½ cup of sour cream, ½ teaspoonful soda in cream, 1 teaspoon cream tartar in flour.
DIAMOND PONDS.

Johnny Cake—Two eggs, ½ cup molasses, ½ cup of sugar, 1 pint of buttermilk, ½ cup of butter, teaspoon soda, 1 teaspoonful salt, 1 ounce ground allspice. Make a batter with 2-3 corn meal and 1-3 flour. To be eaten warm.

ESTHER, 1988, DIAMOND PONDS.

Muffins (Fine)—One pint of sweet milk, 1 egg, 1 quart of flour, 3 teaspoonfuls baking powder, a little salt, a large tablespoonful of butter, and the same of sugar. Beat the egg light, then add sugar and butter, then the milk. Stir in flour and beat the batter light. MISS A. KENDIG.

Corn Muffins—One cupful flour, 2 tablespoonfuls butter, 1 cupful yellow corn meal, 3 tablespoonfuls sugar, 1 cupful milk, 2 eggs, 1 teaspoonful salt, 3 teaspoonfuls baking powder. Cream the butter and sugar, add the eggs well beaten and milk. Then turn in slowly the dry ingredients which have been sifted together three times. Divide into greased gem pans, and bake in a moderately hot oven 25 minutes. Sufficient for 12 muffins.

Cornmeal Mush—Four cups of cornmeal, 1 tablespoonful salt, 4 quarts of water. Put the top of double boiler on with 4 quarts of boiling water; add cornmeal slowly, stirring all the time. Add salt and when thick, put the top of boiler in bottom and boil two hours. This is prepared while getting dinner the night before. Use what you need for breakfast. Then add 1 cup of grated, strong American cheese; beat until well mixed, pour into greased pan and set aside for luncheon.

Cinnamon Toast—There is a tea room in Chicago and one in the White Mountains, "Polly's Tea House," celebrated for its delicious cinnamon toast. Make as follows: Cut the bread about ½ inch thick and toast quickly, watching carefully that it may not burn. Score lightly, while piping hot, and spread with enough butter to sink in, then cover over with powdered cinnamon and granulated sugar mixed in the proportion of 1 spoonful of cinnamon to 2 of sugar. Remove the crusts and cut into fingers; put in a very hot, covered dish and serve at once.

German Coffee Cake—One quart of milk, 8 ounces of sugar, 8 ounces of butter, a little salt, 2 ounces of yeast, lemon flavor, flour, 6 eggs. Make a soft sponge of the milk, yeast and flour; let it rise. Then add all other ingredients. Make a stiff dough adding all flour required. Let rise again, roll out, put on a pan and let it rise again. Brush it with egg, sprinkle sugar and chopped almonds on top and bake.

"GERMAN."

Crullers—Two cups of sugar, 3 eggs, shortening size of a small egg, 1 teaspoonful baking powder dissolved in sour milk, a little nutmeg or cinnamon. Flour, stiff enough to roll out. Cream sugar and shortening, add eggs, then sour milk. Flour last. Fry in deep hot fat.

SARAH J. WILLSON.

Nut Bread—Two cups of flour, 2 teaspoonfuls baking powder, 1 cup of milk, 1 teaspoon salt, 1 tablespoon lard, 1 egg, ½ cup of sugar, 1 cup nut meats chopped. Put in baking pan and let stand 20 minutes. Bake 40 minutes in a moderate oven.

ABIGAIL W. LIVINGOOD.

German Tea Cakes—Into 8 ounces of flour rub 4 ounces of butter. Mix 8 ounces of currants, 6 ounces of fine sugar, yolks of 2 eggs, white of 1 and 1 teaspoonful of brandy. Make a stiff paste of these ingredients and roll out the thickness of a biscuit. Cut into rounds with a round cutter or wine glass, brush with the white of the second egg well beaten, dust with sugar and bake.

"GERMAN."

Fastnachts—One cup of sugar (soft white), 1 cup of potatoes mashed, 1 cup of butter, 2 eggs, 2½ cups of water, 1 cup of yeast (old -fashioned hops). To 1 cup of potatoes mashed add 2½ cups of water, using the water the potatoes were boiled in. Mix the butter and the sugar well, add eggs then the potato liquid; when this is cool add the yeast. Stand in a warm place about 4 hours, stiffen, but not as stiff as bread dough. Let rise until about double the quantity. Roll out and cut any shape desired, let rise again and fry in deep hot Crisco.

MRS. C. S. WANNER.

Cinnamon Flop—One cup of sugar, 1 tablespoon butter, cream together and add 1 cup of milk and 2½ cups of flour sifted with 2 teaspoonfuls baking powder. This makes a stiff dough. Place in long flat pan or 2 pie pans, and sprinkle the top with brown sugar, butter and cinnamon. The butter to be put on in lumps and pushed down in the dough before sugar is put in. The more butter and sugar the better.

M. ELIZABETH WILLSON.

Suet Pudding and Dumplings—Six ounces of flour, 3 ounces beef suet, 1 pinch of salt, 1 egg, a little milk to mix fairly dry. If not self raising flour, use milk and 1 teaspoonful baking powder in the flour. Rub the salt into the flour, then the suet well flaked, beat the egg into the milk and mix the whole into a thick batter. Bake in greased dish about an hour.

If for Dumplings—The same with 2 ounces instead of 3 of suet. Divide into balls about the size of an apricot, flour these and put one by one as water boils up again into boiling water, boil for 10 or 15 minutes. These are good eaten with vegetables. CHORLEY WOOD, MRS BARON.

Apple Fritter Batter—Six full tablespoonfuls of flour, 3 eggs, ½ cup of milk, 1 full teaspoonful baking powder.

MRS. JAMES BROWN.

Corn Meal Griddle Cakes—Three cups of corn meal, 1 cup flour, 3 cups of sour milk, 1 tablespoonful of lard, 1 cup of boiling water, 2 tablespoonfuls molasses, 1 egg, 1 teaspoonful soda and the same of salt. Pour the hot water on the salted meal, mix in lard and stir hard until the paste is smooth. Put the molasses into the milk, add slowly to the wet meal, beating faithfully. Then the beaten egg should go in; lastly the flour with the soda mixed in. Beat up for 2 minutes. Bake on griddle. ANNIE SNYDER.

VALLEY FORGE RECIPES

Whole Wheat Bread No. 2—Two to three cups Valley Forge Whole Wheat Flour, 1 cup white flour, 1 yeast cake, 1 tablespoonful salt, 5 tablespoonfuls sugar, 1 tablespoonful shortening. Mix flour, salt and sugar, add yeast cake dissolved in water, add shortening enough, stir in luke warm water to make stiff dough and knead. Set to raise over night. Put in pans and let rise, bake in a moderate oven.

Valley Forge Old-Fashioned Buckwheat Cakes—Scald 1 cupful of Valley Forge yellow cornmeal in a quart of boiling milk. Add ½ teaspoonful of salt; when cold add ¼ of a compressed yeast cake and enough Valley Forge Buckwheat Flour to make a soft batter. Beat it well together. Let it rise over night. In the morning stir in a tablespoon of molasses and 1 teaspoonful of soda.

