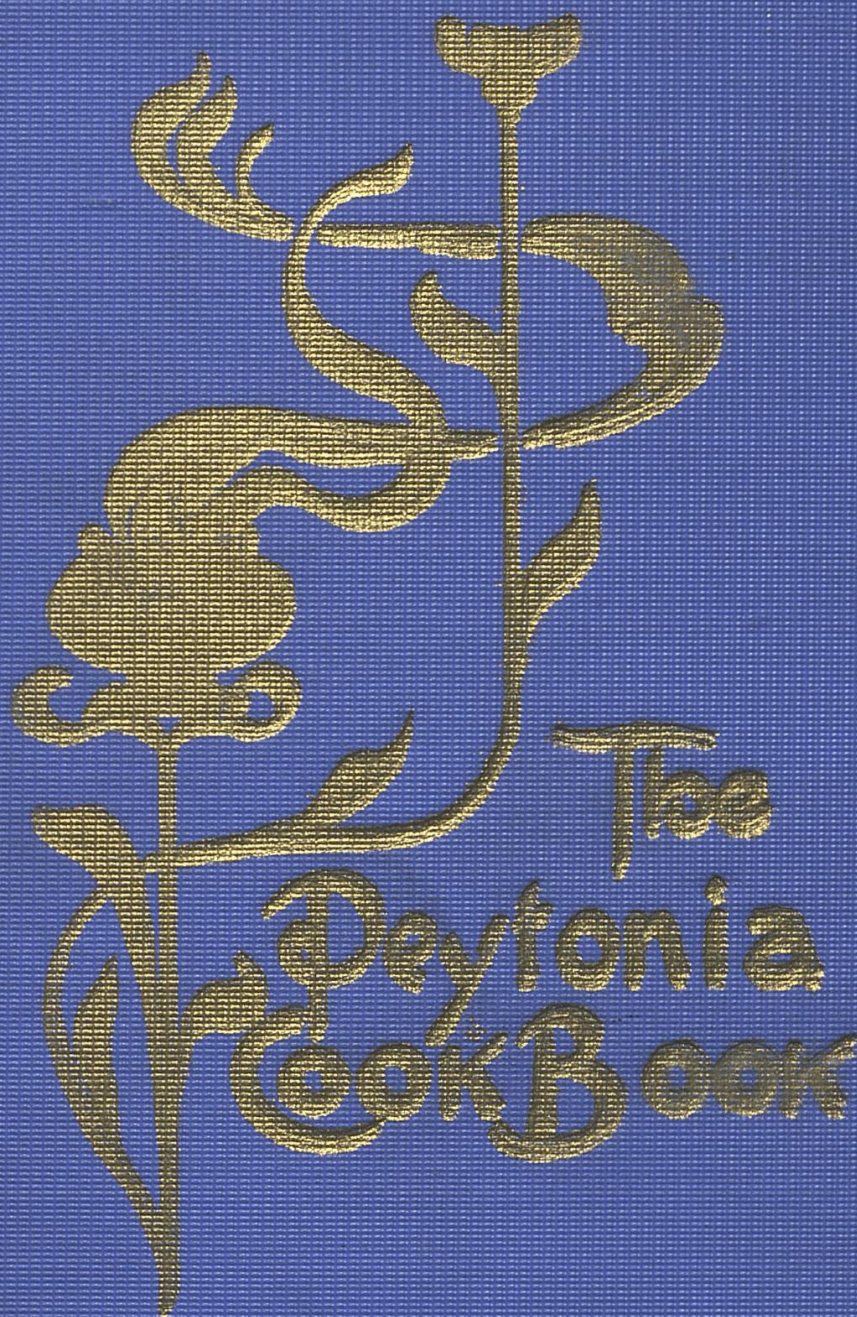




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PEYTONIA
COOK BOOK

— BY —

MISS ATHOLENE PEYTON,

DEDICATED TO THE WOMEN'S CLUBS OF AMERICA.

LOUISVILLE, KENTUCKY.

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PREFACE.

Miss Nannie H. Burroughs, Corresponding Secretary, Woman's Convention, Auxiliary to the National Baptist Convention.

The author of the "Peytonia Cook Book" is a native Kentuckian. Some one has said that "for natural born cooks, you must go either to Virginia or Kentucky." Nature was not sparing in her gifts to this woman in this direction. She is a genius in the culinary art. What was not inbred she has acquired through systematic study and application. She is no novice or theorist, but knows what she is about. In her home her cuisine is so well equipped for experimental and practical cooking that it is the admiration of all of her friends. At the "Peytonia Home Spreads," the leading social lights of old Kentucky often sit down to rise with a keener sense of appreciation of good cooking.

The author declares that half the money spent for cooking could be saved. Too little pains is taken in the selection and preparation of food. Too much food is generally purchased. It is prepared, and because we have so few "general utility cooks" who can turn things to account, the garbage can is substantially remembered after each meal with food that might be "made over."

The author comes to the rescue of the pocket-

THE PEYTONIA COOK BOOK.

book. There is no waste. She tells you how much you need for the number you contemplate serving, and if her directions are followed, all will have enough, but nothing will be left.

ECONOMY! A lesson yet to be learned by most cooks and housekeepers, is comprehensively taught.

The illustrations are her own.

Every recipe herein given has been tested. The book is for all classes. Whether cooking a meal for a handful of Russian peasants, an army of half-starved soldiers, or a feast for the gods, you have but to turn to this book to know what to buy, how much you need to buy, how to prepare the food and how to serve it.

Menus with seasonable varieties for family service or special occasions are here given.

There are many women who know nothing about cooking. They are not able to have their cooking done. They are chosen to take charge of homes and find themselves unprepared for a service that they must perform two or three times a day. To such women this book will be a very present help in saving home and husband troubles that will certainly arise unless they know how to cook. Without any experience whatever, the woman of ordinary intelligence, with the assistance of this little volume, can become one of the best cooks in the land—a position to which every woman ought to aspire.

LOUISVILLE, Ky., April 17, 1906.

AUTHOR'S NOTE.

Cooking is an old story, and here in this age it is not as interesting as it should be. In lots of the schools a few study cookery, but so many never know of it, until they are forced to earn their own livelihood or enter into matrimony. This book is for those that have little or no experience in cooking, and I do hope that this little book will help all its readers and users to better their homes. The food problem is the most difficult of all problems; upon it depends the prosperity of a nation. My book gives recipes for good, palatable and wholesome cooking. The recipes are many, and if the directions are followed, there must be success. I have illustrated the book with a few original cuts, drawn by an artist of no mean ability, Louis A. Morris. These were drawn from word pictures. I have given menus for dinners, breakfasts and luncheons. In the book the recipes will serve six persons, unless otherwise stated. I have used abbreviations which I will explain, so that the recipes may be fully understood:

C—Cups.

