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DESSERTS

TWO HUNDRED
RECIPES FOR MAKING
DESSERTS
INCLUDING
FRENCH PASTRIES

BY

OLIVE M. HULSE

You Aspasia, Chloe and others whose forms the Grecian chisel has immortalized to the despair of modern belles, never did your charming mouths inhale the sweetness of a scented meringue; your ideas scarcely rose above gingerbread—How I pity you!



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Preface

'DESSERTS' follows 'Salads' in natural sequence, its complement as well as its successor—the success of one persuading the publication of the other. If not the most important, surely desserts are the most interesting course on the bill-of-fare, the last and parting word with which the skillful hostess bids her guests let the memory of her repast linger in their minds as on their palates.

The range is wide. The best cakes, pies, ice-creams, and fruit desserts are here included, in addition to those delicate and aesthetic importations from dainty France, not yet as widely known as they deserve to be by their name of French Pastries. Within these broadened limits, the modern woman will find ample chance for the expression of her own taste and personality, and be able to crown her luncheons and dinners with delicious marvels of pastry-making, garnered from every land where cooking has attained the dignity of a fine art.

The two hundred and more recipes this book contains are set forth in terms too plain to admit of mistakes: by their means the novice may quickly grow into proficiency, while the accomplished housekeeper will thereby find her scope of entertainment interestingly enlarged.

From the combinations given new ones are easily attained, permitting not merely individual expression, but the greater joys of the creative artist.

Surely if he is a benefactor of mankind who makes two blades of grass grow where one grew before, credit must fall upon the lady of that house which offers its inmates and guests the best the world affords— a score of epicurean delights where there were but half a score before.

Dessert Lore

THE fascinating art of pastry-making was known to ancient nations. Its origin dates from the infancy of the world — from the day when the primal man, having before him flour, butter, and eggs, evolved the idea of mixing them to gratify the palate. After they were combined, lo, he had cakes and brioches! They were good to the taste but not altogether satisfying, so in the course of evolution he added honey and fruits — later sugar. He shaped these preparations in divers ways, and in succeeding ages the traditional cake graced the festive board in hut and in castle.

The Egyptians served many kinds of cakes on their tables. The Jews knew of at least three kinds — one kneaded with oil, another fried in oil, and a third merely rubbed over with oil. The extravagant indulgence of their appetites by the Greeks and the Romans led them to perfect many rich and ingenious combinations for the purpose of restoring a failing appetite or one greatly impaired by too vigorous and too frequent onslaughts. Some of these pastries appear appetizing at the present day; others we should consider unworthy of the modern epicure.

In sunny France the making of pastries has long been a favorite art. Any French bill-of-fare or cookery book will betray to a thoughtful reader the attention given to the subject not only by the wittiest, gayest, and most beautiful women, but by the wisest men. The resounding names attached to French dishes are no mere tributes of culinary artists to the great in the land, but actually point out their originators. Thus D'Uxelle sauce was named after the French general who perfected it. Béchamel cream sauce was invented by the Marquis de Béchamel during the reign of Louis XIV. Cotellettes à la Maintenon were created by the famous lady of that name. Mirabeau is the offspring of the distinguished French orator, and Madame de Pompadour produced many new dishes which bear her name.

The Guild of the Parisian Pastry Cooks boasted of being one of the ancient associations of France. They took the title of "Masters of the Art of Pastry," and in 1566, Charles IX conceded to them the exclusive and valued privilege of preparing the Eucharistic Wafer.

Literary men have always formed the entourage of a great chef, for none can judge better than men of letters all there is in the art of cooking. Accustomed as they are to refinements, "they can appreciate more than others the refinements of the table," says Dumas in his book on cooking, thus paying both himself and his confrères a delicate little compliment at the expense of the non-literary

world. Despite this naïve self-glorification, he states a fact that helps to point a moral—that indifference to cooking indicates neither refinement, intellect, nor social eminence.

Desserts and the like, as they are known to the modern table, had their beginning in Italy. Later they were introduced into France, became an art among the people and thereby reached perfection. The term "dessert" is generally applied to the final sweet at either dinner or luncheon. Carème used to say that the dessert had been elevated into science with the idea of retaining women and children at the table in friendly family converse.

Cooking and cultivation are by no means antagonistic; they naturally go together. We summon with loving approbation the vision of Marie Antoinette in her pretty dairy-maid costume gracefully wielding the churn-dasher and moulding the butter into irresistible little pats. How charming is the picture of our own Dolly Madison carefully blending a salad dressing, or of Margaret Fuller deftly shelling peas, or of Charlotte Brontë surreptitiously taking the eyes out of the potatoes for fear of hurting the feelings of her old blind servant. Even Leo X, it was declared by some of his friends, made more sauces than saints.

At present there is a deal of talk about cooking; the topic takes its place in a little less degree with politics, suffrage, settlement work, conservation, and the high cost of living. The fact of its being mildly fashionable gives hope

that in the future young women of refined proclivities will accept it as an art worthy their notice. Truth to tell, it is *vital;* it is essential, not only to human happiness, but to human progress.

It is neither necessary nor desirable that a lady spend much time in her kitchen. Only that one hour a day which Tallyrand, the busy, wily statesman, devoted to consultation with his cook, will assure satisfactory service in any dining room. After giving a little time and practice to the mastering of a few principles, one will be able to instruct the cook, who is often ambitious to excel, and will herself become highly proficient if guided aright.

Regarded from any point of view the love of good foods and dainty service deserves nothing but commendation and encouragement. In speaking of food and its rational appreciation a modern philosopher says: "Not to care about what we eat is either genuine or hypocritic. If genuine, it betokens a defect of which we ought to be ashamed; for surely the stomach is as noble an organ as the face and deserves as much earnest attention. If hypocritical, it is a most absurd affectation."

It has been remarked that a too exclusive diet of starchy foods weakens the fibre and even the courage. The East Indians are cited as instances. They live almost entirely upon rice, and have been subjugated by all who have tried to conquer them. On the other hand, starchy foods

seem to have a strengthening effect upon the frugiverous domestic animals, being more substantial than their ordinary vegetable dietary.

But sugar, which enters so largely into the making of desserts, is highly nutritious whether by itself or in its natural state as found in different plants. Animals are fond of it; and the English, who frequently give it to their favorite horses, have observed that by its use their animals are better able to endure extreme exertion and fatigue. For the same reason modern armies are allowed sugar in their rations.

Among the healthful and mildly stimulating foods are grouped all the saccharine substances — fruit juices, sugar, molasses, and honey. On this point Dr. Pereira says that the injurious effects ascribed to sugar are more imaginary than real.

The fondness of children for sweets may be regarded as a natural instinct, since nature, by putting sugar in the mother's milk, evidently intended it to form a part of the child's nourishment. Instead, therefore, of repressing this appetite for sugar, it should be gratified in moderation. The popular notion of its having a tendency to injure the teeth has little foundation. During the sugar season in the West Indies all the negroes on the plantation, and even the dogs, grow fat from eating sugar. Yet no people on earth have finer teeth than the negroes of the West Indies. It is possible that the erroneous idea has been

propagated by frugal housewives in order to deter their children from indulging in an expensive luxury.

There is no doubt that both children and adults are often injured by the use of sugar, but it is not because it is unhealthful in its nature, but because it is either used in excess or in an improper way. Highly concentrated foods in quantities are not easily digested because they cannot be acted upon properly by the muscular contractions of the stomach, or are not so minutely divided as to enable the gastric juices to do their full duty. Now sugar, and all products in which it is contained in large quantity, are highly concentrated nourishment and should not be eaten except with other foods. The reason that children's stomachs are upset by sugar is that they eat it too often, in too large quantities, or when unmixed with other edibles.

In order to succeed in making good desserts one must possess deftness of hand and clearness of brain — qualities which gradually transform the artisan into the artist. One must have a lively and inventive fancy, a desire to originate, and a willingness to profit by mistakes. The artist's taste must be so keen that he knows intuitively what proportions of the various ingredients make the most palatable whole.

It is worth while to accomplish leaf and puff paste, since so many dainty trifles can be made of them, which attempted with the ordinary short paste would be unsightly.

Use only the best materials in making pastries. The shortening should be fresh, sweet, and hard. It is a mistake to suppose that butter which is not good enough for the table can be used for shortening; it is bound to flavor all it enters. The water should be cold — ice-water is the best.

The paste should be rolled on a flat, cold surface — marble preferred; and should be handled as little as possible. Paste is more flaky and will puff more if put in a covered dish and set in an ice-cold place for half an hour, or even for an hour, before using. It will be greatly improved by brushing it with the white of an egg as often as it is rolled out and the pieces of butter placed on it. This will help to make it rise in flakes. As this is the great beauty of leaf paste it is well to try this method.

The reason so many fail in the preparation of leaf paste is that they handle it badly — not because they do not make it properly. Caution is also needed in heating the oven for baking. The temperature is important; it should be kept just right as long as the pastry is in it. It is well to test the temperature with a small piece of the pastry before attempting to bake the whole. If you allow the oven to cool while the pastry is in it, the under crust will become heavy and clammy, and the upper crust dishearteningly fall in. The pastry should bake to a light brown and it will then be fresh and flaky in appearance.

Care should be taken to prevent the pastry from burning in the oven. This it is likely to do sometimes after the icing is laid on.

To glaze pastry put the white of an egg on a plate and beat it to a stiff froth with the blade of a knife. When the pastry is nearly baked, spread this froth on it, and sift powdered sugar over it. Put the pastry back in the oven to set the glaze, and in a few minutes it will be done. To make a meringue add a tablespoonful of white sugar to the beaten white of an egg, spread over the top, and slightly brown in the oven.

Pie crust can be kept a week if placed in a tightly covered dish and set in the ice-box in summer, or in an ordinarily cool place in winter. This will make possible a fresh pie every day with very little trouble, and the last pie will be better than the first.

When baking pumpkin, squash, or custard pies, it is best to bake the paste first. This will prevent the mixture from being absorbed by the crust. If stewed fruit is used, the filling should be perfectly cool when put in, otherwise it will leave the bottom crust sodden. To prevent juices from soaking into the crust when making a pie, wet the under crust with the white of an egg just before putting in the mixture. If the top of the pie is brushed over with the white of an egg it will give it lustre.

If currants are used they should be washed, well-dried, and dredged with flour. Raisins and all dried fruits for pies and cakes should be seeded and dredged with flour before using. Almonds should be blanched by pouring boiling water over them. They should remain in the hot water two minutes and then put in cold water, when the skins can be slipped off easily. In pounding almonds add a little orange water with fine sugar to prevent them from becoming oily.

During the warm months fruits are always preferable desserts to the heavier starches and sugars. To be wholesome, appetizing, and easily digested, fruits should be thoroughly ripe, served plain and uncooked.

The chief reason why more women do not give their pastries due personal attention lies in the fact that discouragement so often follows failure; and the less accountable the failure, the greater the discouragement. It may be said that practice and its resulting accustomedness will cure many apparent ills; but the precepts of this book will go far toward making success possible from the first. Let it not be forgotten, either, that in desserts, as in nearly all human affairs worthy of attention, the chief difficulties lie at the crossing of the threshold. This passed, a wide and ever-pleasing vista is opened to the eye.

Olive M. Hulse.

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French Pastry

When he actually refused currant and raspberry tart, the Good Hannah was alarmed.

—THACKERAY.

French Pastry

FRENCH pastries are the newest desserts on the menu, and among the most aristocratic. Difficult and mysterious as they may appear to be to the unaccustomed, they are easily and quickly made. Of introduction recent enough to make them novel, of delicious flavor and aspect, nothing can be more welcome to those weary of the inevitable ice cream and cake.

More than a hundred recipes for these delicious desserts are given, all of which have been satisfactorily tested. There is something for every taste. As good things slightly known, and deserving better acquaintance, they are especially commended to the fastidious.

Leaf Paste

All French pastry is made upon a foundation of leaf paste. To make this, drain a pound of butter and chill it with ice. Rub with a quarter of this a pound of flour, pouring in water enough to form a stiff paste. Lay it away for a quarter of an hour. Dredge the table lightly with flour, lay the paste on it, and roll it square. Similarly roll out the butter remaining, lay it in and on the centre of the paste, the edges of which should be brought back over the butter and enclose it well. Roll the whole to the thickness of a quarter of an inch and fold it into three layers. It has now had one turn. Fold it again into three layers and roll it the second time, but in the contrary direction. It has now had two turns. Leave it for fifteen minutes and give it two turns more, and after a second quarter of an hour give it the two final turns. More than six turns are unnecessary. Cover the paste with cloth and lay it away in a cold place until needed.

As when some skillful cook, to please each guest
Would in one mixture comprehend a feast,
With due proportion and judicious care.

—Pope.

Puff Paste

Leaf paste and puff paste are often confused, though greatly different. As leaf paste is the foundation for all French pastry, so puff paste serves for éclairs, cream puffs, and the like, a paste being required which will not, like the other, flake and crumble when handled. To make puff paste, put half a pound of butter in a pint of water and bring them to a boil, adding half a pound of flour and stirring until the mixture is smooth. Remove it from the fire, add ten well beaten eggs, and stir vigorously.

Almond Cakes

In a large bowl place a pound of blanched almonds, a pound of sugar, with a little spice, and essence of lemon. Add the yolks of fifteen eggs, and mix them all together with a wooden spoon. Stir in the well-beaten whites, and add a little sifted pastry flour, which must be thoroughly worked in. Have buttered gem tins in readiness, and bake the cakes to a light brown in a moderate oven.

Good living is due to that action of the judgment by which the things which please our taste are preferred to all others.

Allumette

Roll out ice-cold leaf paste to the thickness of a quarter of an inch. Cover it with Royal icing made of confectioner's sugar and the whites of eggs, mixed thoroughly together. Cut into strips one by three inches, and bake in a moderate oven.

Apple Tart Milanaise

Line patty pans with leaf paste; pare and core apples, and chop rather fine. Put in enough to cover the centre. Over this place a layer of moist sugar, and bake. Covering the apples when baked with apricot jam will improve the flavor.

Arrowroot Tartlet

Mix two tablespoonfuls of arrowroot with enough cold milk to make a smooth batter moderately thick. Pour a pint of scalding hot milk on the batter, stirring constantly to keep it smooth. Set this on the fire a few minutes to thicken, but do not let it boil. Stir briskly or it will lump. When cold, add powdered sugar to taste, and stir in the yolks of three eggs well beaten. Line patty pans with leaf paste a quarter of an inch thick and put in them the mixture. Dust powdered sugar over them, and bake. A little nutmeg, or a little drained orange peel chopped fine, is an improvement.

Here is but little, and that light of digestion.
—Frances Quarles.

Ascot Tartlet

Mix a quarter of a pound of fine dry cocoanut, and the like quantity of powdered chocolate; sweeten with powdered sugar, and flavor with vanilla. Make into a soft paste with white of egg. Line patty pans with leaf paste, put the above mixture in, and bake. When cold add a teaspoonful of whipped cream to the centre of each.

Bachelor Buttons

Rub together two tablespoonfuls of butter and five of flour. Divide five tablespoonfuls of sugar into two parts; stir one into the flour, beat the other with one egg, and add to the rest. Flavor with a few drops of almond essence. Make into balls the size of a hickory nut with the hands, and sprinkle lightly with white sugar. Place on buttered paper, and bake slowly

Banburys

Cut leaf paste into six-inch squares. Into the middle of each put a large spoonful of jam. Fold in half and pinch the edges carefully together, being sure to make the joining tight. Fry in smoking hot fat to a golden brown. Drain and serve hot.

In compelling man to eat to live nature gives appetite to invite him, and pleasure to reward him.

Bedford Jumbles

Beat well together two cupfuls of sugar and one of butter. Add half a cupful of flour, half a teaspoonful of salt, four well-beaten eggs, one tablespoonful of vanilla, and flour enough to roll out. Grated cocoanut, or fine shredded almonds, sprinkled on each cake, is a delicious addition. Bake on greased tins.

Berne Sandwich

Roll out leaf paste, cut into pieces three inches square, cover the middle of each with apricot jam, wet around the edges, place a cover over same, close carefully, trim the edges neatly, and bake. When cold, ice carefully with water icing, and pipe according to fancy with red currant jelly.

Berry Basket

By an approved recipe make sponge cakes. Bake in small buttered cups or tins. When cold, cut a piece from the centre of each cake. Fill the cavity with ripe strawberries, and lay strips of angelica across to form handles. Serve whipped and sweetened cream with the berry baskets thus made.

With weights and measures just and true,
Oven of even heat;
Well buttered tins and quiet nerves,
Success will be complete.