Send for Story of Valley Forge Whole Wheat Products and try the various grains which are sold direct from the mill at Paoli, Pa., for they are not sold through the stores.

LARGE CAKES

She measured out the butter with a very solemn air;
The milk and sugar also, and she took the greatest care
To count the eggs correctly and a little bit of baking powder,
Which you know beginners oft omit.
Then she stirred it all together and she baked it full an hour;
But she never quite forgave herself for leaving out the flour.

Lady Cake—Cream 2 cups of A sugar or 1¾ cups of granulated, ½ cup of butter, 1 cup of sweet milk, 2¾ cups of flour, 2 teaspoonfuls baking powder, whites of 5 well beaten eggs, 1 teaspoonful vanilla or 15 drops of bitter almond.
MRS. GEORGE STRICKLER.

New York Biscuit—One pound soft white sugar, ½ pound of butter, ¾ pound flour, 7 eggs, 1 teaspoonful vanilla. Cream butter and sugar thoroughly, add 1 egg at a time, beating well, add flour and vanilla. Do not separate eggs. Bake in loaf. MRS. WM. DECHANT.

Sponge Cake—Six eggs, 1½ cups of pulverized sugar, 2 teaspoonfuls of warm water, 1 teaspoonful vanilla and 1½ cups of sifted flour. Beat for 20 minutes yolks of eggs, add other ingredients. Later add 1½ cups of sifted flour, and the beaten whites of 6 eggs. Bake ¾ hour in a moderate oven.
MRS. SONDHEIM.

Orange Cake Layers—Rind of 1 orange, yolks of 8 eggs, 1 cup granulated sugar, ½ cup butter, ½ cup sweet milk, 1½ cups flour, 2 teaspoons baking powder. Cream butter and sugar thoroughly, add eggs well beaten, then milk and last flour with powder, mixed. MRS. DeTURCK.

Cheap Pound Cake—One cup of powdered sugar, ½ cup of butter, 1-3 cup of milk, 3 eggs, 1 cup of flour, 1 teaspoon baking powder. Bake in loaf or small gem pans and ice with white icing. MRS. WILLIAM ROTHERMEL.

Rich Molasses Fruit Cake—Prepare the fruit the day before making the cake. Cream together one pound unsalted butter and a pound of sugar. Sift together a pound of pastry flour and a teaspoonful each cloves, cinnamon, mace and nutmeg and a saltspoonful of salt. Set near the fire where the flour will be thoroughly dried. For the fruit have ready 4 pounds raisins seeded, quartered and dredged with flour, 3 pounds currants or their equivalent in dates, figs or prunes soaked and slightly cooked, then chopped; a pound of citron shaved fine, ½ pound ground almonds and ½ pound each candied lemon and orange peel shredded fine. For the moisture have measured out 1 cupful confectioner's molasses, 2-3 cup rich fruit sirup (from any preserved fruit preferred) and the grated rind and juice of 1 lemon and 1 orange. A ½ gill of brandy may be added or not, as desired. Having creamed the butter and sugar, add 12 unbeaten eggs, 1 at a time, using the hands to beat them in with instead of a spoon. When well blended add part of the liquid, then a portion of the flour mixture. Continue alternating until all have been used; beat in a half teaspoonful soda dissolved in a little warm water, then mix in all the fruit excepting the citron. When thoroughly blended put a ½-inch layer of the batter in a pan that has been lined with several thicknesses of paper, taking care that the paper comes well above the edges of the tin. Cover with a uniform layer of the citron shavings, then another layer of batter and citron, having the last layer of the dough. Cover closely and set away over night. In the morning bake 5 hours in a steady, moderate oven, protecting the top of the cake with paper until sufficiently risen. If preferred the cake can be steamed like a pudding for several hours, then set in the oven to finish baking. When partially cooled ice with the white of 1 egg beaten stiff with confectioner's sugar. When this has dried and hardened the decorative icing can be applied. LOTTIE MYERS, York.

Pound Cake—One pound of butter, 1 pound of sugar, 1 pound of flour, 10 eggs, flavor to taste. Beat butter and sugar to a cream, add eggs, 2 at a time, last the flour, beating all the time. After the flour is added beat very thoroughly. Upon this beating depends the success of the cake.

JANE ADDISON.

Marshmallow Cake—Two cups of sugar, ½ cup of butter, 2-3 cup of milk, 2½ cups of flour, 2 teaspoonfuls baking powder sifted in flour, 2 eggs, whites only beaten stiff.

Icing—One-half pound of marshmallows, put in a bowl and placed in hot water to soften, 1 cup granulated sugar, 4 tablespoonfuls water; beaten white of 1 egg.

MRS. IRVIN ERMENTROUT.

Madison Cake—One pound of butter, 1¼ pounds of sugar, 5 eggs, 1 pint sweet milk, 1 scant teaspoonful soda, 1¾ pounds of flour, 2 pounds cut raisins, 1 nutmeg grated. Cream butter, add sugar, drop a whole egg in, 1 at a time, beat 2 minutes until all are in, add milk and soda, dissolved in cold water, flour raisins and add last.

MRS. P. M. ZIEGLER.

Butter Sponge Cake—One cup of sugar, ½ cup of butter melted, 5 eggs, 1 cup of flour, 1 scant teaspoon of baking powder. Add butter after all the other ingredients.

INEZ RASBRIDGE.

Walnut Tart—Yolks of 6 eggs, 6 tablespoonfuls of powdered sugar, 6 tablespoonfuls English walnuts, 3 tablespoonfuls flour, 2 tablespoonfuls of baking powder. Beaten whites of six eggs last.

Iceing for Above Cake—One-half pound confectioner's sugar, 1 tablespoonful of butter, 1 tablespoonful of cream and 2 teaspoons of brandy. MRS. SONDHEIM.

Ginger Bread—One cup of butter or good lard, 1 cup of brown sugar, 1 cup of molasses, 1 egg, 1½ cups of sour milk or water can be used; 2 teaspoonfuls of soda dissolved in a little hot water, 3½ cups of flour, 1 teaspoonful each of ginger, cinnamon and cloves. MRS. CLARENCE LONG.

Tiptop Cake—Two cups of granulated sugar, 1 cup of butter, 4 eggs beaten separately, 1 cup of milk, 3 cups of sifted flour, 2 teaspoonfuls baking powder, flavor to taste. Bake in layers or loaf. MRS. RALPH McCALL.

Scripture Cake—One cup of butter, Judges 5.25; 2 cups of sugar, Jeremiah 6.20; 3½ cups of flour (prepared), 1st Kings 4.22; 2 cups of raisins, 1st Samuel 30.12; 2 cups of figs, 1st Samuel 30.12; 1 cup almonds, Genesis 43.11; 1 cup of water, Genesis 24.20; 6 eggs, Isaiah 10.14; a little salt, Leviticus 2.13; sweet spices to taste, 1st Kings 10.2; a large iron spoon of honey, Exodus 16-31. Follow Solomon's advice for making good boys, Proverbs 23.14 (first clause), and you will have a good cake.

MRS. GEORGE STRICKLER.