Tbsp—tablespoon.

Tsp—teaspoon.

M.—Minute.

B. P.—Baking powder.

The clubs and their women make the world—it is to them I dedicate this book, that the many may be reached.

I.—KITCHEN.

When one enters into a kitchen, whether their own or not, it should be a pleasing room. The kitchen should have plenty of light, and not be a box affair. Plenty of windows for fresh air are needed in this room, which, if one has no help, one must wind her way three times a day. Nice white curtains (sash) at the windows. For the floor, linoleum is best, although high as it is, it gives the best satisfaction. Select a plain pattern, or one with no ups or downs. Don't get oil cloth, as it does not stand hard wear.

Now for the stoves—have two, a gas and a steel range. I believe that bread and cakes are best cooked by coal. Have a good coal-hod, garbage and ash can; galvanized iron makes good ones. Get a good teakettle, a large one, either of nickel or aluminum. Do not use tin, it is very unhealthy, as water and acids act on tin, making it harmful. Don't use much woodenware, as it is hard to keep clean; such articles as bread and meat boards and chopping bowls are usually of wood also wooden spoons, but get good ware. Keep your sugar, salt, spices, tea, coffee, etc., in glass jars. Have a kitchen cabinet, and if you cannot afford the one that contains the jars, use the ordinary glass jars. Have a preparing table covered with zinc. Have all utensils of granite except skillets; use steel skillets. The kitchen

should contain a low rocker and a stool. The rocker is to be used in paring fruit, etc. The stool should be used when one is pressing unstarched clothes.

Now to the linen for the kitchen: The towels for the glasses and silver must not be used for cooking utensils. Dish towels, two sets, one of medium light weight for glasses and silver; heavier weight for china dishes. For cooking utensils, use Royal Russian linen towels. Have plenty of cheese cloth, first, to wash your meats, and then this article is fine to wipe silver and glass. Cheese cloth makes good window rags, lamp rags, strain soups, jellies and dust cloths. For hand towels, use crash, some like hucksback, but this is hard to keep white. Do not use frings towels, as they require a great deal of time to iron and do not wear so well. Table linen, use white on both kitchen and dining room table, that is, where help is kept. White cloths are more easily washed and always look and wear better. There are three qualities of linen—Irish, Scotch and German; of these, the Irish is considered the best. If you keep help, use unbleached in the kitchen, it will soon bleach white. In selecting a pattern, use a medium-size one, although it is a matter of taste. In purchasing, the linen may be bought by the yard or in patterns. Have a silence cloth, as it saves your highly polished table and is an essential. There are two or three kinds. I prefer the quilted cloth.

For the dining room have a rug—Brussels. There

are many reasons for using a rug, the best is this: it can be taken out of doors frequently and beaten. Now that the rooms have in them just what we want and need we will arrange them.

Have everything at hand, so that time and labor are both saved. Have the preparing table close to the pantry or cabinet. Have the utensils near the ranges. In buying supplies, there is some economy to be found, if the large amounts are kept locked, and when given out, given in small quantities. Such things as sugar, lard, starch, soap, baking powder and canned goods may be bought in large quantities. Vegetables are best bought in small quantities, unless the family is large. Fruits and vegetables soon spoil.

Now for the utensils that are absolutely needed in a kitchen. Always buy the best, it is the best policy. For a small family the "must-haves" are few, but simplicity is the key-note of the kitchen. I will try to give you an idea of what a kitchen for two ought to contain for perfect service. This list is not mine, but I find that it cannot be improved upon:

Two ranges, gas and coal.

Coal-hod.

Shovel, poker and lifter.

Towel-rack.

Tea-kettle.

Three stew pans— one pint, one quart, four quarts.

Frying pan.
Double boiler.
Broiler, fish and meat.
Frying basket.
Muffin pan.
Colander.
Coffee pot.
Tea pot.
Chopping knife and bowl.
Meat chopper.
Two strainers.
Two bread pans.
Bread board.
Meat board
Rolling pin.
Flour sieve.
Scoop for flour.
Three bowls (assorted).
Two dish pans.
Drainer.
Dish cloths.
Floor and stove brush.
Dust pan.
Meat and bread knives.
Case knives and forks.
Vegetable knives.
Two egg-beaters.
Grater.
Measuring cup.

Lemon squeezer.
Two granite pie plates.
Four spoons.
Bread box.
Hand basin.
Funnel.
Two vegetable dishes.
Potato masher.
Garbage pail.
Refrigerator.
Chairs, stool and table.

The value of these things may range from \$35 to \$40, not including range, and \$100 is not too much including range.

The refrigerator is a necessity, especially when the weather is too warm to use the cellar. Select one lined with tile, that contains no cracks and crevices. The refrigerator requires a great deal of care; it should be washed out every morning, and should always contain a saucer of charcoal. Articles should never be placed in it while warm. Such things that take the odor from other articles should be covered well. The refrigerator should be cleaned after breakfast, just before you place some of the dainties that are to be saved for the next meal.

Now that I have given you an idea of what the kitchen should contain, and with the recipes for almost any dish, nothing will remain for you to do but follow directions and await results, keeping this adage, "If at first you don't succeed, try, try again."

BREAD MAKING.

PREPARATION OF THE DOUGH.

Into a bowl or pan an amount of flour is sifted, into which salt and sugar has been added. Then lard or lard and butter is worked into this flour, then the yeast is added, water or milk used to produce a dough. Too little yeast will, of course, yield a badly raised loaf, but too much is just as bad and the loaf becomes heavy and soggy and the bread tastes yeasty. The amount of yeast used depends on the strength of the flour, also the liquid used. About three parts of flour to one of water is a good ratio. There are two ways to mix the dough, straight dough and sponge dough. Straight dough is made by mixing all the materials at one time, set in a warm place to raise. This is a good way to make bread over night for rolls or buns for breakfast. But bread is inclined to be grainy and dry if this method is used. The sponge method is best adapted for fancy breads and light biscuits. Here the yeast is set to work for two or three hours in a portion of the flour. Then this is mixed with the other flour and the remaining materials. Great care must be used to mix in the other materials, as the mass will be lumpy. Sponge set bread rises better and keeps better; it requires more labor and care, yet the end is the best. The lightness and sweetness of bread

depends as much on the way in which it is made as on the material used. Bread, as compared with other foods, such as vegetables, has no waste and is very completely digested. It in itself is poor in protein, yet in connection with our other foods, it is the "staff of life."

BAKING.

