METROPOLITAN COOK BOOK



THE METROPOLITAN LIFE COOK BOOK

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METROPOLITAN LIFE INSURANCE COMPANY
For the use of its Industrial Policy-holders
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WITH our desire to conform to suggestions of food administrators and in the hope that we can reduce the cost of living, all of us are paying more attention to the food that we eat. With this thought in mind, and with the hope that we might be of assistance to policy-holders, we have issued this book. We hope that you will find it useful and helpful.

METROPOLITAN LIFE INSURANCE COMPANY.

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OUR DAILY MEALS

We all know that to live we must have food, but we do not all realize that we must eat the right kinds of food to be at our best and to work efficiently.

It is true that a great many families are not well nourished, not because they do not spend enough money for food, but because they do not get enough food value for the money spent. The average housewife of to-day finds that it takes a great deal of thought and care to make wise choice of food that will best suit the needs of her family and yet keep within the amount of money that she can afford to spend.

Many housewives have increased the cost of their food supply through lack of thought in buying. The cost of food is no measure of its food value. A high-priced article may have little food value, while a low-priced article may have high food value.

In buying food, to insure that the different kinds of food are provided so that the family may be *well fed* at the *lowest cost*, one-fourth to one-third of the money should be spent for bread or cereal foods. A pint of milk should be allowed for each member of the family, and the same amount that is spent for milk should be spent for meat, fish or meat substitutes, and as much again should be spent for fruit and vegetables.

THE DAY'S FOOD

A man of average size, who is moderately active, is likely to be well fed on a diet which includes the following:

One pound or a little less of bread or cereal food, such as wheat, corn, hominy, rye, oatmeal, barley, buckwheat, or rice preparations.

Two ounces or 4 tablespoons of fat, such as butter, oleomargarine, corn oil, cottonseed oil, peanut oil, olive oil, meat drippings, etc.

Two to 3 ounces or 4 to 6 tablespoons of sugar, syrup, corn syrup, molasses, maple sugar or syrup, honey, etc.

About ½ pound of meat as purchased, poultry, fish, eggs, cheese, dried peas, beans, lentils, cowpeas, peanuts, etc.

One pint of milk. This may be in the form of a beverage, or in milk dishes.

About $\frac{1}{3}$ pound of potatoes or root vegetables.

About $\frac{1}{3}$ pound fresh vegetables or greens, or fresh fruit in season. If fresh fruit is too expensive, dried fruits should be substituted.

SELECTION AND PREPARATION OF FOOD

It is well to remember the following:

That it pays to figure carefully how much food is needed.

That it pays to buy clean food from clean stores.

That it pays to go to market, buy for cash, and carry home the foods that are bought.

That foods which are plentiful cost little.

That anything out of season is always expensive.

That food in package form is more expensive than that in bulk.

That it is cheaper to buy in large quantities than in small.

That all foods should be prepared in such a way that all their food value may be kept and none of it wasted.

That a variety of food from day to day, rather than a great variety at one meal, will not only keep the cost of food down, but also lessen labor, to say nothing of its good effect on the body.

CARE OF FOOD MATERIALS

After food has been carefully selected, it is important that it should be carefully stored and prepared. It must be kept clean and sweet.

Milk and cream should be kept in clean receptacles, closely covered, in a cool place. If purchased in bottles, the bottles should be carefully washed and wiped before putting them in the refrigerator. The top of milk should be used for the breakfast cereal, beverages and puddings.

Eggs should be washed before using. Egg shells may be used for clearing coffee or soups. The white of egg clinging to the shell does the work.

Fruits should be washed and wiped dry, and kept in a cool, dry place.

Salad greens should be carefully washed and picked over. The outside coarser parts may be used in making soups and sauces. The inner, finer parts should be used for salads. After the salad greens

have been carefully washed, they should be put into a cheese-cloth bag and kept in a refrigerator.

Meat and fish should be taken out of the paper wrappings immediately, as the paper absorbs some of the juice of the meat. Meat and fish should be wiped clean with a piece of cloth dipped in salted water. The trimmings should not be removed at the butcher shop, as they may be used in many ways. Extra fat on the meat should be removed before cooking and used as a butter substitute. (See page 38.) Fat of meat may be used with vegetables and in suet puddings, in cookies, soups and sauces. Bones and left-over meat may be used in making soups, croquettes, meat pies and hashes.

Fish or other food with a strong odor should be kept in a covered dish that the odor may not affect other foods. A tin lard pail is good for this. Head, tail and bones of fish may be used in making fish soups and fish sauces.

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

Bread should be kept in a covered box or crock. Pieces of stale bread are good for toasting and bread puddings. Odd pieces of bread should be dried and crumbed, and are kept best when left in a paper bag.

Flour should be kept in closely covered bins. When empty, the bins should be washed, scalded and dried in the sun, if possible.

Cereals should be kept in covered jars.

Baking-powder should be left in the tin can, closely covered.

Bottles containing flavoring should be kept closely covered and should never be allowed to stand any length of time uncovered. Flavorings should be added to mixtures after cooking, when possible.

MEASUREMENTS

Much good food is spoiled in cooking. In order to have good results in cooking, reliable recipes should be followed accurately. Correct measurements are absolutely necessary to insure successful results.

A FEW GENERAL RULES

Sift flour, meal, powdered sugar, confectioners' sugar and soda before measuring.

Mustard and baking-powder are apt to settle in the can, and therefore should be stirred to lighten before measuring.

Salt lumps easily, and the lumps should be broken before measuring.

Dry materials, such as flour, should be measured lightly with a scoop or spoon, and not packed hard into the measure.

Every household should have measuring cups, measuring tablespoons and teaspoons on hand.

All the recipes in this book call for level or flat measurements.

To measure butter, lard, or any kind of fat, pack solidly into the cup or spoon and make level with a knife. If the fat is very hard, it may be softened by leaving it in a warm place for awhile, or it may be cut into small pieces before measuring it.

To measure a spoonful of any dry material, dip the spoon into it, fill it, lift it and level it with a knife.

For a half spoonful, divide lengthwise.

For a quarter of a spoonful, divide the half crosswise.

For an eighth of a spoonful, divide the quarter diagonally.

Less than one-eighth of a teaspoonful is considered a few grains.

A cupful of liquid is all the cup will hold.

A teaspoonful or tablespoonful is all the spoon will hold.

NOTE.—It will be found that a heaping teaspoonful of dry material, such as baking-powder, is the same as 4 or 5 level teaspoonfuls. Housewives who are not in the habit of using level measurements are apt to think that recipes calling for level measurements require more material than those that they have been using.

EQUIVALENTS

3 teaspoons equal 1 tablespoon
4 tablespoons equal ¼ cup
2 cups equal 1 pint
2 pints equal 1 quart
4 quarts equal 1 gallon
4 cups of flour equal 1 pound
4 cups entire wheat flour equal 1 lb.
3 cups (scant) cornmeal equal 1 lb.
2⅔ cups oatmeal equal 1 pound
6 cups rolled oats equal 1 pound
4⅓ cups rye meal equal 1 pound
2 cups rice equal 1 pound
2 cups granulated sugar equal 1 pound
2⅔ cups brown sugar equal 1 pound
2¾ cups powdered sugar equal 1 lb.
3½ cups confectioners' sugar equal 1 lb.
2 cups milk equal 1 pound
2 cups butter equal 1 pound
2 cups finely chopped suet equal 1 lb.
2 cups chopped meat equal 1 pound
3 cups raisins equal 1 pound
4⅓ cups of coffee equal 1 pound
2 1-7 cups pearl tapioca equal 1 lb.
1½ cups instant tapioca equal 10 oz.
1½ cups minute tapioca equal 10 oz.
40 small prunes equal 1 pound
28 large prunes equal 1 pound
75 apricot pieces equal 1 pound
3 large bananas equal 1 pound

BREAKFAST DISHES

FRUIT CEREAL MIXTURES MILK

Europeans are in the habit of serving much simpler breakfasts than Americans. The breakfast should be filling and satisfying to start the day well. A few well-cooked dishes served at one time always make a more wholesome meal than when a great variety is served.

It is a good plan to serve some kind of fruit for breakfast. This may be fresh fruit, when it is in season and plentiful and not too expensive, or it may be dried fruit, which has been stewed.

Mildly acid fresh fruit in good condition should be served raw.

Dried fruit may be cooked alone or with the breakfast cereal.

DIRECTIONS FOR COOKING DRIED FRUIT

Wash fruit carefully.

Soak in cold water to cover overnight.

Drain fruit, heat the water in which it has been soaked to boiling point, add the soaked fruit, and let simmer slowly until fruit is plump and soft. A little sugar or syrup may be added if more sweetening is desired.

CEREALS

Cereals furnish one of the most important foods we have. Nature provides some kind of a cereal in almost every country. From the oats and rye of the Northern countries to the rice of the Southern countries. Man depends on it for his daily bread. Cereal foods include the kernels of corn, oats, rye, rice, wheat, barley, etc., the breakfast foods, meals and flours made from them, or bread, crackers, muffins, cakes or pastry, which are rich in cereal products. Cereals are used in one form or another, such as in mushes, gruels, macaroni, bread mixtures and all batters and doughs in every home. As a rule, the more cereal food used the cheaper the diet.

Cereal mush, or other cereal dishes, with milk for breakfast, furnishes a meal full of food value. It is a good plan to have several different kinds of cereal preparations on hand, such as those made from wheat, oat, corn, rye, barley and rice, that there may be a change from day to day. Corn and oat preparations furnish particularly good winter foods, as they are rich in fat and are therefore valuable heat producers. Cornmeal, oatmeal, rice and hominy grits are cheaper than the "ready-to-eat" breakfast foods.

As all cereals are rich in starch, they should be thoroughly cooked. The cracked cereals should be cooked twelve hours, while the steamed and rolled preparations require only one-half hour or more, as they are partly cooked at the factory.

Cereals when cooked should be stiff enough so that they can be chewed, that the saliva of the mouth may be thoroughly mixed with the cooked starch.

GENERAL RULES FOR COOKING CEREALS

Fill the lower part of a double boiler ½ full of water. Place over the fire. Measure the water needed for the cereal and pour it into the top of the double boiler. Place over the fire, and when the water begins to boil, add the salt and the cereal slowly and let boil over the fire 10 minutes. Place over the lower part of the double boiler containing water, cover and let steam until ready to serve. If more water is needed during cooking, add boiling water.

(Instead of double boiler, two saucepans may be used, one a trifle larger than the other, the larger one serving as the lower part of the double boiler.)

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

CORNMEAL MUSH

1½ cups cornmeal 2 teaspoons salt 6 cups water

Heat water to boiling point, add salt and the cornmeal slowly, stirring while adding. Boil directly over the fire 10 minutes, then cook over boiling water from 1 to 3 hours or overnight. Half milk and half water may be used.

OATMEAL MUSH

2½ cups rolled oats 2½ teaspoons salt 6 cups boiling water

Add the salt to the boiling water, stir in the rolled oats slowly and boil 10 minutes directly over the fire. Cook over boiling water one-half hour or more.

STEAMED RICE

1 cup rice 1 teaspoon salt 1 qt. boiling water or scalded milk

Put water and salt in top of double boiler, add gradually the well-washed rice, stirring with a fork to prevent rice sticking to the boiler. Boil 5 minutes. Place over under part of double boiler and steam 45 minutes. Uncover that steam may escape.

WHAT TO DO WITH LEFT-OVER CEREALS

Fill molds with cereal mush packed tightly and let stand until cold and firm, slice and brown in fat. Serve with syrup. Cornmeal mush is very good for this.

Cheese sauce, tomato sauce or creamed fish, meat or eggs may be served on slices of fried mush.

Mix left-over mush with cheese, finely-chopped meat or fish, slightly beaten egg, and seasonings; shape into cakes and brown in fat, and serve with a sauce.

Mix cereal mush with salt and pepper, shape into cakes, brush over with melted fat, place a small Hamburger steak on top, and bake in a moderately hot oven until nicely browned. Oatmeal mush is particularly good.

Mix cereal mush with fruit, mold and chill. Serve with cream or a fruit sauce as a dessert.

Arrange cereal mush in layers with sweetened fruit in well-greased baking dish and bake until nicely browned on top. Serve with fruit sauce or cream as a dessert.

Add cereal mush to yeast bread mixtures or quick bread mixtures, several recipes of which will be found in this book.

Add cereal mush to meat loaf mixtures in place of bread crumbs, or both may be added.

Add cereal mush to croquette mixtures.

Boiled rice may be served with meat, or it may be served with cheese sauce as a supper dish, or it may be served with cream or a little sweetened fruit as a dessert.

TOAST

Toast is considered easy of digestion and is always palatable.

How to Make Toast.—Cut stale bread into ¼-inch slices, put slices in a wire toaster, lock toaster and hold over or under the heat, holding it some distance from the fire that it may dry gradually, and then brown as desired. Toast, if piled compactly and allowed to stand, soon becomes moist. It should be served as soon after toasting as possible.

CREAM TOAST

Dip 8 slices of toast into the cream sauce. Pour remaining sauce on the pieces of toast and serve hot.

CREAM OR WHITE SAUCE

Rule 1

1 pint scalded milk	2½ tablespoons water	1 tablespoon butter
2½ tablespoons flour	¼ teaspoon salt	or fat

Mix the flour and the water until smooth; add a little more cold water to make it thin enough to pour; add the flour mixture gradually to the scalded milk, stirring constantly until thickened. Boil 5 minutes, if cooked directly over the fire; 20 minutes if cooked in double boiler. Add the salt and butter.

Rule 2

Melt the fat, when 2 tablespoons should be used; add the flour, mixed with the salt, and stir until mixed. Add gradually the scalded milk, stirring all the time until all is added. Cook until smooth and thickened.

Note.—Chipped beef, previously soaked in hot water, left-over cooked meat cut into small pieces, flaked fish, oysters, finely-chopped cheese, chopped hard-cooked eggs or cooked vegetables may be added to the sauce, seasoned, heated and served on the toast.

FRENCH TOAST

1 egg slightly beaten	Slices of bread	1 cup sweet milk
¼ teaspoon salt	2 tablespoons sugar or syrup	Fat to grease the griddle

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

CEREAL FLOUR AND MEAL MIXTURES

BATTERS AND DOUGHS

From cereals we have flour and meals which can be used in a number of ways to make wholesome and palatable dishes. Flour is used in batter and dough mixtures, and as mixtures of flours and batters alone when cooked would be hard and difficult of digestion, different leavens, such as baking-powder, soda and yeast, are used to make them light.

Mixtures of flour or meal and liquid are called batters or doughs according to the quantity of liquid used.

The dry ingredients include flour, meal, sugar, salt, spices, and baking-powder, soda, etc. Mixed flour mixtures furnish better body-building material than those made from one grain alone.

Fats called "shortening," added to make the mixture tender, include butter, oleomargarine, nut margarine, drippings, lard, chicken fat or vegetable oils. (See directions for rendering fat to be used for shortening, page 38.)

The liquids used in batters and doughs are water, milk, whey, molasses, syrups, coffee, eggs, etc. Sour milk may be used in recipes calling for sweet milk, when ½ teaspoon soda should be added for each cup of sour milk, and for each ½ teaspoon soda added, 2 teaspoons less baking-powder is required.

Batters are made "light" or "porous" by the introduction of a gas which is expanded by the heat during cooking.

GENERAL DIRECTIONS FOR MAKING AND COOKING GRIDDLE CAKES

Sift flour before measuring.

Put flour by spoonfuls into the measure and do not press or shake down.

Measure, mix and sift dry ingredients.

Measure the liquid ingredients and add to the dry ingredients.

Mix thoroughly and add the melted fat.

Use a frying-pan or griddle.

Heat the pan hot without burning the cake.

Grease the griddle if necessary. (A soap-stone or aluminum griddle must never be greased.)

Let the fat begin to smoke before cooking the cakes.

Pour the mixture from the tip of the spoon; cook on one side; when puffed full of bubbles and cooked on the edges, turn and cook on other side.

If large bubbles form at once on the top of the cakes, the griddle is too hot.

If the top of the cake stiffens before the under side is cooked, the griddle is not hot enough.

Never turn a cake twice.

Remove scraps and wipe pan after each set of cakes is cooked.

Grease pan and repeat.

Serve griddle cakes as soon as cooked.

WHOLE WHEAT GRIDDLE CAKES

½ cup whole wheat
1 cup flour
1 tablespoon baking-powder
½ teaspoon salt
2 tablespoons sugar
1 egg
1¼ cups milk
1 tablespoon melted fat

Measure, mix and sift the first 5 ingredients, add the milk, egg and melted fat; mix thoroughly and cook according to directions.