Fruit Cake—One pound of butter, 1 pound light brown sugar, 10 eggs; cream butter and sugar, then add eggs one by one. Two pounds raisins, 2 pounds currants, ½ pound citron, ½ pound figs, 1 pound almonds, 2 nutmegs, ½ gill brandy, ½ pound candied orange and lemon peel, 1 glass preserved cherries. After fruit is well mixed add 1 pound flour. Bake 2 hours. This makes two large cakes.

KATIE DeTURCK.

Silver Cake—Two cups of sugar, ¾ cup of butter, 2½ cups of flour, ¾ cup of sweet milk, ½ teaspoonful soda dissolved in milk, whites of 8 eggs, 1 teaspoonful of cream of tartar. Mix butter and sugar to a cream, add the whites of the eggs, beaten stiff, half of the flour, then milk and soda, then the rest of the flour. Stir together several minutes. Bake 1½ hours.

Gold Cake—To the well beaten yolks of 8 eggs add 1 cup of sugar, ¾ cup of butter, 2 cups of flour, ½ teaspoonful of baking soda in ½ cup of sweet milk, 1 teaspoonful cream of tartar in flour. Mix well. Bake 1½ hours.

CLARA L. WILLSON.

Spice Cake—Two cups of granulated sugar, 1 cup of butter, 3 eggs beaten separately, 3 cups of sifted flour, 2 teaspoonfuls baking powder, 1 cup of milk, 2 teaspoonfuls of cinnamon, 1 teaspoonful of cloves, 1 teaspoonful of grated nutmeg. Bake in loaf or layers.

MRS. RALPH McCALL.

Pecan Cake—Mrs. McKee, daughter of former President Harrison, makes pecan cake according to the following recipe: Beat the whites of 6 eggs to a stiff froth, beat together 1 cup of butter and 2 of sugar, and beat in a little of the egg. Add 1 cup of flour, ½ cup of sweet milk, another cup of flour mixed with 2 teaspoonfuls of baking powder; then add the remainder of the egg.

Filling and Icing for Pecan Cake—Chop 2 cups of pecans, soak them in grated pineapple, and stir them into the whites of 6 eggs, beaten stiff with powdered sugar. Put whole pecan kernals over the top of the cake while the icing is soft.

Fudge Cake—One-half cup of butter, ½ cake Baker's chocolate, 1½ cups of sugar, boiled in ½ cup of milk. Add, after it cools a little, 3 eggs beaten separately, 1 level teaspoonful soda dissolved in ½ cup of boiling milk, 2 cups of flour and 1 teaspoonful vanilla.

Icing—One cup of milk, 1 pound granulated sugar, ½ cake Baker's chocolate, 1 large lump of butter, pinch of salt, 1 teaspoonful vanilla. Boil until it forms a very soft ball, then beat until almost sugary. Bake in layers with icing between. MRS. WM. BOYER.

Black Joe Cake—Dissolve 2 ounces chocolate in 5 tablespoonfuls boiling water. Let cool. Beat ½ cup butter to a cream and add gradually 1½ cups of granulated sugar. Add yolks of 4 well beaten eggs and beat all very hard. Add melted chocolate, ½ cup of sweet milk, 1¾ cups of flour. Beat vigorously, add 1 heaping teaspoon baking powder, 1 teaspoon vanilla, whites of 4 well beaten eggs.

EMMA HENDEL SPANG.

Jackson Cake—The weight of 4 eggs in sugar, 3 in flour, 2 in butter. Flavor to taste. Work eggs in one by one without beating. Bake about 45 minutes. ANNIE K. EBUR.

Icing—Boil until it spins a threat 2 cups of sugar and 1 cup of water. Then drop it slowly into whites of 2 well beaten eggs and beat until thick. Flavor. Bake in loaf or layer. MRS. GEORGE STRICKLER.

Butter Sponge—Six eggs, 1 cup granulated sugar, 1 cup flour, ½ cup melted butter, flavor to taste. Beat eggs and sugar 20 minutes, add butter and flour and bake slowly.

KATE DeTURK.

Chocolate Cake—One and one-half cups of granulated sugar sifted, ½ cup of butter (scant), 1¾ cups of flour sifted, ½ cup of milk, 4 eggs, 1 heaping teaspoonful baking powder, 2 ounces or 2 squares of chocolate, dissolved in 5 tablespoonfuls of boiling water. Prepare the chocolate and set aside. Cream butter and sugar thoroughly, then add the yolks of the eggs well beaten, then the chocolate and milk, lastly the flour, sprinkle baking powder in the mixture lightly. Beat well. Fold in the whites of the eggs beaten stiff. I never mix my baking powder in the flour, but lightly sprinkle it in before I fold in the whites. Bake in loaf or layer with white icing.

MRS. WM. DECHANT.

Lady Cake—One cup of butter washed, 2 cups of sugar, 3 cups of flour, ½ cup of sour cream, whites of 10 eggs, small teaspoonful of soda, 2 of cream tartar. Flavor with bitter almond. Beat butter and sugar together, add flavoring, then flour and whites of eggs (beaten stiff). Let the eggs be the first and last thing added. Mix soda and cream of tartar with the flour dry.

S. M. S. PRICE.

Date Cake—One and one-half cupfuls dates (chopped), 1 cup of English walnuts chopped, ½ cup of shell bark kernels (chopped), 1½ cups of pulverized sugar, 3 tablespoonfuls flour, 1½ teaspoonfuls baking powder, 3 eggs. Take a little of the flour, to flour dates and nuts. Mix all the ingredients except eggs which you drop in without beating. Stir the mixture well and bake in a moderate oven 1 hour.

Butter Sponge—Fourteen eggs, the weight of 14 eggs in pulverized sugar, the weight of 7 eggs in butter, the weight of 8 eggs in flour, the juice and rind of a lemon. Cream butter and sugar and add 1 egg at a time. Last of all flour and lemon. Half this quantity may be used.

A. E. COLEMAN.

Soft Ginger Bread—One cup of sugar, 1 cup New Orleans molasses, ½ cup of butter and lard mixed, 1 cup of sour cream or milk, 2 teaspoonfuls of ginger, 2 of cinnamon, 1 of cloves, a little grated nutmeg, 2 teaspoonfuls of soda dissolved in boiling water, 3 cups of flour, 2 eggs. Mix sugar, lard and butter, spices, eggs and molasses together. Beat well, then stir in the milk, soda, and lastly, the flour. Bake in a moderate oven. NORA IAEGER.

Apple Sauce Cake—One cup of sugar, ½ cup of shortening, 1½ cups of apple sauce, 1 cup of raisins, 1 cup of currants, 1 cup of citron, 2 even teaspoons of soda in hot coffee, 1 teaspoonful of cinnamon, cloves and nutmeg, 2 cups of sifted flour. M. ELIZABETH WILLSON.

Chocolate Joe Cake—Boil together well ½ cup Wilbur's cocoa, ½ cup of milk and 1 cup of granulated sugar until thoroughly melted. Cool in water. Cream together 1 cup of granulated sugar and ½ cup of butter, then add beaten yolks of 2 eggs, beat well, add boiled mixture, 2 cups of flour, ½ cup of milk, ½ teaspoon baking soda in ½ cup of hot water. Last of all beaten whites of eggs.

EMMA HENDEL SPANG.