The heat of the oven should not be too great, especially at first, or the outside of the bread will harden too quickly and the interior will be a doughy mass, while the crust will be thick and dark. The temperature of the oven and the time required for baking a loaf depends upon the size of the loaf. Small rolls, biscuits, can stand a hotter oven and quicker baking than loaves which must be heated slowly and long. One can guess the correct heat by placing the hand in the oven. For a pound loaf bake an hour and a quarter; small rolls, half an hour. Bread on being taken from the oven should be removed from the pan, as the loaf will be wet and sobby if allowed to cool in the pan. After it is cooled it may be wrapped in a towel and laid in the bread box. Hot bread should not be cut, as it ruins the loaf, making it heavy.

I do not endeavor to try to tell all the kinds of bread, but just enough that one may always know

and be able to make good bread. There is hardly any food except milk which is so universally used as bread. In regard to ingredients, bread is one of the simplest of our cooked foods. Flour, water, pinch of salt and a little yeast, yet one finds more ill-cooked bread than well-cooked. Different wheats gives different breads, they vary as to the amount and quality of gluten. The gluten of hard wheat can be mixed with large amounts of water and produce a large loaf from a small quantity of flour. Soft wheat, on the other hand, while it does not yield such a large loaf, makes bread containing less water and having a milder and more agreeable flavor. Winter wheat makes good breads; spring wheat makes pastries.

To have good bread use clean utensils, best flour, sweet lard, clean salt, scalded milk or pure, warm water and a good oven. Don't let your bread rise too much or have too hot an oven; don't make the bread too stiff, with patience and care good bread will be the result.

WATER BREAD (*Compressed Yeast*).

One quart of flour sifted twice into which add $\frac{3}{4}$ teaspoons of salt, 2 tablespoons of sugar, $1\frac{3}{4}$ tablespoons of lard or butter, $\frac{1}{2}$ cake of compressed yeast dissolved in $\frac{1}{2}$ cup of tepid water. Make a

batter with these ingredients, using about a pint of tepid water. Mix until the mixture is stiff enough to knead on the board. Cover closely with a cloth and set in a warm place to rise twice its bulk. When twice its bulk, work down, make loaves and place in the baking pans. Let rise until twice its size, bake in a moderate oven about 45 minutes.

MILK BREAD.

Pour a pint of scalded milk on one tablespoon of butter, one tablespoon sugar, one-half teaspoon of salt; when this mixture is lukewarm, add one-half cake of compressed yeast and let rise. When this is up, stir in three and a half cups of sifted flour and beat well. Let this rise, then add enough flour to knead and work until smooth. Let this rise again, then make into loaves and let rise; bake in moderate oven.

SPONGE ROLLS.

Make a sponge. Directions: Pour one pint of scalded milk on two tablespoons of sugar and butter, one teaspoon of salt, then let cool. Now quarter of a cake of yeast dissolved in a quarter cup of water; add three cups of twice sifted flour. Cover up and set in a warm place to raise until twice its bulk.

Add enough flour to knead on a floured board; knead until smooth. Set away to rise again; take out, make into rolls, rise again; bake 15 to 20 minutes.

ROLLS FOLDED.

Pour a pint of scalded milk on one tablespoon of butter and one tablespoon of sugar, half teaspoon of salt; when this mixture is cool, that is, lukewarm, add half cake of compressed yeast, or one cup of liquid yeast, and let rise. When this has risen and is light, stir in three and half cups of well-sifted flour and let this rise. Then add two well-beaten whites to this mixture and enough flour to knead. Roll one inch thick, coat with melted butter, double this dough, roll out again an inch thick; cut with biscuit cutter, place in pans, brush the top with melted butter, let rise; bake in 10 minutes, sometimes 8.

THUMB ROLLS.

Same amount as for folded rolls, only in placing the dough in the pans let the dough come up between the first finger and the thumb. Each roll will contain the same amount and will be round; coat with butter and let rise twice the size; bake in a hot oven.

GRAHAM BREAD.

Pour one pint of scalded milk on one-third cup of molasses; add one and half teaspoon of salt and set away to cool; when lukewarm add one-quarter of a cake of yeast in one-quarter cup of water, stir in. Now add three and a quarter cups of graham flour, two and three-quarter cups of white flour, set away, well covered, in a warm place to raise. When raised, cut down, shape and place in pans to rise again. Bake from 40 to 45 minutes. If all graham flour is used, use five and a half cups.

BOSTON BROWN BREAD.

One cup of graham flour, one cup of rye flour, one cup of yellow corn meal, one full teaspoon of soda, one and half teaspoon of salt, mix thoroughly together, add three quarters cup of molasses, pint of sour buttermilk, beat thoroughly, pour in a buttered mould, tie on the cover and steam three and half hours. Your batter must be thin enough to pour.

GRAHAM BREAD.

One scant pint of milk, three tablespoons of brown sugar, one and a half teaspoons of salt, one-

half cake of yeast, one pint of graham flour, one pint of white flour. Scald and cool the milk, add the sugar and crumbled yeast; when the yeast is dissolved, make a batter with the white flour. Let it rise until spongy, add salt and graham flour gradually until it is as thick as can be worked with a knife. Set in a warm place to rise; when risen place in pans and let rise again; grease with butter and bake in a hot oven. If this mixture is made as stiff as white bread some like it better. This mixture by above directions is not stiff.

SODA BISCUITS.

To a quart of well-sifted flour add one and a half teaspoon of salt, one heaping teaspoon of cream of tartar, one level teaspoon of soda, sift well three times. Now add three tablespoons of lard, or half lard and butter; mix well with a knife; now add sour cream or milk and make a stiff mass; knead on the board, roll out an inch thick; bake in a hot oven.

MUFFINS (*Plain*).

Three and a half cups of well-sifted flour, four teaspoons of baking powder, one teaspoonful of salt, one and a third cups of sweet milk, one egg, three

tablespoons of sugar, one and a half tablespoons of butter. Beat the white and yolk separately, add salt, sugar and butter, beat all thoroughly, then add part of the flour and part of the milk, then the rest of the flour and rest of the milk; beat well; add baking powder last; bake in a hot oven.

RICE MUFFINS.

One pint of flour, $1\frac{1}{2}$ teaspoon of salt, 2 tablespoons of melted butter, 1 cup of cold boiled rice, 3 eggs well beaten, 1 pint of milk, $1\frac{1}{2}$ teaspoon of baking powder; bake in muffin pans about twenty minutes.

SALLY LUNNS.

1 quart of flour;
3 eggs;
1 tablespoon of lard;
1 tablespoon of butter;
1 cup of light yeast, or $\frac{1}{4}$ cake;
3 tablespoons of sugar.

Use as much milk in mixing as will make a soft dough. Work it well, as it only gets worked once. Then grease with butter and set in a warm place to rise. Bake about an hour. Nice for supper.

RICE CAKES.