BUCKWHEAT AND RYE GRIDDLE CAKES

1 cup buckwheat
1 cup rye
4 teaspoons baking-powder
1½ teaspoons salt
2 cups milk
2 tablespoons corn syrup
1 egg
1 tablespoon melted fat

Measure, mix and sift the first 4 ingredients; add the milk, egg and melted fat and corn syrup; mix thoroughly and cook according to directions.

VELVET GRIDDLE CAKES

2½ cups flour
½ teaspoon salt
4 teaspoons baking-powder
1½ tablespoons sugar
2 beaten egg yolks
2 cups milk
1 tablespoon melted fat
2 beaten egg whites

Measure, mix and sift the first 4 ingredients; add the milk, egg yolks and fat, and mix thoroughly. Fold in the stiffly beaten whites and cook according to general directions.

CORNMEAL GRIDDLE CAKES

1 cup cornmeal or oatmeal mush
2 cups milk
1 or 2 beaten eggs
2 teaspoons salt
2 tablespoons sugar
1½ tablespoons baking-powder
3 tablespoons melted fat

Mix the first 5 ingredients; add the flour sifted with the baking-powder, then the fat; mix thoroughly and cook according to directions. Boiled rice, mashed white or sweet potatoes may be used in place of the cornmeal mush.

BREAD GRIDDLE CAKES

1½ cups stale bread crumbs
1½ cups scalded milk
2 tablespoons fat
1½ tablespoons baking-powder
2 eggs
½ cup flour
½ teaspoon salt

Add milk and fat to crumbs and soak until crumbs are soft. Add eggs, well beaten; then flour, salt and baking-powder, mixed and sifted. Beat. Cook according to general directions.

RAISED BUCKWHEAT GRIDDLE CAKES

2 cups scalded milk
¼ yeast cake, mixed with ¼ cup lukewarm water
½ teaspoon salt
2 cups buckwheat
1 tablespoon molasses
¼ teaspoon soda dissolved with 2 tablespoons lukewarm water

Scald milk. Cool. When lukewarm, add the yeast cake mixture and buckwheat flour and salt. Beat mixture thoroughly. Cover and let rise overnight. In the morning add remaining ingredients. Beat; drop by spoonfuls onto well-greased griddle; cook on one side, and when puffed full of bubbles and cooked on edges, turn and cook on the other side. Serve with butter and syrup.

WAFFLES

1½ cups flour
1 tablespoon baking-powder
¼ teaspoon salt
2 tablespoons sugar
1 cup milk
2 egg yolks
2 tablespoons melted fat
2 egg whites

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

To make rice waffles, add 1 cupful boiled rice to the above mixture.

To make rice and cornmeal waffles, use ½ cup flour, ½ cup cornmeal and 1 cup boiled rice in place of the 1½ cups flour.

GENERAL DIRECTIONS FOR MAKING MUFFINS

Measure, mix and sift the dry ingredients.

Add well-beaten egg, milk and fat, melted. Mix thoroughly.

Half fill well-greased muffin tins and bake in a hot oven 20 to 30 minutes.

By measuring dry ingredients first, then liquids and fats, only 1 cup need be used for measuring. When milk and eggs are used, rinse egg from bowl with milk.

TIME TABLE FOR BAKING BATTERS AND DOUGHS

Muffins, 12 to 25 minutes
Gingerbread, 25 to 45 minutes
B. P. biscuits, 12 to 15 minutes
Cookies, 6 to 15 minutes
Layer cake, 12 to 20 minutes
Raised biscuit, 12 to 30 minutes
Loaf cake, 40 to 60 minutes
White bread, 45 to 60 minutes
Rye bread, 60 minutes
Beaten bread, 45 to 60 minutes

PLAIN MUFFINS

1⅔ cups flour
2 tablespoons sugar
4 teaspoons baking-powder
½ teaspoon salt
1 egg
1 cup milk
2 to 4 tablespoons melted fat

Measure, mix and sift the first 4 ingredients; add the well-beaten egg, milk and melted fat, and mix thoroughly. Drop by spoonfuls into well-greased muffin pans and bake 20 to 30 minutes. Substitute ½ cup cornmeal, rye flour, buckwheat flour or oatmeal for ½ cup of the flour in the recipe to reduce the quantity of white flour. Half cup less of milk may be used and 1 cup of berries added to the mixture.

RYE MUFFINS

1½ cups rye flour
1 teaspoon salt
1 tablespoon baking-powder
1 well-beaten egg
1 cup milk
2 tablespoons molasses
2 tablespoons melted fat

Follow general directions.

EGGLESS CORNMEAL MUFFINS

1 cup cornmeal
½ cup flour
1 teaspoon salt
1 tablespoon baking-powder
1 cup milk
2 tablespoons syrup
2 tablespoons melted fat

Follow general directions.

GRAHAM MUFFINS

1 cup Graham meal
1 cup flour
½ teaspoon salt
3½ teaspoons baking-powder
2 tablespoons corn syrup
1 well-beaten egg
1¼ cups milk
2 tablespoons melted fat

Mix and bake as other muffins. Nuts and raisins may be added.

BRAN MUFFINS

2 cups bran
½ teaspoon salt
1 cup flour
2 teaspoons baking-powder
1¼ teaspoons soda
¼ cup molasses
1½ cups sour milk
1 well-beaten egg
3 tablespoons melted fat

Mix and sift the flour, soda, salt and baking-powder. Add the bran and the other ingredients in order given; beat thoroughly. Bake in well-buttered muffin pans about 25 minutes. Raisins may be added.

OATMEAL MUFFINS

⅔ cup rolled oats
1 cup scalded milk
3 tablespoons syrup
½ teaspoon salt
2 tablespoons melted fat
1 well-beaten egg
1½ cups flour
4 teaspoons baking-powder

Add scalded milk to the rolled oats, let stand 10 minutes; add syrup, salt and melted fat; mix thoroughly. Stir in the flour which has been sifted with the baking-powder. Add the egg and drop in well-greased muffin tins and bake.

CEREAL MUFFINS

1 cup cereal mush (left-over), mixed with ½ cup milk and 2 tablespoons syrup
1½ cups flour
1½ tablespoons baking-powder
¾ teaspoon salt
2 tablespoons melted fat

Add the flour which has been sifted with the salt and baking-powder to the cereal and milk mixture; stir in the melted fat. Drop by spoonfuls into well-greased muffin tins. Bake according to directions. One well-beaten egg added to the mixture makes it better.

POTATO CORNMEAL MUFFINS (EGGLESS)

1 cup of mashed potatoes
1 cup of cornmeal
1 teaspoon salt
1 tablespoon syrup
4 teaspoons baking-powder
1 cup sweet milk
2 tablespoons fat (melted)

Mix the dry ingredients; add to the potatoes, stir in milk and fat, and bake for 20 minutes in hot oven. The amount of milk used will vary with the quality of the meal. Stir in just enough to make mixture drop easily from the spoon.

RICH MUFFINS

¼ cup fat
¼ cup sugar
1 egg
¾ cup milk
2 cups flour
1 tablespoon baking-powder
½ teaspoon salt

Cream the shortening, add the sugar gradually, well-beaten egg, milk and the flour mixed and sifted with the baking-powder and salt. Beat until ingredients are thoroughly mixed. Bake in well-greased muffin tins about 25 minutes.

POP-OVERS

1 cup flour
¼ teaspoon salt
⅞ cup milk
2 eggs
½ teaspoon melted shortening

Mix salt and flour, add ½ the milk; beat until smooth. Add remaining ½ of milk, well-beaten eggs and shortening. Beat 2 minutes with Dover egg-beater. Rye flour or whole wheat flour may be used for all or part of the white flour. Turn into hot greased iron gem pans, and bake about 35 minutes in a hot oven. Halves of canned peaches may be dropped into mixture in pan just before baking. The mixture will cover the peach. Serve with peach sauce.

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

CORN CAKE

¾ cup cornmeal
1 cup flour
¼ cup sugar
1½ tablespoons baking-powder
½ teaspoon salt
1 egg, well beaten
1 cup milk
1 to 3 tablespoons melted fat

Mix and sift dry ingredients; add egg, well beaten, milk and the melted fat. Beat. Bake in a shallow, greased pan in a hot oven 20 minutes or more. One cup sour milk may be used in place of the sweet milk, using ½ teaspoon soda and only 2 teaspoons baking-powder.

HOT-WATER GINGERBREAD

1 cup molasses
½ cup boiling water
2 to 2¼ cups flour
1 teaspoon soda
1 teaspoon cinnamon
1½ teaspoons ginger
½ teaspoon salt
¼ cup melted fat

Add water to molasses. Mix and sift dry ingredients. Combine mixtures. Add fat and beat vigorously. Pour into a greased pan, or muffin tins, and bake 25 minutes in a moderate oven. One well-beaten egg may be added to the liquids. This may be steamed and served as a pudding with hard sauce, whipped cream or fruit sauce.

BAKING-POWDER BISCUITS

2 cups mixed flour
4 teaspoons baking-powder
¾ teaspoon salt
1 to 2 tablespoons fat
About ¾ cup milk

Mix and sift dry ingredients. Rub in fat with tips of fingers, or chop in with a knife. Add milk gradually to make a soft dough. Use a knife in mixing. Toss on a well-floured board. Pat and roll out to 1-inch thickness. Cut with a biscuit cutter dipped in flour. Place close together on a greased pan. Bake in a hot oven 10 to 15 minutes.

One cup flour with 1 cup rye flour or whole wheat, or 1½ cups flour with ½ cup cornmeal, or 1 cup flour with 1 cup mashed potatoes may be used in place of the 2 cups of flour. One cup rye and 1 cup buckwheat flour and two extra teaspoons of baking-powder may be used in place of the white flour, and a little more milk will be required.

DUMPLINGS

Follow directions for baking-powder biscuits, using only two teaspoons fat. Place the dough by spoonfuls on the top of a boiling stew. Cover and boil 12 minutes without removing the cover.

QUICK BISCUITS

Add to the ingredients for biscuits enough more milk to make a thick batter (about 2 tablespoons); drop by spoonfuls onto a well-greased pan, ½ inch apart. The mixture should not be soft enough to spread. Bake in a hot oven.

TEA CAKES

Add to the dry ingredients for biscuits 4 tablespoons of sugar. Mix and beat. Bake in greased muffin tins 25 to 30 minutes. One egg may be added, using 2 tablespoons less milk.

CORNMEAL ROLLS

1¼ cups flour — 2 tablespoons fat — 1 teaspoon salt
¾ cup cornmeal — 1 egg — 1 tablespoon sugar
3 teaspoons baking-powder — ⅓ cup milk

Mix and sift dry ingredients and cut in the fat. Beat the egg and add the milk to it. Add liquids to the dry ingredients to make a soft dough. Toss and roll out and shape rolls, and bake in hot oven from 12 to 15 minutes. These may be made with rye flour and cornmeal, or rye flour alone.

PINWHEEL BISCUITS

2 cups mixed flour — ½ teaspoon salt — 2 tablespoons citron, finely chopped
2 tablespoons sugar — 2 tablespoons fat
4 teaspoons baking-powder — ⅔ cup milk — ½ teaspoon cinnamon
⅓ cup stoned raisins, finely chopped

Mix as baking-powder biscuits mixture. Roll to ¼-inch thickness; brush with melted butter substitute and sprinkle with fruit, sugar and cinnamon. Roll like jelly roll; cut off pieces ¾-inch thick. Place pieces on a greased tin and bake in a hot oven about 15 minutes.

FRUIT LOAF

Prepare pinwheel biscuit roll. Press ends together firmly to hold in the fruit. Place in a greased baking-pan, cover with Syrup Mixture:

¾ cup syrup — 1 tablespoon fat — 1 cup water

Bake and baste with syrup mixture. Serve as a dessert with cream.

SOUR MILK OR SODA BISCUITS

2 cups flour — 1 tablespoon baking-powder — ¾ cup thick sour cream or milk enough to make a soft dough
½ teaspoon soda — ½ teaspoon salt

Mix and sift dry ingredients, add liquids gradually to make a soft dough. Pat, roll out and cut into biscuits. Bake in a well-greased pan in a moderately hot oven.

SHORT CAKE

Number 1

2 cups mixed flour — 2 tablespoons sugar — ¼ cup fat
4 teaspoons baking-powder — ¾ teaspoon salt — About ¾ cup milk

Mix as baking-powder biscuit dough. Divide the dough into 2 equal parts. Shape one to fit a shallow greased tin. Brush the top of the dough with melted fat, shape and place the second portion of dough over the first. Bake in a hot oven 20 minutes. Split. Put crushed and sweetened fruit on one half. Place the other half over it. More fruit may be placed on top. Fresh strawberries, peaches, or stewed fresh or dried fruit may be used. Serve with whipped cream if liked.

Number 2

2 cups flour
4 teaspoons baking-powder
½ teaspoon salt
¼ cup sugar
¼ cup fat
1 egg
About ½ cup milk

Mix same as Short Cake No. 1, adding the well-beaten egg to the milk.

APPLE JOHN

Put stewed apple or other fruit, sweetened and seasoned, into a greased pudding dish. Cover the fruit with a short-cake dough mixture and bake in a hot oven 20 to 30 minutes. Invert onto the serving dish, sprinkle with sugar and cinnamon. Serve.

MEAT ROLLS

Make a short-cake dough, made with ¼ oatmeal. Mix finely chopped meat with a thick, highly seasoned sauce, or cereal mush. Shape into croquettes, cover with a thin layer of dough, bake in a hot oven. Serve with a hot sauce.

QUICK COFFEE CAKE

¼ cup fat
1 cup sugar
2 eggs (beaten separately)
½ cup milk
¼ teaspoon salt
1¼ cups sifted flour
¼ cup cornmeal
1 tablespoon baking-powder

Cream the fat, add sugar gradually, then the well-beaten eggs and milk alternately with the flour, measured, mixed and sifted with the baking-powder and cornmeal. Spread mixture in a well-greased, shallow tin. Spread the top with melted fat, sprinkle with sugar and cinnamon. Bake in a moderately hot oven 20 minutes.

APPLE CAKE

Put short-cake dough in a well-greased pan. Arrange apples cut in eighths over the top. Brush over with corn syrup. Bake.

BAKING-POWDER BREADS

SOUR MILK GRAHAM BREAD

3 cups Graham flour
1 cup white flour
⅓ cup brown sugar
1 teaspoon salt
1 teaspoon soda
1 tablespoon baking-powder
2 cups sour milk

Measure, mix and sift dry ingredients. Add the sour milk and beat mixture thoroughly until ingredients are thoroughly mixed. Drop mixture into well-greased bread pans and bake in a moderately hot oven about 1 hour.

GRAHAM BAKING-POWDER NUT BREAD

3 cups Graham flour
1 cup white flour
¼ cup sugar
1 teaspoon salt
1½ tablespoons baking-powder
2⅔ cups milk
1 cup nut meats

Mix and sift dry ingredients; add liquids and nut meats. Mix thoroughly, put into greased bread pan, let stand 25 minutes. Bake about 50 minutes or until done.

BUCKWHEAT NUT BREAD

2 cups buckwheat flour
2 cups white flour
¼ teaspoon salt
1 tablespoon baking-powder
½ teaspoon soda
½ cup nut meats
1½ cups milk and ⅔ cup molasses

Mix and sift dry ingredients, add the nuts and liquids. Beat thoroughly. Pour mixture into well-greased bread pan, let stand 20 minutes, then bake about 45 minutes. Raisins, dates or candied orange or lemon peel may be added.

RICE BREAD

½ cup cold boiled rice
½ cup cornmeal
½ cup wheat flour
1 tablespoon baking-powder
½ teaspoon salt
2 tablespoons syrup
1 egg, well beaten
½ cup milk
1 tablespoon melted fat

Measure, mix and sift the dry ingredients. Add the rice, egg, milk and fat. Beat thoroughly. Pour into shallow, greased pan, and bake in a moderate oven.

PEANUT BREAD

1 cup rye flour
3 cups flour
1 teaspoon salt
¼ cup sugar
2¾ tablespoons baking-powder
1¾ cups milk
1 well-beaten egg
1 cup chopped peanuts

Measure, mix and sift the dry ingredients. Add the milk and eggs mixed and the peanuts. Beat mixture thoroughly and turn into 2 well-greased bread pans. Bake 45 minutes in a moderately hot oven.

CURRANT BREAD

1½ cups flour
½ cup cornmeal
1 tablespoon baking-powder
½ teaspoon salt
1 tablespoon sugar
1 cup milk
1 egg, well beaten
1 cup currants, dredged with flour

Measure, mix and sift dry ingredients. Add the milk mixed with egg and the currants. Beat mixture thoroughly. Turn mixture into a well-greased bread tin, cover and let stand 20 minutes. Bake in a moderately hot oven 30 minutes.