SMALL CAKES

Drop Cakes—One pound granulated sugar, ½ pound butter, 4 eggs, 1¼ cups of thick milk, 1¼ pounds of flour, 1 teaspoonful baking powder dissolved in hot water, pour water off, add soda to thick milk, 1 pound small seedless raisins or currants. Cream sugar and butter, add eggs, then milk with soda, and flour and raisins. Drop on tins and bake a light brown. SUSAN BEARD.

Peanut Wafers—One cup of soft white sugar, ½ cup of butter, ¾ cup of milk, 1 quart of peanuts crushed. Spread very thinly on sheets of iron, sprinkle thickly with the crushed nuts and bake in a hot oven. MARGARET HODGES.

Boston Buns—One egg, 1 teaspoonful sugar, butter size of an egg, 1 cup of milk, 2 cups of flour, 2 teaspoonfuls baking powder. Drop on greased tins with spoon.
MRS. WM. DECHANT.

Hermits—Three eggs, 1½ cups of sugar, 1 cup of butter, 1 cup of raisins ground, 2 tablespoonfuls of sour milk, 1 teaspoonful of soda, 1 teaspoonful of cinnamon, ½ nutmeg, flour enough to roll out and cut. Bake in quick oven.
MRS. FRED ROWEN,
Diamond Ponds.

Jumbles—Two cups of sugar, 1 cup of butter, ½ cup of sour milk 2 eggs, 1 teaspoonful baking powder, 4 cups of flour. Drop on tins and brush with egg, sugar and cinnamon.
MRS. WILSON ROTHERMEL.

Fruit Cookies—One-half cup of butter, ¾ cup of sugar, 2 eggs beaten separately, ½ teaspoonful cinnamon, 1 teaspoonful cloves, ½ teaspoonful soda in ¼ cup hot water, 1½ cups of flour, 1 cup of nut meats, ½ pound chopped dates, ½ pound seedless raisins, a little lemon juice. Drop on tins and bake quickly. MRS. W. E. FISK.

Small Cakes—One-fourth pound of butter, 1 cocoanut, 2½ cups of sugar, 1½ pounds of flour, 1 pint New Orleans molasses, 1 scant teaspoonful soda.

MRS. P. M. ZIEGLER.

Chocolate Drops—One-half pound brown sugar, ¼ pound grated chocolate, 10 heaping tablespoonfuls flour, 2 tablespoonfuls butter, 2 tablespoonfuls lard, 1 teaspoonful of baking powder in ¼ cup of sour cream. Drop on tins and bake in quick oven.

MRS. J. V. R. LEINBACH.

Sugar Cakes—Sift 5 cups of flour, 3 cups of sugar, add 1 cup of butter and lard, nutmeg if desired. Mix all thoroughly, then add 3 well-beaten eggs, 1 cup of sour milk, 2 teaspoonfuls soda, 1 teaspoonful cream tartar. Drop on tins, sprinkle with granulated sugar, and bake quickly.

MRS. GEORGE STRICKLER.

Peanut Macaroons—Whites of 2 eggs beaten stiff, then add slowly 1 cup of granulated sugar, 1 quart of peanuts chopped fine. Mix together and bake in a moderate oven.

M. S. PRICE.

Ginger Wafers—One-half pint of baking molasses, ½ pound of brown sugar, ½ pound (scant) lard melted, 1 tablespoonful soda, scalded in hot water, 1 tablespoonful of vinegar, 1 tablespoonful of ginger and 6 cups of flour. Roll very thin and cut with Christmas cutters.

MRS. CLARENCE LONG.

Hickory Nut Cakes—One pound of A sugar, whites of 4 eggs, 6 tablespoonfuls of flour, 1 quart of hickory nut kernels. Beat the eggs light, add sugar, ½ spoonful at a time, then flour, roll kernels and add last. Drop 1 teaspoonful on pans at a time.

F. W. ECKERT.

Drop Cakes (Very Rich)—One cup of sugar, 1 cup of butter, 3 eggs, 1 teaspoonful soda in 1 tablespoonful of hot water. Flour to drop on tins. Try 2 1-3 cups, adding more if necessary. Bake in hot oven.

MRS. GEO. STRICKLER.

Ingram Sponge Cake—One cup of flour, 1 cup of sugar into which mix 1 teaspoonful baking powder. Beat 3 eggs separately. Add to the yolks 3 tablespoonfuls of water and the juice and rind of half a lemon. Mix this with the flour and sugar, and last of all, add the whites of the eggs. Bake in greased gem pans. ROSE NEAD.

Blackberry Cakes—Mix 1 pint of flour, 1 cup of sugar, 1½ teaspoonfuls baking powder. Beat well 1 egg and add 1 cupful of milk. Mix the milk and egg with the other ingredients, then add ½ pint of blueberries, well floured to prevent settling. Bake in greased gem pans. To be eaten hot, well buttered. ROSE NEAD.

Cinnamon Cakes—One cup of sugar, 1½ cups of milk, 3 cups of flour, ¾ cup raisins, 1 tablespoon of lard, ½ teaspoonful of salt, 1 egg, rind of 1 lemon, 3 tablespoons baking powder. Beat egg light and add milk. Add lard to flour, salt and baking powder, adding egg and milk to dry ingredients. Lastly, raisins, floured slightly. Melt butter for over top, and mix cinnamon and sugar to sprinkle over top.
F. W. ECKERT.

English Cookies—One cup of brown sugar, ½ cup melted lard, 1 egg, 2 tablespoons of sour cream, ½ teaspoonful soda, 1 cup of chopped raisins, ¼ teaspoon each of nutmeg, cloves and cinnamon. Mix well with flour for rolling.
INEZ RASBRIDGE.

Sugar Cookies—Cream 2 pints of sugar with 1 pint of butter, add 3 eggs, 7 tablespoonfuls of cold water, ¼ teaspoonful soda dissolved in water, 2 teaspoonfuls baking powder sifted with the flour, a pinch of salt. Flour to roll. Flavor to taste. Set in a cool place over night and bake in the morning. MRS. J. F. ANCONA.

Ginger Cakes—One-half pound of butter, 1 cup of sugar, 1 cup of New Orleans molasses, 4 cups of flour, 4 eggs beaten separately, 1 teaspoonful of baking powder dissolved in warm water, 1 teaspoonful ginger, cinnamon and allspice.
FRANCES WHEELER ECKERT.

Molasses Cakes—One cup of yellow sugar, ¾ cup of butter, 1 teaspoon cinnamon (beat to a cream), 2 eggs well beaten, 1 cup New Orleans molasses, 1 cup sweet milk, 1 teaspoonful baking powder dissolved in milk, 3 large cups of flour and 1 teaspoonful of cream tartar in flour.

CLARA L. WILLSON.

Old Fashioned Molasses Cakes (Recipe for Five)—One cup of soft A sugar, ½ cup of butter, 1 egg, 1 cup molasses, 1 even teaspoonful baking powder dissolved in vinegar, 3 heaping cups of flour, 1 cup of thick milk. Mix sugar and butter to a cream, add egg, beat well, then soda and thick milk. Last of all, flour. Bake in rather hot oven.

MRS. GUS. SCHAEFFER.