One cup of cold boiled rice, mixed in a pint and one-half of milk, 2 well beaten eggs, $1\frac{1}{2}$ teaspoons of salt, 2 teaspoons of baking powder; beat until free from lumps; then add flour enough to make a batter. Bake on a hot griddle; serve hot.

BREAD MAKING.

BAKING POWDER AND SODA.

BAKING POWDER BISCUITS.

2 cups of well-sifted flour;
3 teaspoons of baking powder;
 $\frac{3}{4}$ of cup of sweet milk or half milk and cream;
 $1\frac{1}{2}$ teaspoon of salt;
2 tablespoons of lard, or 1 tablespoon of lard and 1 of butter.

Mix the lard and salt well in the flour with a knife; then add baking powder and liquid. Handle as little as possible; roll out an inch thick, and bake in a hot oven.

Always light the gas or gasoline ovens at least ten minutes before you are ready to bake. Always take biscuits out of the pan when done.

DROPPED BISCUITS.

- 1 quart of well-sifted flour;
- 1 teaspoon of sugar;
- 1 teaspoon of salt;
- 3 teaspoons of baking powder.

Sift all together four times. Mix in with a knife 3 tablespoons of butter, and mix with 1 pint of milk; beat well until thoroughly mixed. Heat your pans and drop by tablespoons on the hot pans; bake ten minutes. These are quite different in looks; are delicious.

CORN MEAL MUFFINS.

- $\frac{1}{2}$ sifter of corn meal;
- 1 pint of milk;
- 1 egg;
- $\frac{1}{2}$ cup of flour;
- 1 teaspoon of baking powder;
- 1 full tablespoon of lard;
- 1 teaspoon of sugar.

Grease muffin rings with lard and fill $\frac{3}{4}$ full; bake in a moderate oven.

KENTUCKY SOFT CORN BREAD.

- 1 cup of scalded corn meal;

1 tablespoon of lard and butter mixed;

$\frac{1}{2}$ teaspoon of salt;

$\frac{1}{2}$ cup of flour;

Yolks of 3 eggs, and enough milk to make a batter like griddle cakes.

Beat the whites; add 2 teaspoons of baking powder to some dry meal, and put in last.

Butter a deep pan or dish; bake a golden brown in a moderate oven. This is delicious and liked by those who like a soft bread.

BAKING POWDER AND SODA.

MUFFINS.

2 cups of Quaker Oats;

3 cups of flour;

1 pint of sweet milk or cream;

3 teaspoons of baking powder.

1 teaspoon of salt;

2 eggs;

$2\frac{1}{2}$ tablespoons of butter.

Sift flour, baking powder and salt together, add Quaker Oats, then the milk and beaten egg, lastly the butter melted, beat hard for two minutes, fill muffin pans two-thirds full, bake 20 minutes in a hot oven.

MUFFINS (*Corn Meal*).

4 cups of twice sifted corn meal.

2 tablespoons sugar.

1½ teaspoons of salt.

2 tablespoons of butter.

½ cup of flour.

2 teaspoons of baking powder.

2 eggs.

Add enough sweet milk to make a batter, then put in greased gems and bake in a hot oven.

CORN BREAD.

2 cups of corn meal;

1 tablespoon of sugar.

2 ~~tablespoons~~ ^{teaspoons} of baking powder;

½ tablespoon of salt;

2 eggs. *½ cup of milk.*

2 full tablespoons of butter (melted);

Bake in a narrow pan 15 or 20 minutes.

EGG DOUGHS.

POPOVERS.

2 eggs well beaten;

½ pint of sweet milk;

1 pint of thrice sifted flour;
Strain through a sieve; fill the cups two-thirds full of batter, set in a hot oven, bake 40 minutes.

WAFFLES.

2 cups of flour;
 $\frac{1}{2}$ teaspoonful of salt;
2 teaspoons of baking powder.
1 teaspoon of sugar;
1 cup of sweet milk;
Yolks of two eggs;
4 tablespoons of melted butter.
Beat to a smooth batter, add last the whites of two eggs baten stiff.

FLANNEL CAKES.

1 pint of rich buttermilk;
3 eggs well beaten;
 $\frac{1}{2}$ teaspoon of salt;
1 level teaspoon of soda added to milk and eggs.
Add enough flour to make a batter that can be poured. Fry on a hot griddle.

NOODLES.

Noodles are a kind of egg macaroni. You make a

stiff dough of egg and flour and salt. This is rolled and rolled, then cut in strips and may be cooked at once or dried.

1 egg;

$\frac{1}{2}$ teaspoonful of salt;

Flour to make a stiff dough; roll as thin as you like them. Fine in soup.

POPOVERS.

Popovers are the result of a very thin batter, using an egg beaten Dover's.

1 cup of flour;

1 cup of milk;

1 egg not separated;

Pinch of salt.

This batter is poured quickly into greased cups, iron or earthenware, and baked until thoroughly done. Yorkshire pudding is a similar combination. Popovers, like maringues and sponge cake, require long cooking at moderate heat. If taken from the oven too soon they shrivel out of shape.

TIMBLE CASES.

In making timble cases and noodles, the egg is merely used to stick the flour together. Timble cases are not light; they are made from a thin batter to

which egg, flour and milk with small quantities of fat and sugar are added. Timble cases are cheap, and filled with meat, fowl or fish make a dainty dish.

Directions and Amount.

- 1 pint of flour;
- $\frac{1}{2}$ pint of sweet milk;
- 4 eggs;
- 2 tablespoons of olive oil or sweet butter;
- 1 tablespoon of salt.

Stir flour and milk to a smooth batter, add oil, salt, eggs lastly. Dip timbal iron in boiling oil then in batter and then in fat, fill with anything that has a white sauce, as veal, chicken, peas, etc.

FLANNEL CAKES.

- 1 egg;
- 1 cup of milk;
- $1\frac{1}{2}$ teaspoon of salt;
- $1\frac{1}{2}$ teaspoons of baking powder;

Flour enough to make a thin batter. Fry in a little lard or drippings a golden brown, serve with maple syrup or New Orleans molasses.

QUEEN FRITTERS.

- 2 tablespoons of butter;
- $\frac{1}{2}$ cup of flour;

½ cup of boiling water;

2 eggs; pinch salt; 1 teaspoon baking powder.

Put butter in a small saucepan and pour on the boiling water. As soon as the water reaches the boiling point remove from fire, stir in the flour; allow this mixture to get cold, add beaten eggs, speck of salt and lastly baking powder; fry in deep frying pan half full of fat drippings or lard.

POPOVERS.

2 eggs;

1 cup of flour;

1 cup of milk;

½ teaspoonful of salt;

1 teaspoon of sugar.

Sift flour and salt.

Beat egg until creamy and light, add milk and flour. Strain this, add baking powder, beat well, cook in popover cups 25 minutes in a hot oven.

MUFFINS.