STEAMED BREADS

GENERAL DIRECTIONS FOR STEAMING BREADS

A mold, a tin pail, such as a lard pail; or a can, such as a baking-powder can, with a tightly-fitting cover may be used.

Grease the inside of the mold thoroughly. The greased molds should be filled ⅔ full. The molds should be covered with well-greased paper and the covers adjusted securely and tied down with a string. The molds should be placed on a rest or several layers of soft paper in a large kettle, containing enough boiling water to reach half way to the top of the mold.

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

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

BOSTON BROWN BREAD

1 cup rye meal
1 cup cornmeal
1 cup Graham flour
1 teaspoon salt
¾ tablespoon soda
¾ cup molasses
2 cups sour milk

Measure, mix and sift dry ingredients. Add the liquids and beat thoroughly. Pour mixture into well-greased steamer mold. Cover closely and steam about 4 hours. Raisins may be added to the mixture.

STEAMED OATMEAL BREAD

1½ cups rolled oats
1½ cups cornmeal
1½ teaspoons salt
2 tablespoons baking-powder
¼ teaspoon soda
3 tablespoons molasses
1½ cups milk
1 egg
2 tablespoons melted fat

Measure, mix and sift the first 5 ingredients. Add the other ingredients and mix thoroughly. Turn mixture into well-greased mold and steam 2 hours.

BREAD AND BREAD MAKING

In most households bread is the chief cereal food served, and is often called the "Staff of Life." It is most important that the bread should be well made, light and crusty, that it may be wholesome, nutritious and palatable.

When well made it is a food of which we do not tire. Soggy bread forms tough lumps which the digestive organs cannot work upon as they should, and when such bread is eaten daily it may do serious harm.

A good loaf of bread should be light, the cavities of uniform size and evenly distributed throughout the loaf. The loaf should be small, rather than large, that it may be thoroughly baked, the crust should be a golden brown, and either soft or crisp, but not tough.

INGREDIENTS NEEDED FOR BREAD MAKING

The necessary ingredients for bread making are flour, liquid and yeast.

LIQUIDS USED

The liquids used may be water, rice water, potato water, whey milk or milk and water. Starchy water, such as potato or rice water, makes a more moist loaf. Milk changes the flavor of the loaf, makes it richer in food value and a more tender crumb and crust. Usually one cup of liquid is allowed for each loaf of bread the size of a brick loaf pan.

FLOUR

White flour is the most important in bread making, with rye flour second. When wheat is ground into a fine flour, it has the power of stretching and expanding, making it ideal for bread making. It holds the air and carbon dioxide, and hardens on baking, forming the framework of the loaf of bread.

Corn and oats lack this quality, and therefore they are combined with white flour for baking purposes. Rye flour may be used alone or with white flour in bread making.

Americans have formed the habit of eating almost exclusively bread made with white flour alone, not realizing that other breads, such as rye, rye meal, whole wheat, whole cornmeal and oatmeal, are very good to eat and richer in food value. Bread made with white flour alone does not contain the lime or other mineral salts necessary to build up bones and teeth for growing children. The coarser cereals also relieve constipation.

The present emergency demands that we use less wheat, and it is a good lesson for us to learn, as it is in the interest of health that we eat bread made with mixed cereals.

The quantity of flour used, together with the handling of the ingredients, has much to do with the quality of the bread. For a firm, fine-grained loaf of bread, 3 to 4 times as much flour as liquid is used. For a coarse grain, from 2½ to 3 times as much flour as liquid is used.

From ¼ to equal measures of other cereal flours may be added to the wheat flour. Mashed potatoes, boiled rice or left-over cereal mush may be used to good advantage in this way.

FLAVORS

Salt is used in bread making to give flavor, usually allowing ½ teaspoon salt to a cup of liquid, or for 1 loaf.

Sugar, syrup or molasses is added to give flavor and hasten the rising, allowing 1 or 2 tablespoons to each cup of liquid. Fat, such as butter, lard, oleomargarine, nut-margarine, suet, cottonseed oil, peanut oil, or corn oil, is added to the loaf to make the loaf richer and more tender, allowing 1 tablespoon to each cup of liquid.

YEAST

Compressed, dry or liquid yeast is used to make bread light. In any form there is a collection of yeast plants massed together in a way that they will keep for some time. The strength of yeast depends upon the care with which it is made and preserved. Liquid yeasts are apt to be full of bacteria which will cause bread to sour. Every yeast cake contains millions of tiny yeast plants.

Air, warmth, moisture and a nitrogenous soil are necessary for their growth. All these conditions are provided when they are mixed with flour and liquid.

Heat will kill the yeast plants, while cold checks their growth, therefore in bread making the yeast mixture should never come in contact with anything hot until baking time, or be exposed to cold unless it is desirable to stop the rising for awhile. The amount of yeast used depends on the length of time desired for the process.

One yeast cake to a quart of liquid, or for 4 loaves of bread, is used if bread is started in the morning. One yeast cake to 2 quarts of liquid or 8 loaves of bread, is used if allowed to rise overnight.

Because of the high price of yeast, it may be a good plan to make liquid yeast when yeast mixtures are prepared regularly at home.

RECIPE FOR LIQUID YEAST

Four medium-sized potatoes, pared and boiled in 1 quart water. Mash the potatoes and add 2 teaspoons salt, 3 tablespoons sugar and the water in which the potatoes were boiled. Cool and add 1 dry yeast cake or 1 compressed yeast cake which has been mixed with ¼ cup lukewarm water. Pour into a stone or glass jar, cover and let stand in a warm place 3 hours or more. Each time mixture reaches top of jar, stir down; do this until it stops working. Cover and put in a cool place. Use ½ cup liquid yeast in place of 1 yeast cake. Continue to use until there is but ½ cup left, then prepare according to above recipe, using ½ cup in place of 1 yeast cake in starting the new batch.

GENERAL DIRECTIONS FOR BREAD MAKING

First: Scald the liquids, add the salt, sugar and fat; cool.

Second: Mix the yeast with ¼ cup lukewarm liquid, using yeast according

to the time desired for the process. If dry yeast is used, mix it with a little lukewarm liquid and flour several hours before adding it to the sponge.

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

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

Fifth: Put dough in a bowl, brush over with milk, cover closely, put in a warm (not hot) place and let rise to double its bulk. This may be overnight or in the daytime, depending on the quantity of yeast used.

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

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

Eighth: Bake loaves from 50 to 60 minutes in a moderately hot oven.

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

WHITE BREAD

1 cup scalded milk
1 cup boiling water
2 tablespoons fat
1½ teaspoons salt
1 tablespoon sugar or syrup
1 yeast cake mixed with ¼ cup lukewarm water
6 cups flour

Follow general directions.

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

ENTIRE WHEAT OR BRAN BREAD

1 cup boiling water
1 cup scalded milk
⅓ cup molasses
1 teaspoon salt
4⅔ cups coarse entire wheat flour
2⅔ cups flour
½ yeast cake mixed with ¼ cup lukewarm water

Follow general directions.

RYE BREAD

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

RYE AND OATMEAL BREAD

2 cups hot liquid
1 cup oatmeal
2 tablespoons fat
¼ cup molasses
1 teaspoon salt
½ yeast cake mixed with ½ cup lukewarm liquid
2 cups white flour
3 cups rye flour or all rye and cornmeal.

Pour the hot liquid over the oatmeal, add the fat, molasses and salt. Follow general directions.

OATMEAL BREAD

2 cups thick oatmeal mush
2 tablespoons corn syrup
2 teaspoons salt
1 or 2 tablespoons fat
Yeast mixed with ¼ cup lukewarm water
4½ cups flour

Follow general directions.

RICE BREAD

2 cups boiled rice (½ cup rice)
1 tablespoon fat
2½ teaspoons salt
2 tablespoons syrup
Yeast
3 cups Graham flour
5¾ cups white flour

Follow general directions.

BUCKWHEAT BREAD

1 cup milk
1 cup lukewarm water
2 teaspoons salt
2 tablespoons fat
4 tablespoons corn syrup
Yeast
3 cups buckwheat flour
4 cups white flour

Follow general directions.

ROLLS AND HOW TO MAKE THEM

PARKERHOUSE ROLLS

1 cup boiling water
1 cup scalded milk
3 tablespoons sugar or syrup
1 teaspoon salt
3 tablespoons fat
Flour
1 yeast cake mixed with ¼ cup lukewarm water

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

Shape the dough into biscuits, let rise again, then, with the handle of a case knife dipped in flour, crease through the middle of each biscuit, or roll with rolling pin to oblong shape. Brush ½ of each with melted fat, fold and press together. Cover, let rise and bake in a hot oven 12 to 15 minutes.

CLOVER LEAF BISCUITS

Clover leaf biscuits may be made by shaping round biscuits; brush them with melted fat. Drop 3 of them into each well-greased muffin pan. Let rise and bake.

SWEET ROLLS

1 cup milk
1 cup mashed potato or mashed squash
1 teaspoon salt
¼ cup sugar
Grated rind of 1 lemon
1 yeast cake mixed with ¼ cup lukewarm water
Flour to make a dough
¼ cup melted fat

Follow directions for making bread. Shape into rolls and bake. Raisins or dates may be added.

CINNAMON ROLLS

Roll the above dough mixture into a rectangular shape. Roll to ¼-inch thickness, brush with melted fat and sprinkle with fruit, sugar and cinnamon. Roll like jelly-roll; cut off pieces ¾-inch thick. Place pieces in a greased tin and let rise to double their bulk and bake in a hot oven about 15 minutes;

or put them close together in a bread pan. Let rise to double their bulk; when baked, cover with syrup and cinnamon.

SYRUP

1 cup syrup | ½ teaspoon cinnamon | ⅓ cup boiling water

BREAD THAT REQUIRES NO KNEADING

In making bread that requires no kneading general rules for mixing given for kneaded bread should be followed, and the mixture beaten thoroughly instead of kneaded. It should be beaten the second time to distribute the gas bubbles evenly, and to make a fine-grained loaf. Well-greased pans should be half filled with the mixture.

The mixture should rise in the pan until double its bulk and no more, and then be baked in a hot oven at least 45 minutes or until brown on all sides, and until a hollow sound can be produced when the loaf is tapped with the finger.

When baked, loaves should be placed so that air can circulate freely around them until cooled. They should be put away unwrapped in a tin box or stone jar.

BRAN BREAD

2 cups boiling water or 1 cup scalded milk and 1 cup boiling water
2 tablespoons fat
¼ yeast cake mixed with 2 tablespoons water if mixed overnight, or 1 yeast cake mixed with ¼ cup lukewarm water, if mixed in the morning.
¼ cup sugar or ⅓ cup molasses or syrup
1½ cups white flour
3½ cups bran
1 teaspoon salt

Follow directions for beaten bread.

HEALTH BREAD

2 cups warm (not hot) left-over cereal mush, such as oatmeal, cornmeal, barley or steamed rice
4 tablespoons syrup
1½ teaspoons salt
2 tablespoons fat
½ yeast cake mixed with ¼ cup lukewarm water
1 cup dates, stoned and cut in pieces (may be omitted)
Flour to make a dough stiff enough to knead

Follow directions for beaten bread.

BEVERAGES

TEA COFFEE COCOA CHOCOLATE

Children and young people who have not stopped growing should not drink any tea or coffee. Tea and coffee should never be taken on an empty stomach, unless as a medicine.

TEA

To Make Tea.—Allow one teaspoon of tea to each cup of boiling water. Scald the teapot with boiling water, put in the tea, pour on the boiling water, and let it stand covered from 3 to 5 minutes.

COFFEE

To Make Filtered Coffee.—Allow 1 tablespoon of pulverized coffee to 1 cup boiling water. Scald the coffee-pot. Put coffee in strainer or muslin bag in coffee-pot; put on the range. Add gradually the boiling water and allow it to filter. Cover between additions of water. If desired stronger, refilter. This is considered the most economical way of preparing coffee. The coffee bag should be kept in cold water and not allowed to dry between the times it is used.

BREAKFAST COCOA

2 cups scalded milk	Few grains sugar	2 to 4 tablespoons sugar
2 cups boiling water	2 tablespoons prepared cocoa	

Mix dry ingredients in saucepan; stir in boiling water gradually and boil 5 minutes. Add milk and cook 5 minutes longer, or until smooth and free from lumps. Mill with a Dover egg-beater to prevent albuminous skin from forming on top.

CHOCOLATE

1½ squares Baker's Chocolate	4 tablespoons sugar	1 cup boiling water
	Few grains salt	4 cups milk

Scald milk, melt chocolate in small saucepan placed over hot water; add sugar, salt and gradually boiling water while stirring; when smooth, place over the fire and boil 1 minute; add to scalded milk. Mill by beating with Dover egg-beater, and serve. Whipped cream or a marshmallow may be served on top of the chocolate.

SOUPS

Left-overs of meat, fish, vegetables and cereals can be used advantageously in making soups. The heavy vegetable pulp soups, such as split pea or bean soup, the cream of vegetable soups and the milk chowders are rich in food value. The thin meat stocks are valuable chiefly as appetizers. The plain vegetable soups contain the food value of the vegetables they contain. If cereals are added, it increases the food value.

Meat stock is water in which meat and meat bones have been cooked. When dark meat is used, it is called brown stock; when light meat is used, it is called white stock. Vegetable stock is water in which vegetables have been cooked.

SCOTCH BROTH

3 pounds mutton from the neck
2 quarts cold water
2 tablespoons salt
1 sliced carrot
2 sliced onions
4 stalks celery
3 tablespoons rice or 3 tablespoons barley soaked overnight or 2 tablespoons flour for thickening.

Remove the skin and fat from meat that has been wiped with a damp cloth. Cut the meat into small pieces, put into the kettle with the carrot, onion and water. Heat gradually to boiling point and cook until meat is tender, strain and remove any fat. Reheat to boiling point, add the rice or barley and cook until the rice or barley is soft. The meat should not be thrown away, but used in stews, croquettes or meat cakes. If combined with a little broth, the flavor is restored.

TOMATO SOUP

1 can tomatoes
1 pint rice water
1 tablespoon whole peppers
Bit of bay leaf
½ teaspoon cloves
1 tablespoon sugar
1 slice onion
1 teaspoon salt
⅛ teaspoon soda
2 tablespoons flour
2 tablespoons fat
⅓ cup boiled rice

Cook first 7 ingredients 20 minutes. Strain. Add salt and soda. Mix the flour with an equal amount of water until smooth, add more water until thin enough to pour. Stir soup while adding gradually the flour mixture, called thickening; boil 5 minutes. Strain, add boiled rice, fat, and serve.

Rice may be omitted. The flour may be omitted.

VEGETABLE SOUP

⅓ cup carrot
⅓ cup turnip
½ cup celery
1½ cups potato
½ onion
⅓ cup fat
½ tablespoon parsley
1 teaspoon salt
⅛ teaspoon pepper
2 quarts water

Cut vegetables into cubes. Cook the vegetables, except the potatoes and parsley, 10 minutes, in the suet. Add water and potatoes and cook 1 hour. Add parsley and seasonings. A soup bone may be added. Barley

or rice may be cooked with the vegetables and served in the soup. Tomatoes, cabbage, peas, beans, spinach, or any other vegetable, may be added as desired.

SPLIT PEA SOUP

1 cup dried split peas
3 quarts cold water
½ onion
4-inch cube salt fat pork
1 ham bone
2 tablespoons flour
⅛ teaspoon pepper
1½ teaspoons salt

Pick over peas and soak overnight; drain; add cold water, pork, ham bone and onion. Simmer 3 or 4 hours, or until peas are soft. Rub through a sieve. Add the flour mixed with cold water to the soup. Boil 5 minutes, stirring constantly. Add seasonings. Cubed potatoes or boiled parsnips may be added to the soup; tomato juice and green peas may be added to give variety.

BAKED BEAN SOUP

3 cups cold baked beans
3 pints water
2 slices lemon
1½ cups stewed and strained tomatoes
2 tablespoons fat
2 tablespoons flour
1 tablespoon Chili sauce
Salt
Pepper

Put first 4 ingredients in saucepan; bring to boiling point and simmer 30 minutes. Rub through a sieve, add seasonings, thicken with the flour, add fat, and serve with crisp crackers.

Celery stalks, celery salt, or the dried leaves of celery may be added.

CREAM SOUPS

Cream soups are made with thickened milk, combined with meat stock, fish stock or vegetable stock and pulp. They take their name from the kind of stock used, such as cream of chicken, cream of fish or cream of celery, potato, or whatever kind of vegetable or other food is used. With bread and butter, cream soup furnishes a complete meal.