French Biscuits—These are extremely good and taken from a very old cookery book of the last century. Three eggs, the weight of the eggs in flour, and equal quantity of powdered sugar; 1 ounce of candied lemon peel. Beat the whites of the eggs to a stiff froth, and then whip in the candied peel, chopped extra fine, then, by degrees, beat in the sifted flour and sugar, and lastly, slip in the yolks of the eggs. Blend all together with a wooden spoon, then shape the biscuits with the spoon. Drop them on a greased paper on a tin. Shake some confectioner's sugar over them and bake in a very slow oven.

Oatmeal Cookies (Very Fine)—Two and one-half cups oatmeal (Mother's oats), 1½ cups of granulated sugar, ¼ teaspoonful salt, 1 teaspoonful baking powder. Mix these dry ingredients thoroughly. Beat together 2 eggs until light, to that add 5 tablespoonfuls melted butter, vanilla to taste. Mix butter and eggs to dry ingredients, mixing well, no flour. Drop on tins size of hickory nut, no larger, as they spread. Let cool a few minutes before taking off tins with flat knife.

MRS. C. H. RUHL.

Oat Flake Cakes—One cup granulated sugar, 1 cup butter and lard mixed, 2 eggs, ½ cup of sweet milk, ¾ teaspoonful soda dissolved in milk, 2 cups of oat flakes, 2 cups of flour, pinch of salt, 1 teaspoonful each of cinnamon, nuts and raisins.

INEZ RASBRIDGE.

Chocolate Macaroons (Very Fine)—The whites of 6 eggs, 1 pound of pulverized sugar, 1 cake of Walter Baker's chocolate (grated), a little vanilla. Beat the whites very stiff and slowly add sugar. The chocolate, too, must be added slowly and the whole mass stirred until very smooth. Drop on buttered tins and bake in a moderate oven. The success of the cakes depends largely upon the baking. Half the quantity is used oftener than the whole.

BELLE V. EBUR.

No Name—The following two are very old recipes and are for a larger quantity than the modern household requires, but it is easy to use ½ or ¼. Cream together 1 pound butter, 1 pound powdered sugar, then add 1¼ pounds of fine pastry flour and six eggs, alternately beating each addition. Lastly, add ½ pound of cleaned and picked currants, and the grated rind of a lemon. Bake in small tins in a fairly hot oven.

CHRISTMAS CAKES

In olden times it was the custom to bake at Christmas a great variety of small cakes. The more variety you had on the plate or in the basket to send your neighbor the better was she pleased. Mrs. Ermold keeps up the old time custom and has sent me a few of the best recipes out of her several dozen varieties.

MRS. CLARA ERMOLD'S CHRISTMAS CAKES

Drop Sand Tarts—One pound of granulated sugar, 3 eggs, ¾ pound of butter, 10 ounces of flour, nuts and cinnamon; chill the dough and drop with a teaspoon on buttered tins.

Almond Macaroons—One pound granulated sugar, 1 cup of cold water, boil it as you would for icing till it forms a little ball. Beat the whites of 4 eggs, pour into the sugar, then add 1 pound of grated almond paste. Beat well. Drop on tins and bake 20 minutes.

Pepper Nuts—One-half pound butter, 1 pound sugar, 4 eggs, 1 tablespoonful each of cloves and cinnamon, 2 tea spoonfuls soda, dissolved in a little milk, 1 pound and 2 ounces flour. Drop on tins.

Butter Scotch Cakes—Six ounces of butter, 1 pound brown sugar, 1 pound flour, 1 pint New Orleans molasses, 1 cocoanut. Mix night before. Drop on tins or roll quickly around a buttered stick and bake on tins.

Paper Jumbles — One half pound of butter, ½ pound pulverized sugar, 3 eggs, 9 ounces flour, 1 teaspoonful vanilla, 2 teaspoonfuls good sherry wine; not to roll, but spread out on tins.

Chocolate Cakes—One-half pound granulated sugar, ¼ pound grated chocolate, 2 ounces of butter, 2 eggs, 1 even tablespoonful of cloves, also cinnamon, 1 teaspoonful soda, 4½ ounces of flour. Roll in sugar or nuts, form in any desired shape—long round or square.

Maple Flake Macaroons—One cup of sugar, 1 tablespoon of butter, 2 eggs, 3½ cups of maple flake, 2 teaspoonfuls baking powder, 1 teaspoonful vanilla. Drop on tins size of quarter.

Biscuits—Two pounds of flour, work like pie dough with 1 pound of butter, 1 pound of sugar, 6 eggs, 1 teaspoonful soda, 2 teaspoonfuls Royal baking powder. Cut with biscuit cutter.

Rock Cakes—Two cups of sugar, 2 cups of flour, butter size of walnut, 3 eggs, 5 drops of oil of bitter almond. Ball them in your hand. Dip them in sugar and put a raisin or nut in center.

Sand Tarts—Three-fourth pound of butter, 1 pound of sugar, 1 pound of flour, yolks of 2 eggs, 1 whole one. Dab with yellow of egg and milk; put on sugar, cinnamon and nuts.

Cocoanut Jumbles—One pound butter, 1 pound sugar, 4 eggs, 1 pound of grated cocoanut, 1 pound flour. Put through jumble squeezer. C. CRECELIOUS.

Jumbles from Yellows of Eggs—One-half pound of butter, ¾ pound of sugar, 8 yellows of eggs. Flour enough to make stiff. Flavor with vanilla. Put through jumble squeezer. MRS. EBUR.

Cocoanut Puffs—Two cups of prepared cocoanut, 1 cup of powdered sugar, whites of 2 eggs, 2 tablespoonfuls of flour. Drop on tins. L. BUSHONG.

Cocoanut Cones—Weigh the cocoanut, ½ its weight in sugar, 1 tablespoonful of flour, form into cones.
MRS. WM. STRICKLAND, SR.

Drop Currant Cakes—One pound of butter, 1 pound of sugar, 1 pound, very good weight, flour, 4 eggs, ½ teaspoonful soda in ½ cup of milk, 1 pound currants, ½ nutmeg, ½ glass good sherry. Drop on tins with teaspoon. If they spread too much add a little more flour. MRS. KEELY.

Little Pound Cakes—Two cups of sugar, 1 cup of butter, 3 cups of flour, yellows of 5 eggs, whites of 3, 1 cup of milk, 2 teaspoonfuls baking powder.

Icing for Above Cakes—One cup of sugar, 4 tablespoonfuls of water, boil and pour over the whites of the 2 eggs kept out of the cake recipe. MRS. WALT HAGY.

Mother's Biscuit for Cutting—One pound of sugar, ½ pound of butter, 1 pound of flour, very good weight, 4 eggs, ½ cup sweet milk, 1 teaspoonful of baking powder. Mix night before baking and keep in cold. Use Christmas cutters (dogs, cats, horses, etc.) to cut them out with.

MRS. T. T. IAEGER.

All these cakes roll out and bake better if the dough is made the night before baking; and kept in the cold while using.

Jellies, Butters and Conserves

"The happiest time is over, for Mrs. Green Gage Plum
Says she knows, unto her sorrow, preserving time has come."

Cherry Butter—Stem and stone cherries, put them through the chopper. To 1 cup of cherries put 1 cup of sugar, boil about ½ hour until it thickens.