2 cups of flour;

2 eggs well beaten;

1 cup of milk;

1½ teaspoons of sugar;

1 teaspoon of baking powder;

1½ tablespoons of butter (melted).

Bake 25 minutes in a hot oven.

Noodles are easily made and good qualities may be purchased.

Noodles may be cooked in clear salted water, served with a white sauce.

EGG DUMPLINGS.

1 egg;

2 teaspoons of water;

1 tablespoon of baking powder.

Flour enough to make a stiff dough, yet be able to stir with a wooden spoon. Drop the dough off the spoon into boiling water. When done, fry in butter and make a brown sauce. These dumplings are fine in sour kraut.

MEATS.

Meat of any kind should have little odor when in good condition. It should be firm and dry rather than moist, and should have a good quantity of fat. Muscles getting little motion or exercise will be tender, while the active ones will be tough. The neck and legs will be tough. The neck and legs will make

a good broth but no good roast. The choice cuts are the rump and loin. The muscles of good beef are dark red when first cut and the fat a yellowish white.

Steaks and roasts should be exposed to intense heat first.

For the tougher parts we may use a meat chopper, or cook slowly for a long time in a gravy.

There are many ways of preparing beef, roasting, braising, pan-broiling, broiling and frying, also boiling.

ROASTING.

If the meat is lean, you may lay slices of bacon on the meat. Rub the meat well with salt and pepper, dredge with a little flour and place in a hot oven; baste with its own drippings when done..

Braising is adapted for meats that are tough. A deep pan is selected, a granite one, with a good fitting top. These must fit so well that all the steam is kept in, making the meat tender if tough. A few drops of lemon may be added to the gravy.

TO BROIL.

To broil meat the fire must be clear and bright and hot. Charcoals are best to broil on. Use a double broiler and hold over the coals, turning after you have counted ten. When both sides are well

seared, take up and serve with drawn or brown sauce. Broiled steaks are very juicy. If a gas flame is used, the steak is ready to serve after three turnings.

TO PAN BROIL.

Heat a steel frying pan to blue heat; now rub the bottom with a bit of fat, place the meat in the pan, keep turning and turning, allowing four minutes to an inch thick steak. Serve with drawn butter that has been seasoned.

FRYING (*The Art*).

To fry is to cook in a deep fat. The fat to fry in must nearly cover the article to fry in. To know when your fat is hot enough, drop in a bit of dough, if it browns quickly it is hot enough.

To fry croquettes, and wishing to know if the lard is hot enough, draw a match over the boiling grease, the match should light.

BOILING.

The meat should be placed in boiling water, so that the flavor and nutriment is not lost in the water.

ROAST BEEF.

A nice piece of beef for roasting should be selected. Not too lean. Wipe roast with damp cloth. Place on rack of the broiler, rub with salt and dredge with flour. Place in a hot oven that the surface may be quickly seared.

BEEF.

Beef is the most common of animal food. The best cuts come from the middle of the animal. The neck of beef is used in mincemeat and can be used for sausage; it is cheap.

Chuck lies just behind the neck; includes the first five ribs; used as cheap steak, roast (pot) or stew.

Ribs are used for roasts and constitute the best of the forequarter. Rib roasts are very fine indeed.

Between the neck and brisket is a piece of meat excellent for beef tea, as one needs a juicy piece. It may be used for stews, also when long, slow cooking is required to make the meat tender and set free some of the rich juices.

Brisket is between the fore shank and the navel; this is used for corned beef. One end of the brisket is thick, this is called fancy and the thin end, the thick end being superior and of course expensive.

The best roasts are the larger, but of course one

must buy according to means and number of persons to partake of the roast.

The finest roasts are from the first three cuts of the sirloin, rib-roast, chuck. Now for good steaks, by all means have them cut thick. Meat that is desirable for roasts is good for steaks.

For pot roasts and braising the meat is to be rendered digestible, so we may use a tough meat, flank and leg.

For stews we desire to extract some or all of the juices from the meat; you may purchase flank, leg or sticking piece. Right here I'll tell you where and why this is called the sticking piece it is between the neck and brisket. It is here where the animal bleeds when butchered.

Beef heart is a solid piece of palatable meat; a good-sized heart will feed fourteen people. It may be served hot, cold or sour. It may be braised, baked or stewed.

Liver—Of this one should be careful, only calf's liver is preferred.

Kidneys are cooked by some; they may be stewed or braised.

Shin meat is used for soup meat. Some of the shin meat has bone in it; be sure not to throw this away, as the bony part is rich in gelatine.

Sirloin is the choicest part of a beef, the best between the ribs and rump. The first cuts of the steaks and roasts come from here. The sirloin is

loin are not so tender, but after these cuts the best of the meat is now available. The tenderloin brings the best prices on the market. The tenderloin that extends in the rump is cheaper.

The rump lies back of the loin, it weighs about fifty pounds. It may be used for steaks and roasts, while the less desirable parts may be used for pot roasts.

The round is between the rump and the hind shank. The round is divided into two parts, the top and bottom round. The bottom round is tougher and cheaper meat. The top round makes fine steaks, but is best for braising and stews.

The shank, or shin, is used for soups.

The flank is between the navel and second round cut; this is usually corned; it is thin and has a good mixture of fat.

TONGUE.

A tongue should be firm and thick and have plenty of fat. You may use them fresh or smoked.

Tripe is the lining of a cow's stomach. It may be used pickled or plain.

Sweetbreads are very fine, especially in a young calf or lamb. If the animal is milk fed the sweetbreads are better. Good sweetbreads should be white, firm and plump; they are sold in pairs. Pork sweetbreads are coarse and dark colored. Learn to dis-

tinguish between the two kinds and refuse pork.

Lean beef contains 76.5 water, 21.0 albumenoids, 1.5 fat and 1.00 mineral matter.

Medium beef contains 72.5 water, 21.0 albumenoids, 5.5 fats and 1.0 mineral matter.

Very fat beef 55.5 water, 17.0 albumenoids and 1.0 mineral matter.

Beef tongues are very good, but require lots of time before they are ready to eat. Wash and scrape a fresh tongue, cover with boiling water and cook until done. If the water gets low, always replenish with hot boiling water. After the tongue is tender take from the liquid and take off the tough skin. Into this stock that the tongue is taken from add four cloves, bay leaf, salt, red pepper, celery seed, and boil half an hour slowly. Now place the tongue in the liquid and boil until bits of the tongue fall off. Remove from the fire, when cool add three or four slices of lemon and one-fourth cup of vinegar. Let stand all night in the liquid. Next morning slice and serve cold or strain, thicken the liquid and serve hot with parsley.

MEAT PIE.

Brown some onions in a frying pan. Make a white sauce. The meat is a roast from Sunday. Cut meat up in small pieces, mix with white sauce and

fried onion and the gravy. Put this mixture in the bottom of a deep pan, make a top crust and bake a delicate brown.