GENERAL DIRECTIONS FOR MAKING CREAM SOUPS

3 cups scalded milk
2 slices onion
¼ cup flour mixed with ¼ cup water
2 cups seasoned stock or vegetable pulp and stock
Seasonings to taste

Scald the milk with the onion, remove the onion and thicken the milk by adding the flour and water mixture and cooking it 20 minutes over hot water to prevent burning. Boil 2 cups vegetables, cut in small pieces, in water to cover; force the vegetables when done through a strainer or leave pieces in soup. Add the vegetable pulp and water in which the vegetables have been cooked to the thickened milk. Season and serve.

CREAM OF CARROT SOUP

2 cups finely-chopped carrots
1 quart boiling water
1 teaspoon salt
1 teaspoon sugar
3 cups milk
1 slice onion
¼ cup flour mixed with ¼ cup water
Salt and pepper

CREAM OF CELERY

3 cups celery
1 pint boiling water
1 slice onion
2 tablespoons rice cooked in 3 cups of milk
¼ cup flour mixed with ¼ cup water
Seasonings

CREAM OF CORN

2 cups corn
1 pint water
3 cups milk
1 slice onion
2 tablespoons flour
1 teaspoon salt
1 tablespoon sugar
Few grains pepper

CREAM OF TOMATO

3 cups tomato juice and pulp cooked with ¼ teaspoon soda 1 minute
3 cups milk scalded, with 2 slices onion
3 tablespoons flour
3 tablespoons water
Salt and pepper

Follow directions given above. Potatoes, lima beans, string beans, asparagus, or a combination of vegetables, such as peas, string beans, spinach, onions, etc., may be used. If the vegetabes are finely cut, they may be left in the soup.

NOTE.—Cream soups may be thickened with oatmeal or barley cooked with the milk until thickened and then strained.

CORN CHOWDER

Fat salt pork, 1 inch by 3 inches
1 sliced onion
4 potatoes cut in ¼-inch slices
1 can corn
1 quart milk
8 crackers
Salt and pepper

Cut pork into small pieces and try it out in a pan over a slow fire. Add the sliced onion and cook 5 minutes without burning. Strain fat into a saucepan. Add potatoes and boiling water to fat and cook until potatoes are soft. Then add the milk and corn. Heat to boiling point. Season with salt and pepper. Moisten crackers in cold milk. Serve crackers on top of chowder.

FISH CHOWDER

2 cups flaked cod, or fresh cod or soaked salt cod
8 potatoes, cut into ¼-inch slices
1 pint boiling water
1 sliced onion
Salt pork fat, 1 inch by 3 inches
1 tablespoon salt
⅛ teaspoon pepper
1 quart milk
8 crackers

Try out fat, add sliced onion and cook to a light brown, without burning. Strain fat into saucepan, add potatoes and boiling water and cook 10 minutes. Add the fish and simmer 10 minutes. Add the milk and seasonings. Heat to boiling point and serve with crackers, split and previously dipped in cold milk.

FISH

If more fish and less meat were used in the daily meals, it would help to reduce the cost of living. Fish contains the same food value as meat at a much smaller cost, and furnishes a food that not only tastes good, but is easily digested.

Whitefish, haddock, halibut, cod, flounder, smelts, perch, pickerel, sunfish and crappies belong to the white-fleshed family. Salmon, shad, lake trout, butterfish and herring belong to the red-fleshed family.

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

Fish should be eaten while fresh and in season. Stale fish is poisonous, so great care should be used in its selection. Fish contains albumen, and as albumen (which is like the white of egg) clots at a low temperature, it should be cooked at a temperature below boiling point of water.

Local fish should be used as much as possible. Find out all the kinds of fish that can be obtained in your locality.

HOW TO SELECT FRESH FISH

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

HOW TO CLEAN FISH

Remove the scales by drawing a knife over the fish, beginning at the tail and working toward the head.

Wipe the fish inside and outside with a cloth wet in cold, salted water, then wipe with a clean dry cloth kept for the purpose. Head and tail may or may not be taken off, according to the manner of cooking.

METHODS OF COOKING FISH

Broiling, baking and steaming are the best methods for cooking fish.

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

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

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

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

TIME TABLE FOR COOKING FISH

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

TEST FOR COOKING FISH

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

FISH—BAKED, WITH STUFFING

Select a fish weighing from 2½ to 4 pounds. Bake with or without stuffing.

STUFFING

1 cup crumbs (bread or crackers, or half and half)
¼ cup melted fat
½ teaspoon salt
⅛ teaspoon celery salt
⅛ teaspoon pepper
Few drops onion juice, if liked
¼ cup water

Mix ingredients in order given. If a dry filling is desired, the water may be omitted. Three tablespoons catsup, chopped parsley, capers, pickles, or oysters may be added. Clean and wipe the fish. Rub the inside with salt. Fill with stuffing and sew together. Cut diagonal gashes 1½ inches apart on both sides of the fish and place a strip of bacon or salt pork fat in each gash. Brush with melted fat, sprinkle with salt and pepper. Dredge with flour, tie in the shape of a letter "S" and bake on a baking sheet or strips of cotton cloth (so that it may be easily removed from the pan in a dripping pan). When the flour is browned, baste the fish once in 10 minutes. Cook until the flesh is firm and separates easily from the bone.

SALMON STEAKS—STUFFED

Buy slices of salmon ½-inch in thickness. Arrange half the number of slices in a baking pan, on thin slices or strips of salt pork fat. Cover with a well-seasoned, bread-crumb stuffing. Cover with remaining slices of salmon. Sprinkle with flour, salt and pepper. Surround with left-over boiled potatoes, cut into fourths lengthwise. Arrange strips of salt pork fat on top and bake in a moderately hot oven about 30 minutes or until done. Garnish with lemon and parsley.

BROILED TROUT OR OTHER FISH

Clean trout; wipe dry. Cut into suitable pieces for serving. Dip pieces in melted fat and broil over a clear fire for about 12 minutes. Other fish may be broiled in the same way.

FISH CROQUETTES

To 1 cup cold, flaked fish, add ½ cup or more of thick white sauce. Season with salt and pepper (lemon juice and onion if liked). Cool, shape into cutlets, roll in crumbs, egg and crumbs again. Fry in deep fat.

CODFISH BALLS

1 cup salt codfish
4 medium-sized potatoes
½ tablespoon butter
1 egg
⅛ teaspoon pepper

Wash fish in cold water, and pick into small pieces. Wash, pare and cut potatoes in ¼-inch slices. Cook potatoes and codfish in boiling water to cover, until potatoes are soft. Drain off every drop of water, return to kettle; mash. Add butter, egg (well-beaten) and pepper. Beat with a fork two minutes. Drop by spoonfuls into smoking hot fat. Fat should be very hot. Fry until brown. Remove from fat and drain on paper. Serve with egg sauce.

SCALLOPED FLAKED COD OR OTHER FISH

1 pound can flaked cod
1½ cups mashed potato
¼ cup buttered crumbs
1½ cups white sauce

Arrange the fish and sauce in layers in a well-greased baking dish. Cover with mashed potatoes and bread crumbs. Bake until heated throughout and crumbs are browned on top. Any kind of cooked fish may be flaked and prepared in this way. Layers of boiled onion or green peas may be used in this recipe.

SCALLOPED SALTED CODFISH AND RICE

¼ cup rice
2 cups cold water
1 cup salt codfish, soaked overnight and drained
1¼ cups scalded milk
1 tablespoon finely-chopped green pepper
½ cup white sauce
½ cup buttered crumbs

Add rice to cold water in a saucepan. Heat to boiling point and boil 5 minutes. Drain. Cook the drained rice, soaked codfish and milk in a double boiler until rice is soft. Finnan haddie or smoked fish can be prepared in this way, adding it to the rice when it is almost done.

SALMON LOAF

1 cup flaked cooked salmon
1 cup stale bread crumbs soaked in 1 cup scalded milk
1 teaspoon salt
½ teaspoon onion juice
2 egg yolks, beaten
½ teaspoon lemon juice
2 egg whites, stiffly beaten

Combine ingredients in order given, folding in the stiffly beaten whites last. Drop mixture into a well-greased and crumbed pan and bake in a moderately hot oven or steam the mixture. The eggs may be omitted, using ¼ cup less milk. Serve with white sauce.

MEAT

In the average household there is perhaps no other food that calls for more thought in selection and preparation than meat. In no other country has meat been used so generously as in America.

With the present high cost of meat, American housewives are buying less meat than formerly, and are using what they buy more carefully than ever before.

The tough cuts of meat, usually the cheaper cuts, are located where there is motion, such as those obtained from the neck and limbs; while the tender cuts are located where there is little motion, such as those along the back bone. The meat part from all the cuts from the same animal contain the same food value, but there is more waste, such as bone and gristle, to some cuts, and this should be considered in buying.

To reduce the meat bill, make a little meat go a long way by preparing meat combination dishes, such as stews, meat loaves, meat pies, stuffed roasts, beef a la mode, etc. Make good meat gravies. "Spread the meat flavor." Only a little meat is needed to give flavor to a whole dish.

SELECTION OF MEAT

Meat should be uniform in color, the flesh firm and elastic to the touch.

The flesh of beef should be of a bright red color and intermingled with fat that is yellowish.

Mutton should be dull red in color, and the fat white.

Lamb and veal should be lighter in color and flesh less firm than beef.

Meat should be removed from the paper as soon as it is received from market and should be kept in a cool place. Always wipe meat with a damp cloth.

Beef ranks first in nutritive value, with mutton a close second.

HOW TO PREPARE MEAT STEWS

Stewing is cooking slowly, a long time, in a small quantity of water. Cut the meat into rather small pieces; divide it into two portions; add one portion to cold water and heat slowly to boiling point. Meanwhile brown the other portion in a little fat in a pan. Then add it to the water and meat. The whole should be cooked slowly for three hours or until the meat is tender. Add vegetables the last hour of cooking.

Beef, mutton, lamb or veal may be used, selecting the tough pieces, such as the neck, shoulder, lower part of round, aitch bone, etc. Pieces of cold cooked meat may be added to the stew.

The pieces of meat are usually dredged with flour before they are browned. This gives color to the stew, a rich flavor, and thickens the gravy.

Onions, carrots, turnips, parsnips and potatoes are the vegetables commonly used in stews. Tomatoes, string beans and green peas are sometimes used. The vegetables should be cut into ½-inch cubes, ¼-inch slices or strips, and added the last hour of cooking. The potatoes, however, should be parboiled 5 minutes, then added to the stew, allowing 20 minutes for

cooking. The usual seasonings are salt and pepper. Sweet herbs, parsley, a bit of bay leaf, a few cloves, celery salt, or catsup may be added for variety.

Dumplings or Boiled Rice are often served with stew. When cooking dumplings, they should be placed so that they will rest on the meat and vegetables. Meat stew may be served on slices of Fried Mush.

MEAT PIE

Fill baking dish ¾ full with stew; cover with mashed potato, boiled rice, biscuit dough or cereal mush and bake until nicely browned on top.

NEW ENGLAND BOILED DINNER

4 pounds corned beef	6 small carrots or 3 large ones	6 medium-sized potatoes
6 small beets	2 small French turnips cut in thirds	6 medium-sized onions
1 small cabbage		6 small parsnips

Wash the meat quickly in cold water. If it is very salt, soak it about 30 minutes in cold water. Simmer meat in a kettle, containing enough boiling water to cover, from three to five hours, or until the meat is tender. Wash and scrape the vegetables, leave the beets, carrots, turnips and parsnips whole, or quartered if preferred. Cut the cabbage into quarters. When meat is tender, remove from kettle, and, two hours before dinnertime, add the carrots, afterward the turnips and the cabbage. Thirty minutes before dinnertime, add the parsnips and potatoes and onions. The beets should be cooked separately. Reheat the meat with the vegetables. Serve meat and vegetables arranged attractively on a large platter.

HOW TO BROIL MEAT

Broiling is cooking by direct exposure to heat, over hot coals or over a flame (gas flame).

Cooking with little or no fat in a hot frying pan is called "pan-broiling." To make broiled meat juicy, turn often while cooking.

TO BROIL STEAKS OR CHOPS

Wipe meat with a damp cloth and trim off superfluous fat. Rub the wire broiler with a little of the fat, place the meat in broiler and broil over a clear fire, turning every 10 seconds for the first minute. After the first minute, turn occasionally until well cooked on both sides, or cook in a little fat in a frying pan, turning over. Season to taste. Pork chops must be very well done.

PAN-BROILED HAMBURGER STEAK

Chop finely one pound lean raw beef; season highly with salt, pepper and a few drops of onion juice. Add ¼ cup milk gradually; knead dough until spongy and shape into cakes. Heat a frying pan, rub with the fat of meat and pan-broil the steaks. Turn cakes often during the cooking.

One cup left-over oatmeal mush may be added to the mixture and is very good. Try shaping oatmeal mush into cakes, brush with melted fat; shape Hamburger steak mixture into cakes, place on top of oatmeal cakes. Bake in the oven until cooked and nicely browned.

GENERAL DIRECTIONS FOR BRAISING

The rump, top, round, blade, chuck, ribs, cross ribs cuts and flank stuffed are all good braised. Beef, mutton or veal.

To braise meat, wipe meat, sprinkle with salt and pepper, dredge with flour, and, if a lean piece of meat is used, lard previous to seasoning. Brown the meat on all sides in a little fat in a Scotch kettle or roasting pan. Then cover bottom of pan with hot water or meat stock. Then cover closely and cook slowly in the oven, on top of the range or in a fireless cooker two hours. Add vegetables, such as onion, carrot, turnips, cut into strips, balls or slices, and continue cooking until meat and vegetables are tender.

BEEF A LA MODE

Insert 12 large strips of salt pork fat or piece of suet into a 4-pound piece of round beef. Season with salt and pepper, dredge with flour. Put a piece of suet in a hot pan, brown the meat on all sides in this. Put in kettle with vegetables and water, according to recipe for beef stew. Cover closely and cook slowly 4 or 5 hours in oven or top of range.

POT-ROAST

When beef is similarly prepared (without the strips of fat and vegetables) and cooked in a smaller amount of water, it is called pot-roast.

Two cups brown sugar, 1 cup vinegar and 1 cup soaked prunes added the last ½ hour of cooking provides a nice change.

MEAT EN CASSEROLE

Cut 2 pounds of meat into suitable pieces for serving. Sprinkle with salt and pepper, dredge with flour. Brown meat in a little fat in a frying pan. Put browned pieces of meat in casserole dish; add 1 carrot cut into cubes, 1 cupful stewed and strained tomatoes. Cover closely and cook 15 minutes. Add ½ cupful peeled onions and 1 cupful potato balls, and continue cooking until meat and vegetables are tender. The casserole should be closely covered that the steam may be retained. Serve with boiled rice.

MEAT ROLL

Flank steak, or 1 pound of thinly cut round steak
2 or 3 small pieces of suet
2 onions
1 cup carrot, cubed
2 cups stock or water
Bread stuffing

Beef, mutton or veal may be used. Wipe meat, trim edges, pound on both sides, spread with stuffing, roll and tie. Sprinkle the roll with salt and pepper, dredge with flour, and brown on all sides in hot drippings and lay it on the onion and carrot in a pan with the suet on top. Pour the water or stock into the pan. Cover tightly and cook slowly in the oven or on top of the stove. For round steak, cook slowly, covered, for ½ hour or more in a moderate oven, then uncover and cook an additional ½ hour. For flank steak, cook slowly, covered, for 3 hours or more in a moderate oven, then uncover last ½ hour. Serve with brown gravy made by thickening the liquid in the pan. Individual rolls may be made.

ROASTING

GENERAL DIRECTIONS

Wipe the meat with a damp cloth. Dredge the surface with flour, salt and pepper. Put pieces of fat on the meat and in the pan (melted fat may be used and rubbed over the surface). Place meat on a rack in the pan. Put into a hot oven. The heat of the oven should be intense at first to sear the surface (about 10 minutes), and then the heat should be reduced and water added to cover bottom of pan. The meat should either be covered closely or basted often with equal parts of fat drippings and water. After the last basting, sprinkle with salt and pepper. Place meat on a hot platter and garnish.

GRAVY

Pour fat from pan; allow 2 tablespoons of fat to 3 tablespoons of flour for each cupful of gravy. Put the fat into the pan, add the flour and stir over a hot fire until well browned. Add the boiling water or stock gradually, boil 3 minutes, season to taste with salt and pepper, and strain.