Block Houses

Roll and cut leaf paste into a thin sheet of about three-quarters of an inch in thickness. Cut into strips three inches long and half an inch wide. Bake in quick oven and form block houses by making squares of three pastry strips to each side overlapping the corners, fence fashion. Roll leaf paste in granulated sugar. Lay on pan with the sugar side up.

Brambles

One lemon grated whole, one cupful of raisins seeded and chopped fine, half a cupful of sugar, one egg, one tablespoonful of cracker dust. Roll leaf paste as thin as possible, put a layer on baking sheet, spread with the above mixture, and put on another layer of paste. Mark off with a pastry jagger in strips four inches long by two inches wide, and bake in a quick oven. These are good with a thin icing, and are delicious with cocoa or chocolate for luncheon.

Another rich filling is made by chopping fine a quarter of a pound of figs, two ounces of citron, a quarter of a cupful of pistachio nuts or almonds, and two ounces of seeded raisins. Add one egg well beaten, and use as above.

All the labor of man is for his mouth, and yet the appetite is not filled.

—SOLOMON.

Brownies

Two small cupfuls of sugar, one of milk, three of flour, three-quarters of a cupful of butter, four eggs, two squares of chocolate, two teaspoonfuls of vanilla, three of baking powder. Mix the cake, leaving half the milk, and dissolve the chocolate in this. Add the batter. Bake in very small cakes. While hot dip in éclair icing.

Éclair Icing: Two squares of chocolate, five tablespoonfuls of powdered sugar, and three of boiling water. Mix the sugar and chocolate, and stir over the fire until smooth and glossy. Icing should never be more than lukewarm.

Charlotte Baskets

Beat the yolks of two eggs until thick and lemon colored, and add half a cupful of sugar gradually, continuing beating. Then add a teaspoonful and a half of cold water. Mix and sift one tablespoonful of cornstarch, half a cupful of flour, one teaspoonful of baking powder, and a pinch of salt. Add to the first mixture. When well mixed, add the rind of a lemon, and the well-beaten whites of two eggs. Bake in buttered gem pans fifteen or twenty minutes. Scoop out the centre and fill with whipped cream.

We sit to chat as well as eat—nothing but sit and sit and eat and eat.

—SHAKESPEARE.

Charlotte Frankfort

Line the individual charlotte moulds with lady fingers in three colors, pink, white, and chocolate. Fill in the centre with whipped cream à l'orange, and decorate with almonds and pistachio.

Charlotte Russe

Soak two tablespoonfuls of gelatine in a teacupful of milk. Beat together the yolks of ten eggs and half a pound of powdered sugar; place in a double boiler, with one cupful of milk. Mix until the whole begins to thicken. Add the gelatine, and strain into a large basin. Place this in a pan of ice, and when it begins to cool, add the whites of the eggs, well-beaten, half a cupful of sherry, and a pint of whipped cream. Stir well, pour into moulds that have been lined with sponge cake, and set away to harden. With the quantities given, twenty cups can be filled. The lining may be one piece of sponge cake hollowed out, or strips of the same, or lady's fingers.

The pleasures of the table are common to all ages and ranks, to all countries and times; they not only harmonize with all the other pleasures, but remain to console us for their loss.

Cheese Roulettes

Season with salt and cayenne a cupful of dry grated cheese — Parmesan preferred. Whip the whites of three eggs stiff, and mix in the cheese. Flour the hands, and mould the mixture into balls the size of walnuts. Drop into boiling fat, and fry to a golden brown. Lay on crumpled paper to absorb the grease. Serve hot.

Cherry Tart

Line six or eight tart moulds with leaf paste. Brush them with apple marmalade, fill with stoned cherries, sprinkle with powdered loaf sugar, and bake in a moderate oven for twenty minutes. Sprinkle powdered sugar on the edges and melt or glaze it in the oven for two minutes. Remove the tartlets, and let them cool. Turn them out of the moulds, cover with a thin coating of apple jelly, and serve with an ornamental dish paper.

Chesterfields

Scald half a pint of cream or milk, pour this over eight sponge cakes, and let it stand until cold. Add eight tablespoonfuls of powdered sugar, four tablespoonfuls of flour, the yolks of four eggs, and the whites of two, previously well beaten. When well mixed add a little grated nutmeg, and put into patty pans lined with leaf paste. Dust with powdered sugar, and bake.

A wise man seeketh not quantity, but sufficiency.

Chocolate Sponge Cake

Two cupfuls of sugar, two cupfuls of flour, half a cupful of water, the whites of three eggs, and yolks of five, two teaspoonfuls of baking powder, and a pinch of salt. Beat the whites to a froth, add the sugar, then the beaten yolks, and the rest of the ingredients. Bake in thin loaves. Cut in fancy shapes after being baked.

Frosting: Twelve tablespoonfuls of sugar, the whites of two eggs beaten stiff, and two squares of chocolate. Dissolve the chocolate in a double boiler, and mix with a white frosting. Frost each cake separately. This quantity will make twenty cakes.

Chocolate Suprème

Mix together two cupfuls and a half of sugar, and two cupfuls and a half of ground almonds. Beat the whites of seven eggs to a stiff froth, and add the almonds and sugar. Bake in drops on greased pans.

Filling: A quarter of a pound of sweet butter, three-quarters of a pound of pastry cream mixed with a little cocoa. Put chocolate icing on top, and almonds around the outside.

He who receives friends without himself bestowing some pains upon the repast prepared for them, does not deserve to have friends.

Chocolate Tartlets

Four eggs, half a cake of grated chocolate, one tablespoonful of cornstarch dissolved in three tablespoonfuls of milk, four tablespoonfuls of sugar, half a teaspoonful of vanilla, a pinch of salt, and a heaping teaspoonful of butter. Rub the chocolate smooth in milk, heat over the fire, and add the cornstarch wet with milk. Stir until thickened, and pour out. When cold, beat in the yolks of the eggs, the sugar, and the flavoring. Bake in patty pans lined with leaf paste. Cover with meringue, and serve cold.

Cocoanut Cakes

Cream a teacupful of butter with a cupful of sugar, gradually adding two well-beaten eggs, a cupful of flour, a teaspoonful of baking powder, and three tablespoonfuls of grated cocoanut. Mix, pour into small gem pans, and bake in a hot oven for fifteen minutes. Turn out, and when cool, brush over with melted jelly, and roll in fine shredded cocoanut or blanched chopped almonds. Serve with a pistachio nut on top.

Make me a little cake.

—I Kings.

Cocoanut Cones

Grate the meat of a cocoanut, and add half its weight in sugar; stir in the whipped white of an egg. Roll the mixture into balls or cones, and bake in a moderate oven for about twenty minutes. If the mixture is too soft to hold its shape, a little flour may be added.

Cocoanut Cream Cuts

Beat the yolks of two eggs with four tablespoonfuls of sugar and one of cornstarch. Add a pinch of salt, a tablespoonful of vanilla, and two cupfuls of milk. Cook in a double boiler until thick, stirring constantly. Stir in a cup of grated cocoanut, and when cold, spread between layers of sponge cake. Beat the whites of the eggs stiff, sweeten, and spread on the cake. Sprinkle thick with cocoanut and brown slightly. Cut in bars and garnish with candied cherries. Serve cold.

Cocoanut Tea Cakes

Roll leaf paste to one-quarter of an inch in thickness. Shape with a cutter, and bake on a tin sheet in a hot oven. When nearly done, remove from oven, cool, and brush over with the beaten white of an egg, sprinkle with shredded cocoanut, and return to the oven until colored a light brown.

Vich is your partickler wanity? Vich wanity do you like the flavor on best?

—DICKENS.

Coffee Cream Filling

Roast six ounces of coffee. When it becomes oily put it into a saucepan with three cups of boiling milk. Cover the pan, let it stand until nearly cold, and strain through a cloth. Mix a small quantity of this with the yolks of six eggs, and two tablespoonfuls of flour, with a little salt. Put the whole into a saucepan and boil slowly until it is of such consistency that it adheres to a spoon while cooking. Add three ounces of butter slightly colored, with one quarter of a pound of loaf sugar and the same quantity of powdered macaroons, stirring the whole until smooth and compact.

Colonial Tartlets

A large cupful of seeded chopped raisins, or candied cherries, the juice and grated rind of a lemon, the whites of two eggs, and a pinch of salt. Mix well, and put the mixture on rounds of pie crust from six to seven inches in diameter. Fold together from three sides so that the shape will resemble a cockade hat. Press the edges firmly together to hold the mixture in well, set into a baking pan, brush over with a little sweetened milk, and bake brown.

The fate of nations depends upon how they are fed.

Cranberry Tarts

Line patty pans with leaf paste, and bake in a quick oven. When cool, fill with a thick jellied cranberry sauce, and cover with a meringue made with the white of an egg, whipped stiff, and a cupful of powdered sugar. Set in a moderate oven until tinged a pale straw color. Or, instead of the meringue, drop a spoonful of whipped cream on each just before serving.

Creamed Apple Tart

Line deep patty tins with leaf paste. Mix a pint and a half of cut apples with three-quarters of a cupful of brown sugar, the juice and grated rind of half a lemon, and fill the pans. Cover with another layer of paste, and bake until well done. Lift the top crust and put a tablespoonful of boiled custard in each. Return the cover, and let it be ice cold when served. Whipped cream may also be used for filling. In this case, heap it high and do not cover. This is an old-fashioned Dutch dish.

Without good company all dainties lose their true relish, and like painted grapes, are only seen, not tasted.

Cream Cones

Roll out leaf paste, cut in strips four and a half inches long and three-quarters of an inch wide. Wrap around tin cone beginning at the point and gradually covering the cone. Lay on baking sheet, and bake in a moderate oven about twenty minutes. Take out before done and dust with powdered sugar; return to the oven for about two minutes. Cones may be filled with whipped cream or pastry cream.

Cream Puffs

Set a saucepan containing a cupful of boiling water and half a cupful of butter over the fire; when the mixture boils, sift in a cupful of flour, and beat vigorously while cooking. When the mixture leaves the side of the pan, turn into a bowl, beat in three eggs, one at a time, very thoroughly. The mixture is now ready for baking. Take a pastry bag with tube an inch in diameter, and force the batter on a buttered baking paper in balls about two inches in diameter. If one does not have a bag and tube, the mixture can be put on the buttered sheet by spoonfuls. Brush over the top with a little beaten egg diluted with milk, before putting into the oven. Bake about twenty-five minutes. When cool, slit open at one side and fill with pastry cream, or whipped cream. Dust the top with fine sugar.

I am glad that my Adonis has a sweet tooth in his head.

—Lyly.

Cream Tart

Put a quart of milk into a saucepan, flavor it with vanilla, and place it over the fire; stir in gradually four tablespoonfuls of the finest sifted flour, sweeten to taste, and continue stirring over the fire until thick. When ready, move the cream to the side of the stove, and stir in the beaten yolks of six eggs, taking care to keep the mixture free from lumps. Line tart pans with leaf paste, and pour in the prepared cream, using the trimmings of the paste to make a rim to the tart and strips across. Brush the paste over with a feather or fine brush dipped in beaten yolk of egg, and bake in a quick oven. Serve either hot or cold.

Custard Tartlets Cyrano

Mix half a pound of ground sweet almonds with the like quantity of powdered sugar, the grated rind of a lemon, and a quarter of a pound of citron chopped fine. Add an ounce of ground bitter almonds. Rub these all together until fine, and stir in half a pound of creamed butter. When well mixed, add eight eggs and a quart of milk. Put in a stewpan on fire, stir until it thickens, and when cold put into patty pans lined with leaf paste. Bake in a quick oven.

Sweet were the sauce would please each kind of taste.

—Sir Walter Raleigh.

Dainty Doodles

Place a small quantity of puff paste in a pastry bag. Butter a baking sheet and form small round biscuits on same. Sprinkle lightly with powdered sugar, place in a brisk oven, and bake for twelve minutes. Cool, lift from the pan, and lay them upside down on a table. Make a small cavity half an inch in diameter in each and fill with whipped or pastry cream. Fasten them together two by two to enclose the cream; they should then be ball-shaped. Dip carefully and separately into a thick icing, and lay on a pastry grating to dry for fifteen minutes.

Date Delight

Scoop out the centres of small sponge cakes, and fill with a mixture of chopped dates and walnuts. Cover with whipped cream, and serve with chocolate sauce.

Dessert Cakes

Mix well a quarter of a pound of butter beaten to a cream with a quarter of a pound of light brown sugar, a similar amount of ground rice, and half a teaspoonful of baking powder. Beat three eggs thoroughtly, and stir them into the mixture. Butter small cake tins, pour in this preparation, and bake in a quick oven from ten to twelve minutes. Any flavored decoration may be used.

They call for dates and quinces in the pastry.

—SHAKESPEARE.

Dixie Cakes

Beat half a cupful of butter to a cream, add a cupful of sugar, mix well, and add the yokes of five eggs. When mixed, add three teaspoonfuls of cocoa dissolved in a cupful of water. Sift together two and a half cupfuls of pastry flour, a teaspoonful of baking powder, and two tablespoonfuls of cornstarch. Add this and the beaten whites of the eggs to the batter. Beat well, and bake in a moderate oven. When cold, ice with chocolate icing flavored with vanilla.

Éclairs

Force puff paste through a pastry bag and tube upon buttered sheets, and bake in a moderate oven for twenty-five minutes. When cool, cut open and fill with pastry cream. Any icing may be used, but chocolate is perhaps the most preferred.

Chocolate Icing: Mix three tablespoonfuls of cocoa with five tablespoonfuls of powdered sugar, and three of boiling water. Stir over the fire until smooth and glossy. Cool slightly and dip the éclairs in the icing.

My mission in life is a sweet one, I claim,
For the children's eyes brighten at hearing my name.

Fanchonettes

Line tart pans with leaf paste. Beat four eggs until light, stir into them four tablespoonfuls of sugar, and two of butter — the butter must be beaten until it is like cream — three-quarters of a pint of milk, and three tablespoonfuls of flour. Mix thoroughly and simmer until thick. Flavor with bitter almonds; pour the mixture into the pans, and bake twenty minutes. When done, slip the fanchonettes out of the pans. While they are cooling, whip the whites of two eggs to a froth, and stir into it four tablespoonfuls of powdered sugar, with which smooth the tops of the tartlets.

Fancy Pastry

Roll leaf paste twelve inches long and a quarter of an inch thick; cut in strips half an inch wide, place on the edges and flatten out; cut in lengths of four inches, put on baking sheets, and bake in a rather warm oven. When cold, spread on the bottom of one piece some jam, and set it against another piece, bottom to bottom, with the jam between. Pipe with stiff icing and red currant jelly according to fancy.

O, weary mothers, mixing dough,
Don't you wish that food would grow?
Your lips would smile, I know, to see
A cooky bush or a doughnut tree.

Feuillantines

Roll leaf paste one-third of an inch thick, cut into strips two inches long and an inch wide. Spread a baking dish thick with butter, and arrange the pieces of paste on it, placing them on their sides, leaving a small piece between them. Set them in the oven, and when they are firm and the sides spread, glaze them with the white of an egg, and dust with powdered sugar. When cooked, set them on paper to drain off any grease. They may be masked separately with a quantity of different colored jams.

Figlettes

Line patty pans with a thin sheet of pie crust. Break three eggs into a quart of milk, add stale cake crumbs to form a stiff mass — just stiff enough to run easy. Before finishing the mixing add a good quantity of figs cut up rather fine; fill this mixture into the patty pans, and bake. Prunes may be substituted, but figs are better. A pinch of allspice will improve the taste.

I eat a palatable fig.

—Browning.

Financière

Beat the whites of ten eggs and a pound of icing sugar over the fire until warm, and then beat until cold. Mix with a half a pound of flour, and half a pound of sliced almonds. Put some almonds in the bottom of the mould, and also on top. Bake, and glaze the top with apricot jelly.

Franco Russe

A quarter of a pound of ground almonds, a quarter of a pound of sugar, and the whites of seven eggs beaten very stiff. Mix, and bake on greased pans in square shapes. Bake slowly. When baked fill with praline cream. On the top put a strip of red sugar, a strip of green sugar, and so on until the cake is finished.

Praline: Two cupfuls of sugar melted to caramel, mixed with half a pound of almonds. Grind them fine until oily.

Praline Butter Cream: A pound of sweet butter, add four cupfuls of pastry cream and praline the size of an egg.

The discovery of a new dish does more for the happiness of the human race than the discovery of a new planet.