HASH.

The dish of hash immediately makes one think of sloppy stuff served in cheap boarding houses. Cut up in small bits of cold beef, fat and all. Fry two medium onions that have been sliced thinly. When these are done, add some water and three sliced Irish potatoes and the beef gravy. Season with salt, pepper, butter and bits of fresh celery. If too thin, thicken with bread crumbs, or serve on toasted bread.

HASH (Dry).

Into the meat chopper put some cold meat and cold potatoes. When the potatoes and meat are ground, season with salt, pepper and butter and put in an oven to brown; serve with a white sauce.

COLD BEEF STEAK.

If there is any amount of cold beef steak, chop up the best part with a little fat. Place some butter

in a skillet, add an onion sliced fine, a carrot cut in cubes, half of a bay leaf, salt, pepper and fry a delicate brown; add some sweet milk, then the chopped meat. This should be as thick as hash. This cold meat may be dipped in egg and crumbs and fried. The above may be put in a lined pan and baked.

BEEF STEW.

To make a stew requires plenty of time. Any cheap meat makes a good stew, provided there is bone and fat. Into a kettle put a quart of water, add a carrot cut in cubes, two onions sliced fine, two potatoes cut in cubes, salt and pepper to taste. Cut all the fat off the meat and then cut the meat up fine; fry all this five or ten minutes in half butter and lard. It should be nice and brown.

BEEF STEW.

Cook a pint of peas in a quart of water. Cook a large onion, carrot, bay leaf in enough water to cover them. Cut your beef up and put in cold water, cook until done, then add vegetables, then season. Take meat out of broth and rub broth through a strainer; now strain peas and add to strained liquid; season and serve with meat.

ROAST IN A PAN.

Wipe your roast with a damp cloth; season and dredge with flour; add a small amount of hot water; place in a hot oven; baste every ten minutes. When the roast is done the gravy is made.

ROAST WITH TOMATOES.

Take your roast and wipe, season, dredge and place in a pan. In the bottom of the pan lay a bay leaf, an onion, cut in small bits, one tablespoon of parsley and then add water. When half done, add a pint of tomato juice; place in the oven and cook until done.

BEEF STEAK.

By all means have your steak cut thick. It can't be good and juicy if you don't have it cut a half-inch thick. Trim off the suet, dredge with flour, salt, peper; cook in a broiler over good coals for ten minutes to have it raise; if you wish it rather done, twelve minutes. Turn the steak constantly. Have your platter hot, serve with drawn butter, mushroom sauce or tomato sauce.

PAN BROILED STEAK.

Prepare your steak as for the broiler. Heat your skillet smoking hot, put your steak in, turning until both sides are seared. Then cook on four or five minutes. Put on a hot platter and serve with drawn butter.

RIB ROAST (*Rolled*).

Have your rib roast rolled at the butcher's. A rib roast that weighs from two to three pounds will feed ten persons, provided the dinner is served in courses. Season, dredge with flour and cook in a hot oven with no water for thirty minutes. Then cook slowly until done, serve with brown or tomato sauce; allow ten minutes to a pound.

POT ROAST.

Rump makes a delicious pot roast, but other parts may be used. Put the meat in the kettle and pour one cup of water over the meat; set the kettle where it will just keep from boiling. Keep the kettle covered all the time; add water when the water gets low. When the meat has just reached the boiling point, add salt, pepper, five cloves, one onion, half bay leaf; keep boiling until tender; if liquid is too thin, thicken.

STUFFED STEAK.

Select a nice thick round steak; make a dressing as for a chicken; spread the dressing on the steak and roll up like a roll; dredge with flour, season with salt and pepper; put two cups of boiling water in the baking pan, put the roll in, bake until tender; serve either hot or cold.

MUTTON AND LAMB.

Mutton when good is nutritious and easily digested. Lamb is the name applied to the animal one year old, after that it is mutton. Look on the bone of the foreleg, if smooth you have lamb, if ridges, mutton. Both of these meats are in season the year round.

The leg in mutton is the best cut.

The forequarter or the shoulder bone makes a good cheap roast.

Ribs and loins may be used for roasts and chops.

Rib chops are expensive and are considered as a great luxury, but they are much sought on account of their fine flavor and delicacy.

Shoulder and breasts are the best for stews, pot pies and boiling.

The good part of the neck may be used for stews, pot pies and boiling.

The neck near the head is used for broths, being rich in flavor and nutriment.

With spring lamb have mint sauce, cucumber salad, new peas and asparagus tips.

If the roast is cold, serve lettuce with French dressing.

With mutton chops, have peas or creamed potatoes, a cereal or fruit.

If the chops are fried in cracker crumbs or bread crumbs, serve tomato sauce and creamed potatoes.

If the mutton is broiled, serve rice, stewed cabbage or cauliflower or turnips.

If baked, serve a brown sauce, rice balls, sprouts.

If braised, white sauce, boiled rice, baked potatoes.

If baked roast, macaroni (plain) and peas, currant jelly.

With cold mutton, sliced tomatoes, stuffed potatoes or sliced tomatoes and sweet peppers, or hot slaw.

With lamb breast, serve carrots with white sauce or cauliflower or scalloped potatoes.

FRIED LAMB CHOPS.

Salt, pepper and flour, fry in boiling lard until done. Chops must be started in hot boiling lard and fried until half done, then cooked slower until done.

BREADED CHOPS.

Wipe, then salt and pepper your chops; beat up an egg well, dip first in batter, then in bread crumbs or cracker crumbs; fry as plain chops; garnish the dish with parsley.

BROILED CHOPS.

Broil chops same as other meats; pour over them a butter or white sauce.

STEWED LAMB.

Get a nice piece of lamb for stewing. Put the lamb in a saucepan of boiling water; add salt, pepper, cook until nearly done. Keep the water very low; when done put the lamb on platter; open can of peas, drain off the water, add peas to lamb liquid, cook until tender, then thicken and pour over the lamb.

ROAST LAMB.

Roast the same as beef, only add a bit of lard on the top of the roast.

STUFFED ROAST.

Stuff the roast with bread dressing and bake, as beef roast.

BOILED ROAST (*Plain*).

Boil a piece of lamb, add rice or barley to the liquid; cook until done.

BOILED ROAST WITH CAPER SAUCE.

Boil as for plain boiled roast; serve with caper sauce.

MUTTON.

Select a piece of mutton to stew; add onions, potatoes and carrots to the stew; serve hot.

MUTTON.

Bake same as beef roast.

MUTTON STEAKS.

Fry steaks as you do beef steaks; serve with French beans.

SWEET BREADS.