TIME TABLE FOR ROASTING (Per pound)

Beef, round	10 to 12 min.	Lamb (well done)	20 min.
Beef ribs (well done) . .	12 to 15 min.	Veal (well done) .	25 min.
Beef ribs (rare)	8 to 10 min.	Pork (well done) .	30 min.
Mutton, leg (well done), .	15 min.	Chicken	15 min.
Mutton, leg (rare) . . .	8 min.	Goose	18 to 20 min.
Mutton, loin (rare) . . .	8 min.	Turkey, 8-pound .	About 2 hrs.
Mutton, shoulder (stuffed),	15 min.		

MEAT LOAF

2 cups ground meat
1 teaspoon onion juice
1½ teaspoons salt
Few grains pepper
1 cup bread crumbs soaked in ½ cup milk, or 1½ cups oatmeal mush
1 beaten egg (may be omitted)
1 teaspoon finely-chopped parsley

Mix the first 4 ingredients, add the soaked bread crumbs or mush gradually, kneading the mixture until spongy, then add the beaten egg, and more seasonings if needed and the chopped parsley. Shape into a loaf and place on a pan covered with suet. Put suet on top of loaf. Sprinkle with salt and pepper and flour. Bake 40 minutes, basting occasionally with melted suet mixed with boiling water.

CALF'S LIVER AND BACON

Cut 1 pound of liver into ¼-inch slices. Cover with boiling water, let stand five minutes to draw out the blood. Drain, remove veins and skin. Wipe the liver, sprinkle with salt and pepper. Cook in hot bacon fat until brown on both sides, turning occasionally. Make a gravy, using 2 tablespoons of the bacon fat and 4 tablespoons of flour. Brown the two in a pan, add 2 cups of boiling water gradually and stir until smooth, season with salt and pepper. Put the browned slices of liver into the gravy and cook slowly 15 minutes. Put liver and gravy on a hot dish, arrange the crisp bacon around the edge and serve. Liver may be larded and baked in one large piece.

PORK CHOPS WITH DRESSING

6 pork chops
½ onion, finely chopped
1½ cups bread crumbs
2 tablespoons pork fat, chopped
⅛ teaspoon pepper
¾ teaspoon salt
¼ cup hot water
1 beaten egg

Mix bread crumbs, pork fat, seasonings, water and egg. Spread on pork chops. Put chops in a pan close together; add a little water to cover bottom of pan and bake in a moderately hot oven 1 hour, basting occasionally.

PORK SAUSAGE

5 pounds lean, raw, fresh pork, or half pork and half beef
1½ tablespoon salt
1 tablespoon pepper
2 tablespoons sage
1 tablespoon summer savory
½ tablespoon thyme

Force the meat through the food chopper. Mix the meat and spices in a large mixing bowl thoroughly with a potato masher, wooden spoon or with the hands. Fill sterilized bags, made of cotton cloth 3 inches wide by 8 or 10 inches long, to within 2 inches of the top. Cook 30 minutes in boiling salted water. Cool and store in a cold place.

CHOP SUEY

1 quart pork or chicken, cubed
¼ cup chopped salt pork fat
1 pint water or white stock
1 onion, chopped
2 cups celery, cut in 1-inch lengths
½ tablespoon salt
2 tablespoons molasses
3 tablespoons flour
3 tablespoons water
1 tablespoon China soy
½ cup fresh mushrooms

Cook the meat in the fat until a golden brown. Add the water, onion, celery, salt and molasses. Simmer 1 hour. Mix the flour and water and add to the mixture until thickened. Then add the molasses, China soy and mushrooms. Cook 10 minutes longer and serve.

BAKED RABBIT

1 rabbit
Strips of salt pork fat
4 tablespoons flour
1 cup milk
Salt and pepper

Skin rabbit. Remove head and lower part of legs. Remove insides, etc. Wash thoroughly and soak 1 hour in acidulated water. Wipe dry. Lard with salt pork strips, dredge with flour. Sprinkle with salt and pepper. Arrange on strips of salt pork fat and bake in oven about 2 hours, basting generously with milk occasionally. Currant jelly may be added to the gravy.

POULTRY

ROAST CHICKEN

Select a chicken with firm flesh, yellow skin and legs.

Dress, clean, stuff and tie wings and legs close to body of chicken.

Place on its back on a rack in a dripping pan (or on thin slices of salt pork fat or chicken fat in a pan a trifle larger than the chicken). Rub the entire surface with salt and spread legs and breast with 3 tablespoons melted chicken fat or other fat and 3 tablespoons flour. Place in a hot oven and

when flour is well browned, reduce the heat and baste every 10 minutes, if not roasted in a self-basting pan.

For basting, take 4 tablespoons of the fat in the pan and mix with 1 cup boiling water.

A 4-pound chicken requires about 1½ hours.

For the stuffing, use melted chicken fat or other fat.

STUFFING (1)

1 cup cracker or bread crumbs
¼ cup melted fat
Sage, if liked
¼ teaspoon salt
Few grains pepper
⅔ cup milk, scalded
1 teaspoon chopped parsley

STUFFING (2)—CHESTNUT

2 cups French chestnuts
⅓ cup melted fat
1 cup cracker crumbs
¾ teaspoon salt
Few grains pepper
¾ cup cream

Blanch and shell chestnuts. Cook in boiling salted water until soft. Drain and mash. Add half the fat, salt, pepper and cream. Melt remaining fat, mix with cracker crumbs, then combine mixtures.

STUFFING (3)

2 cups freshly-grated bread crumbs
1 teaspoon salt
¼ teaspoon pepper
Sage, if liked
⅓ cup melted fat
1 well-beaten egg
⅔ cup scalded milk

Combine ingredients in order given.

TO MAKE GRAVY

Skim off fat in roasting pan. To each 2 tablespoons fat, add 3 tablespoons flour. Brown the two and add the drippings and enough hot water and cream (half and half) to make it of the right thickness.

TO ROAST TURKEY

Follow directions for roasting chicken.

CHICKEN FRICASSEE

3 pounds chicken
1 onion
2 cloves
⅓ bay leaf
1 teaspoon salt
¼ cup chopped salt pork fat or other fat
¼ cup flour

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

CHICKEN STEW

Dress, clean and cut up a fowl, and put it into a stew pan. Cover with boiling water and cook gently until tender. After the first hour of cooking,

add 2 teaspoons salt, ⅛ teaspoon pepper, bit of bay leaf, sprig of parsley, and a slice of onion, if liked. Cook until tender. Remove chicken. Thicken stock with ¼ cup flour mixed with cold water. Place stewed chicken and thicken stock in the serving dish.

CHICKEN PIE

Put stewed chicken in a baking dish. Cover with short-cake or baking-powder biscuit dough, and bake until done.

BAKED CHICKEN

Dip raw chicken, cut into suitable pieces for serving, into melted fat and then into flour mixed with salt and pepper. Brown the pieces of chicken in a little fat in a pan. Add enough water to cover the bottom of pan. Cover and bake about 1½ hours. Baste occasionally.

CHICKEN CROQUETTES

2 cups chopped chicken, cooked
½ teaspoon salt
Few grains cayenne
1 cup thick sauce
⅛ teaspoon pepper
Few drops onion juice
Yolk 1 egg

Mix ingredients in order given. Cool, shape into balls, cylinders or any desired shape. Dip in egg, crumbs and egg again. Fry in deep fat.

ROAST GOOSE WITH STUFFING

Select a goose of suitable size for the number to be served. One pound to a person is usually allowed. Dress and clean goose by scrubbing it inside and outside with soda water. Rinse in boiling water and dry; stuff and sew up or skewer. Rub with flour, salt and pepper, mixed. Place breast down in a roasting pan. Baste with the drippings; after the first hour, add 1 cupful water. Turn breast one side down in a roasting pan. For an 8-pound goose, allow 4 hours in a slow over. Skim off most of the fat in the pan and make gravy by adding 1 cup white sauce, stirring until well mixed and then adding hot water gradually to make of right consistency.

PRUNE AND APPLE STUFFING

3 cups bread crumbs
¼ cup melted fat
1 teaspoon salt
1 cup apples, pared, cut in eighths, and stewed in a little sugar syrup
Few grains pepper
½ cup soaked, stewed and stoned prunes
½ cup nut meats, broken into pieces, if liked

MASHED POTATO STUFFING

2 cups mashed potatoes, highly seasoned with salt and pepper
½ cup chopped, parboiled onions
2 tablespoons melted fat
¼ teaspoon sage
2 egg yolks

Mix ingredients in order given.

TO GARNISH GOOSE

If potato or bread stuffing is used, arrange red steamed apples around the goose. To steam the apples, place with the skins on in a perforated dish over boiling water. Steam until cooked. Remove and chill. Carefully remove skins, being careful to leave the red pulp nearest the skin on the apple. Scrape skins so as to remove all pulp and return to apples. They should be a beautiful red.

FAT

Save every scrap of fat that comes with the meat and render it.

TO RENDER FAT TO USE FOR COOKING

Fat connected with tissue must be "tried out." The fat should be finely chopped and heated over water and strained. Done in this way there is no danger of burning and a white fat is obtained. If the fat has a strong odor, soaking it in salted water before rendering and adding a pinch of soda during rendering will remove it.

CLARIFYING FAT

To lessen characteristic flavors that are disliked by many, add to the rendered fat at least an equal amount of water and boil the mixture for an hour. Allow the fat to harden in a cake on top, pour off the water and heat the fat gently to drive off the water. This increases its keeping qualities. If the flavor is very strong, heating the fat with whole or skimmed milk (1 cup to 2 pounds of fat) will prove a more effectual method than the addition of water. Strain through the cloth to remove all bits of foreign matter.

CRACKLINGS

The bits of tissue left after rendering the fat may be used for shortening such flour mixtures as corncake and gingerbread—½ cup being equal to about 2 tablespoons of butter. If chopped sweet apple is added to corncake and a few raisins to gingerbread, the "chewy" bits of tissue are not noticed.

SOFTENING HARD FATS

To make hard fats softer for such uses as cake making, they may be mixed with softer fats—such as, 2 parts mutton or beef fat with 1 part lard or 3 parts mutton or beef fat with 1 part cottonseed oil. Melt the fats together and stir while melting. Stir occasionally.

SAVORY FAT

Strongly flavored fats, such as bacon, ham, or mutton, should be used. Heat the fat over a slow fire for about an hour with the desired seasoning—the amount and kind depending upon individual taste. Some of the seasonings that may be used are onion, sour apple, whole thyme, marjoram, savory and bayleaf. Savory fat may be used for warming up potato, seasoning vegetables, browning fish, seasoning left-over meats, and in many other ways.

USES OF CLARIFIED FATS

In substituting other fats for butter as shortening, a slightly smaller amount may be used and salt must be added. If the somewhat pronounced flavors of such fats as mutton or beef are objectionable, a little more flavoring—especially chocolate and spices—may be added.

Chicken or bacon fat is good for spreading sandwiches and in making pastry. A perfectly satisfactory fat for deep fat frying may consist of a mixture of any clarified fats, such as beef, mutton, lard and bacon, provided there is not an overabundance of the harder fats.

MEAT SUBSTITUTES

EGGS

Eggs are cheaper than meat. A fresh egg has a thick, rough shell. Nine medium-sized eggs, as a rule, weigh a pound. Eggs and egg dishes should be cooked at a low temperature.

GENERAL DIRECTIONS FOR COOKING EGGS

Have ready a saucepan containing boiling water. A general rule is to allow 1 pint of water to 2 eggs, and an extra cupful for each additional egg. Place the eggs in the water with a spoon and cover the saucepan. For hard-cooked eggs, let them stand on the back of the range or over a low flame from 40 to 45 minutes. For soft-cooked eggs, place the eggs in a saucepan containing boiling water. Let them stand on back of range or over a low flame from 8 to 10 minutes.

POACHED EGGS

Prepare a slice of buttered toast for each egg, and keep it hot. Have ready a shallow greased pan containing boiling, salted water to cover the eggs. Break each egg separately into a saucer and slip it gently into the water, being careful that water does not reach the boiling point. (If eggs are slipped into muffin rings in the water, the shape will be better.) Cook until the white is firm and a film forms over the top of the yolk. Remove the eggs from the water with a skimmer or griddle-cake turner. Drain, trim off rough edges and place each egg on a slice of toast.

POACHED EGGS AND CREAMED FISH

Poached eggs may be served on creamed fish or vegetables on toast.

BAKED EGGS

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

BAKED EGGS WITH CHEESE

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

BAKED EGGS IN HAM CASES

To 1 measure of crumbs add ¾ measure scalded milk and 1 measure of finely-chopped, cooked ham. Line greased custard cups with mixture.

Break eggs into the centers and bake until set. Serve with white sauce. Mashed potato may be used instead of the bread and milk mixture. Cheese may be used instead of ham.

NOTE: Baked eggs may be covered with buttered bread crumbs. Eggs may be baked in tomato shells.

CODDLED EGGS

Allow ¼ cup milk for each slightly beaten egg. Cook mixture in a double boiler until thickened. Season with salt and pepper and serve on buttered toast.

SCRAMBLED EGGS

2 tablespoons fat — ½ cup milk — Few grains pepper
5 eggs — 1½ teaspoons salt

Beat eggs slightly; add salt, pepper and milk. Melt the fat in a frying pan, pour in the egg mixture and cook slowly, continually scraping from bottom of pan. When creamy, turn into a hot dish and serve at once. Serve with ham or bacon, etc.

SCALLOPED EGGS AND HAM

4 hard-cooked eggs — 1½ cups buttered hard crumbs — 1 pint white sauce
¾ cup or 1 cup cold chopped ham or meat

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

BREAD OMELET

4 egg yolks — ½ teaspoon salt — 4 egg whites, beaten
1 cup bread crumbs — ¼ teaspoon pepper — 2 tablespoons fat
1 cup milk

Soak bread crumbs in milk, add beaten egg yolks and seasonings. Fold in stiffly beaten whites. Melt fat in omelet pan. Turn mixture into pan and cook slowly over a fire until delicately browned underneath and firm around the edges. Place on top grate in oven and bake until firm on top. Fold and serve with white sauce.

OYSTER OMELET

Fold in oysters, cut in halves, to omelet mixture, or add oysters to cream sauce. Follow directions given in plain omelet recipe.

MEAT AND VEGETABLE OMELET

Cook omelet. Add cooked vegetables or meat to the white sauce, or fold them into the omelet mixture.

CHEESE DISHES

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

BAKED MACARONI OR RICE AND CHEESE

Sprinkle hot boiled macaroni or rice with grated cheese or cheese cut into small pieces. Arrange bread crumbs, macaroni and cheese; or rice and cheese, and white sauce, in layers in a well-greased baking dish. Cover with bread crumbs and bake in oven until nicely browned.

Tomato sauce may be used in place of the white sauce.

Cornmeal mush may be arranged in layers with cheese and baked. Boiled corn may be mixed with chopped green pepper and white sauce and arranged in layers with cheese and baked.

CHEESE FONDU

1 cup scalded milk
1 cup stale bread crumbs
½ cup cheese, cut into small pieces
1 tablespoon fat
½ teaspoon salt
3 eggs
1 tablespoon catsup

Mix the first 6 ingredients; add the well-beaten yolks of eggs, fold in the stiffly-beaten whites and bake in a well-greased baking dish for 20 minutes in a moderate oven.

CHEESE AND CORN SOUFFLE

Follow recipe for Cheese Fondu, adding 1 cup boiled corn, an additional cup milk, ½ cup cheese and 2 tablespoons chopped green pepper to the first 6 ingredients.

COTTAGE CHEESE AND NUT LOAF

1 cup cottage cheese
1 cup coarsely-ground nut meats
1 tablespoon lemon juice
2 tablespoons catsup and hot tomato juice to moisten
2 tablespoons finely chopped onion
1 cup stale bread crumbs
1 tablespoon vegetable oil
1 teaspoon salt
¼ teaspoon pepper

Mix the ingredients thoroughly, add more seasonings if necessary, put mixture into a well-greased baking dish and bake in a moderately hot oven until nicely browned.

BEANS, PEAS AND LENTILS

There are any number of different kinds of beans on the market, such as the marrow, pea, kidney, black turtle, lima and yellow-eyed beans; the Manchurian beans, of which there are brown and red ones; the Chilian, of which there are brown, red and gray ones. The soy bean is richer in fat and flesh-building material than any of the other beans. Beans as a whole contain about the same food value, and the housewife who wishes to get the most food value for the money will do well in selecting the kind that sells at the lowest cost, provided they are in good condition.

Recipes given for one kind of beans may be used for any one of the others with just as good results.