Frangipane Tartlet

Rub four tablespoonfuls of flour smooth in a quarter of a pint of cream. Add three ground macaroons, four tablespoonfuls of powdered sugar, the grated peel of a lemon, a little citron cut fine, and a dash of brandy. Put all into a saucepan and let come to a boil, stirring slowly to prevent lumps. When thoroughly cooked, take from the fire for a minute, and stir in the beaten yolks of four eggs. Stand the saucepan in another of boiling water and return to the stove, stirring until the eggs seem done — about five minutes if the water boils all the time. Line patty pans with leaf paste, fill with the frangipane, and bake. Ornament with chopped almonds and meringue.

French Tartlets

Roll out some leaf paste not quite a quarter of an inch thick, and with a plain or fluted cutter about three inches in diameter cut as many cases as you require to fill. Mark the centre with a two-inch cutter, and bake. When cold, remove the centre pieces, and take out as much of the soft paste as you can without damaging the bottoms or sides. Fill with any desired fruit or custard.

Appetite comes with eating.

—RABELAIS.

Frosted Cream

A cupful and a half of New Orleans molasses, half a cupful of sugar, a tablespoonful of ginger, a pinch of salt, two-thirds of a cupful of hot lard, two-thirds of a cupful of boiling water, one level tablespoonful of soda, and six cupfuls of sifted flour. Mix well in the usual way. Pour in a dripping pan. Roll with a floured tumbler, and bake in a moderate oven. Cut in bars with a knife dipped in flour, and ice.

Icing: One cupful of icing sugar, and two tablespoonfuls of water.

Gallettes

Sift a pound and a half of flour upon a board. Make a hollow in the centre, put in it a quarter of a pound of slightly warmed butter, a little salt, and half a pint of cold water into it; work the butter well with the water, gradually mixing in the flour so as to give it the consistency of leaf paste. Let it remain for fifteen minutes, and in the meantime work half a pound of butter in a cloth until it is quite firm; pat it into a flat square shape. Put the square of butter on the paste, and cover it with the edges that project. Give it several turns like leaf paste, and at the last turn make it about an inch in thickness. Cut it into

We shall do nothing but eat and make good cheer.
—SHAKESPEARE.

round shapes with scalloped edges. Put it upside down on a baking dish, brush it over with egg. Bake in a moderate oven for fifteen or twenty minutes, and just before taking out sprinkle over with sugar glaze. It is then ready for use.

Genoese Pastry

Melt two-thirds of a cupful of butter, taking care it does not get very hot. Break five eggs into a bowl, add a cupful of sugar to them, stand the bowl in a saucepan of boiling water, and whip the eggs and sugar for twenty minutes, but they must not get very hot. Take the bowl from the water, add a cupful of almond paste crumbled fine, and beat until smooth. Add the butter, and last of all sift in sufficient flour to make a stiff batter, stirring lightly all the time. Line a round jelly-cake pan with buttered paper, neatly fitted and standing an inch above the edges, and bake in a rather quick oven for half an hour. When done, no mark should be left on it when pressed with the finger.

Gooseberry Tart

Line patty pans with leaf paste. Scald a pint of gooseberries with a little water over the fire, add half a pound of moist sugar and fill the pans with the mixture. Bake in a moderate oven.

In eating the order is from the more substantial to the lighter.

Greater New Yorks

Sift two tablespoonfuls of baking-powder into a pound and a half of flour, and add three pounds of crumbled stale cake, which has been passed through a sieve. Cream three-quarters of a pound of butter and add half a pound of moist sugar, a pint of molasses, half a pint of yolks. Flavor with mixed spices, and stir all together with enough milk to form a slack mass. Bake in muffin tins. Decorate with pink icing.

Hazel-nut Tart à l'Anglaise

Half a pound of ground hazel-nuts, three-quarters of a cupful of granulated sugar, the beaten whites of twelve eggs, and half a teaspoonful of vanilla sugar. Roll out leaf paste, press it in the tart molds, and fill them with the mixture. Powder over with sugar and bake slowly.

Hickory-nut Tarts

Mix a cupful of sugar, a cupful of chopped hickory-nuts, half a cupful of raisins, two tablespoonfuls of cream, and the yolks of two eggs. Line the tart pans with leaf paste, fill with the mixture, and bake. Put whipped cream over them when ready to use.

As the last of sweets is sweetest last.
—SHAKESPEARE.

Hot Jumbles

A cupful and a half of sugar, a cupful of sour milk or cream, two-thirds of a cupful of butter, a teaspoonful of soda, three cupfuls of flour, three eggs, and half a teaspoonful of salt. Flavor to taste. Drop by teaspoonfuls on a greased tin and bake.

Icing

Four pounds of icing sugar, one tablespoonful of glucose, the whites of four eggs, and half a pint of water. Warm slightly, and add any flavor preferred.

Individual Pumpkin Pie

Mix together a cupful and a half of dry cooked pumpkin and half a cupful of sugar, a cupful of milk, two well-beaten eggs, two tablespoonfuls of molasses, two tablespoonfuls of melted butter, half a teaspoonful of allspice, half a teaspoonful of cinnamon, and a little salt. Pour into small pastry lined tins, and bake golden brown.

Jalousie

Roll out strips of leaf paste about four inches wide, put apricot marmalade on top, with small strips of leaf paste criss-crossed over. Powder with icing sugar when baked.

I hear, I speak, I smell sweet savours.
—SHAKESPEARE.

Jumbles

Put half a pound of sweet almonds into a mortar, with a pound of powdered sugar. Add a tablespoonful of brandy, and enough whites of eggs to make into a rather stiff paste. Mould this paste into small round balls about an inch and a quarter in diameter. Bake on paper in a cool oven. They should rise like little puffs.

Jumble Wafers

Rub well together half a pound of butter and half a pound of sugar until light. Beat in three or four eggs, one at a time. Mix with three-quarters of a pound of sifted flour, and flavor with vanilla. Put into a pastry bag with a half-inch tube, and lay the mixture on lightly buttered baking sheet in the form of rings an inch and a quarter in diameter. Bake in a slow oven.

Lady Fingers

Beat together half a pound of sugar and the yolks of seven eggs; add the well-beaten whites and half a pound of sifted flour, mixing thoroughly with a wooden spoon. Place the mixture in a pastry bag, and on a baking sheet covered with paper lay it in cakes about four inches long and three-quarters of an inch wide. Dust with powdered sugar, and bake in a moderate oven for fifteen minutes, without browning.

Dainty bits make rich the ribs.

—SHAKESPEARE.

Lemon Drop Cakes

Cream a cup of sugar and four tablespoonfuls of butter, add three well-beaten eggs, three cups of sifted flour, a pound of currants, half a teaspoonful of salt, two teaspoonfuls of baking powder, and a cupful of milk. Flavor with lemon extract. Stir slowly until thoroughly mixed. Drop a teaspoonful at a time on a well-greased dripping pan, and bake five to ten minutes in a quick oven until brown.

Lucerne Puffs

Roll leaf paste out thin and cut it into four-inch squares. Wet the edges, and in the centre put some marmalade or jam, and close neatly. Dust with coarse powdered sugar and ground sweet almonds, then bake.

Macaroons

Mix a pound of ground sweet almonds with the same quantity of powdered sugar, adding two tablespoonfuls of flour. Make into a stiff batter with sufficient whites of eggs; put in bags, and spot out the size of large macaroons. Sprinkle the tops with powdered sugar. Bake in a cool oven for thirty minutes.

Blest be those feasts with simple plenty crowned.
—GOLDSMITH.

Macaroon Panachée

A pound of almonds, a pound of hazel-nuts ground, two pounds of sugar, and the whites of fifteen eggs beaten stiff. Mix, and dress on paper in oval shape. Set in a moderate oven for six or eight minutes. When cold put chocolate cream on top, and decorate with chopped almonds and pistachios.

Chocolate Cream: Mix together three-quarters of a cupful of cornstarch, half a cupful of sugar, a speck of salt, dilute with a third of a cupful of cold milk, add two cupfuls of scalded milk, and cook over hot water ten minutes, stirring constantly until thickened; melt a square and a half of chocolate, add three tablespoonfuls of hot water, stir until smooth, and add to cooked mixture; add whites of three eggs beaten stiff, and a teaspoonful of vanilla. Chill and serve with cream.

But for life the universe were nothing, and all that has life requires nourishment.

Maids of Honor

Warm a quart of milk, add a tablespoonful of rennet, and let it stand by the side of the fire or in a warm place to get pretty hot, or until the curd is quite firm. Strain, and press out the whey. Put the curd into a pan or basin and rub it until quite smooth. Add a quarter of a pound of butter, a teacupful of sugar, and two eggs. Mix well, and add a little grated nutmeg, lemon juice to flavor, and a few currants. A stale sponge cake rubbed fine into this is an improvement. Roll some leaf paste to the thickness of a quarter of an inch, leaving it two inches across. Put on patty pans the same size and pour on the curd. Cover the whole of the paste, even to the very edge. Dust with powdered sugar and bake in a moderate oven.

Marguerites

A cupful of sugar, two cupfuls of flour, half a cupful of butter, half a cupful of milk, the yolks of four eggs, two teaspoonfuls of baking powder, and half a teaspoonful of mace. Add enough flour, roll them half an inch thick, cut in rounds, lay them in a floured pan so as not to touch, and bake quickly. When cool, put on each a lump of currant jelly, and on this a heap of stiff frosting flavored with lemon. Set in a warm oven until a pale brown.

Any pretty little kickshaws.

—SHAKESPEARE.

Meringues

To a cupful of whites of eggs, add a quarter of a teaspoonful of salt. Beat slowly at first and then faster until very stiff; whisk in two tablespoonfuls of fine granulated sugar; add the same quantity of sugar twice more, beating vigorously each time before more is added. Continue beating until the mixture can be cut with a knife. Add as much more granulated sugar as remains of a cupful, less the tablespoonfuls taken out, and fold into the mass lightly and smoothly. Dredge a light buttered baking sheet with flour; drop the mixture on the paper, giving each tablespoonful an oval shape. Dust these with fine granulated sugar, and bake in a cool oven until a light brown. These should dry out rather than bake at first.

Mince Tarts

In the centre of a four-inch square of leaf paste place a small mound of mincemeat prepared as for pies. Gather up the four corners, and pinch the edges close together. Place a lump of butter on top of each, and sprinkle well with cinnamon and sugar. Bake and serve with brandy sauce.

Brandy Sauce: Cream a quarter of a cupful of butter; add a cupful of powdered sugar gradually, and two tablespoonfuls of brandy very slowly, the well-beaten yolks of two eggs, and half a cupful of cream. Cook over hot water until it thickens as a custard. Pour it on the beaten whites of two eggs, and mix thoroughly.

It is only at the table that man never feels bored during the first hour.

Mirlitons

Pound and sift six macaroons, add a tablespoonful of grated chocolate, and a pint of hot milk. Let it stand for ten minutes, and add the well-beaten yolks of three eggs, one tablespoonful of sugar, and one teaspoonful of vanilla. Line patty tins with leaf paste, fill with the mixture, and bake in a quick oven for twenty minutes.

Mocha Cream Cake

A cupful of sugar, and a quarter of a cupful of butter creamed together. Add half a cupful of sweet milk, and a cupful and a half of flour which has been sifted several times with one and a half teaspoonfuls of baking powder. To this add the beaten whites of three eggs. Bake in two layers in a moderate oven, using oblong pans.

Filling: Half a cupful of strong, clear coffee, and half a cupful of milk. Heat in a double boiler; add to this two heaping teaspoonfuls of flour, a cupful of sugar, and the well-beaten yolks of four eggs. Cream two tablespoonfuls of butter, and add slowly to the custard when cool. This makes it light. When the cake is cold cut it in blocks four inches long by two inches wide; put two blocks together with mocha cream between, dip in caramel icing, and cover all over with chopped almonds.

The turnpike road to peoples' hearts, I find,
Lies through their mouths, or I mistake mankind.

Mushroom Chantilly

Beat the whites of six eggs very stiff, add gradually four cupfuls of sugar and a darh of vanilla. Shape in mushroom style, place on greased pan, and bake very slow. When cold fill the centre with whipped cream.

Napoleons

Bake three sheets of leaf paste. Fill between sheets with pastry cream. Spread the top with frosting, and sprinkle with pistachio nuts blanched and chopped. Cut with a sharp knife in pieces about two and a half by four inches.

Neapolitaine à l'Italienne

Take enough leaf paste for one pie. Roll it in a sheet half an inch thick, and cut into strips three inches by one and a half. Bake in a quick oven. When cold, spread half the strips with jelly or jam, and put the others on top. Cover with frosting.

In dining, the fault of the old-time Dutch,
Was pausing too little and eating too much.

Neapolitan

Roll out leaf paste half an inch in thickness, and cut it into strips about two inches wide. Lay these on a baking dish a little distance apart so they will not join when spreading, and bake in a quick oven. Remove and mask half of them with raspberry or strawberry jam, and place the other half on top. Ice them with colored icing, arrange tastefully on a fancy dish, and serve. Pastry cream is used a great deal for filling.

Noisettier

Cut sponge cake in squares, fill with hazel-nut praline. Put meringue all over them, and powder with sliced almonds and icing sugar. Put in oven for three or four minutes, and decorate with hazel-nuts made out of almond paste.

Praline: Two cupfuls of sugar melted to caramel, mixed with half a pound of hazel-nuts. Grind them fine until oily.

Nothing lovelier can be found in woman, than to study household goods.

—MILTON.

Othellos

Beat three eggs until light. Cream a quarter of a pound of butter, add half a cupful of sugar and three squares of Baker's chocolate, melted, one cupful of stale bread crumbs, and three tablespoonfuls of flour. Spread the mixture in a shallow buttered pan, and bake in a slow oven. Shape with a biscuit cutter, and put together in pairs with White Mountain Cream between and on top.

White Mountain Cream: Put a cupful of sugar and half a cupful of boiling water in a saucepan. Beat gradually, and boil until the syrup will thread when dropped from a spoon. Pour syrup gradually on the beaten white of an egg, beating the mixture constantly, and continue beating until of the right consistency to spread. Add half a tablespoonful of lemon juice.

Paganini Tartlet

Line tart pans with leaf paste, and bake in a quick oven. Place another tart pan over the dough to keep its shape. Take out when done, and put half a teaspoonful of orange marmalade on each tartlet. Cover this with meringue, and put back in the oven for a few minutes to brown.

No man can be wise on an empty stomach.

Pastry Cream

Put a pint of cream and a pint of milk into a stewpan, which place on the fire, and stir constantly with a wooden spoon. After it has boiled up, put in two ounces of sugar, the peel of a lemon, and a little salt, and let it remain until the peel is infused in the cream. Beat in the yolks of eight eggs, keeping the pan over the fire. When the cream is of good consistency, pass it through a fine sieve, rubbing it with a wooden spoon into a basin, where it may be kept until required for use. If the cream is liked very thick, more eggs may be added.

Peach Crusts

Roll leaf paste an eighth of an inch thick, cut it in two-and-a-half-inch squares, and bake in a hot oven. Cool, press down the centres, and arrange on each half a canned peach drained from syrup and heated in the oven. Sprinkle with powdered sugar, and put brandy into each cavity. Light just before sending to the table.

Persian Bars

A pound of crumbled stale cake, a quarter of a pound each of currants, seeded raisins, and coarse chopped almonds or peanuts, one-eighth of a pound of fine chopped mixed peels, a good flavoring of mixed spices, a teaspoonful of salt, and three

or four eggs. Mix into a medium stiff paste with molasses. Roll leaf paste into one-eighth inch sheets, cut it in two, lay one sheet on a level baking pan with an inch high side to it, water-wash it, lay on a three-quarters of an inch thick filling, level it, water-wash it, and lay on the other sheet of paste. Dock it, water-wash it again, and bake. When baked and cold, cut it into strips. Ice the strips with icing, and cut it into fingers. Put a preserved cherry and one or two diamond-shaped pieces of citron on each piece.

Petit Fours Bouchée

Beat the yolks of four eggs in three tablespoonfuls of cold water until thick, add a cupful of sugar gradually, and beat well. Put a tablespoonful and a half of cornstarch and a teaspoonful and a half of baking powder into a cup, fill the rest of the cup with flour, and add a quarter of a teaspoonful of salt; sift them together several times, and add to the mixture. Mix thoroughly, and add the well-beaten whites of four eggs, and one teaspoonful of vanilla. Bake in a shallow pan, cool, and cut in shapes with small round cutter. Split and remove a small portion of the cake from the centre of each piece. Fill cavities of half the pieces with whipped cream, cover them with the remaining pieces, and press firmly together. Dip cakes in icing and decorate the tops with pistachio nuts or glacé cherries.