Sweet breads are very expensive, and are a dainty food; great care must be used in selecting this food. Calf sweet breads are the best; those from a milk-fed animal are best. Sweet breads should be white, firm and plump. Sweet breads are sold in pairs, ranging from 25c to 35c a pair. Be sure and get calf's sweet breads, for pork sweet breads are sometimes given one when the demand is great.

SWEET BREADS (*Fried*).

Wash off the sweet breads, place in boiling water that has been salted. Boil until tender, take out, and take off that thick membrane that covers the tender part of the sweet bread. Dip in egg, then cracker crumbs; fry a golden brown; serve with a white sauce.

SWEET BREADS (*Creamed*).

Select nice white sweet breads, place in salted

boiling water, boil until tender. Take from the water and remove the membrane. Into a sauce pan add a piece of butter the size of an egg, enough milk to cover the sweet breads; let come to a boil; season with pepper; thicken with thickening that has an egg yolk in it. May be served in timbales.

There may be lots of new ways, but after all, these are the basis of all ways for these dainties.

VEAL.

Veal is best in spring and summer; May is the best time. The quality of veal depends upon the animal's age and feeding. The age to kill the animal is from six to ten weeks. The meat should be fine-grained, tender, and white, with a tendency to pink. If the calf has been fed grass, the meat is poor; milk fed calves are best meat.

PARTS OF VEAL.

Fore quarter includes five ribs, and is so small as to be rolled for a good roast. Neck can be used for stews.

Head and brains are liked by a few, the head is used for soups, brains cooked in various ways.

Loin, between the ribs and leg; this is excellent for roasts.

The leg is the best part and is used for roasts and cutlets.

The shoulder between the ribs and chuck, is good when boned and stuffed; makes a good cheap veal roast.

Breast is good for stews.

Knuckle of veal is the same as shin in beef, and is good for soups.

In the first part I have told where the various parts are found and which is used for roasts, steaks, etc. Here I will give you a few recipes how to cook these different portions.

VEAL ROAST.

Veal must be well cooked, as veal poorly cooked is bad, and a dish to be shunned.

A loin roast of veal takes about fifteen to eighteen minutes to the pound. Season your meat with salt and pepper, dredge with flour, and add a tablespoon of butter.

Lay the roast on a rack in the dripping pan. Your oven should be heated very hot at the beginning, so that the meat may be seared; turn twice in fifteen minutes that all the juices may be kept in the meat. Now add a little water, a cup, though much depends on the size of the roast. You wish

enough water to baste the meat. If this liquor gives out before the roast is done, be sure to add hot water to it. Just before the roast is done, you may lay some peeled, sliced sweet potatoes in gravy and bake until done. When you baste the meat, be sure to baste the potatoes, so they will be flavored with the juice of the meat.

SHOULDER OF VEAL.

Shoulder of veal should be boned at the butcher's. Stuff the opening made by the butcher with bread crumbs stuffing. The amount of stuffing depends on the hole. One cup of well-seasoned bread crumbs, including salt, pepper, butter, onion, and celery seeds, well mixed. You may use fresh celery seeds and sage for those that like it. Salt, pepper, and dredge the roast with flour. Add a little water and place in a hot oven. Remember to baste, and if the water gives out always add hot water.

Fifteen to eighteen minutes to every pound. Garnish with parsley and lemon; good when cold. Serve in thin slices.

VEAL BREAST.

Wipe your veal with a damp cloth. Never wash

in a pan of water. Stuff with this: One pint of bread crumbs, 1 teaspoon of salt, 1 teaspoon of summer savory, 1 teaspoon of black pepper, 1 onion finely chopped, 2 tablespoons of melted butter; mix this up with the well beaten yolk of one egg. Place in a pan, season with salt and pepper, dredge with flour, add tablespoon of butter, and cup of hot water; place in a hot oven; baste every fifteen minutes.

VEAL POT ROAST.

Wipe your meat well, cut all the meat off a leg. Cut as near as possible in squares. Remove all the sinews, season, dredge with flour and fry in hot lard. When nice and brown remove from the grease. Boil one carrot that has been cut in cubes, until tender. Make a white sauce, pour over veal and carrot, decorate dish with spinach.

VEAL CROQUETTES.

1 pint of cold chopped veal;
1 pint of thick white sauce.
To make this white sauce, here are directions:
Melt two tablespoons of butter, add two heaping

tablespoons of flour; cook all for two minutes. On to this cooked flour pour one pint of scalded milk.

Mix cold chopped veal and white sauce, and season lightly with salt, pepper, lemon juice and onion juice, and a bit of chopped parsley. Shape this into small cylinders, dip in bread crumbs, then in egg, then crumbs; fry in hot lard. Drain on brown paper, serve on a platter in shape of a pyramid, with bits of jellied tomato for color.

VEAL LOAF.

4 pounds of lean veal;
3 well-beaten eggs;
2 tablespoons of cream or milk;
Juice of 1 lemon;
1 tablespoon of minced parsley;
1 teaspoon black pepper;
 $\frac{1}{4}$ teaspoon of cayenne pepper;
 $\frac{1}{4}$ pound of fat salt pork;
1 tablespoon of salt;
1 dozen soda crackers or the same amount of dried bread crumbs.

Run the veal and pork through the meat chopper, mix all the ingredients in, form in a loaf, place in a pan. Coat the top with egg and crumbs; bake two hours, basting with soup stock.

May be eaten hot or cold. This is an excellent way to use veal roasts that are left over.

PORK.

Pork should only be eaten in the autumn after frost, and in the winter. Of this animal, a great deal is fat, from which our lard is made.

The ribs and loins are the most desirable fresh cuts, being used either for roasts or chops. The pork when fresh should have a clear, firm white fat and pink lean.

If you wish salted pork, select either a pinkish piece, or one without color.

Get medium fat piece if for salt pork.

Bacon is smoked fat pork; it is a most digestible form of fat. There are many different brands; insist on Vissman's.

Sausages are made of pork alone, beef and pork, or veal and pork.

When you buy, be careful that the sausages are firm, and not sticky; because bad bits of meat are sometimes put in sausages. Get a good brand—Vissman's.

All meats should be wiped with a damp cloth, and not washed.

ROAST PORK.

30 minutes allowed to each pound. Salt and pepper the roast. If garlic is liked, cut slits in the top

of the roast, and put in bits of garlic. Use about one-quarter of a whole garlic. Dredge with flour, put boiling water in the pan and put in a hot oven, and baste well. When the meat is half done, peel either sweet or Irish potatoes and place in the gravy, cook until both are done. Apple sauce is served with pork roast.

PORK CHOPS.

Are good fried either in meal or flour. Wipe each chop well, season with salt and pepper, dredge with flour or meal. Into a frying pan place some lard and when good and hot put the chops in; fry until brown. If flour is used, make a milk gravy; garnish dish with parsley. Loin and rib are the best chops. Pork steaks are good fried too, but steaks are inclined to be dry.