CHILI CON CARNE

1 pint dried lima beans or kidney beans soaked overnight
2 cups beef, chopped
1 teaspoon salt
¼ cup suet, forced through food chopper
1 red pepper, cut in strips
½ onion, sliced
⅛ teaspoon pepper
½ teaspoon mustard
1 tablespoon vinegar
Tomatoes to cover

Arrange ingredients in layers in a bean pot. Cover with water and bake slowly 3 or 4 hours.

RED BEANS

Red beans may be cooked as lima beans. They may be served in white sauce, tomato or meat-stock sauce.

RED BEANS, SPANISH STYLE

1 cup cooked red beans
¼ cup cooked carrot
1 cup cooked beef, cubed
1 chili, finely chopped
2 tablespoons suet or oil
1 sliced onion
½ tablespoon sugar
1 teaspoon salt
Few grains pepper
2 cups boiling water

Brown the onion and meat in the suet or oil; add all the ingredients, and cook slowly until water is nearly evaporated. Serve with boiled rice or boiled chestnuts.

STEWED RED BEANS WITH BACON

Wash and soak red beans in cold water from 12 to 48 hours. To 1 cup of beans use ¼ pound of bacon. Put bacon into a saucepan—add 1 carrot and 1 onion cubed and the soaked beans; cover with cold water, bring to boiling point and simmer one hour, or until beans are tender (½ teaspoon soda may be added just as they are put over the fire). Drain and remove skin from beans. Taste and season. Serve hot.

BAKED BEANS

1 quart beans
½ pound salt fat pork or vegetable oil
1 teaspoon mustard
¾ cup molasses
1 teaspoon salt

Pick over and wash beans; cover with cold water and soak overnight. In the morning, drain, cover with fresh water and cook slowly below boiling point until soft, then drain. Put ¼-inch slices of salt pork fat in the bottom of an earthern bean pot or covered crock. Put beans in pot and bury the remaining pork (which should be gashed in several places) in the beans. Mix the salt, mustard and molasses in a cup; fill the cup with boiling water and pour the mixture over the beans. Add enough more boiling water to cover beans. Cover bean pot, put in oven, and bake in a moderate oven 8 hours. If baked a long time, they become dark and have a rich flavor. One cup oil may be used instead of the pork.

VEGETABLES

Vegetables should be used generously in our daily meals. They are chiefly valuable for the pure water and mineral matter they contain, which act as a tonic in our bodies. They contain cellulose or wood fiber, which stimulates the digestive organs to carry on their work. The cellulose stimulates the intestines so that their contents are kept constantly moving. Some vegetables contain starch, sugar and other substances.

Peas, beans and lentils will take the place of meat. Spinach is rich in iron, etc. It is well to eat many different kinds of vegetables in order to supply the body with the different kinds of mineral matter and acids they contain.

BUYING VEGETABLES

In buying vegetables, choose those that are in season and plentiful.

Potatoes.—Never buy sprouted potatoes. To test potatoes, cut one in halves, and if they are juicy enough to stick together the potato is good.

Cabbage.—Select those that are hard and heavy, with crisp, white leaves.

Winter Squash.—Select those that are medium-sized with no soft spots.

Summer Squash.—Select those that are light yellow in color, with the shell so tender that it can be broken with the finger nail.

Summer Carrots.—See that the leaves are green and fresh.

Corn.—See that the silk is brown and that the ear is well filled with good kernels that are full of sweet milky juice.

Peas.—Pods should be green and brittle; the peas green and not too large.

String Beans.—Break a pod. It should be brittle.

Lima Beans.—Select those with green, juicy pods.

Spinach.—Choose that with leaves fresh and dirty.

GENERAL RULES FOR COOKING VEGETABLES

Wash thoroughly. Pare, peel or scrape, if skins must be removed. Skins should be left on to keep in all the food value possible. Soak in cold water until ready to cook. Cook in freshly boiling salted water until tender. Drain off the water, shake over the fire, serve hot with seasoning, using 2 tablespoons fat, ½ teaspoon salt, and a few grains pepper to 1 cup cooked vegetables, or serve with white sauce. (See page 8.)

Note.—Allow 1 teaspoon salt to 1 quart of water. Use enough boiling water to cover vegetables. Salt may be added when vegetables are put in, except in the case of delicate green vegetables, as peas, spinach, etc., when it should not be added until the vegetables are nearly done. To preserve the color of green vegetables, cook uncovered. Cabbage, onions and turnips should be cooked uncovered in a large quantity of water. By changing the water once or twice during the cooking, much of the strong odor and flavor may be lost. If dried bread be tied in a cheesecloth and placed on top of vegetable during cooking, it absorbs some of the odor. Water in which vegetables have been cooked is called vegetable stock and should never be thrown away but used in soups and sauces.

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

TIME TABLE FOR COOKING VEGETABLES IN WATER

Asparagus .....20 to 40 minutes	Lima beans .....1 hour or more
Beets (young) .....45 minutes	Onions .....46 to 60 minutes
Beets (old) .....3 to 4 hours	Parsnips. .....30 to 45 minutes
Carrots .....25 to 30 minutes	Potatoes .....25 to 30 minutes
Cabbage .....15 minutes	Rice .....20 to 45 minutes
Cauliflower .....20 to 30 minutes	Spinach .....30 to 45 minutes
Celery .....20 to 30 minutes	String beans .....1 to 3 hours
Green peas .....30 to 45 minutes	Turnips .....45 minutes
Green corn .....12 to 20 minutes	Tomatoes .....1 to 3 hours

HOW TO PREPARE DIFFERENT KINDS OF VEGETABLES

Carrots.—Boil in skins, peel, slice, cube or cut lengthwise. Serve with seasonings, in white sauce or in thickened meat stock; or mash to a pulp, mix with egg and cream and bake in greased cups.

Beets.—Boil in skins, peel, cut in slices, cube or cut as desired, serve plain with seasonings or in white sauce or pickle in diluted vinegar, to which a few cloves, a slice of onion and a little sugar have been added. Cubed boiled beets may be added to corn beef hash mixture.

Parsnips.—Boil in skins, peel, cut as desired, serve hot in seasoned butter or white sauce, or brown in fat, or mash to a pulp, add an egg, teaspoon salt, tablespoon sugar and a few grains pepper to each cup; shape into croquettes, dip in crumbs, egg and crumbs again, and fry in deep fat; or bake mixture in greased molds; or arrange slices or cubes of boiled parsnips, white sauce, and crumbs in layers in a well-greased baking dish and serve as scalloped parsnips.

Turnips.—Boil in skins, peel, serve plain with seasonings or in white sauce. Mix with carrots or prepare as parsnip croquettes.

Rutabago.—Wash and pare, slice, boil and mash, season with fat, salt and pepper and sugar, or scoop out pared and boiled rutabagos; fill with a mixture of chopped meat, chopped green pepper, onion, parsley, salt, bread crumbs and moisten with white sauce. Brush outside of rutabagos with melted fat, place in a greased pan and bake.

Sweet Potatoes.—Boil in skins, peel boiled sweet potatoes, slice and brown in fat; or put in baking pan, cover with syrup, to which a little salt and fat have been added and bake in the oven until nicely browned. Serve as Glaced Sweet Potatoes. Mash boiled sweet potatoes, serve as Mashed Sweet Potatoes, or add 1 egg, 2 tablespoons sugar, to each 2 cups and shape into croquettes, dip in crumbs, egg and crumbs again, and fry in deep fat. Serve as Sweet Potato Croquettes. Bake in skins, and serve as Baked Sweet Potatoes.

Potatoes.—Boil with or without skins, peel and serve plain or mashed; or prepare as sweet potato croquettes, omitting the sugar. Cut boiled potatoes in slices or cubes and reheat in white sauce and serve as Creamed Potatoes, using 1½ cups sauce to 2 cups potatoes; or, cut boiled or raw potatoes in slices and arrange in layers with a little onion and white sauce, and bake until potatoes are done; or browned on top and serve as Scalloped Potatoes. Hash cold boiled potatoes, and to 4 cups add ½ teaspoon salt, few grains

pepper, few drops onion juice, 4 tablespoons milk and mix. Melt 4 tablespoons dripping in frying pan; when melted and browned, pack in potatoes, cook slowly until nicely browned. Fold and serve as Hashed Browned Potatoes. Bake raw potatoes, serve as Baked, or scoop out, mash and cream, and serve as Baked Stuffed Potatoes.

Onions.—Skin and boil. Serve plain with seasonings or in white sauce, or bake whole or stuffed. Cut raw onions in slices, dip in flour and fry in a little fat or in deep fat.

Celery.—Serve raw, boil or fry. Serve boiled celery in white sauce or scallop with rice and white sauce.

Asparagus.—Boil. Use tougher parts of stalks for soups. Tender, served plain or in white sauce. Serve boiled asparagus on scrambled eggs on toast or on fried mush.

Spinach.—Boil. Serve plain, seasoned, or mixed with white sauce.

Cabbage.—Serve raw or boil. Serve plain, seasoned or in white sauce alone or with grated cheese, or scalloped with cheese and white sauce. Boil with pork, or boil cabbage with 2 tablespoons fat, 4 tablespoons vinegar, 1 onion sliced, 1 teaspoon salt, ¼ teaspoon pepper, and 2 tablespoons sugar, 1 hour. Stuff cabbage leaves with boiled rice or chopped meat mixture, roll and tie and boil. Serve on toast as Cabbage Rolls.

Tomatoes.—Dip in hot water, peel, slice, serve raw; or cook cut into sections with 1 teaspoon salt, 2 tablespoons sugar, few grains pepper and ¼ cup bread crumbs to 6 tomatoes; ¼ onion, cut in pieces, added, gives a pleasing flavor; serve as Stewed Tomatoes. Corn and green pepper may be added to make Mexican Style Tomatoes. Arrange sliced or canned tomatoes, seasoned in layers with bread crumbs or boiled rice or boiled macaroni or spaghetti, in a well-greased baking pan, and bake until nicely browned on top; serve as Scalloped Tomatoes. Stuff raw tomatoes from which slices have been cut off from the tops and pulp removed; fill with boiled rice, bread crumbs, seasoned, and mixed with finely-chopped meat, and bake; serve as Baked Stuffed Tomatoes.

Egg Plant.—Pare and cut, soak overnight in cold salted water, drain. Soak in cold water ½ hour, drain again, dry, sprinkle with salt and pepper, dip in crumbs, eggs and crumbs again. Fry in deep fat and serve as Fried Egg Plant.

Squash.—Wash summer squash, cut in pieces, remove seeds. Steam 20 minutes. Turn into a cheese-cloth bag, squeeze out water. Mash, season and serve. Cut winter squash in pieces, remove seeds and stringy part, steam or bake. Mash, season and refill shells and serve as Baked Squash.

Corn.—Remove husk and silky threads, leave a couple of layers of husk on, and plunge cobs into boiling water; boil 10 minutes; serve as Boiled Corn. Remove corn from cob, heat with 2 tablespoons butter, 1 tablespoon sugar, teaspoon salt, a few grains of pepper, ½ cup white sauce to 1½ cups corn and serve as Stewed Corn. Arrange corn, white sauce mixed with finely-chopped green pepper and bread crumbs in layers in a well-greased baking dish and bake; serve as Scalloped Corn. Mix 1 cup corn with 1 well-beaten egg, ¼ cup flour, salt and pepper to taste, and shake to imitate oysters. Brown on both sides on a well-greased griddle and serve as Corn Oysters.

SALADS

Simple salads consist of fresh vegetables which require no cooking, such as the salad greens, which include leaf lettuce, head lettuce, romaine, lettuce, endive, chickory, escarole, sorrel and watercress, and vegetables such as onions, cabbage, celery, cucumber and tomatoes. Any of these may be served with an oil dressing or a boiled dressing.

HOW TO PREPARE RAW VEGETABLES FOR SALADS

Separate leaves or stalks into their natural divisions. Examine them carefully, removing inferior portions, insects, etc., that may be found on the vegetables. Wash thoroughly in several waters. Running water is preferable. Salted water aids in removing insects. Drain off the water and dry with cheese-cloth. Greens may be kept in a paper bag in the refrigerator until serving time. Coarser portions may be used for soups or sauces, while the tender portions may be served raw. Great care should be exercised in the selection and preparation of food which is not subjected to heat before serving, such as salad greens. Salad plants, carelessly cultivated or handled, may carry dangerous bacteria, and therefore should be carefully cleaned.

SALAD DRESSINGS

FRENCH DRESSING

½ teaspoon salt
¼ teaspoon pepper
⅛ teaspoon paprika
1 to 2 tablespoons vinegar
4 tablespoons oil

Mix ingredients in order given, stirring vigorously; 2 tablespoons Chili sauce may be added.

FRENCH THOUSAND ISLAND DRESSING

1 tablespoon orange juice
1 tablespoon lemon juice
1 teaspoon onion juice
2 tablespoons finely-chopped green pepper
2 tablespoons finely-chopped pimentoes

Add the above ingredients to French dressing.

FRENCH CHIFFONADE DRESSING

2 tablespoons Chili sauce
¼ cup finely-chopped onions
¼ cup finely-chopped beats

Add the above ingredients to French dressing.

RUSSIAN SALAD DRESSING

1 hard-cooked egg, finely chopped
2 tablespoons finely chopped cooked beets
1 tablespoon finely-chopped onion
1 tablespoon cooked chopped carrot

Add the above ingredients to French dressing.

THOUSAND ISLAND SALAD DRESSING

½ cup olive oil
Juice ½ lemon
Juice ½ orange
1 teaspoon grated onion
3 teaspns. parsley, chopped fine
¼ teaspoon mustard
8 olives, sliced
8 cooked chestnuts, sliced
¼ teaspoon salt
¼ teaspoon paprika
1 teaspoon Worcestershire sauce
½ cup mayonnaise

Put the ingredients for the dressing into a fruit jar, adjust 1 or 2 rubbers and the cover. Shake until the mixture is smooth and thickened a little. This is sufficient for 12 portions. Pour over lettuce, washed and dried, or serve the lettuce and dressing separately.

MAYONNAISE DRESSING

½ teaspoon salt	Yolk 1 egg	1 tablespoon lemon juice
½ teaspoon sugar	1 tablespoon vinegar	¾ to 1 cup oil
⅛ teaspoon paprika		

Mix dry ingredients, add egg yolk. When well mixed, add ½ teaspoon vinegar. Add oil gradually, at first drop by drop, stirring constantly. When very thick, add a few drops of vinegar or lemon juice and continue to beat, adding oil and vinegar alternately, until the mixture is smoothly blended. The dressing should be thick enough to hold its shape. A Dover egg beater is considered time and labor-saving when used in beating the ingredients.

COOKED SALAD DRESSING

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

Mix the salt, mustard. 2 tablespoons oil, sugar and cayenne. Add the yolks and mix thoroughly. Stir flour with 1 tablespoon cold water until smooth. Add a little of the scalded milk, stir, pour it into the scalded milk. Cook in a double boiler, continue stirring until thickened. Pour it into the yolk mixture, return to double boiler, add the hot vinegar, stirring constantly until the mixture thickens. Cool before using. If cooked too long, it will curdle.

COLD SLAW DRESSING

1 teaspoon mustard	1 teaspoon sugar	Yolk 1 egg
1 teaspoon salt	Few grains pepper	⅓ cup hot vinegar
1 tablespoon flour	1 tablespoon melted butter or oil	½ cup whipped cream

Mix the first 8 ingredients in order given. Cook in double boiler until thickened. Strain and cool. Fold in the whipped cream.

FRUIT SALAD DRESSING

3 egg yolks	⅓ cup vinegar	1 cup whipped cream
⅓ cup sugar	¼ teaspoon salt	

Mix the egg yolks, sugar, salt and vinegar. Cook in a double boiler until thickened, stirring all the time. Remove from fire; when cool, add the whipped cream.

Prepared mustard may be added to this dressing, using less or no sugar; it is then suitable for meat or vegetable combinations.

SALADS

COLD SLAW

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

MACEDOINE SALAD

1 cup cooked carrot strips
1 cup cooked potato cubes
1 cup cooked string beans
2 tablespoons finely-chopped parsley
Shredded lettuce
French dressing

Arrange shredded lettuce on salad plates. Mix vegetables with French dressing. Put a spoonful on each plate. Serve.

TOMATO SALAD

8 medium-sized tomatoes
1 cup celery or cucumber cut in cubes
1 cup cooked chicken cut in cubes
1 cup mayonnaise dressing

Scald and peel tomatoes; slice off their tops. Scrape out the seeds and a little of the pulp, and fill cavities with the celery, cucumbers and chicken, mixed with mayonnaise dressing.