Rich foods which custom requires.

Pilac Suit

Roll out a rich biscuit dough about as thick as pie crust. Spread with hot butter, use any fruit for the filling, and sweeten it well. Roll it like a jelly cake, and cut it in pieces about five inches long. Pinch the ends together to keep the fruit from oozing out. Set the pieces in a well-buttered tin, and bake. Turn them so they will brown delicately on both sides.

Pithivier

Roll out thin leaf paste, and put frangipane on it. Roll out another leaf paste, a little thicker, put on top of the frangipane, and brush with eggs. Bake in a moderate oven.

Frangipane: Rub four tablespoonfuls of flour smooth in a quarter of a pint of cream. Add three ground macaroons, four tablespoonfuls of powdered sugar, the grated peel of a lemon, a little citron cut fine, and a dash of brandy. Put all into a saucepan and let come to a boil, stirring slowly to prevent lumps. When thoroughly cooked, take from the fire for a minute, and stir in the beaten yolks of four eggs. Stand the saucepan in another of boiling water and return to the stove, stirring until the eggs seem done — about five minutes if the water boils all the time.

Plunkets

Cream half a pound of butter, and add gradually half a pound of sugar. Separate six eggs, and beat the whites until stiff. Beat the yolks, and add them to the whites, then to the butter and sugar. Sift together twice, a cupful and a half of corn-starch, half a cupful of flour, and one teaspoonful of baking powder, and add gradually to the other mixture. Flavor with a teaspoonful of vanilla, and bake in patty pans for fifteen minutes.

Polish Tartlets

Roll leaf paste out thin and cut it into two and a half inch squares; brush each square over with the white of an egg, and fold over the corners until they meet in the middle. Slightly press them together, and brush over with the white of an egg, dust with sugar, and bake in a quick oven for fifteen minutes. When done, make a hole in the middle, and fill it with jelly, jam, or marmalade.

Prune Tarts

Roll half a pound of prunes slowly until soft, pit, add two tablespoonfuls of sugar, half a teaspoonful of cinnamon, the juice and rind of a lemon, and a tablespoonful of grated stale bread. Cut leaf paste into six inch squares, fill with the prune mixture, fold the four corners over, and bake on pie plates dredged with flour.

For I will play the cook.

—SHAKESPEARE.

Quennellens

A quarter of a pound of citron chopped fine, two pounds of seeded raisins, and a pound of currants. Chop the currants and raisins very fine, and put them in an earthen bowl; add the rind and part of the juice of a small lemon, and a wineglassful of brandy. Roll out leaf paste a little thicker than for pies, and cut it into pieces four inches long and three inches wide. Put on fruit so that the crust may be turned over, and the edges brought together. Close the ends and lay the cakes in tins with a space between. Bake in a slow oven, and do not let them brown. Roll in powdered sugar.

Quillet Café

Cut thin sponge cake into squares; fill between two squares and cover the top with Mocha cream. Sprinkle all over with chopped roasted almonds, and garnish with white half almonds.

Mocha Cream: Half a cupful of strong, clear coffee and half a cupful of milk. Heat in a double boiler; add to this two heaping tablespoonfuls of flour, a cupful of sugar, and the well beaten yolks of four eggs. Cream two tablespoonfuls of butter and add slowly to the custard when cool. This makes it light.

Raspberry Puff

Roll out leaf paste an eighth of an inch thick, and cut in pieces four inches square. Put a tablespoonful of raspberry jam in the centre of each piece, fold over the corners, and pinch the edges together firmly, leaving two or three vents. Place on a sheet, and bake twenty minutes in a hot oven.

Raspberry Meringue Tart

Line patty tins with leaf paste rolled thin. Fill with cracker crumbs, and bake until crisp and a golden brown. When cold remove the crumbs. Mix half a pint of raspberries with powdered sugar, and fill the tartlets with this, high in the centre but away from the rim. Beat the whites of three or four eggs to a stiff froth, and mix in a scant cupful of powdered sugar. Cover the berries with this meringue. Set in a moderate oven for six or eight minutes.

Sand Slices

Roll out leaf paste about a quarter of an inch thick. Cut into strips three inches long and half an inch wide. Beat the white of an egg slightly, and spread over the paste, sprinkling with granulated sugar, chopped nuts, and cinnamon.

And lucent syrops tinct with cinnamon.
—KEATS.

Sapphos

Overlay oval tart moulds with very thin pie crust, place raspberry jam on the bottom, and almond cream above.

Almond Cream: Stir a quarter of a pound of butter with two eggs, and the yolks of two more, the rind of half a lemon, and a quarter of a cupful of milk. Bake in a hot oven. When cold, glaze with pink icing with granulated chocolate at the ends, and three roasted hazel-nuts in the centre.

Savarin au Rhum

Work four cupfuls of flour into eight eggs, add two cupfuls of butter, half a cupful of sugar, and half a cake of yeast. The yeast must first be dissolved in warm milk. Fill Savarin moulds half full of the mixture, let it stand for three-quarters of an hour, and bake in a hot oven. When baked, soak in syrup with rum for about five minutes, and serve hot.

Saxony

Warm a pint of milk in a double boiler, and gradually stir into it six tablespoonfuls of flour; when the paste is free from lumps, add two tablespoonfuls of butter, and a quarter of a pound of Parmesan cheese cut in very thin slices — not grated. Stir in three well beaten eggs, mix thoroughly, put in patty pans lined with leaf paste, and bake.

The seat of courage is the stomach.

Sebastopol Slices

Bake any good sponge cake on a shallow pan. Cut in bars about four inches long, place two together with praline cream between. Cover the top with currant jelly, and decorate with sliced almonds and pistachio nuts.

Praline: Two cupfuls of sugar melted to caramel, mixed with half a pound of almonds. Grind them fine until oily.

Praline Butter Cream: To a pound of sweet butter, add four cupfuls of pastry cream and praline the size of an egg.

Small Cakes

Break an egg into a half-pint cup, and add a heaping tablespoonful of butter. Fill the cup with milk. Sift a cupful and a half of flour, a cupful of sugar, and a teaspoonful and a half of baking powder together three times. Stir the milk mixture into the flour mixture, and add a teaspoonful of vanilla. Beat for five minutes. Add half a cupful of nut meats well floured. Beat for another minute. Fill a dozen greased gem pans, and bake ten minutes in a hot oven.

Cookery means the knowledge of Medea and of Circe, and of Helen and of the Queen of Sheba.

Snickerdoodles

Mix in the usual manner, three cupfuls of flour, two cupfuls of sugar, a cupful of milk, three-quarters of a cupful of butter, two eggs, two teaspoonfuls of cream of tartar, and one of soda. Drop in a pan and sprinkle a little sugar and cinnamon over each. Bake in a quick oven.

Snow-Balls

Beat the yolks of three eggs light, adding gradually a cupful of granulated sugar, beating all the while. When very light, add two tablespoonfuls of milk and a cupful of flour. Stir vigorously for a few minutes. Beat the whites to a stiff froth, and add quickly to the batter, with a rounded teaspoonful of baking powder. Fill well-buttered cups two-thirds full, and bake twenty minutes. Roll in powdered sugar.

Strawberry Puffs

Into a granite saucepan put a cupful of milk and half a cupful of butter, and boil. Add a cupful of flour, stirring constantly, and cook two minutes. It should be smooth and velvety. When cool, beat in four eggs, one at a time, and continue beating for fifteen minutes. Drop by spoonfuls on buttered tins, and bake in a hot oven for twenty minutes. When cold, split open, fill with

Sit down! At first and last the hearty welcome.
—SHAKESPEARE.

crushed and sweetened berries, and coat with strawberry icing made by adding strawberry juice to a cupful of powdered sugar.

Swiss Cakes

Mix half a pound of ground sweet almonds with three pounds of powdered sugar; flavor with essence of lemon and a little orange-flower water. Make into a stiff paste with sufficient white of egg. Work this paste well, and make into small round balls. Roll in coarse sugar and bake on paper in a cool oven.

Tarts

Cut leaf paste in disks three inches square, two for each tart. Cut out the centre of one disk for each tart, moisten the ring on one side with water and fit it moist side down on the other disk. This must be done very rapidly with all the disks. Put them quickly into a hot oven. When done, fill the cavity with any desired mixture, such as jam, boiled custard, pastry cream, fresh fruits, or mincemeat.

The art of cookery, when not allied with a degenerate taste or with gluttony, is one of the criteria of a people's civilization.

Tart de Moi

Take a straight-sided pan three and a half inches in diameter and an inch deep. Line it with leaf paste. Pinch up the edges and notch it. Fill three-quarters full with the following mixture: A quarter of a pound of crumbled cake, a quarter of a cupful of chopped almonds, a quarter of a pound of seeded raisins, two tablespoonfuls of chopped lemon peel, four tablespoonfuls of flour, four tablespoonfuls of powdered sugar, and lemon extract to flavor. Sift all the dry ingredients together several times. Whisk together two eggs and a gill of milk, adding flavor, and with it form a medium slack mass, adding more milk if needed. Pour it in the paste-lined tins, and bake. When baked, give the top a thin coat of fruit jelly and cover with meringue from a star or leaf tube.

Tree Cake

Bake any good sponge cake in a long narrow pan. Spread with pastry cream, and roll over once and a half. Cover with chocolate. Cream to represent the bark on a tree and spot with whipped cream; cut in four-inch lengths, mould some tiny green frogs of almond paste colored green with pistachio, using a speck of chocolate for the eyes, and put one on each portion.

New occasions teach new duties;
Time makes ancient good uncouth.

—Lowell.

Timbuctoo

Press out some nougat in plain tart moulds. When cold, fill up with nougatine butter cream, and put some granulated chocolate over.

Nougat: Melt four cupfuls of powdered sugar to caramel, add two pounds of chopped almonds, and a tablespoonful of glucose. Roll out on marble greased with oil.

Nougatine Butter Cream: Four cupfuls of sweet butter stirred well, add a quart of pastry cream and Praline the size of an egg.

Vanities

Beat a large egg well, stir in a tablespoonful of sugar, a speck of salt, and five drops of vanilla. Add a tablespoonful of water, and stir in a cupful of sifted flour very gradually. Knead on the board until smooth; a very little more flour may be needed for rolling, but be sparing, as the dough must be rolled very thin. Roll as thin as ordinary pasteboard, and cut into strips four inches long and an inch wide. When all are cut, slit each down the centre to within an inch of either end. When ready, drop into hot fat, clip one end through this gash and give it a twisted appear-

ance. Now hold both ends between the thumb and forefingers of each hand, and let slip into hot fat. They must be watched and turned as soon as they begin to get brown, as they cook in a few minutes. Drain, and sift confectioner's sugar over them. This is a small portion and can be doubled if desired.

Wine Jumbles

Mix together four cupfuls of sugar, a pound of butter, four cupfuls of flour, six eggs and a teaspoonful of cinnamon. Bake in jumble tins, in a quick oven, moisten the tops with wine, and sprinkle with fine sugar.

The pleasures of the table may be enjoyed every day in every climate, at all ages, and by all conditions of men.

—Brillat-Savarin.

Pies

Simplicity talks of pies.
—Nathaniel Parker Willis.

Pies

Pies, it is supposed, had their origin in the fourteenth century. They have come into world-wide favor as a dessert since that time, and New England housewives are so partial to them that they offer them for breakfast.

The first fresh fruit pies of the season have a flavor different from and more delicious than those made of older fruits, and are therefore hailed with delight in every family that knows them.

Pie crust should be light and flaky; it is then a delight to the epicure and has no terrors for the dyspeptic. Some cooks still cling to the old-fashioned method of making pies with large quantities of doughy paste. This is to be regretted, for soggy pies are not only hard to digest, but dull the brain and leave the body sluggish.

A pie properly made, well baked, and offered while fresh, may rightly complete any luncheon or dinner the earlier courses of which are somewhat light.

Pie Crust

Rub a pound and a half of flour, with half a pound of butter and half a pound of lard; add three ounces of sugar and half an ounce of salt, dissolved in half a pint of water; mix well and lay away in a cool place. Leaf paste also makes delicious pies.

Apple Pie (green)

Line a tin with pie crust. Fill with pared and sliced tart apples. To the apple add a teaspoonful of butter and a mixture of half a cupful of sugar — more if liked very sweet — a slight dash of salt, and an eighth of a teaspoonful of any spice preferred, nutmeg, cinnamon, allspice, or grated lemon rind. Mix carefully till the butter and sugar melt. Roll the top crust, and lay it on, lightly pressing the edges together.

For festive occasions cover the top with whipped sweet cream; or with a meringue of two egg whites and two heaped tablespoonfuls of powdered sugar, flavored with lemon juice, lightly browned.

One of those comfortable New England households with four kinds of pie on the table, where they never think of asking which kind you prefer, but give you a piece of each, sure that all are good.

—John Jarvis Holden.

Apple Pie (grated)

For one pie, seven or eight apples peeled and grated. To the yolks of two eggs add a cupful of sugar, a heaping teaspoonful of pounded almonds, and half a teaspoonful of powdered cinnamon. Mix thoroughly, and add the grated apples. Bake in deep tin with double crust.

Apricot Pie

Cut apricots fine, and mix with half a cupful of sugar, and the beaten yolk of an egg. Bake with double crust.

Blueberry Pie

Line a deep pie plate with pie crust. Fill with berries slightly dredged with flour, sprinkle with sugar and a slight pinch of salt, cover and bake from forty-five to fifty minutes in a moderate oven.

Boston Custard Pie

Beat the yolks of three eggs to a cream. Sift together several times, one tablespoonful of flour and three tablespoonfuls of sugar. Add it to the yolks, and put in a pinch of salt, a teaspoonful of vanilla, and a little grated nutmeg. Next add the well-beaten whites of the eggs and a pint of scalded cream which has been cooled. Mix this in gradually, turn it into a deep pie pan lined with leaf paste, and bake for half an hour.

Let your pie be a joy to the stomach, not a surprise.

—John Jarvis Holden.

Cherry Pie

Red cherries make the best pies. Line a deep pie plate with pie crust, and fill nearly full with stoned cherries. Sprinkle it over with four large tablespoonfuls of sugar, and dredge lightly with flour. Cover with an upper crust of leaf paste rolled out thin, turn the edges, and make vents in the centre. Press the edges lightly together to prevent juice from escaping. Serve the day it is baked.

Chocolate Pie

A cupful of milk, a cupful of sugar, a tablespoonful of butter, the well-beaten yolks of two eggs, a tablespoonful of cornstarch, and two heaping tablespoonfuls of grated chocolate. Cook until thick, flavor to taste, and put in a crust previously baked. It may be covered with meringue.

Meringue: Beat the whites of two eggs until stiff. Put in two tablespoonfuls of sugar, pour over the pie, and set in an oven to brown.

May life be like a pie!
Good crust above, good crust below,
And all between filled deep with sweets!

JOHN JARVIS HOLDEN.

Cocoanut Pie

Put half a cupful of grated cocoanut to boil in one and one-quarter cupfuls of milk. Beat two eggs and a cupful of sugar to a froth, and add a tablespoonful of butter. Mix with the milk and cocoanut after they have cooled, and grate half a nutmeg on top. Turn the whole into a deep pie plate lined with pie crust. Bake immediately. Cocoanut pie is also good with meringue on top.

Cranberry Pie

Put a cupful and a half of cranberries in a saucepan, add three-quarters of a cupful of sugar, and half a cupful of water. Cool before putting in pie. Bake in one crust with a rim and strips across the top.

No splendor of service can compensate for inferior or badly cooked food.

Cream Pie

Line three pie plates with leaf paste. Bake in a quick oven fifteen or twenty minutes. When done, take them from the oven and stand aside until wanted. Put a pint of milk to boil in a double boiler. Moisten a tablespoonful of cornstarch with a little cold milk. Put it into the boiling milk and stir constantly until it thickens. Add half a cupful of sugar. Beat the whites of four eggs to a stiff froth, stir them carefully into the boiling mixture, take it from the fire, and add the juice and rind of one lemon, or a teaspoonful of vanilla. Fill the shells of baked paste with this mixture, and put in the oven until brown. Cover the paste with another pie plate when baking to keep the edge from falling.

Custard Pie

Beat two eggs slightly, add three tablespoonfuls of sugar, a pinch of salt, and a cupful and a half of milk. Line a deep plate with pie crust, strain in the mixture, and sprinkle liberally with grated nutmeg. Bake in a quick oven at first to set the rim, and decrease the heat, as the eggs and milk need to be cooked at a low temperature.