MRS. WM. DECHANT.

Lemon Butter—One pound of powdered sugar, ¼ pound of butter, the whites of 4 eggs, the yolks of 6 eggs, rind of 1 lemon, juice of two. Beat the yolks of the eggs, sugar and butter together, until very light, then add the whites well beaten. Heat the mixture in a double boiler, stirring constantly until it thickens, then add the lemons and turn into an earthen vessel until it cools. ROSE W. NEAD.

Rhubarb Conserve—One lemon, 1 pound of dried figs, 4 pounds of sugar, and 2 pounds of fine nut meats, to 5 pounds of rhubarb. Cut the rhubarb into inch lengths, break or cut the figs into small pieces and grate the yellow peel from the lemon. Pour the juice over the ingredients, and stand away for the night. Then simmer slowly for an hour, and when thick, turn into glasses.

Cherry Jam—Stone and stem tart cherries, saving all the juice. To every pound of fruit allow a pound of sugar. Put sugar and juice in preserving kettle over the fire and when sugar is entirely dissolved add cherries. Cook until syrup is thick.

Mint Jelly—Make about 12 glasses of apple jelly. When ready to pour out, take some of the jelly and mix with it about ⅛ of a teaspoon of green vegetable coloring. Stir until it dissolves, then add 1 tablespoonful of spearmint flavoring. Stir this into the whole amount of jelly and boil about 5 minutes longer. MRS. AARON SWARTZ.

Pineapple Honey—One large pineapple, grated, 3 pounds granulated sugar, 1 pint of boiling water. Boil 15 minutes.

ELLA R. FRY.

Grapefruit Marmalade—One grapefruit, 1 orange, 1 lemon. Slice very thin, removing seeds. Add 3 quarts of water and let it stand 24 hours. Boil 10 to 20 minutes, allow to stand 24 hours again. Add to the fruit and juice an equal quantity of sugar, about 5 pounds, boil 2 hours or until it will jelly when chilled. Pour into jars, or glasses.

MARY BRISTER.

Rolled Cherries (A Very Old Recipe)—To taste as if done in brandy. Wipe tart cherries well and put in a large stone jar, or a small brandy keg. Use 1 pound of the best refined sugar to every 3 ounces of the fruit, putting in the cherries and sugar in layers. Close the keg or jar tightly and roll backwards and forwards for 10 minutes every day for 6 weeks.

Grape Conserve—Five pounds of grapes, 1 pound English walnuts, 3 oranges, 4 pounds of sugar, 2 pounds seedless raisins, or 5 pounds grapes, 5 pounds sugar, 2½ pounds raisins, 5 oranges, sliced thin, 1 pound walnuts. Wash grapes and squeeze out pulp. Boil pulp enough to squeeze out seeds over strainer. After removing seeds add skins, oranges, sugar and raisins. Boil 30 minutes, or until it begins to jam. Use all of orange, grate rind. MARY BRISTER.

Plum Conserve—Three pounds of damsons (stoned). Put stones in water enough to cover, and let simmer. Strain into the plums. One and one-half oranges cut fine, 1½ lemons, grate rind and add juice, 1 pound seeded raisins (cut fine) and 3 pounds of sugar, 1 pound English walnut meats cut fine and put in during the last 15 minutes. Cook all 1½ hours and put in jelly cups.

Currant Jelly—Pick currants from the stems, heat with a little water and mash, put in a bag to drain. Boil 1 pint of juice (hard) 6 minutes and add 1 pound of sugar slowly and put in glasses. ANNIE K. EBUR.

Kippered Cherries—Take sour cherries, stone them, then put in a stone crock and cover with vinegar and let stand 24 hours. Drain off all the vinegar and weigh the fruit. To each pound of fruit take 1 pound of sugar. Put all in a stone crock and let it stand 7 days, stirring well each day. Keep in a cool place. At the end of 7 days, they are ready to can; put in jars and seal.

Preserved Strawberries (Sounds Good)—Pick the best and finest strawberries on a dry sunny day, when the dew is off. Put them into glass jars and strew over them 3 large tablespoonfuls of fine sugar. Fill up the jars with Maderia wine or sherry, and cork well.

Lemon Butter—Three tablespoons butter, 1 cup granulated sugar, grated rind and juice of 1 lemon, ½ teaspoonful vanilla. Melt the butter, then add the sugar and stir until it is dissolved. Stir gradually into butter and sugar the yolks of three eggs well beaten and mixed with the lemon juice; lastly, add the beaten white of 1 egg. Boil the whole until like custard, then add vanilla. Let it get cold before using.

MISS MARY SMYSER.

Lemon Butter (English Recipe)—The juice and grated rind of 3 lemons, 3 eggs well beaten, 1 pound of sugar, 1 small cup of water, 1 level teaspoonful of butter. Beat well together and boil 5 minutes until thick. Put in jelly glasses.

Nut Hash (Candy)—One pound of assorted nuts, 5 cents' worth peanuts, 3 cups of A sugar, 1 cup of water, 2 tablespoons vinegar, tablespoonful butter. Boil all together until syrup becomes a dark yellow in centre of pan, then add 1 teaspoonful vanilla and pour over nut meats.

MRS. GEO. STRICKLER.

Chocolate Caramels—One-half pound Baker's cohocolate, ½ pound of butter, 2 cupfuls molasses, 1 cupful cream, 2 cups of granulated sugar. Boil all together until it hardens in cold water. Pour into buttered pans and when nearly cold mark into squares.

EMMA HENDEL SPANG.

Plum Conserve—Four pounds of plums, 4 oranges, juice and rind chopped, 1 pound English walnuts, 3 pounds of sugar. Boil until thick. Makes 14 glasses.

Tutti Frutti, or Brandied Fruit—To 1 cup of brandy allow 1 cup of sugar and 1 cup of fruit, light colored fruit only, like pineapple cut into small pieces, pitted cherries, white grapes, oranges and sliced bananas and lemons. Use a stone jar in which the brandy and fruit are allowed to remain cool and undisturbed, except for an occasional stirring with a silver spoon.

Bar le Duc — Eight quarts of currants, almost equal weight of sugar, 1 pint of strained honey. Stem and wash the currants, place in shallow granite pans. Cover with the sugar and let stand over night. Put over a slow fire and when it comes to a boil add the honey and boil slowly for 20 minutes. Do not stir any more than necessary. Place in small glasses and cover the same as jelly. ABIGAIL W. LIVINGOOD.

Leonora's Caramels—One cup of sweet cream, 1 cup of molasses, 1 lump of butter size of an egg, 1½ cups of sugar, 1½ cup of Baker's chocolate last, 1 teaspoonful vanilla. Boil all together until it hardens in cold water. Pour into buttered pans and when nearly cold mark into squares.

Chocolate Caramels—One-half cake Walter Baker's chocolate, 3 cups granulated sugar, 1 cup milk, 1 cup molasses, 1 cup butter and 1 teaspoonful vanilla.

MARGARET C. KLINE.

DRINKS

"Drink, pretty creature, drink."

—Wordsworth.