JELLIED VEGETABLE SALAD

2 tablespoons granulated gelatin
½ cup cold water
½ cup vinegar
Juice 1 lemon
2 cups boiling water
½ cup sugar
1 cup shredded cabbage
½ cup pimento
½ cup celery, finely cut
½ green pepper, finely chopped
1 teaspoon salt

Soak the gelatin in cold water; add the boiling water and place dish over hot water. Let stand until gelatin is dissolved. Remove and add the vinegar, lemon juice, sugar and salt. Cool, and when it begins to jell, add the chopped vegetables. Pour into molds, chill. Serve on lettuce leaves with salad dressing. Any desired mixture of vegetables may be used.

FRUIT SALAD

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

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

WALDORF SALAD

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

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

JELLIED FRUIT SALADS

Fill molds with a mixture of

Equal measures of marshmallow cut in pieces and pineapple cut in cubes, or

Equal measures of pineapple, oranges and bananas, cut in small pieces, or

Green grapes skinned and seeded, or

Orange sections, grapefruit sections, or

Strawberries, pineapple, cubed, and marshmallows, cut in small pieces, and blanched almonds, or

Any other fruit alone or in desirable combinations.

Cover with lemon jelly mixture and let stand in a cold place until jellied. Serve on lettuce leaves with a salad dressing. May be served as a dessert.

LEMON JELLY

2 tablespoons granulated gelatin
½ cup cold water
2 to 2½ cups boiling water
1 cup sugar
½ cup lemon juice
Rind of 1 lemon

Soak gelatin 20 minutes in cold water, then dissolve in boiling water. Add sugar, lemon juice and rind, strain into a mold and chill.

MACARONI SALAD

½ cup boiled macaroni, cut into ⅛-inch pieces
½ cup boiled ham, cut into ¼-inch cubes
½ cup sweet pickles, cut into small pieces

Mix and moisten with boiled salad dressing, using only ¼ cup vinegar and ½ teaspoon mustard in the dressing. Serve on lettuce leaves in tomato cups, or plain, garnished with parsley, etc.

MEAT SALAD (CHICKEN OR VEAL)

Remove bones and gristle, fat and skin, from cold, cooked meat. Cut meat into ½-inch cubes and mix it with an equal amount of celery which has been scraped, chilled and cut in small pieces. Moisten with French dressing. Add mayonnaise dressing or boiled dressing to taste. Arrange on lettuce leaves; garnish with curled celery.

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

HERRING SALAD

1 cup cold cooked carrots, cubed
1 cup cold cooked potatoes, cubed
1 cup cold cooked peas
1 cup finely-cut herring, previously soaked

Marinate with French dressing. Arrange mixture in a mound; make 4 sections. Cover 2 sections with finely-chopped whites of hard-cooked eggs, and the other 2 with the hard-cooked yolks forced through a potato ricer or strainer. Garnish with parsley.

SANDWICHES WHICH MAY BE SERVED WITH SALAD

Chopped, hard-cooked eggs moistened with salad dressing.
Chopped meat moistened with salad dressing.
Chopped meat and chopped pickles moistened with salad dressing.
Chopped nuts and dates moistened with salad dressing.
Chopped figs moistened with salad dressing.
Chopped olives and celery moistened with salad dressing.
Chopped ripe olives and walnuts moistened with salad dressing.
Chopped cheese and pimento moistened with salad dressing.
Peanut butter.
Sliced ham and mustard.
Sliced beef and dill pickle.
Sliced chicken and tomato moistened with salad dressing.
Cubed cucumbers and radishes moistened with salad dressing.

DESSERTS

Milk and egg desserts are rich in food value. Milk and eggs supply practically all the needs of the body.

YELLOW CUSTARD

4 cups scalded milk
4 eggs (if baked in individual cups)
6 eggs (if baked in a large mold)
Few grains nutmeg or cinnamon
½ cup sugar
¼ teaspoon salt

Beat eggs slightly, stir in the sugar and salt. Add the scalded milk slowly to the egg mixture; strain into buttered custard cups and sprinkle a little nutmeg on top of each. Set cups in a pan containing hot water, and bake in a moderate oven until custard is firm. One-half square melted chocolate may be added to the milk, to make chocolate custard.

Custard mixtures may be poured over pieces of buttered toast or untoasted bread; these may be cut into slices, strips or cubes. Cocoanut, raisins, candied orange peel, chopped figs or dates may be put between the layers, or the bottom of the buttered baking dish may be covered with drained fruit, the bread arranged and the whole covered with a custard mixture.

Sponge cake crumbs or crumbles macaroons may be used with an unsweetened custard mixture.

TAPIOCA CREAM PUDDING

1½ tablespoons minute tapioca, or ¼ cup pearl tapioca
2 cups scalded milk
2 eggs
⅓ cup sugar
¼ tablespoon salt
1 tablespoon vanilla

Pick over tapioca and soak 1 hour in cold water to cover. Drain, add to milk and cook in a double boiler until tapioca is transparent. Mix the yolks with the sugar and salt. Combine by pouring hot mixture slowly into egg mixture. Return to double boiler and cook until it thickens while stirring constantly. Fold in whites of eggs beaten until stiff, remove from range, chill and serve.

SAGO PUDDING

½ cup sago
2 cups scalded milk
2 eggs
½ cup sugar
¼ teaspoon salt
1 teaspoon vanilla or grated rind of a lemon

Pick over sago and wash. Drain, add to milk and cook in a double boiler until sago is transparent. Mix the yolks with sugar and salt. Combine mixture by pouring hot mixture slowly into egg mixture and cook in a double boiler until thickened. Fold in the stiffly-beaten whites; remove from range. Flavor and mold. Serve cold with grape sauce. Eggs may be omitted and ⅔ cups sago used in place of the ½ cup.

RICE PUDDING

2 cups steamed rice
2 or 3 eggs
½ cup milk
½ cup sugar
½ cup dates, stoned and cut into small pieces

Add well-beaten yolks of eggs, sugar, milk and dates, cut in small pieces, to the steamed rice. Fold in the stiffly-beaten white and bake 30 minutes in a well-buttered and crumbed baking dish. Serve with cream or fruit sauce. Raisins may be used in place of dates. The eggs and milk may be omitted and the sugar and fruit added to the steamed rice and served.

APPLE SNOW

¾ cut apple pulp — Whites 3 eggs — Powdered sugar

Pare, quarter and core 4 sour apples. Steam until soft and rub through sieve. There should be ¾ cup apple pulp. Beat the whites of eggs until stiff; add gradually apples sweetened to taste. Pile lightly on a dish and serve with custard sauce. One tablespoon lemon juice may be added.

CUSTARD SAUCE

1½ cups scalded milk — ¼ cup sugar or syrup — ½ teaspoon vanilla
Yolks 3 eggs — ⅛ teaspoon salt

Beat the yolks slightly, add sugar and salt. Stir constantly while adding gradually the hot milk to the yolk mixture. Return to the double boiler. Cook in the double boiler, stirring constantly until mixture thickens, and a coating is formed on the spoon. Chill and flavor. If cooked too long, custard will curdle. Should this happen, beating the mixture with a Dover egg beater will restore the smooth consistency. When eggs are scarce, use use 2 yolks and ½ tablespoon cornstarch.

PRUNE WHIP

Follow directions for apple snow, substituting ¾ cup prune pulp. Pulp of fresh fruit or steamed, dried apricots or peaches may be used in place of the apple pulp.

FRUIT BLANC MANGE

3 cups fruit juice — ¼ cup sugar, unless fruit juice is sweet enough — Dash of salt
½ scant cup cornstarch — ½ cup water
2 tablespoons lemon juice

Heat the fruit juice in the top part of a double boiler, placed directly over the fire, until boiling point is reached. Add the cornstarch mixed with the cold water, sugar and salt, stirring all the time until thickened. Put into lower part of double boiler, filled ½ full of boiling water and cook 20 minutes. Add lemon juice and pour into molds. Serve with whipped cream. Sago or tapioca may be used in place of the cornstarch.

BLANC MANGE

4 cups scalded milk — ¼ cup sugar or syrup — ½ cup milk
½ cup cornstarch — ¼ teaspoon salt — 1 teaspoon vanilla

Mix the dry ingredients, stir in the ½ cup of milk and add the mixture to the scalded milk in a double boiler, stirring all the time until thickened. Cook 30 minutes. Add flavoring and mold. Stiffly-beaten whites of eggs may be folded into the mixture.

CHOCOLATE BLANC MANGE

Prepare according to recipe for blanc mange. Add 1 square of melted chocolate, to which ¼ cup of boiling water has been added. Mix thoroughly. Mold and chill. Serve with plain or whipped cream.

PRUNE PUDDING

½ pound prunes
2 cups cold water
1 cup sugar or syrup
1 tablespoon lemon juice
Rind ½ lemon
1-in. piece stick cinnamon
1½ cups boiling water
⅓ cup cornstarch

Pick over and wash prunes, then soak 1 hour or more in cold water to cover. Boil until soft in the water in which they have been soaked. Remove the stones, add sugar, lemon juice and rind, cinnamon and boiling water. If syrup is used, add two more tablespoons of cornstarch. Simmer fifteen minutes. Remove cinnamon, mold and chill. Serve with plain or whipped cream. Chopped almonds may be added to the mixture just before being poured into the mold.

FRUIT TAPIOCA PUDDING

¾ cup tapioca
Cold water to cover
2½ cups boiling water
2 cups fruit sauce
¼ teaspoon salt
½ cup sugar
1 tablespoon lemon juice
Few grains nutmeg and cinnamon

Wash and soak the tapioca and sago 1 hour or more in enough cold water or fruit juice to cover; add the boiling water, cooked fruit, fruit juices, salt, sugar and lemon rind. Cook in a double boiler until tapioca is transparent. Mold, chill and serve with cream and sugar. Minute tapioca may be used, and this requires no soaking.

SCALLOPED APPLES OR FRUIT

3 apples cut in eighths
½ cup sugar
¼ teaspoon cinnamon
¼ teaspoon nutmeg
½ cup water
½ lemon juice and rind
2 cups soft bread crumbs
2 tablespoons butter

Cook the fruit with the sugar, cinnamon, nutmeg and water, until soft; add lemon juice and rind. Arrange in layers in a buttered baking dish, using ⅓ of the buttered crumbs on the bottom of the baking dish, then ½ the apple sauce, then buttered crumbs, apple sauce and the remainder of the crumbs on top. Bake in a moderate oven, until nicely browned on top. Other fruit sauces may be used in the same way—such as peach, apricot, rhubarb, etc.

HUNTER'S PUDDING

⅔ cup chopped suet
⅔ cup milk
⅔ cup molasses
2 cups flour
⅔ teaspoon soda
1 teaspoon salt
⅓ teaspoon clove
⅓ teaspoon mace
⅓ teaspoon allspice
⅓ teaspoon cinnamon
1 cup raisins in 2 teaspoons flour

Mix in the order given. Steam 2½ hours. Serve with yellow sauce.

STEAMED WHOLE WHEAT PUDDING

1½ cups whole wheat flour
½ teaspoon soda
½ teaspoon salt
½ cup molasses
½ cup milk or water
1 egg, beaten
2 tablespoons butter, melted
1 cup chopped raisins

Mix and sift dry ingredients. Add molasses and milk. Add beaten egg and melted butter, then the raisins. Beat mixture thoroughly. Chopped figs or dates may be used. Steam 2½ hours in a large mold, or 30 minutes in individual molds.

PLUM PUDDING WITHOUT EGGS

1 quart cooked mashed carrots
½ pound finely-chopped suet
½ cup sugar
¾ pound currants
¾ pound raisins
½ pound citron
} Dredge with flour

2 cups flour or bread crumbs
1½ teaspoons salt
1 teaspoon cinnamon
½ teaspoon cloves
½ grated nutmeg
} Sift together

Mix ingredients in order given. Steam 3½ hours in a buttered mold. May be steamed in individual molds. Carrots should be forced through a fine strainer.

HARD SAUCE

½ cup butter
1 cup powdered sugar
½ teaspoon lemon extract
⅔ teaspoon vanilla extract

Cream the butter, add sugar gradually and flavoring. To hard sauce may be added a little fruit juice or jam, such as raspberry or strawberry.

LEMON SAUCE

½ cup sugar
1½ cups boiling water
1½ teaspoons lemon juice
1 tablespoon cornstarch
1 teaspoon butter

Mix sugar and cornstarch. Add boiling water gradually, stirring until thickened. Boil 5 minutes. Add butter and lemon juice. Serve.

LEMON JELLY

2 tablespoons granulated gelatin
2 to 2½ cups boiling water
1 cup sugar
½ cup lemon juice
Rind 1 lemon
½ cup cold water

Soak gelatin 20 minutes in cold water, then dissolve in boiling water. Add sugar, the lemon juice and rind; strain into a mold and chill. Beating the lemon jelly while it is jelly-like with a Dover egg beater will make it white and fluffy. Orange, raspberry or other fruit jelly may be made in the same way, using ½ cup of the fruit juice with lemon juice to taste.

SPANISH CREAM

2 tablespoons granulated gelatin
3 egg yolks
½ cup sugar or syrup
⅛ teaspoon salt
3 egg whites
1 teaspoon vanilla
3 cups milk

Reserve ¼ cup milk to soak gelatin. Scald the remaining 2¾ cups of milk. Separate the eggs, beat the yolks, add the sugar and salt; stir in the scalded milk slowly and cook in double boiler until custard thickens, stirring all the time. Remove from fire, add the soaked gelatin and stir until dissolved, then strain. Beat the whites until stiff, fold into mixture. Flavor and turn into cold wet mold. Chill.

FROZEN MIXTURES

Ice and salt form a freezing mixture several degrees below the freezing point of water. Salt melts the ice, withdrawing heat from the contents of the can, and the melting ice dissolves the salt. The smaller the pieces of ice, the more quickly the change to liquid, and the more salt used, the more quickly the mixture is frozen. If too much salt is used, however, the frozen mixture will be coarsely grained. Three parts ice to 1 part salt is the best proportion for a smooth, fine-grained cream.

DIRECTIONS FOR FREEZING

Scald can, cover and dasher, then chill.

Place the can of the freezer in the pail; put in the dasher, and pour in mixture to be frozen. Cover and adjust top. Turn crank to make sure can fits in socket.

Fill the space between the can and pail with alternate layers of ice and salt, allowing 3 measures of ice to 1 of salt. The ice and salt should come a little higher in the pail than mixture to be frozen.

The can should not be more than ¾ full, as the mixture expands in freezing.

Turn the crank slowly at first, then turn crank more rapidly, adding more salt and ice if needed. Do not draw off the water, unless it stands so high that there is danger of it getting into the can.

After freezing, draw off water, remove dasher, and with spoon push solidly.

Put cork in opening of cover. Repack, using 4 parts of ice to 1 of salt. Place on top newspapers, an old blanket, or a piece of carpet.

HOW TO MAKE ICE-CREAM OR ICES WITHOUT A FREEZER

Cover bottom of pail with crushed ice. Put in baking-powder can, tumbler, or lard pail containing mixture to be frozen, and surround with ice and salt. Turn can or tumbler with hand occasionally, and as soon as it begins to freeze, scrape frozen mixture from sides of can with a knife or spatula, and beat mixture with spoon, continuing until mixture is frozen.

Ice-cream is frozen cream. Frozen pudding is frozen cream or custard to which fruits and nuts are added. It is usually served with a sauce.

Mousse is prepared with whipped cream, which gives it a mossy consistency. It is molded and packed in ice and salt.

Water ices are fruit mixtures diluted with water and frozen.

VANILLA ICE-CREAM (1)

1 quart thin cream — ¾ cup sugar — 1½ tablespoons vanilla

Mix ingredients and freeze.

VANILLA ICE-CREAM (2)

1½ cups scalded milk
1 tablespoon flour
¾ cup sugar
½ teaspoon salt
1 egg
1 quart thin cream
2 tablespoons vanilla

Mix flour, sugar and salt; add egg, slightly beaten, and milk gradually. Cook in double boiler 20 minutes, stirring constantly at first. Should custard

have curdled appearance, it will disappear in freezing. When cool, add flavoring and cream. Strain and freeze. Fresh fruit may be cut up and served with the ice-cream. Serve crushed fruit sauce, chocolate sauce or maple sauce, with or without chopped nuts, on top of each serve of ice-cream when desirable.

MILK SHERBERT

2 cups sugar or syrup 1 quart milk ½ cup lemon juice

Mix the sugar and strained lemon juice. Pour the milk into the freezer can, add the lemon mixture. Stir thoroughly, cover, freeze.

LEMON ICE-CREAM

2 cups milk 1½ cups sugar or syrup Rind 1 lemon
2 cups cream Juice 3 lemons

Mix ingredients and freeze according to directions.