Come, pilgrim, I will bring you where you shall host.

—All's Well that Ends Well.

Gooseberry Pie

Head and tail sound green gooseberries. Use one cupful of sugar to a cupful of berries, and cover with half a cupful of water in which a tablespoonful of sifted flour has been dissolved. Bake with two crusts.

Grape Pie

Simmer the pulps of Concord grapes a few minutes, and rub through a colander to separate the seeds. Mix the pulp and skins, and add a cupful of sugar to a cupful of fruit. Bake with two crusts.

Lemon Cream Pie, Louise

Heat a pint of milk; blend three tablespoonfuls of flour with a little cold water, stir into the milk, and boil until thick, taking care not to burn. Set aside to keep warm. Beat the yolks of three eggs and a cupful of sugar to a cream. Add the juice and rind of one lemon, stir them into the milk, and let all come to a boil. Line a deep pie tin with pie crust, and bake. Pour in the mixture, and put it in the oven until it sets. Have ready the whites of eggs beaten to a stiff froth; add three tablespoonfuls of pulverized sugar, and spread over the top of the pie. Put to bake in the oven until brown, taking care not to scorch.

Mince Pie

Boil four pounds of lean beef and two pounds of suet until tender; cool in the water in which they are cooked. Remove the suet, which will form on top. Chop the meat fine, and add to it eight pounds of apples, three quinces, three pounds of sugar, two cupfuls of molasses, two quarts of cider, two pounds of chopped raisins, two pounds of sultana raisins, three pounds of currants, and half a pound of chopped citron. Add the suet and a cup and a half of the stock in which the meat and suet were cooked. Heat gradually, stir often, and cook slowly for two or three hours. Add a quart of brandy, two tablespoonfuls of cinnamon, a tablespoonful of nutmeg, a tablespoonful of powdered cloves, and salt to taste. Bake with two crusts, using leaf paste for the upper crust, and pie crust for the lower.

Mock Cherry Pie

A cupful of chopped cranberries, half a cupful of chopped raisins, half a cupful of cold water, a cupful of sugar, a teaspoonful of melted butter, a teaspoonful of vanilla, a tablespoonful of flour. Bake between two crusts.

Peach Meringue Pie

Line a tin with pie crust, prick the bottom so that it may not rise in bubbles, and bake five minutes. Have ready enough canned peaches to fill the crust. Lay them in place with a little of the syrup and enough sugar to sweeten; the quantity will depend upon the fruit itself. Bake until the crust is done, and the fruit tender. In the meantime beat the whites of eggs stiff, add half a cupful of sugar, and when the pie is cooked, pile the meringue on top of the fruit. Return to a cool oven to cook and delicately color the meringue. Serve either hot or cold.

Pineapple Pie

Cream a cupful of granulated sugar and two tablespoonfuls of butter, add the yolks of three eggs beaten light, four slices of pineapple chopped fine, a quarter of a cup of milk, and the beaten whites of three eggs. Bake in crust for half an hour, then beat separately the whites of three eggs with three spoonfuls of sugar, cover the pie and put it back in the oven to brown.

Small cheer and great welcome, makes a merry feast.

—SHAKESPEARE.

Pumpkin Pie

Cut a fair-sized pumpkin in two, and remove the seeds. Bake until thoroughly cooked, remove from the rind, and put the pulp through a colander. To one quart of pumpkin, add half a pound of sugar, half a teaspoonful of mixed spices, two tablespoonfuls of molasses, six partly-beaten eggs, and a pint of milk. Line a deep tin with pie crust, pour in the pumpkin, and bake in a moderate oven. This will make two pies.

Rhubarb Pie

If the rhubarb is very young it need not be peeled; otherwise strip off the outer skin, and cut the stalks in pieces half an inch long. Line a pie dish with pie crust, fill with rhubarb, and sprinkle liberally with sugar, adding a pinch of salt. Shake over a little flour. Cover with leaf paste, and bake in a quick oven.

A good dinner sharpens the wit, while it softens the heart.

Washington Pie

Beat the whites and yolks of three eggs separately, cream a cupful of granulated sugar with an ounce of butter, and a cupful and a half of sifted flour, one large teaspoonful of baking powder, and two tablespoonfuls of water. Divide the batter in half, and bake in two pie tins, in a quick oven. When done and cool, split each in half with a hot knife, and spread with the following cream:

Filling: Sift a cupful of sugar and a cupful of flour together until thoroughly mixed. Add two eggs, and beat all together. Put on the fire a pint of milk, add an ounce of butter, and a teaspoonful of vanilla. When it begins to boil, add the mixture, and stir one way until it thickens.

A last course at dinner wanting cheese, is like a pretty woman with only one eye.

Cake

The odor of that spicy cake came back upon my recollection.

—Lamb (Essays of Elia).

Cakes

Among all civilized peoples the cake is an institution, a symbol of birthdays, marriages, and all the joyful events of life. Pleasant superstitions have grown around it; delightful memories afford it surroundings commensurate with its intrinsic goodness. From childhood to old age it shines, the culminating feature of gala days and festal nights.

Herein are collected the approved recipes of older days, and the last word of our modern ingenuity and taste. Once there was a little girl who bore as a painful recollection throughout her life that she had had but six of the seven kinds of cake a bountiful hostess once provided for her. Let no such shattered hope follow the reader of this chapter. Were there a hundred kinds, none deserve neglect.

Cake-Making

Special attention must be paid not only to exact measurements, but also to correct methods of manipulation. Use none but the best materials. Flour, sugar, and all dry ingredients must be sifted several times before measuring. Eggs must be well beaten, the yolks to a thick cream, and the whites to a stiff froth. Eggs beat much lighter and quicker when very cold. Spices should be ground to the finest powder. Fruits should be very dry or the cake will be heavy.

Cream the butter with the hand or a large spoon, add the sugar, and cream again until very light. Put in the yolks, spices, and flavoring, and beat again. Add milk and flour alternately until all are used, and beat vigorously until very smooth. Last add the fruit and the beaten whites.

Loaf cake requires less heat than thin cakes. If the oven is too hot at first or if suddenly cooled while the cake is baking, the cake will be soggy. If cake rises and cracks in the centre, too much flour has been used. When it browns before rising, the oven is too hot. Without perfect control of the fire, do not attempt to bake cake.

Almond Cake

Rub half a cupful of butter and two cupfuls of sugar to a smooth white cream. Add four eggs, one at a time, beating three or four minutes between each. Sift a pint of flour and one and a half teaspoonfuls of baking powder together, add to the mixture with half a cupful of blanched almonds, a glass of brandy and half a cupful of milk. Mix into a smooth batter, bake in a moderate oven for twenty minutes.

Almond Cake à la Russe

A pound of ground almonds, a pound and a quarter of sugar, six whole eggs, a dash of vanilla, a little rum, and six whites of eggs whipped very stiff. Mix, and bake in a moderate oven. Put white icing on top and pistachio nuts around.

Custards for supper, and an endless host of syllabubs and jellies and mince pies and other such lady-like luxuries.

—Shelley.

Angel Cake

Take three and a half cupfuls of flour, half a cupful of cornstarch, a pound and a half of powdered sugar, two teaspoonfuls of cream of tartar, and two tablespoonfuls of vanilla sugar. Sift several times. Whip three pints of whites of eggs, adding by pinches, a tablespoonful of powdered sugar until stiff and smooth. Success depends upon the firm body and fine grain of this egg froth. Stir all gently and smoothly together; add two tablespoonfuls of vanilla, and a tablespoonful of lemon extract. Half fill three moulds, not buttered, and bake in a moderate oven for twenty minutes. Take them out of the oven, turn bottom up, and let stand on the horns of the pans until cold. This quantity can be reduced for a single cake.

Angel Food

Sift a teaspoonful of cream of tartar with a quarter of a pound of flour five or six times. Beat the whites of ten eggs to a stiff froth, add ten tablespoonfuls of sugar, and mix carefully. Add the flour, gradually stirring all the while, and, last, the flavoring. Turn quickly into an ungreased pan three-quarters full, and bake in a moderate oven — 260°F.— for forty-five minutes. Take from oven, turn pan upside down on a rest, and let it stand until the cake falls out. Coat with white icing.

Lo, a cake!
—JUDGES.

Banana Cake

Cream together half a cupful of butter, two cupfuls of white sugar, and a pinch of salt. Add gradually a cupful of sweet milk, and two teaspoonfuls of baking powder sifted with four cupfuls of flour. Stir until smooth, then add a teaspoonful of vanilla and the whites of three eggs well-beaten. Bake in layers.

Filling: Peel three large ripe bananas and slice them lengthwise. Add the yolks of three eggs well beaten, and mix well together. Dissolve in a saucepan a cupful of sugar, and a third of a cupful of water. Boil until the syrup candies. Add the banana and egg mixture a spoonful at a time. Cook ten minutes, stirring constantly. Remove from the fire and stir until cold. Spread on layers which must also be cool. This is better than other ways of making banana cake, as the filling will not soak into the cake.

Because you are virtuous shall there be no more cakes and ale?

—SHAKESPEARE.

Bride's Cake

Two pounds of currants, and half a pound each of candied orange peel, citron and lemon, sliced thin. Blanch and bruise a pound of almonds, and grind a tablespoonful each of mace, cinnamon, cloves, and nutmegs to a powder. Whip four pounds of butter to a cream. Beat separately the whites and yolks of twenty eggs — the whites should be frothed. Take two pounds of sifted sugar, and half a pint of brandy, the same of sherry, and four pounds of pastry flour sifted several times. Put the creamed butter into a large basin and by degrees mix in the sugar, stirring it constantly. Next add the whites of the eggs, and beat all together with the yolks; then add the almonds, spices, and, very gradually, the flour, until all are thoroughly blended. Beat well, and add the currants, sprinkling them in gradually so as to distribute them equally, and finish by making all smooth with the brandy and sherry. Keep up the beating until all is ready for baking. A double paper, well buttered, must be put as a lining to the baking pan, and the mixture should not fill the pan more than three-quarters full, that it may have room to expand. Put a paper over the top and bake the cake in a moderately heated oven. When done, cover it with almond paste three-quarters of an inch in thickness.

Almond Paste: Blanch a pound of sweet almonds and a dozen bitter almonds. Pound them in a

Please not a seed-cake, but a plum-cake.
—THACKERAY.

mortar to a smooth paste, and drop in once or twice during the process a little orange-flower water; add a pound of sifted sugar and as much white of egg as will make a soft stiff paste. When all are well mixed together lay the paste on top of the cake already baked, a little more than half an inch thick, as smoothly and evenly as possible. Put it in a cool place to dry. Then put sugar icing over this.

Sugar Icing: Two pounds of powdered sugar and the whites of three eggs — not beaten. Beat well together. Add a teaspoonful of lemon juice a few drops at a time. When a smooth paste is produced the icing is ready. It should be spread evenly over the cake (which has been already baked and allowed to cool) with hands wet with cold water. It may be colored if liked.

If it is wished to ornament the cake with an ice beading, put a little of the icing into a sugar bag. Squeeze so the sugar will come out through the hole at the bottom in a thin stream and with this form any suitable devices on the cake. It may be ornamented in various ways, and, if one possesses originality, one can allow one's fancy full sway and there is hardly a limit to the variety of decorations that can be produced.

Caramel Cake

Beat half a cupful of butter to a cream, adding gradually a cupful and a half of sugar, the yolks of two eggs, and a cupful of water. Add two cupfuls of flour sifted three times, and beat for five minutes. Add three teaspoonfuls of caramel syrup, one teaspoonful of vanilla, and another half cupful of flour. Beat again thoroughly, and stir in carefully two teaspoonfuls of baking powder, and the well-beaten whites of two eggs. Bake in three layers in a moderate oven.

Caramel Filling: Boil a cupful of granulated sugar, and a cupful of water until it will form a soft ball in a cup of cold water. Pour this on the well-beaten whites of two eggs, add a teaspoonful of caramel syrup, and a teaspoonful of vanilla. Beat until cool.

Caramel Syrup: Set a cupful of sugar in an iron or granite pan, stir until sugar first softens, then melts, and finally becomes a liquid and throws off intense smoke. It really must burn. Have ready half a cupful of boiling water. Remove the pan from the fire, add the hot water, stir rapidly, and boil until you have syrup. This is enough for three or four cakes.

Wouldst thou both eat thy cake and have it?
—HERBERT

Chocolate Cake

Cream a cupful and a half of melted butter, a cupful of sugar and the yolks of seven eggs together, than add a cupful of flour and a quarter of a pound of ground almonds. Beat together two ounces of grated chocolate with whites of seven eggs, stir in the above mixture and mix all well. When baked, ice on top with chocolate icing and granulated chocolate around.

Chocolate Nougat Cake

Cream a quarter of a cupful of butter, and add two cupfuls of granulated sugar, and two eggs well-beaten. Mix well, and add three-quarters of a cupful of sour milk. Sift two cupfuls of flour with half a teaspoonful of soda, three teaspoonfuls of baking powder, a quarter of a teaspoonful of salt, and a cupful of blanched almonds. Mix, and add half a teaspoonful of vanilla. Cook together until smooth, three squares of chocolate, a third of a cupful of sweet milk, and half a cupful of sugar. Cool slightly, and add to the cake mixture. Bake in two layers, and put White Mountain cream sprinkled with a few chopped almonds between the layers and on top.

White Mountain Cream: Put a cupful of sugar and half a cupful of boiling water in a saucepan. Beat gradually, and boil until the syrup will thread when dropped from the spoon. Pour syrup gradually on the beaten white of one egg, beating the mixture constantly, and continue beating until of the right consistency to spread. Add half a tablespoonful of lemon juice.

Cocoanut Cake

Three-quarters of a pint of powdered sugar, one large tablespoonful of butter, half a pint of grated cocoa, a pint of flour, a tablespoonful of baking powder, and milk enough to make a stiff batter. Bake in shallow greased pans, put together with white icing, and scatter cocoanut on top.

Cream Cake

Beat three eggs separately, add a scant cupful of sugar, a cupful of flour, a heaping teaspoonful of baking powder, and a tablespoonful of water.

Filling: Two cupfuls of milk, one tablespoonful of cornstarch, one egg with a pinch of salt, and half a cupful of sugar. Boil in a double boiler until thick. Each layer is to be split and the filling put between while hot.

Preserve and treat food as you would your body, remembering that in time it will be your body.

Devil's Food Cake

Two cupfuls and a half of sifted flour, two cupfuls of sugar, half a cupful of butter, half a cupful of sour milk, half a cupful of hot water, two eggs, half a cake of chocolate, a teaspoonful of vanilla, and a teaspoonful of soda in the hot water. Mix in the usual way, bake well, and when cold ice with chocolate icing.

Feather Cake

Separate the whites and yolks of six eggs. Beat the yolks to a cream, and add two teacupfuls of sugar, and beat again from five to ten minutes, add two tablespoonfuls of milk or water, a pinch of salt, and flavoring. Add part of the beaten whites. Sift two cupfuls of flour and two teaspoonfuls of baking powder together several times. Stir gradually into the mixture, enough to mix well. Add the remainder of the whites of eggs, and bake in three layers, filling the tins two-thirds full.

Filling: Sift half a cupful of flour, a cupful of sugar, and a pinch of salt together. Add two eggs slightly beaten, and gradually pour on two cupfuls of scalded milk. Cook in a double boiler for fifteen minutes, stirring constantly until thickened, and flavor with half a teaspoonful of lemon extract.

Know how to do a thing well yourself, and you will get it well done by others.

Federal Cake

Cream together a pound of sugar and half a pound of butter, stir in four eggs, and mix well. Add a teacupful of new milk, a pound of flour, a pound and a half of raisins dredged with flour, half a pound of chopped citron, one grated nutmeg, a teaspoonful of soda dissolved in a tablespoonful of hot water, and a wineglassful each of wine and brandy. Beat vigorously for fifteen minutes, and bake in a moderate oven until the dough will not stick to a straw.

Fruit Cake

Cream together a pound of sugar, and a scant pound of butter, add a cupful of molasses, a cupful and a half of sour milk, and twelve well-beaten eggs. Pour in a cupful of rich boiled cider. Sift together a pound of flour and a teaspoonful and a half of soda; stir in, beating briskly for ten minutes with a flat spoon or heavy wire egg beater. Add three pounds of raisins, two pounds of currants, half a pound of chopped walnuts, half a pound of candied orange peel, half a pound of chopped citron, two grated nutmegs and two teaspoonfuls each of cloves and allspice. Stir all together well, and bake for four hours in a moderate oven.