Fruit Punch—One cup of water, 1 cup of sugar, boil for 10 minutes, add 1 cup of strong tea, 2 cups of strawberry syrup, juice of 5 lemons, juice of 5 oranges, 2 cups of shredded pineapple. Let it stand ½ hour. Add ice water to make 1½ gallons; add 1 cup of marischino cherries, 1 quart of apollinaris water and some grape juice. MARGARET HODGES.

Fruit Punch No. 2—One cup of orange juice, ½ cup of lemon juice, shredded pineapple ½ cup, 2 cups of sugar, 1 quart of cold water. Boil water, sugar and pineapple 20 minutes, add fruit juice, strain and dilute with water. Add 1 bottle ginger ale. MRS. MARGARET HODGES.

Fruit Punch (Delicious)—One dozen lemons, 1 can sliced pineapple, 5 pounds of sugar, ½ pound candied cherries, 2 quarts of water, 1 dozen oranges, 1 cut grated pineapple. Strain the juice of the lemons and canned pineapple into a bowl, add juice of sliced pineapple, sugar and water. Peel the oranges and cut them into thin slices, add the sliced oranges, sliced pineapple and cherries to the prepared juice. Serve with ice.

Claret Cup—In Europe a claret cup is a very favorite drink, both for summer and for small dances in winter, and is not difficult to prepare. One-half a bottle of claret, 2 ounces of sugar, 2 bottles ginger beer, 2 lemons, 4 sprigs of mint or 4 slices of cucumber. Put the claret into a pitcher, together with the strained juice of 1 lemon and the sugar and the other lemon cut in slices. Stir until the sugar is entirely dissolved, then pour in the ginger beer and stir again. Wash the mint and add before serving. If mint cannot be had the cucumber will do, but it is the mint that gives a specially delicious flavor.

Grape Juice—To 15 pounds of grapes add 1 quart of water, drain through bag; ½ pound of sugar to 3 pints of juice. Let it come to boiling point. Bottle while hot.

MRS. WM. DECHANT.

Perfect Lemonade—Six large lemons, 2 quarts of boiling water, 4 ounces of powdered sugar. Grate the rinds of the lemons and strain the juice. Put both in a large jar or pitcher, together with the sugar. Pour on the boiling water, stir for about 2 minutes, and then cover tightly. When cold, strain and put on ice to chill thoroughly before serving. Be sure the water is boiling, not merely hot.

Lemon or Orangeade — Use 6 ripe, juicy oranges, or lemons, ½ pint of water, ½ pound sugar; 1 quart boiling water. Boil the sugar with ½ pint of water until the syrup is thick. Put the thinly cut lemons or oranges into a pitcher and pour the boiling syrup over. Cover until cold. Stir in the juice and the quart of boiling water. Cover tightly and leave again until cold, then strain and chill until used.

A very refreshing drink that contains a good deal of nourishment is made from raisins and rice. It is excellent for children: Three-fourth pound of rice, 2 quarts of water, ¼ pounds raisins. Cut the raisins up and put them in a sauce pan with both the rice and water. Stir occasionally, until the water boils, then draw to one side and keep simmering for ½ hour. Strain while hot and leave to get cold. Then set on ice until ready to serve.

Spiced Fruits and Catsups

"Variety is the spice of life."

Spiced Damson Plums—Seven pounds of fruit and 5 pounds of sugar, 1 pint of vinegar, 1 tablespoon of cloves, 1 of cinnamon, ½ tablespoon mace. Add more spices if you like. Tie them in small bags and boil with vinegar and sugar. Then pour this over the plums. Cover tight. When this cools, pour it off, boil and pour it over again. Do this every day for 7 or 8 days. It does not hurt to stand. At the end of 8 days, give plums and syrup together a good heating and jar them. MRS. T. T. IAEGER.

Brandy Peaches—One good pound of fruit, ¾ pound of sugar, 1 small teacup of brandy. Take the sugar put in saucepan with a little water and let it come to a boil. Then put the peaches in and do until soft enough. Remove the peaches and allow the syrup to boil until thick, pour brandy into the syrup and allow it to boil up once. After packing the peaches in jars pour over the syrup. Use good brandy.
ANNIE I. SNYDER.

Catsup—One peck of tomatoes, 3 green peppers, a few onions, boil and strain through a sieve, a teaspoonful of cloves and allspice. When nearly done or rather thick, put in 1 pint of vinegar and 1 cup of sugar, black pepper and a little cayenne. KATE STEVENS.

Tomato Catsup—Wash tomatoes, peel and cut (not in very small pieces). Then cook until quite soft and strain through fine seive. Measure the juice. Then cook that until it begins to thicken, 1 pint of vinegar to a gallon of the juice before it is cooked. Any spices may be added which you prefer, salt, pepper, ground cloves, mace and allspice—equal quantities. Only a small quantity of cayenne, an onion cut fine. Keep the vinegar and spices out until an hour before the catsup is done. MRS. OSCAR STAEGER.

Spiced Cherries—Seven pounds of cherries, 4 pounds of sugar, 1 pint of vinegar, 1 tablespoon of whole mace and 1 of cinnamon. Boil all together until it is quite thick.

MRS. WM. STRICKLAND, SR.

Vinegar Peaches—Three pounds of sugar, 1 pint of vinegar, 8 quarts of peaches. Pare peaches and put in water to keep from coloring. Put on the stove and do until soft in water. Take sugar and vinegar and allow it to boil. After putting peaches in jars, pour syrup over them.

HATTIE McCAULEY.

Sweet Pickles—One and one-half dozen pared cucumbers, cut in small pieces, ¼ peck of white onions cut fine, put on ½ pint of salt, let it stand over night in press, then drain well. Add ½ peck of tomatoes cut fine, 1½ pounds of brown sugar, ¼ ounce of celery seed, 1 quart or pint of good vinegar. Cook all together and seal. MAMIE IAEGER KENDIG.

Brandied Peaches—Four pounds of fruit, 4 pounds sugar, 1 pint of brandy. Make a syrup of sugar and enough water to dissolve it. Let this come to a boil; put in fruit and let boil 5 minutes. Then remove fruit and let syrup boil 15 minutes or until it thickens. Add brandy and take at once from fire. Pour hot syrup over fruit and seal. If after the fruit is taken from the fire a reddish liquid comes from it, drain this off before adding the syrup.

ANNIE K. EBUR.

Invalid's Tray

Remember the sick, and visit them.

CEREALS

Gruel—One cup liquid, 1 tablespoon flour or meal, 1-6 teaspoonful salt, 3 tablespoonfuls powdered crackers will be needed for 1 cup of liquid.

Gluten Mush—Three cups boiling water, 1 cup of cold water, 1 teaspoonful salt, 2-3 cup gluten flour. Add the cold water gradually to the flour, then pour through a strainer into the boiling salted water; cook 30 minutes, stirring frequently; strain.

Boiled Oats or Wheat—Three cups boiling water, 1 teaspoonful salt, 1 cup of meal. Boil 10 minutes stirring constantly and cook over boiling water at least 1½ hours longer, a better flavor is developed by longer cooking.

Irish Oatmeal—Four cups boiling water, 1 teaspoonful salt, 1 cup meal. Boil 10 minutes, stirring constantly, and then 8 hours over boiling water.