PINEAPPLE ICE-CREAM

Add 1 can grated pineapple to Lemon Ice-cream recipe, using only 1 cup sugar. Freeze mixture.

ORANGE ICE-CREAM

Add ½ cup orange juice and grated rind of 2 oranges to Lemon Ice-cream recipe. Freeze mixture.

PEACH ICE-CREAM

1½ cups peach pulp Juice 1 lemon 1 quart cream
1½ cups sugar or syrup

Mix and freeze.

BANANA ICE-CREAM

One and ½ cups banana pulp may be used in place of the peach pulp.

ICES

Water ice is fruit juice sweetened, diluted with water and frozen.

Sherbert is a water ice mixture to which is added dissolved gelatin or beaten whites of eggs.

Frappe is a water ice mixture frozen to a mush, using equal parts of ice and salt in freezing.

CAKES

Cakes should be regarded as confection and eaten as such.

WAR CAKE

1 cup molasses
1 cup corn syrup
1½ cups boiling water
2 cups raisins
2 tablespoons fat
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
3 cups flour
1 teaspoon soda
2 teaspoons baking-powder

Boil first 9 ingredients. Cool, add the flour sifted with the soda and baking-powder. Drop into well-greased loaf tins. Bake 45 minutes in a moderately hot oven. Make 2 loaves.

PLAIN CAKE

⅓ cup fat
1 cup sugar
3 egg yolks
⅔ cup milk
2 cups flour
3 teaspoons baking-powder
⅛ teaspoon salt
3 egg whites
1 teaspoon vanilla

Cream the fat, add sugar gradually and continue to cream until the mixture is creamy. Add the well-beaten yolks, the milk alternately with the flour mixed and sifted with the baking-powder and salt. Beat mixture thoroughly. Fold in the stiffly beaten whites and vanilla. Bake in a loaf or layers.

CHOCOLATE CAKE

Make same as Plain Cake, adding one square melted chocolate cooked with 2 tablespoons boiling water, to the fat and sugar mixture.

MARBLE CAKE

Make same as Plain Cake, adding ½ square melted chocolate cooked with 1 tablespoon boiling water, to ½ of the batter. Arrange spoonfuls of dark and white mixtures in a well-greased pan.

FIG CAKE

Make same as Plain Cake. Add ¼ teaspoon cinnamon, ¼ teaspoon cloves, ½ cup finely-chopped figs to ⅓ of the batter. Bake this in 1 layer and the remaining ⅔ in 2 layers. When done, put fig layer between the other two, a layer of frosting between each.

LIGHT FRUIT CAKE

Make same as Plain Cake, adding ¼ cup finely-cut citron, ¼ cup currants, ¼ cup raisins and ¼ cup finely-chopped nuts.

NUT CAKE

Make same as Plain Cake, adding 1 cup nut meats and 2 tablespoons less shortening.

CHOCOLATE CAKE

½ cup fat
1 cup sugar
2 eggs
½ cup milk
1½ cups flour
2½ teaspoons baking-powder
2 squares chocolate
½ teaspoon vanilla

Cream the fat; add sugar gradually, eggs well beaten and milk. Add flour mixed and sifted with baking-powder. Beat thoroughly, then add chocolate and vanilla. Bake in layers. Frost with White Mountain Cream frosting to which 3 tablespoons of grated chocolate have been added. One cup molasses may be substituted for the sugar, using only 3 tablespoons milk, adding ¼ teaspoon soda and substituting rye flour for the white.

APPLE SAUCE CAKE

1 cup sugar
3 teaspoons cinnamon
1 teaspoon cloves
1½ cups unsweetened apple sauce mixed with 2 teaspoons soda
¾ cup raisins
¼ cup currants dredged with 2 tablespoons flour
2½ cups flour
½ cup melted butter

Measure ingredients in order given in a bowl. Beat vigorously. Bake in a well-greased loaf tin.

QUICK CAKE

½ cup soft fat (scant)
1⅓ cups brown sugar
2 eggs
½ cup milk
½ pound dates or ½ cup raisins
1⅔ cups bread flour
3 teaspoons baking-powder
½ teaspoon cinnamon
½ teaspoon nutmeg
} Mix and sift

Put ingredients in bowl in order given, and do not stir until all have been added. Beat for 3 minutes. Bake in a buttered or greased pan from 35 to 45 minutes. May be baked in muffin tins. One-quarter cup cocoa may be added.

SOUR CREAM CAKE

1½ cups sour cream
1½ cups sugar
3 eggs, well beaten
2½ cups flour
2¼ teaspoons baking-powder
¾ teaspoon soda

Measure ingredients in order given, sifting flour, baking-powder and soda. Beat thoroughly. Bake.

COCOANUT FRUIT CAKE

½ cup fat
1 cup sugar
⅔ cup grated cocoanut
⅔ cup chopped almonds
½ cup candied orange peel
3 beaten whites of eggs
1½ cups flour
¼ teaspoon salt
2 teaspoons baking-powder
¼ teaspoon vanilla

Cream the shortening, add sugar gradually, the cocoanut, almonds, orange peel and vanilla. Alternate the flour sifted with the salt and baking-powder with the milk. Beat, fold in the egg whites. Bake in a loaf tin, in a moderate oven, about 30 minutes.

CAKES WITHOUT FAT

CHEAP SPONGE CAKE

Yolks 2 eggs
⅔ cup sugar
2 teaspoons hot water
⅔ cup flour
1 teaspoon baking-powder
⅛ teaspoon salt
Whites 2 eggs
½ tablespoon vinegar

Beat yolks until thick. Add sugar gradually and continue beating. Then add water, flour mixed and sifted with the baking-powder and salt. Fold in the stiffly-beaten whites of eggs and vinegar. Bake 35 minutes, in a moderate oven, in an unbuttered or a buttered and floured cake pan.

CREAM SPONGE CAKE

Yolks 4 eggs	1½ tablespoons cornstarch	1 teaspn. lemon extract
1 cup sugar	1 scant cup of flour	½ teaspoon salt
3 tablespoons cold water	1½ teaspoons baking-powder	Whites 4 eggs

Beat yolks until thick; add sugar gradually and beat 2 minutes. Then add water. Mix and sift cornstarch, flour, baking-powder and salt, and add to first mixture. Fold in stiffly-beaten whites and flavoring. Bake about 20 minutes in a moderate oven. This cake may be made with 2 eggs, and using 2 additional teaspoons of baking-powder and 2 additional tablespoons water.

MARTHA WASHINGTON PIE

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

CAKE FROSTINGS AND FILLINGS

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

BOILED FROSTING OR WHITE MOUNTAIN CREAM

1 cup sugar	1-16 teaspoon cream of	Whites of 1 or 2 eggs
½ cup water	tartar	½ teaspoon flavoring

Dissolve the sugar and cream of tartar in the water. Cover the saucepan first 5 minutes of cooking to prevent the formation of crystals on the sides of the saucepan. If 1 beaten egg is used, boil the sugar solution to the soft-ball stage, until it forms 2-inch threads when dropped from a spoon or fork. If 2 egg whites are used, boil to the firm ball stage. The syrup should not be stirred during the process of cooking, nor the saucepan moved. If crystals do collect on the sides of the saucepan, remove with a wet cloth or wet brush. When the sugar solution has boiled to the right temperature, pour it gradually into the stiffly-beaten whites of eggs, beating continually while pouring, and continue beating until of right consistency to spread on the cakes. Flavor.

NUT FROSTING

Add nut meats to White Mountain Cream.

LADY BALTIMORE FROSTING

Add nut meats, chopped figs, chopped angelica to White Mountain Cream.

MINNEHAHA FROSTING

Add chopped seeded raisins to White Mountain Cream.

MAPLE FROSTING

Substitute maple sugar for granulated sugar in White Mountain Cream.

CHOCOLATE FROSTING

Add 1 square melted chocolate to White Mountain Cream.

MILK FROSTING

2 cups sugar | ⅔ cup milk | ½ tablespoon butter | 1 teaspoon vanilla

Boil first 3 ingredients to soft-ball stage. Remove from fire, let stand about 8 minutes and beat until creamy. Add vanilla.

CREAM FILLING

¾ cup sugar | 1 teaspoon salt | 2 cups scalded milk
⅓ cup flour | 2 eggs | 1 teaspoon vanilla

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

CHOCOLATE CREAM FILLING

Add 1½ squares melted chocolate to Cream Filling mixture.

ORANGE OR LEMON FILLING

½ cup sugar | 1 egg, slightly beaten | ¼ cup orange juice
2 tablespoons flour | Grated rind ½ orange | 1 teaspoon lemon juice

Mix sugar and flour; add other ingredients in order given. Cook 20 minutes in a double boiler, stirring constantly until thickened. Cool before spreading.

MARSHMALLOW FILLING

1 cup sugar | ½ pound marshmallows, cut into small pieces | 2½ tablespoons hot water
⅓ cup milk | | 1 teaspoon vanilla

Boil sugar and milk until soft-ball stage is reached. Melt marshmallows in a double boiler, add hot water and cook mixture until smooth, stirring continually while adding milk and sugar mixture. Beat until cool.

SAUCES TO SERVE WITH PUDDINGS AND ICE-CREAM

CHOCOLATE SAUCE

2 squares chocolate, melted | 1 cup boiling water | ½ cup syrup or sugar | 1 tablespoon cornstarch mixed with 1 tablespoon cold water

Add the boiling water to the sugar or syrup, then add gradually to the melted chocolate, stirring all the time while adding. Heat to boiling point, add the cornstarch mixture and boil 5 minutes. Flavor with vanilla and serve hot or cold.

FRUIT SAUCE

1 tablespoon cornstarch mixed with 1 tablespoon cold water | ½ cup sugar or syrup | 1½ cups boiling water | 2 tablespoons lemon juice | Chopped fruit or chopped fruit and nuts

Add the cornstarch mixture to the sugar or syrup and then the boiling water and boil 5 minutes; add the lemon juice, cool, and add the chopped fruit.

BANANA FILLING

1 cup banana pulp | ½ cup sugar | Juice ½ lemon | 1 tablespoon butter

Cook and stir until thickened.

COOKIES

PEANUT COOKIES

2 tablespoons fat
¼ cup sugar
1 egg, well-beaten
½ cup flour
1 teaspoon baking-powder
¼ teaspoon salt
2½ tablespoons milk
¾ cup chopped peanuts
½ teaspoon lemon juice

Cream the fat, add sugar gradually, add well-beaten egg. Mix and sift baking-powder, salt and flour; add to first mixture. Then add milk, peanuts and lemon juice. Drop from tip of a spoon on an unbuttered sheet 1 inch apart. Place ½ peanut on top of each. Bake 12 to 15 minutes in a slow oven. This makes 24 cookies.

CHOCOLATE DROP COOKIES

⅓ cup fat
1 cup light brown sugar
1 well-beaten egg
½ cup milk
1½ cup flour (may be part buckwheat)
½ teaspoon soda
2 squares melted chocolate
1 cup chopped nuts
1 teaspoon vanilla

Cream the fat, add the brown sugar gradually, then the well-beaten egg, milk and the flour mixed and sifted with the soda. Stir in the melted chocolate, chopped nuts and vanilla. Drop mixture by spoonfuls onto a well-buttered pan.

FRUIT COOKIES

⅓ cup fat
½ cup sugar
1 egg
⅓ teaspoon soda
1 tablespoon hot water
1½ cups flour
⅓ teaspoon salt
1 teaspoon cinnamon
½ to 1 cup chopped nuts
⅓ cup raisins

Cream the fat, add sugar gradually, and eggs, well beaten. Add soda dissolved in water, ½ flour mixed and sifted with salt and cinnamon. Then add nut meat, fruit and remaining flour. Drop by spoonfuls onto a greased tin, 1 inch apart, and bake in a moderately hot oven.

OATMEAL COOKIES

1 cup fat
1 cup sugar
2 beaten eggs
¼ cup milk
2 cups oatmeal
2 cups flour
1 teaspoon soda
1 teaspoon cinnamon
¼ teaspoon salt
1 cup raisins

Cream the fat, add the sugar gradually and work until creamy. Add the well-beaten eggs, milk and oatmeal, the flour, soda, cinnamon and salt mixed and sifted, and the raisins. Drop by teaspoonfuls onto a buttered pan. Bake.

FILLED COOKIES

Roll cookie dough into rectangular shape, sprinkle with spices or spread with fruit or fruit nut mixture. Fold, roll again and cut out and bake.

PASTRY

Pastry, if it is to be served at all, should be light, tender and flaky. It is then more easily digested.

Winter wheat flour, called pastry flour, should be used as it makes the pastry more tender than bread flour. Less shortening is required when pastry flour is used.

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

The flakiness depends upon the number of layers of shortening and paste formed by folding and rolling.

GENERAL DIRECTIONS

Use butter substitutes for the fat.

Rub in with the tips of the fingers or chop in with a knife.

Add enough cold water to make a stiff dough, using a knife for mixing.

All the ingredients must be cold.

Handle the dough as little as possible, and keep it as cold as possible, as heat melts the fat and makes it difficult to handle the dough.

Use as little flour as possible during the rolling.

Cut the pastry a little larger than the dish to allow for shrinkage.

RECIPE FOR PASTRY

1½ cups flour	⅓ to ½ cup shortening	Cold water to make a stiff dough, about 4½ tablespoons.
½ teaspoon salt		

Mix and sift the flour and salt. Rub in shortening with tips of fingers or cut it into the flour with 2 knives. Add the cold water, using a knife for mixing. Knead the dough lightly into a ball. Cut in two; roll into circular pieces to fit pie tin.

APPLE PIE

5 sour apples	1 teaspoon butter	⅛ teaspoon nutmeg
⅛ teaspoon salt	¼ teaspoon cinnamon	Few gratings lemon rind
½ cup sugar	1 teaspoon lemon juice	

Line pie plate with paste. Pare, core and cut apples and fill the pie. Mix the dry ingredients and lemon juice, and sprinkle over apples. Dot over with butter. Wet edges of under crust, cover with upper crust, pressing the edges close together. Bake in a hot oven 40 to 45 minutes, or until fruit is cooked.

LEMON PIE

1 cup sugar	1 teaspoon butter	2 egg yolks
3 tablespoons cornstarch	Grated rind 1 lemon	Juice 1 lemon
1 cup boiling water		

Mix cornstarch and sugar; add to boiling water, stirring constantly. Cook until clear; add the butter, beaten yolks, lemon juice and rind. Cool. Line plate with paste. Prick the paste and bake. Fill with lemon mixture and cover with meringue, and bake until meringue is brown.

MERINGUE

Whites 2 eggs
1½ tablespoons lemon juice
2 tablespoons sugar or powdered sugar, and ¼ teaspoon vanilla

Beat the whites until stiff; fold in sugar and add flavoring.

COCOANUT CREAM PIE

1½ cups scalded milk
⅓ cup sugar
¼ teaspoon salt
3 tablespoons cornstarch
Yolks 3 eggs
1 tablespoon butter
½ cup shredded cocoanut
½ teaspoon vanilla

Add the sugar, cornstarch and salt to the egg yolks. Pour the scalded milk into this, return to double boiler, stir and cook until thickened. Add the butter, cocoanut and vanilla. Pour into a pie tin lined with pastry. Bake. Cover with meringue.

MINCE PIE

Line a pie tin with pastry. Fill with mince meat. Cover with pastry.

MINCE MEAT

1½ cups chopped beef (roast or steak)
1 pint chopped apple
½ cup chopped suet
1⅓ cups sugar
1 cup cider
½ cup syrup from sweet pickle jar
1 teaspoon salt
1 teaspoon mace
Grating of nutmeg
¼ teaspoon cloves
½ teaspoon cinnamon
⅔ cup raisins (Sultana preferred)

Mix all together. Cook 1 hour. Put into sterilized jars.

CRANBERRY AND RAISIN PIE, OR MOCK CHERRY PIE

2 cups cranberries
1 cup water
½ cup seeded raisins
1 cup sugar
½ cup cracker crumbs
1 egg
1 tablespoon lemon or orange juice

Boil first 3 ingredients until cranberries burst open, then add the sugar. Cool, add the cracker crumbs, egg and orange juice. Line a pie plate with pastry. Fill with fruit mixture. Arrange strips of pastry lattice fashion over top and bake in a quick oven 25 minutes.

PUMPKIN PIE

1¼ cups steamed pumpkin forced through a strainer
¼ cup sugar
½ teaspoon cinnamon
¼ teaspoon ginger
⅛ teaspoon cloves
½ teaspoon salt
1 slightly beaten egg
⅞ cup milk

Mix ingredients in order given. Bake in a pie tin lined with pastry.

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