The odor of that spicy cake came back upon my recollection.

—Charles Lamb.

Giffles

Four cupfuls of flour worked with four eggs, a little salt mixed into a cupful and a half of butter, and four tablespoonfuls of sugar. Add an ounce of yeast dissolved with warm milk, and let rise. Roll it out a quarter of an inch thick, cut it in squares, put a teaspoonful of firm jelly in the corner, and roll over and over, stretching a little and curving like a Vienna roll. When very light, glaze, and bake in a hot oven for ten minutes.

Golden Cake

Cream a quarter of a cupful of butter, add half a cupful of sugar gradually, and the yolks of five eggs beaten until thick and lemon colored. Add a teaspoonful of orange extract. Mix, and sift a scant cupful of flour, and a teaspoonful and a half of baking powder; add this alternately with a quarter of a cupful of milk to the first mixture. Stir until smooth, and bake in one loaf.

Sir, you are very welcome to our house
It must appear in other ways than words,
Therefore I scant this breathing courtesy.

—SHAKESPEARE.

Grand Duke Cake

Two cupfuls of sugar, a cupful of butter, a cupful of sweet milk, the whites of eight eggs well beaten, three cupfuls of flour, three teaspoonfuls of baking powder, and a teaspoonful of vanilla. Bake in three layers.

Filling: A cupful of sugar and half a cupful of water, cooked until the syrup threads. Stir in the white of a well-beaten egg, add half a pound of chopped blanched almonds, half a pound of raisins seeded and chopped, and half a pound of chopped figs. Ice the top with white icing.

Icing: A cupful of sugar and half a cupful of water cooked until the syrup threads. Stir in the white of an egg well beaten, and a small pinch of cream tartar.

Hickory Nut Cake

Beat half a cupful of butter and a cupful and a half of sugar to a cream; add three-quarters of a cupful of water, and two cupfuls of well-sifted flour. Stir until smooth. Add half the well-beaten whites of four eggs, and a cupful of hickory-nut kernels, then the rest of the whites, and a teaspoonful of baking powder. Pour to a depth of three inches into square flat pans lined with buttered paper, and bake in a moderate oven for forty-five minutes. Fill with pastry cream to which a few chopped nuts have been added.

A good dinner is brother to the good poem.

Jelly Roll

Beat the yolks of three eggs with a cupful of sugar, and add three tablespoonfuls of sweet milk. Beat the whites of the eggs to a froth, and mix with the yolks. Sift a heaping teaspoonful of baking powder into one cupful of flour, and stir into the mixture. Flavor with vanilla. Line a shallow pan with greased paper, pour the batter in evenly, and bake in a quick oven about twelve minutes. While hot lay on a damp cloth, spread with jelly or jam, and roll up quickly.

Kugelhopf (coffee cake)

Four cupfuls of flour worked with four eggs, and a little salt, mixed into a cupful and a half of butter, and four tablespoonfuls of sugar. An ounce of yeast dissolved with warm milk, and a teacupful of seeded raisins are then included. Powder the mould with sliced almonds, fill a quarter full, and let it stand until full. Bake in hot oven.

Every man shall eat in safety under his own vine, where he plants.

Layer Cake

Beat two cupfuls of sugar and a cupful of butter until very light. Mix in three eggs, then half a pint of milk. Sift two tablespoonfuls of baking powder in four cupfuls of flour and mix all together. This will make two cakes of three layers each.

Filling: A cupful of rich sour milk, two cupfuls of powdered sugar, half a cupful of raisins seeded and chopped. Mix and bring to a boil. Add half a cupful of chopped walnuts.

Three cupfuls of pastry cream and a small cupful of chopped walnuts also makes a good filling.

Leopard Cake

Light Part: A cupful and a half of white sugar, half a cupful of butter, half a cupful sweet milk, two cupfuls and a half of flour, the whites of four eggs, two teaspoonfuls of baking powder, and lemon flavoring.

Dark Part: One cupful of brown sugar, half a cupful of molasses, half a cupful of butter, half a cupful of sweet milk, yolks of four eggs, two cupfuls and a half of flour, and two teaspoonfuls of baking powder; flavor with spices. Mix the two batters lightly together, and bake.

Let hunger move thy appetite and not savory sauces.

Linzer Cake

Two cupfuls of flour, two cupfuls of butter, an egg, a cupful of sugar, a little cinnamon, mace, nutmeg, and milk. Mix well. Roll out in rounds, put raspberry jam on top, and cover with strips of the same dough. Bake. These are better when three or four days old.

Mazarin au Kirsch

Cream half a pound of butter and half a pound of sugar, add eight eggs and a pound of flour. Dissolve a cake of yeast in a little warm milk, and put it in the mixture. Pour into a Savarin mould and let it stand for three-quarters of an hour. Bake in a hot oven for fifteen minutes. When baked, cut half open and fill with whipped cream flavored with orange.

Mock Angel Cake

Set a cupful of milk in a saucepan of boiling water, and heat to a boiling point. Into a sifter put a cupful of flour, a cupful of sugar, three teaspoonfuls of baking powder, and a pinch of salt, all sifted together four times. Pour the cupful of hot milk onto the flour and stir until smooth. Fold in the well-beaten whites of two eggs,—do not stir or beat them in. Do not grease the tins or flavor the cake. Bake in a moderate oven. Ice

We live not upon what we eat, but upon what we digest.

with water icing made by sifting one cupful of powdered sugar, and adding water and flavoring until it will spread.

Mousse l'Orange

Stir two cupfuls of sugar with the yolks of twelve eggs, a cupful of flour and as much cornstarch, ten tablespoonfuls of melted butter, the grated rind of an orange, and the well-beaten whites of twelve eggs. Add a little red coloring before baking. When done, split the cake with a hot knife, put some pastry cream with orange flavor between, glaze on top with orange icing, and decorate with candied orange.

Nut Cake

Cream two cupfuls of sugar and four tablespoonfuls of melted butter, add three well-beaten eggs, and a cupful of sweet milk. Sift together three cupfuls of flour and two heaping teaspoonfuls of baking powder. Add to the mixture, and bake in layers.

Filling: Mix a cupful of seeded raisins, and a cupful of English walnut meats chopped fine. Add the yolks of two well-beaten eggs, a cupful of sherry, two tablespoonfuls of sweet cream, and a teaspoonful of vanilla. After spreading this mixture on the cake, sift over it a little sugar, add a layer of cake, and so on until all is used. Use the whites of the two eggs for icing, and ornament with walnut meats. This is delicious.

If you have dined with contentment, you have dined as well as the Lord Mayor of London.

Pineapple Cake

Beat together a cupful and a half of sugar, and half a cupful of butter. When creamy add a cupful of milk, and two cupfuls and a half of flour and a teaspoonful of baking powder, thoroughly sifted together, and a teaspoonful of salt. Flavor with a few drops of almond or vanilla. Last, beat in lightly the whites of four eggs well whipped, and bake in one loaf. Do not ice until the cake is cold.

For icing soak a third of a box of gelatine in a little water until dissolved. In a separate bowl whip the whites of two eggs, adding to them when stiff, half a cupful of sugar, the dissolved gelatine, and two cupfuls of grated pineapple. Stand in a cool place half a day before serving.

Pound Cake

Cream four cupfuls of butter and four cupfuls of sugar. Mix well with the beaten yolks of twelve eggs, add one grated nutmeg, a small glass of brandy and half a teaspoonful of mace. Stir in four cupfuls of well-sifted flour, and beat vigorously for five minutes. Last add the beaten whites of the eggs. Bake in a deep pan for an hour and a quarter in a slow oven. Ornament if desired.

The ornaments of a house are the friends that frequent it.

Silver Loaf Cake

Cream a cupful and a quarter of granulated sugar, and half a cupful of butter until it is as smooth and white as ice cream. Measure out two and a half cupfuls of flour, put in half a teaspoonful of soda and sift ten times. Put a teaspoonful of cream tartar in the whites of four eggs, and beat to a stiff froth. Mix the sugar, butter, and flour with a cupful of milk, and last add the whites of the eggs. Put in well buttered loaf tins, in a cool oven, heating the oven gradually. Use white icing.

Spice Cake

Half a cupful of chopped figs, and a cupful of seeded raisins. Pour over these a cupful of boiling water in which a level teaspoonful of soda has been dissolved. Stir, and let cool. Add a cupful of granulated sugar, half a cupful of butter, a cupful and a half of flour, a level teaspoonful of baking powder, the yolks of four eggs beaten until light and white, the whites of two eggs beaten until stiff, a teaspoonful of cinnamon, a quarter of a teaspoonful of allspice, as much of cloves, a teaspoonful and a half of nutmeg, and half a cupful of chopped walnut meats. Mix all except flour and fruit, which are to be added last. Bake as a solid cake.

But though so much of learning had been crammed
into her head,
She couldn't, for the life of her, compound a loaf of
bread.

Sponge Cake

Six eggs, their weight in sugar, and half their weight in flour. Break and separate the eggs carefully, beat the yolks and sugar until very light, then add the whites which have been beaten to a stiff froth. Mix carefully, and slowly sift in the flour. Put a quarter of a teaspoonful of baking soda into a tablespoonful of vinegar; stir until dissolved, and add quickly to the cake. Mix thoroughly, carefully turn into a well-greased large shallow pan, and bake in a quick oven for fifteen minutes.

Filling: Put half a pint of milk to boil in a double boiler. Beat half a tablespoonful of cornstarch, two tablespoonfuls of sugar, and the yolks of three eggs together until light, then stir into the boiling milk until it thickens. Take from fire, add the juice and the rind of half an orange. Stand away to cool. This should be made before the cake. When the cake is done turn it carefully from the pan bottom side up, and spread it while warm with the filling. Cut the cake in halves and fold the bottoms together thus having two layers of cake with a thick layer of filling between. Cover the top with orange icing.

Orange Icing: Take two tablespoonfuls of orange juice, a teaspoonful of lemon juice and two teaspoonfuls of brandy. Add the grated rind of an

My lord, will you walk? Dinner is ready.
—SHAKESPEARE.

orange and let stand for half an hour. Strain, and add gradually the beaten yolk of an egg. Stir in icing sugar until of the right consistency to spread.

Sponge Cake No. 2

Weigh any number of eggs in their shells — four will make a good sized cake — take their weight in granulated sugar, and half their weight in flour, with the grated rind and juice of one lemon. Beat the yolks until light in color and thick as cream, then add the sugar, and beat the mixture again until light. The lemon juice and rind should be added, then the flour, which must be sifted until light and full of air. The whipped whites should be folded in with great care.

Sunshine Cake

Beat the whites of eleven eggs until stiff, stir in a cupful of granulated sugar, beat the yolks of six eggs very light, flavor with a teaspoonful of orange extract, and add another half cupful of sifted granulated sugar. Put the yolks and whites together, and fold in a cupful of flour, in which a teaspoonful of cream of tartar has been sifted. Mix as quickly as possible. Bake from fifty to sixty minutes in a slow oven.

We grow like what we eat. Bad food depresses; good food exalts us like an inspiration.

Strawberry Short-Cake (home-made)

Two cupfuls of flour, two large teaspoonfuls of baking powder, a pinch of salt, a tablespoonful of cornstarch, an egg, a cupful and a half of milk, and four tablespoonfuls of butter. Sift the dry ingredients together. Beat the egg, and add it to the milk. Mix all to a thick batter, and bake in a well-buttered pan. When done, split with a very hot knife, butter each half slightly, and put between the slices the berries, which have been hulled, washed, sliced, covered with sugar and allowed to stand for half an hour. This cake may be covered with whipped cream, or it may be served with plain cream; but the best way is to serve it with the berry juice without cream. If baked in individual drops, they can be pulled apart instead of cutting with hot knife, although the hot knife does not injure the cake.

Courage, cheerfulness and a desire to work, depend mostly on good nutrition. Whenever the dinner is ill got up there is either poverty, or there is avarice, or there is stupidity; in short, the family is somehow grossly wrong.

DR. JOHNSON.

Streussel Cake

Four cupfuls of flour, six eggs, two cupfuls of butter, a little salt, two tablespoonfuls of sugar, half an ounce of yeast, worked together. Let the dough raise for two hours, then roll it out about half an inch thick and let it stand for half an hour.

Streussel: Melt two cupfuls of butter. Mix two cupfuls of flour, two tablespoonfuls of sugar, and two tablespoonfuls of ground cinnamon together, rub it through a collander, and put it over the cake. Bake slowly. When baked, powder with fine sugar.

Velvet Cake

Cream half a cupful of butter, add a cupful and a half of sugar gradually, the well-beaten yolks of four eggs, and half a cupful of cold water. Mix together a cupful and a half of flour, half a cupful of cornstarch, and four teaspoonfuls of baking powder. Sift several times and add to the first mixture. Then add the whites of four eggs beaten very stiff. After putting in pan cover with almonds and sprinkle with powdered sugar. Bake in moderate oven.

The chief pleasure in eating does not consist of costly seasoning or exquisite flavor, but in yourself. Do you seek sauce by sweating?

—HORACE.

Viennoise

Two cupfuls of flour, ten tablespoonfuls of sugar, a cupful and three-quarters of butter, and a dash of vanilla. Mix to a dough, roll out thin, divide in three parts, and bake slowly. When baked, put currant jelly on one part, and apricot jelly au kirsch on the other. Put them together. On top make a design in apricot and currant jelly, and pour chopped pistachio over.

Walnut Cake

Two eggs well beaten, a cupful of white sugar, two-thirds of a cupful of sour cream, one teaspoonful of baking powder sifted with a cupful and a half of flour, and a pinch of salt. Bake in five layers.

Filling: Two-thirds of a cupful of rolled walnut meats, half a cupful of white sugar, to two-thirds of a cupful of sweet cream. Mix and spread between the layers.

Animals feed; man eats; the intelligent man alone knows how to eat.

—Brillat-Savarin.

Wedding Cake

Cream four cupfuls of butter with five cupfuls of sugar, add the well-beaten yolks of twelve eggs, beat until very light, and stir in the whites whipped stiff. Mix in four cupfuls of flour, add a pound of citron, half a pound each of lemon and orange peel, two pounds of currants, six pounds of raisins, one teaspoonful of salt, three tablespoonfuls of cinnamon, two tablespoonfuls of mace, two tablespoonfuls of nutmeg, one tablespoonful of ginger, one tablespoonful of allspice, a dessert spoon of cloves, a cupful of molasses, and a pint of brandy. Beat well, and bake slowly until a straw will come out clean. This is a delicious cake, and will keep indefinitely.

White Cake

Cream three cupfuls of sugar with a cupful of butter. Add a cupful of cornstarch, one cupful of milk, the whites of twelve eggs, and three cupfuls of flour. Flavor with vanilla. Bake in four layers. Make an icing for the filling using the whites of four eggs beaten to a very stiff froth, two cups of icing sugar, and the juice of half a lemon. Spread thick between each layer and ice all over the top and sides.

Dream on wedding cake: T'will come true.
When He shall dream of You,
Or you of Him, he'll come to woo.

—Oliver Marble.

Puddings

I have sat in the stocks for puddings he hath stolen.

—William Shakespeare.

Puddings

England, the mother country, is parent too of puddings, their authentic history running back through seven centuries or more. Like her possessions, she has girdled the globe with them, and made them the inevitable accompaniment of several of our greatest festivals. Christmas without its plum pudding is fairly unimaginable!

But it is not to the heavier puddings, toothsome as they are, that attention is alone invited. For children, tired professional men, and peoples of sedentary lives, there is no dessert so practical as the fluffy, airy puddings, made apparently of nothing, yet possessing the most nourishing of food elements. They are at once inviting, inexpensive, easily made, and appropriate on all occasions.

Angel's Delight

This is an imitation of brick ice cream, and for the hostess who desires something delicate and inexpensive in the way of dessert, this recipe is highly recommended. Moisten four tablespoonfuls of gelatine with a little water. When dissolved add two cupfuls of boiling water, and six tablespoonfuls of sugar. Let the mixture come to a boil, and beat in the whites of six eggs, whipped to a froth. Beat until partially cool and stiff, and divide into three portions. Flavor the first portion with vanilla and spread in a layer mould, sprinkling the top with chopped nuts. Color the second portion with fruit or vegetable coloring, flavor with strawberry or lemon and spread over the first, sprinkling again with nuts. Flavor the third portion with vanilla and spread it over the second. Set on ice until firm, and serve with whipped cream.

Your dressing, dancing, gadding, where's the good in?
Sweet lady, tell me, can you make a pudding?