Corn Meal Mush—Four cups boiling water, 1 teaspoonful salt, 1 cup corn meal. Boil 10 minutes, stirring constantly, and 3 hours or longer over boiling water.

Steamed Rice—Two cups of boiling water, 1 teaspoonful salt, 1 cup of rice. Rice must be carefully picked over and washed thoroughly. Put rice water and salt into a bowl, place it in a steamer over rapidly boiling water. Cook until the rice is soft from ¾ to 1 hour.

Coffee Jelly—One-fourth package gelatine, ¼ cup cold water, 2½ cups coffee, ½ cup sugar. Soak the gelatine in the cold water, add the boiling coffee and sugar; strain.

Lemon Jelly—One-fourth package gelatine, 2 cups boiling water, ¼ cup cold water, 2 cups boiling water, 1 cup sugar, ½ cup lemon juice. Soak the gelatine in the cold water, add the boiling water, sugar, and juice; strain.

Wine Jelly—One-fourth package gelatine, ¼ cup cold water, 1½ cups boiling water, 1 cup sugar, 2 tablespoonfuls lemon juice, ¾ cup wine. Prepare as the other jellies; when slightly cool add the wine. Strain ½ box of Nelson's gelatine, equals 1 box of Cox's gelatine, 1 tablespoon granulated Gelatine, ¼ box of Nelson's gelatine. The gelatine used in these recipes is Nelson's.

Milk Wine Whey—One cup milk, ½ cup sherry wine, 2 teaspoons of sugar. Pour the wine into the hot milk and cook about 5 minutes or until the curd separates from the whey. Strain and sweeten. Serve hot or cold.

Kumiss—One quart skim milk, 1-5 cake of yeast, 2 tablespoons sugar. Heat the milk. Dissolve the yeast in a little water and mix it with the sugar and luke warm milk. Put the mixture into strong bottles, cork them tightly and tie down the corks with stout twine. Shake the bottles thoroughly, and place in the refrigerator to allow the mixture to ferment slowly. After three days lay the bottles on their sides; turn them occasionally. Five days are required to perfect the fermentation. Then the kumiss is at its best.

Preparation of Lime Water—Put a piece of unslaked lime the size of a walnut, into an earthen vessel. Cover it with 2 quarts of water, stirring it thoroughly; allow it to settle, then pour off the water; add 2 quarts filtered water, stir and when it settles pour the clear solution into a bottle. More water may be added.

Clam and Oyster Juice—Cut the clams or oysters into several pieces, and heat a few minutes in their own juice. Strain through muslin. Serve while hot. Great care must be taken in straining that sand does not pass through the muslin. These juices should be diluted and they can be frozen.

Beef Broth—One pound lean beef, 1 pint cold water. Chop the meat very fine and soak it in the cold water 1 hour or longer. Put it into a saucepan surrounded by luke warm water, and cook until it has become a reddish brown, stirring all the time. Remove from fire, strain, and season.

Beef Juice—Take a slice of the round of beef and heat it a few seconds over a clear fire to start the juices. Cut the meat into small pieces and press out the juice, using a lemon squeezer or meat press. Season with salt, and serve in a colored wine glass.

Clam Broth—Six large clams (in shell), 1 cup of water. Wash the clams thoroughly with a brush and place them, with the water, in a kettle over the fire. As soon as the shells open the broth is done. Strain through muslin and serve.

Squab in Paper—Singe, remove the pin feathers, head, feet, tips of wings and crop, split through the back; clean and wipe inside and out with a damp cloth. Fold in a buttered paper, place in a pan and bake in a hot oven from 25 to 40 minutes. It should be turned frequently while cooking. It may be broiled over the coals in 15 minutes. A chop may be folded in buttered paper and broiled 10 minutes.

Raw Sandwiches—Scrape the beef very fine. Season with salt and pepper if allowed. Spread this mixture on slices of bread. Put the slices together and cut into small squares; these may be toasted. The meat may be chopped very fine, seasoned, made into small cakes and broiled.

Broiled Oysters in the Shell—Scrub the shells. Place on a broiler and cook over the coals. When they are open, remove the upper shell, season with salt and lemon juice then serve on the shells. The round side of the shell should be next the fire, to hold the juice.

Sweetbreads—Put in cold water 10 minutes. Parboil 15 minutes in boiling salted water, then plunged in cold water. The sweetbreads may be served with a cream or white sauce or broiled.

First Aid from the Cook Book

Will the old-fashioned cook book pass out completely? They are making them card-index fashion now, and the old pantry-drawer full of a tattered heap of these cyclopedias of good eating is giving way to a ready-reference file, tucked away in a corner of the Hoosier cabinet. We shall miss the spattered, dog-eared pages, held together precariously by a binding that has felt too often the cook's heavy and impatient hand. It is comforting, therefore, to learn of a new use for cook books that has recently been discovered. No card-index, however efficient, will ever take their place here. The Indianapolis Star is our informant:

A story is told in an exchange of a man who had passed the crisis of a long illness, but could not be aroused to take an interest in life. Even the welfare of his family did not appeal to him as an incentive to make the effort for recovery. He lay passively on his pillow day after day indifferent to all the world's concerns and in danger of drifting back over the border, when some inspired person put a cook book into his hands.

He flipped its pages carelessly and with an expression of distaste; then his eye caught something familiar; he looked again, asked to be raised on his pillow, and was presently absorbed in the perusal of the manual. Next he began to select dishes described therein that he wished to have prepared for him as soon as he should be able to eat them, and from that hour he began to improve. Life seemed worth living again. In short, the dreams of stuffed tenderloin, boiled onions, hot waffles with sirup, hot doughnuts, and the like gave him the needed incentive.

This is an interesting demonstration of the charms of the cook book and may have the effect of giving it a new value in the library. Nor need its use be confined to sick people. When love-stories and detective mysteries pall on rainy evenings, when "solid" reading does not invite and poetry is a drug, the book of cookery-recipes may have its place. Visions of the delicious cakes that mother used to make will come again and menus to be ordered in the future will bring peaceful thoughts. The cook book has unguessed possibilities of entertainment and should take its place in the same class with the seedsman's gorgeous catalogue.

A Word About Washing Dishes

If you have gone into some kitchens as I have, and seen how some cooks wash dishes, you would understand and know, it is not amiss in our Cook Book, this word about washing dishes.

Begin by sorting out all the dirty things. Empty the dregs from the cups and saucers; put the cups in one place and the saucers in a pile by themselves. Put all the silver in one heap and the knives in another, scrape all bits from the plates—if they are greasy, wipe them with bits of crumpled paper. When doing dinner things stack the plates (having removed all pieces and grease) in piles according to size. Don't mix meat and pudding and bread plates together.

Empty all vegetable tureens and sauce boats, keep odd saucers and plates to put the left overs on. Remains of puddings, pies and so on should be taken out of the dish. Use hot water. Half a bowl of really hot water will be more effective than two bowlfuls of luke warm.

WHY WE NEED COOK BOOKS

"My husband mentioned creamed oysters," said the bride. "I wonder how they are prepared."

"Sort of a sundae effect, I imagine," ventured her girl friend. "Creamed oysters are served with ice-cream, no doubt."

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