Apple Custard

Use mellow apples of medium size. Pare, core, and bake until tender in a slow oven. Press through a sieve. To each cupful of apple pulp add half a cupful of cream, two tablespoonfuls of sugar, a lump of butter the size of an egg, and two eggs beaten stiff. While the apple pulp is still hot, blend into it the butter. Heat the sugar until it is a syrup, and add first the yolks of the eggs, then the cream, and beat all vigorously. Pour into buttered cups, and bake in a moderately hot oven for fifteen minutes. Remove from the oven and quickly pour over it the beaten whites of the eggs, and return to the oven to brown. Set in ice box to chill, and serve with cream.

Tell me what you eat and I'll tell you what you are.

Cherry Pudding

This old southern pudding of sour cherries and cornmeal batter, boiled in a bag, is unsurpassed, either north or south. Make a good cornmeal batter, as for Johnny cake, with a cupful of fine cornmeal, half a cupful of flour, a tablespoonful of butter, half a teaspoonful of salt, an egg, a teaspoonful of baking powder, and enough sweet milk to make a very stiff batter, as the juice from the cherries will thin it while cooking. Stir in all the rich, ripe, sour cherries that the batter can be made to hold, allowing a half cupful of sugar to each cupful of cherries. The pudding should be so full of cherries that the batter simply holds them together.

Place in a long pudding bag, drop into a pot of boiling water, and boil steadily until the pudding is done. Rip the bag open at the end and down one side, roll out the firm, whole pudding, cut into thick juicy slices and serve hot with vanilla sauce, with butter and sugar creamed together, or with any rich pudding sauce.

To be equal physically and mentally to our day's work depends upon the food we eat.

Chocolate Marshmallow Pudding

Soak a pint of soft bread-crumbs into a quart of new milk, add a well-beaten egg, three tablespoonfuls of cocoa, a pinch of salt, and sugar to taste. Pour into individual earthen pudding dishes and bake for forty minutes. Have ready a pint of whipped cream, sweetened and flavored, fold in half a pound of marshmallows cut in small pieces, and heap on the pudding. Garnish each with a whole marshmallow and serve immediately.

Delicate Pudding

A cupful and a half of water, a cupful of sugar, and half a teaspoonful of salt, well mixed and brought to the boiling point. Wet three tablespoonfuls of cornstarch in a little cold water, stir into the boiling syrup, and cook for ten minutes. Beat the whites of three eggs to a froth, and whip the boiling mixture into them; return to the fire one minute to set the egg, add half a cupful of lemon juice and a little of the grated rind. Turn at once into a border mould that has been dipped in cold water and set away to become ice cold. Serve with strawberries piled high in the centre or pour a soft custard around as a sauce.

And lo! two puddings smoked upon the board.
—POPE.

Devonshire Pudding

Beat the yolks of six eggs until very light and creamy, add six tablespoonfuls of, sugar and beat again. Mix four tablespoonfuls of cornstarch with enough milk to dissolve it. Add the juice from a can of peaches. Mix, and stir into a quart of milk just before it boils. Add a pinch of salt. Stir until it has thickened. Pour into a baking dish and place it in the oven until it will bear icing. Place over the top a layer of the canned peaches. Beat the whites of eggs to a stiff froth with two tablespoonfuls of white sugar to one egg. Pour over the pudding, and place in oven until it is a light brown.

Fig Pudding

This pudding is quite as good as plum pudding, but not as rich. Chop fine a pound of figs; add a cupful of chopped suet, two cupfuls of bread-crumbs, three-quarters of a cupful of sugar, two tablespoonfuls of citron cut small, two well-beaten eggs, one tablespoonful of molasses, two tablespoonfuls of milk, one teaspoonful each of soda and salt, and half a teaspoonful of nutmeg. Put into a mould and steam two hours. Serve with hard sauce. Instead of creaming butter and sugar together for the hard sauce, stir into it a cup of stiff whipped cream and the white of one egg beaten until light. It is delicious, and goes further.

Hunger is the best seasoning for meat, and thirst for drink.

—Cicero.

Fig Tapioca

Soak two-thirds of a cupful of tapioca over night in three cupfuls of cold water. Add a cupful and a half of light brown sugar, two-thirds of a cupful of diced figs, and two-thirds of a cupful of chopped English walnut meats. Steam for one hour in a double boiler. Stir in a tablespoonful of vanilla extract and turn into the serving dish. Chill, and serve with plain or whipped cream.

Fruit Pudding

Half a pound of butter, and half a pound of suet, free from strings and chopped fine, half a pound of sugar, a pound and a quarter of flour, a pound of raisins seeded and chopped, a pound of currants, half a pound of dried pears and half a pound of dried peaches chopped, two ounces of citron cut fine, half a dozen eggs with whites and yolks beaten separately, a pint of milk, a cupful of brandy, a teaspoonful of cloves, and a grated nutmeg. Cream the butter and sugar, beat in the yolks, when whipped smooth and light, then put in the milk, then the flour alternating with the beaten whites of the eggs, then the brandy and spices, and the fruit well dredged with flour. Mix all well, put in a pudding dish, and steam from four to five hours.

A dinner lubricates business.

—Lord Stowell.

Rich Brandy Sauce: A cupful of butter, two tablespoonfuls of powdered sugar, and a cupful of brandy. Beat the butter to a cream, add the sugar gradually, and, when very light, add the brandy, which has been made hot. Place the bowl in a basin of hot water, and stir for two minutes. The sauce should be smooth and foamy.

Hard Sauce: A cupful of icing sugar, and a half cupful of butter beaten until very light. Flavor by beating wine into it or grating nutmeg over it.

Marshmallow Soufflé

Beat the whites of three eggs stiff, add three tablespoonfuls of sugar, and a heaping tablespoonful of gelatine that has been dissolved in a quarter of a cupful of warm milk. Flavor with vanilla. Color half of this green. Butter a dish slightly and place the colors in alternate layers. When congealed turn this on a plate, sprinkle with a few nuts, slice as you would cake, and serve with whipped cream.

The palate is the janitor; unless he be reconciled the most nutritious food will find no welcome.

Neapolitan Blanc-Mange

Make a cornstarch blanc-mange, and separate into four parts; put the white into the bottom of the mould, stir into one part while warm, one heaping tablespoonful of grated chocolate, and pour into the same mould on top of the white; color the next part with a half teaspoonful of fruit coloring, and pour on top of the chocolate; color the last part with the yolk of an egg, and pour all into the mould. Let each part get stiff first, before putting the other over. Cut in slices and serve with whipped cream.

Noodle Custard

Boil half a pound of dry noodles in salt water for twenty minutes, drain, cover with cold water, and drain again. In another dish make a custard of two beaten eggs, two cupfuls of sweet milk, two tablespoonfuls of sugar, and butter the size of a walnut. Put this over the noodles and bake about half an hour. Serve warm. It may be eaten with sweet milk or cream.

In drinking the order is from the milder to that which is stronger and of finer flavor.

Orange Roly-Poly

Sift two teaspoonfuls of baking powder with two cupfuls of flour; rub into it a tablespoonful of butter and one of lard; add half a cupful of milk, and roll out the dough into a sheet about half as wide as it is long. Spread this with four sweet oranges sliced and seeded; sprinkle with sugar, roll up the dough with the fruit inside, pinching the ends together that the fruit may not seep out. Tie the pudding up in a cloth, allowing it room to swell, drop into a pot of boiling water, and boil steadily for half an hour. Remove from cloth, and lay on hot dish. Serve with hard sauce.

Peach Roll

Make a rich biscuit dough, and cut it into pieces of even size, rolling each piece out thin. Spread with ripe peaches sliced thin, sprinkle with sugar, add several small bits of butter to each portion, roll up, and pinch the ends together. Place in a deep pan, and add a cupful of sugar, and half a cupful of butter to every four rolls. Pour in hot water enough to cover the dough, and bake in a hot oven half an hour. Serve with cream.

A drunkard knows not how to drink, and he who eats too much, knows not how to eat.

Pineapple Creole

Boil one quart of milk with a cupful of rice. When cold, add half a cupful of sugar, a few drops of vanilla, a teaspoonful of maraschino, a spoonful of whipped cream, an ounce of gelatine dissolved in a little milk, and two tablespoonfuls of grated pineapple. Fill up timbals, pour apricot jelly over, and serve.

Plum Pudding

Take a pound of bread-crumbs, a pound of flour, a pound of suet, a pound of currants and raisins, mixed, half a pound each of almonds, candied citron, and sugar, one short pint of New Orleans molasses, one grated orange, eight eggs, one grated nutmeg, and a teaspoonful each of salt, cloves, ginger, and allspice. Prepare raisins and currants, dredge with flour, and mix with the chopped citron and blanched almonds. Mix the suet with flour, crumbs, salt, sugar, spices, and orange peel, adding next the eggs, milk, and fruit. Scald and dredge a large strong pudding cloth, and lay in it the pudding; tie well, and daub the string-hole with dough. The pudding must be placed in boiling water and boiled for eight hours, but it may be boiled six or seven hours before being needed, and finished the day it is to be served.

Give him a sugar plum if he is good.
—Charlotte Brontë.

Prune Puffs

Mash and sweeten a cupful of stoned prunes. Sift a cupful of flour, half a teaspoonful of baking powder, and two tablespoonfuls of sugar together, and add water enough to make a soft batter. Grease ramekins or teacups with butter, and drop in each a tablespoonful of butter, a tablespoonful of mashed prunes, then another tablespoonful of batter. Put the cups in a steamer or pan of hot water, and cook until the dough will not stick to a straw. Serve with sauce made as follows; two tablespoonfuls of flour, three tablespoonfuls of sugar, mixed and moistened with cold water, and two cupfuls of clear boiling water. Flavor with nutmeg, and add a tablespoonful of butter.

Prune Whips

Stew twenty prunes without sugar until tender, drain, and cut in small pieces. Beat the whites of five eggs to a stiff froth with a pinch of salt added; add five tablespoonfuls of sugar, and flavor with half a teaspoonful of vanilla. Fold in the prunes. Pour the mixture into a buttered baking dish, place in a pan of hot water, and bake in a moderate oven for ten minutes; remove the cover to allow the pudding to brown slightly. Serve cold in glass cups with whipped cream.

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

Pudding Sauce

Put a quart of water, a lemon and a small orange, sliced, a piece of whole cinnamon, and a quarter of a pound of sugar into a sauce pan, and let them boil for ten or fifteen minutes. Pour in an ounce of corn-starch, mixed with half a cupful of water, and stir for about a minute. Flavor with any wine desired.

Queen of Puddings

A pint of bread crumbs, a quart of boiled milk, a cupful of sugar, the yolks of four eggs, the rind of a lemon, and butter the size of a walnut. Beat the whites of the eggs with an extra cupful of powdered sugar and the juice of the lemon, for frosting. Mix the other ingredients and, after baking nearly an hour, spread the pudding with a layer of raspberry jam, or other preserve, and with the frosting. Return to the oven and brown.

Rice Pudding

Wash half a cupful of rice in cold water, and put it in a double boiler with a quart of scalded milk. Cook quickly until tender; add two tablespoonfuls of sugar, two tablespoonfuls of butter, and half a teaspoonful of salt. Beat an egg until light, and add it to the rice, cooking for one minute. Pour it into the dish in which the pudding is to be sent to the table. Mix two tablespoonfuls of sugar with a third of a teaspoonful of ground cinnamon, and sprinkle over the top of the pudding. Cut two tablespoonfuls of butter into tiny bits and drop them at regular intervals over the pudding. When the butter melts the sugar and cinnamon will form a rich looking brown sauce. Serve hot.

Steamed Apple Dumplings

Pare and core tart cooking apples. Envelop each in a layer of biscuit dough rolled as thin as possible. Place the dumplings in a baking pan, and sprinkle them plentifully with cinnamon and bits of butter. Half cover them with water and sugar to make a syrup. Steam for thirty minutes. Serve with hard sauce or plain cream.

The harvest and vintage come not every day, therefore be provident.

Steamed Pudding

Half a cupful of molasses, a cupful and three-quarters of flour, half a cupful of sweet milk, a cupful of raisins, butter the size of a butternut, a teaspoonful of soda, and a little nutmeg. Steam one hour. Eat with wine sauce.

Wine Sauce: A heaping tablespoonful of butter and a cupful of fine sugar, beaten to a cream. Add a glass of wine. Grate a little nutmeg over it. Serve cold. If wanted hot, boil half a pint of water with a tablespoonful of flour, add to it the other ingredients, and set over the top of the tea-kettle three or four minutes before sending to the table.

Suet Pudding

Sift a cupful of flour into a mixing bowl, add to it a teacupful of chopped suet, a teaspoonful of salt, a teaspoonful of cinnamon, a cupful of Sultana raisins, and a cupful of currants. Mix dry, and add one cupful of molasses and one cupful of milk. Mix thoroughly and steam for two hours. The batter must be stiff as for fruit cake. By dividing it into two or three parts, using tin cans to suit the size of the family, only one pudding need be heated or cut at one time. It can be made in advance, like fruit cake, and reheated by steaming when wanted. It will keep for several weeks during cold weather. Serve with hard sauce.

Fish for fasting days, and moreo'er puddings and flap-jacks.

—SHAKESPEARE.

Tapioca Pudding

Soak a teacupful of fine tapioca in cold water for an hour, drain, add to a quart of scalded milk, and cook in a double boiler for thirty minutes. Beat seven eggs, a half teaspoonful of salt, and three-quarters of a cupful of sugar together. Pour this over the tapioca gradually, and turn into buttered pudding dish. Bake thirty minutes in a slow oven. Serve with Madeira sauce.

If apple tapioca is desired, fill the pudding dish half full, put steamed sliced apples with cinnamon in the centre and fill the dish with the rest of the tapioca.

Epicurean cooks sharpen with cloyless sauce his appetite.

—ANTHONY AND CLEOPATRA.

Ices and Ice Creams

A perpetual feast of nectared sweets
where no crude surfeit reigns.
JOHN MILTON (COMUS).

Ices and Ice Creams

Alexander the Great, who loved all the good things of life, is supposed to have been the first to introduce ice at the table. It has been constantly growing in favor ever since, until to-day ices, ice-creams, and frozen sweets are the most popular desserts on the menu among grown-ups as well as children. As the final course to a hearty dinner, their varying forms and diversified colors are as gratifying to the eye as to the replete appetite.

The winter-logged system naturally craves these cooling refreshments during the hot days, and in the sick-room they are of inestimable value. The long standing prejudice that they are troublesome to prepare seems to have disappeared, and with the modern contrivances for making and moulding frozen desserts, the accomplishment requires neither much time nor patience.

Alaska Bake

Cover a brick mould of New York ice-cream thickly with meringue, dust it with sugar, stand the dish on a board, and brown it in a hot oven. It is browned so quickly that care must be taken lest it scorch.

American Beauty

Place preserved strawberries in the bottom of a parfait glass. Fill with alternate spoonfuls of vanilla and strawberry ice-cream, the latter colored an American Beauty shade with syrup from the preserves. Cover with whipped cream, and set a strawberry on top.

Banana Fluff

Slice six large bananas, sprinkle with lemon juice and grated cocoanut, and place directly on ice for an hour. Mash smooth with a wooden spoon, add a scant cupful of powdered sugar, and the whites of two eggs beaten stiff, which should be lightly folded in. Pour this into a freezer, turn the crank about four minutes, or until there is a slight resistance, and add half a pint of whipped cream. Freeze to the consistency of soft mush.

Suck the sweets of sweet philosophy.
—SHAKESPEARE.

Black-Eyed Susan

The lower part of a sundae glass is filled with chocolate ice-cream, and the upper part with vanilla. The top is then decorated with a black-eyed Susan, having unblanched almonds for petals and a small chocolate cream for the center.

Caramel Ice Cream

A generous pint of milk, a cupful of sugar, half a cupful of flour, and two eggs. Mix sugar, flour, and eggs together, and stir into the boiling milk. Put a second cupful of sugar into a frying pan and stir over the fire until melted and a light brown. Pour this into the boiling mixture; cook the whole twenty minutes, stirring frequently. When cool, add a quart of cream, and freeze.

Café Mousse

The yolks of five eggs, a cupful of sugar, half a cupful of strong boiling coffee, and a pint of whipped cream. Beat the eggs light, and add the strained coffee and sugar. When perfectly cold add the whipped cream. Mix well, pour into a mould, and pack in ice and salt for four hours.

Do nothing but eat and make good cheer,
And thank God for a merry year.

—SHAKESPEARE.

French Ice Cream

Put a quart of milk in a double boiler, and place it on the fire. Beat together the yolks of eight eggs and one and a quarter pounds of sugar. When the milk boils mix all with a whip, and remove from the fire. Add a quart of cream, pass through a sieve, and let it cool. Flavor with vanilla, and freeze.

When making chocolate ice-cream melt six ounces of bitter chocolate, stir in a little warm cream, and pour it into the composition while hot, before adding the cream.

Four and Four

The juice of four lemons, four overripe bananas mashed, the juice and pulp of four oranges, four cupfuls of water, four cupfuls of sugar, and the beaten whites of four eggs, all frozen together as frappé.

Ice Cream Croquette with Peas

Vanilla ice-cream is shaped in a croquette mould, coated with grated chocolate macaroons, and served on a bed of whipped cream garnished with pieces of pistachio nuts or small green candies. Bits of pistachio nuts top the cone.

The King of Desserts, when made aright,
This frozen delicacy of delight,
The exacting Epicure, with smiles galore,
Like Oliver Twist, will ask for more.

Maple Walnut Meringue

A large spoonful of maple walnut ice-cream is placed in a half open shell of meringue, and garnished with walnut meats. The serving plate is garnished with nasturtiums. Any other ice-cream with fruits or flowers harmonizing would be pretty thus served.

Melon Ice Rings

Small round melons must be cut in circles, the seeds carefully removed, and the hollows filled with whipped cream or fruit ice just before serving.

Mint Sherbet

Soak two tablespoonfuls of fine cut mint leaves, and the rind of two lemons in the juice of three oranges and two lemons, for half an hour. Boil a cupful of water and two cupfuls of sugar for five or ten minutes, then pour it on the other ingredients. When cold strain into the freezer and add the white of an egg beaten stiff, and a cupful of whipped cream. Freeze in the usual manner and serve in slender sherbet glasses garnished with tiny sprigs of mint.

Thou art a scholar, let us therefore eat and drink.

—SHAKESPEARE.

Nesselrode Pudding

Boil half a cupful of water and four ounces of sugar to a syrup, add the yolks of four eggs, and beat well. Remove from the fire, pour into a bowl, beat until very light and cool, and add a pint and a half of whipped cream. Mix in three tablespoonfuls of chopped fresh fruit, and chestnut paste. Put in mould, pack in ice, and let stand for about an hour before serving. Flavor with vanilla or maraschino flavoring, and decorate with whole chestnuts glacé.

Pineapple Cream

Halve two pineapples, and scoop out the meat, which shred and mix with pulverized sugar. Refill shells, and place a spoonful of vanilla ice-cream on top. Garnish as desired.

Pineapple Water

This is not an ice-cream but an ice with all the fluffy whiteness of a cream, yet without the satiating richness of the latter. It is quite different from the ordinary ice, being especially light and delicate in character, and as delightful to the palate, as to the eye. No gelatine is required for this ice, egg whites giving it body as well as its creamy whiteness.

Like balls of gold
The peaches seemed that had in fire been rolled.

Put a cupful of white sugar and a pint of water over the fire, and bring it to a boil. Cool, and stir in half a can of chopped pineapple and the juice of two lemons. Put into the freezer and turn until it begins to thicken slightly; add the well-beaten whites of two eggs, stir up well, and beat until frozen. Pack, and let it stand a few hours to ripen.

Pineapple Mousse

Five ounces of sugar and the yolks of ten eggs beaten warm. When cold add a pint and a half of whipped cream, four tablespoonfuls of grated pineapple, and a little kirsch-wasser. Put in the freezer for two hours. Decorate with sliced pine-apples and brandied cherries.

Pistachio Nest

A nest of pistachio ice-cream is shaped in a soup ladle, and the centre scooped out with a teaspoon. Three Jordan almonds are placed within and the nest is served on a bed of straws, represented by crossed slivers of candied orange peel.

Raspberry Ice

Mix a quart of raspberries with a pound of sugar and the juice of an orange or lemon. The rasp-berries should be well mashed with the sugar, and passed through a sieve. Let it stand an hour, and freeze.

Due nourishment we seek, not gluttonous delight.

Roman Cream

Put five ounces of sugar into a saucepan with a pint of milk, a small piece of cinnamon, and an ounce of gelatine, and place it on the side of the fire. Allow the gelatine to dissolve and then whisk it well. Beat the yolks of six eggs until they are as light as for custard, and put them into the saucepan, but do not let the mixture boil. Strain through a fine sieve into a freezer; when nearly cold, whip to a froth, and add a teacupful of curacao. Turn the cream out into glasses, and keep them on ice until wanted.

Snow Flurry

Cover a mound of lemon ice with thin slices of assorted fresh fruits, and decorate with fresh or candied cherries. Over the whole, fleck freshly grated cocoanut, letting it drift thickly around the base of the mound.

Watermelon Punch

Two quarts of melon, sugar to taste, and half a cupful of sherry. Chop the watermelon coarse, adding sugar as desired. Let it stand an hour, then add the sherry, and freeze to the mushy stage. Make a bowl, using half the watermelon rind, scalloping it around the edge. Chill this bowl. When ready to serve, fill the bowl with the frozen mixture, and serve at the table in punch cups.

If I bring thee not something to drink, I will give thee leave to die.

—SHAKESPEARE.

White Parfait

The whites of three eggs, one cupful of sugar, one small cupful of water, a pint of cream, and two tablespoonfuls of chopped almonds. Boil the sugar in the water until it threads. Pour this over the beaten whites, and heat. When cold, add whipped cream, nuts, cherries, or marshmallows cut in pieces. Pack and freeze.

Winter Memories

This ice is particularly dainty and cool looking. It consists of snow-white mint sherbet garnished with bits of green mint jelly, and sprigs of fresh mint leaves dusted with powdered sugar. It is most refreshing when served on a hot day.

He who eats the fowl alone, will have to saddle his horse alone.

Fruit Desserts

I will make an end to my dinner; there's pippins and cheese to come.

—SHAKESPEARE.

Fruits

Fruits have been a great factor in man's diet ever since Eve made their acquaintance that unfortunate day in the Garden of Eden. Their nutritive value is not high, yet they are important, nevertheless, and should be served generously throughout the year.

Americans are too prone to serve raw fruits only in their season, neglecting the many sensible uses the Germans make of them when cooked. Mixtures of fruits, both raw and cooked, are almost numberless. Thus the ambitious housewife, eager for new dishes, can produce delightful treats by experimenting. For an emergency dessert they are easily first favorites, because of the little time it takes to prepare them.

Ambrosia

Slice pineapple very thin or pick it apart from the centre with a fork, sprinkle it thick with sugar, and cover the top with grated cocoanut. Decorate with pineapple leaves.

Angel's Snow

Pare, and grate the meat of one cocoanut. Peel and cut a dozen oranges in small pieces, taking out the seeds. Put a layer of orange in the bottom of a pretty glass dish, sprinkle with sugar, then a layer of cocoanut, then a layer of orange, sugar, and so on until the dish is full, having the last layer cocoanut. Let it stand for an hour.

Apple Porcupine

Core large perfect apples, fill with cinnamon and sugar, and bake. Chill the whites of two eggs, and whip with one cupful of sugar, and the grated pulp of a raw apple until thick and white. When cold, coat the baked apples thickly with this mixture, stud with split blanched almonds, and serve.

Comfort me with apples.

—The Song of Solomon.

Apple Purée

Pare, quarter, and core six apples; stew quickly until tender. Pass through a sieve, add a cupful of sugar, and put on the fire again to cook until thick. When cool, add the juice of five lemons, and beat while standing in ice water until very white and foamy, and quite stiff. Stir in a scant cupful of fruit, cut small. Mould, and serve with thin rounds of apple cooked tender in equal measures of sugar and water. Flavor the syrup with lemon juice, and pour over the apple purée.

Apple Trifle

Boil five apples to a pulp, sweetening to taste. When cool, place in a large bowl, together with the white of one egg, the juice of one lemon, and a cupful of sugar. Beat the mixture about thirty minutes with a wire egg beater. The result is three times the amount one started with, enough to serve ten people.

Bananas au Cerise

Skin and slice three bananas, sugar to taste, add a liqueur-glassful of maraschino and a wine-glassful of sherry. Serve very cold.

A surfeit of the sweetest things
The deepest loathing to the stomach brings.
—SHAKESPEARE.

Banana Snow

Three bananas, the juice of half a lemon, four tablespoonfuls of sugar, and the white of one egg. Break up the bananas, and cream them with a fork. Add the lemon juice and sugar, and beat well. Then add the white of egg, and beat all together until stiff. Serve cold.

Banana Sponge

Dissolve two tablespoonfuls of gelatine in two tablespoonfuls of cold water; in a quarter of an hour pour over this a pint of boiling water, stir into it the juice of one lemon and a cupful of sugar. Let the gelatine fully dissolve, strain, and cool. Cut three bananas into small pieces and beat them to a pulp; then whip the whites of two eggs, and beat into the banana cream. When the gelatine is cold beat it into the eggs and bananas, a little at a time till quite stiff. Serve with cream.

Banana with Lemon Juice

Wash and dry whole bananas. Cut their ends off square, and split in halves lengthwise. Divide the pulp in their skins into convenient mouthfuls, sprinkle with lemon juice, and with powdered sugar. Serve from skins.

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

Cantaloupe

Cantaloupes should be washed carefully before placing in the ice-box to cool. They should be cut in half, and served very cold, but never with chopped ice, as this makes them watery and tasteless.

Cantaloupe Cocktail

Cut in half and remove the seeds of a cantaloupe. Mix fresh pineapple cut in small pieces with stoned cherries, using half as much cherries as pineapple, and sprinkle liberally with sugar. Fill the halves of the melon with the pineapple and cherry mixture. Set in a pan of chopped ice until thoroughly chilled, and place three pitted cherries on each half of melon.

Cherries au Rhum

Wash, dry well, and pit a pound of cherries. Add sugar to taste, and half a pint of Jamaica rum. Set fire to it and serve while burning.

That last cherry soothes a roughness of my palate.

—Robert Browning.

Cherry Jelly Nests

Set a small mould within a larger on a little ring of tin that will hold it up half an inch from the bottom. Soak a box of gelatine in a cupful of cold water for half an hour; add a quart of boiling water, and two cupfuls of granulated sugar. Mix in the whites of two eggs, and stir over the fire until the gelatine is dissolved. Pour into the small bowls, allowing a nest for each individual to be served. After filling the bottom of the bowls, set the small moulds on the little rings and fill in the space between the two moulds with gelatine. Set in a cool place to harden. Before serving remove the small moulds and rings, and fill the jelly nests with fresh cherries, chopped with powdered sugar. Keep in the ice-box until ready to serve. Turn out the jelly nest on a flat glass dish, dot a little whipped cream on the top of each cherry-filled nest, and serve.

Flummeries

Flummery is thickened fruit. The small fruits are preferred. Put a pint of blackberries into a pint of water over the fire, bring to boiling point, add two rounding tablespoonfuls of cornstarch moistened in six tablespoonfuls of water, and bring again to boiling point, stirring constantly. Add half a cupful of sugar, and turn out to cool. This may be eaten plain, with milk or with cream. Other fruits may be substituted.

As at English feasts . . . to make the end most sweet.

—SHAKESPEARE.

French Trifle

Soak a fresh baked cold jelly roll in a cupful of fruit juice; allow it to stand for an hour. Whip a cupful of cream, and add a tablespoonful of sugar and a teaspoonful of vanilla extract. Before serving, decorate it with the cream in horizontal lines, using a forcing bag and star tube. Garnish it with the stalk and leaves of angelica, and place here and there a few sugar roses.

Fruit Chop Sooey

Crush a quart of strawberries, and place it in dishes ready to serve, which have been lined with crisp lettuce leaves. Garnish the berries with small cubes of oranges. Beat the white of an egg to a stiff froth, sweeten to taste, drop it on the centre of the fruit, place a ripe berry in this, and add sliced bananas. This will serve six persons, and prove not only a palatable dish, but also an attractive and economical dessert.

Method 's more sure at moments to take hold
Of the best feelings of mankind, which grow
More tender, as we every day behold,
Than that, all-softening, overpowering knell,
The tocsin of the soul—the dinner bell.

—Byron.

Fruit Whiff

A pint of sweet cream, a quart of strawberries, a third of a box of gelatine, a cupful and a quarter of white sugar, the whites of four eggs, and a teaspoonful of lemon extract. Mince the strawberries and sweeten; soak the gelatine, and add a little hot water; beat the whites of the eggs stiff, and the cream thick and light; strain the gelatine; add the flavoring, then the strawberries; beat all a few minutes, and set it in a cool place.

Fruit Whip

Sweeten to taste either strawberries, raspberries, nectarines, or peaches; mash the fruit, and to every quart allow the whites of four eggs, well-beaten. Set on ice, and serve with or without cream.

Then to breakfast with what appetite you have.
—SHAKESPEARE.

Grapefruit Cocktail

Cut the grapefruit in half, and carefully scoop out the pulp without any of the bitter white skin. Clean the sides of the shells, and throw them into cold water. Hull a pint of strawberries, mix them with the grapefruit pulp; add two tablespoonfuls of powdered sugar, and stand the mixture on ice. At serving fill the shells with the mixture, add a tablespoonful of ice shaved fine, and a tablespoonful of rum or sherry. Stand the shells on a dainty doily or a spray of fern, and send at once to the table. Maraschino gives a delicious flavor. Cut a very thin slice off the bottom of the shell so it will not tip.

Iced Pears

Select smooth medium-sized pears, peel and core. Stew until tender, remove from fire, and when cold fill the cavities with jelly and cover with icing made of sugar and white of an egg. Put cloves in the bottom ends.

Not what we give, but what we share;
For the gift without the giver is bare.

Jellied Apples

Mix two cupfuls of sugar and two cupfuls of boiling water. Peel and quarter six tart apples, and add them to the sugar and water. Put them in a baking dish in the oven, closely covered, and bake until pink. Put the apples in a mould. Soak two tablespoonfuls of gelatine in half a cupful of cold water, add the juice of an orange and a lemon, color pink if desired, pour all into the mould with the apples, and set it aside to become firm. Serve with soft custard or whipped cream.

Marshmallow Icing

Make a boiled frosting with a cupful of sugar and half a cupful of water. When it threads pour it over the beaten yolk of an egg. Spread a layer of icing between the cakes, and into each layer of icing press marshmallows cut in halves, setting them as quickly as possible. If they are put in while the cake and icing are warm, they will soften enough to blend well. If not warm, put in the oven for a minute or two.

Who feeds himself with his alms, feeds three,
Himself, his hungering neighbor, and ME.

Orange Custard

Mix the juice and pulp of a lemon with a cupful of sugar, and about half a pint of water. Boil sufficiently to dissolve the sugar, and strain. Bring to a boil again, and stir in two tablespoonfuls of cornstarch, blended with a little cold water. Stir and boil slowly for ten minutes. When cool pour this mixture over three or four sliced oranges. This may be decorated with a meringue or served with sweetened or whipped cream.

Pineapple Delight

Boil two tablespoonfuls of rice until soft, and drain it. Dissolve a tablespoonful of gelatine in the boiling water and add the rice, and three-quarters of a cupful of sugar. Cool, and add a pinch of salt, two cupfuls of pineapple juice, and a cupful of whipped cream. Cool, and serve in dainty glasses with a cherry on the top of each.

Strawberry Dessert

Mash a quart of strawberries, and sprinkle with a cup of sugar. Let them stand for five or six hours — or even over night. Drain off the juice — there should be a cupful — and into this break ten or twelve marshmallows. Let them soak two hours. Add a pint of cream, whipped stiff, to the crushed strawberries, and serve at once in sherbet glasses. It is pretty to put a whole berry on each glass.

If you will but speak the word, I will make you a good syllabub.

—WALTON.

Strawberry Whip

A cupful of crushed strawberries, a cupful of powdered sugar, and the well-beaten white of an egg. Put the ingredients into a bowl, and beat with a wire whisk until stiff enough to hold in shape. About thirty minutes will be required for beating. Pile lightly on a dish and chill.

Syllabub

Whip a pint of cream to a stiff froth, and stand it on ice. At serving time fill it into glasses, or serve on a large glass dish, dust thick with powdered sugar, and sprinkle either with chopped almonds, grated macaroons, or chopped candied fruits. This is one of the few desserts that can be made easily and quickly.

Watermelon

Scoop out watermelon balls with a Parisienne spoon. Serve them on a bed of shaved ice in grape-fruit cups, and garnish with a spray of fern.

Sweets to the sweet: farewell!
—SHAKESPEARE.

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