HAM (*Boiled*).

Select a nice ham, not too fat nor too lean. Be sure and see the exact pounds it weighs, as each pound is timed.

Have a pot of boiling water. Into this place your ham (after first washing it). Let boil constantly, adding boiling water as the pot needs it. If possible keep the pot covered, as the steam aids the

ham in getting done. Hang a small bag containing 6 cloves, 4 maces, and a minced onion in the pot with the ham. Cook until done; when half done, turn the other end up.

Allow 30 minutes to a pound.

BAKED HAM.

Cover the ham with dough, and bake in a good hot oven until done.

Or, boil, and then bake. Take the thick skin off. cover with seasoned bread crumbs, and bake a gold-

BROILED HAM.

Broil ham exactly as a steak, serve hot with soda biscuits and coffee.

HAM, FRIED.

Select a nice slice of ham, where the bone is small, and the amount of meat large. Heat your frying pan; add 1 tablespoon of lard and place the ham in the frying pan. Turn your slice over and over, and when done, lay in a platter. In the remaining grease, add 2 tablespoons of flour, and mix en brown.

thoroughly. Add milk and make a nice rich gravy; season with pepper.

BACON AND PEPPERS (*Green*).

Fry your bacon well and lay in a dish. Wash, cut, and mince your peppers, and place in the pan where the bacon has been fried. Turn and stir until tender; serve on the bacon.

SOME THINGS TO SERVE WITH PORK.

With a plain pork roast, serve beans or peas and apple sauce or baked apples.

With baked pork, serve potatoes, cabbage, spinach and apples stewed.

If the roast is cold, use a celery salad or slaw, or beet salad.

Boiled ham, stewed cabbage, celery salad or horse radish.

Baked ham, serve a cider sauce, or gooseberry or cranberry jelly.

With cold boiled ham, serve a salad with French dressing.

PIG'S FEET.

Wash and clean the feet well, place in a pot of

boiling water, and add salt and a pod of red pepper, cook until the meat falls off. Take out of the pot and lay on a dish to cool, or eat hot.

When cool dip in an egg batter and fry or fry in egg and meal.

PIG'S FEET JELLY.

Cook as for boiled feet, when tender take up. Take all the bones out and chop the meat up in small bits, add a little cooked vinegar that has cloves, all spice and a little horse radish. Put in a dish to cool. Cut in slices when ready to serve.

JOWL.

Jowl is smoked meat, excellent to cook with greens or cabbage instead of bacon. In fact, in the South, jowl is used in preference to bacon with greens.

LIVERWURST.

Wipe the liverwurst off with damp cloth. Put the sausage in the skillet with some hot water; boil 15 minutes.

Remove from the fire, mince up two onions, and lay on the top of the sausages. Season with salt and pepper, dredge with flour and put in oven to bake brown. If the liquid remains too thin thicken with flour.

LIVERWURST.

Remove the sausage from the skin. Cook five or six Irish potatoes, season and mash well, season with butter, salt and pepper. Place the liverwurst in the bottom of a pan, place potatoes on top of the liverwurst and place in the oven until potatoes are golden brown; serve in the dish.

FRIED SAUSAGES.

Slit each sausage, and fry in boiling grease.

BOILED SAUSAGES.

Place a pan with boiling water on the fire; add one-half pod of red pepper and salt to taste. Add the sausages; boil ten minutes; take immediately from the water and serve hot.

BACON (*Plain*) FRIED.

Cut the rind off the bacon, and fry in a hot skillet. Make an egg batter of one egg; dip each slice of bacon in batter and fry a golden brown.

PORK SAUSAGES.

Sausages which are made of pork alone are pork sausages. Fresh sausage in skins.

Wipe each sausage, put in boiling water; when nearly done drain off water, add butter and lard; fry until brown.

SAUSAGE MEAT.

Nearly all of our meat, I mean sausage meat, is made from pork. Take as much sausage meat as needed for a meal, and half bread crumbs. Mix up with an egg. Season with salt, pepper and sage, or garlic. Mix well; dip in egg, then bread crumbs, and fry in hot lard. Serve with fried apples all around the sausages.

TOASTED SAUSAGE.

Wipe each sausage well and put them on the broiler; toast until done, turning all the time. In

this way the sausage is not near so rich or greasy.

HAM CROQUETTES.

1 pint of hot mashed potatoes;
1 tablespoon of butter;
Yolks of 2 eggs;
 $\frac{1}{4}$ teaspoon of cayenne pepper.
Salt to taste (1 small onion finely chopped);
2 cups of chopped ham.

Mix ham and potatoes together, if not stiff, add bread crumbs. Make in the form of pears; dip first in egg, then bread crumbs; fry in a basket.

Decorate the dish with parsley.

FISH.

Fish is not a substitute for meat in nutritive value, because fish has less fat, but it is a pleasant change. Fish spoils quicker than any other meat, so great care should be taken when one is purchasing. Fresh fish is firm, scales, eyes bright; fins firm; gills red. There are many kinds of fishes, more than you and I both will ever cook. I speak of a few. I will tell you which fish are best to buy.

Fish that are plump and short are better than the long thin ones. Sauces must be served with fish

to supply the lacking nutriment.

White-fleshed fish is a little more digestible than dark-fleshed fish.

Haddock is a good cheap fish for frying.

Halibut is more expensive, and less waste.

Cod and blue are selected for cheap fishes to bake.

Haddock is good to bake.

Halibut and mackerel are good to bake.

Halibut and salmon are good fishes to boil.

Trout, flounders, perch, buffalo are good fish also.

Fresh water fish or salt water fish are both wholesome, and one's taste may easily be suited. Large quantities of fish are dried, salted and smoked; these methods preserve the fish, but the taste is somewhat changed.

Fish supplies the body with building material, and also furnishes fuel. Fish is deficient in materials which yield heat and muscular power, and potatoes and bread should be eaten with fish. Serve the fish with sauces that contain fats.

Fish may be prepared in many ways: boiled, steamed, broiled, baked, fried, or fish may be combined with other materials and made into a dish.

I cannot here tell you the kind or amount of fish to buy, as different localities furnish different fishes. I will tell you how to prepare some of these fishes.

Fish spoils quicker than any other meat, and great care must be taken to get it fresh.

FRIED FISH.

Wipe the fish off with a damp cloth; salt, pepper and place in meal. Have your frying pan half full of boiling lard; drop your fish in and turn constantly until golden brown. Serve on a platter and garnish with parsley. Fish grease must never be placed with other grease. After your fish is fried, strain your grease, and put in a jar to use when fish is to be fried again.

BOILED FISH.

Select a nice firm fish; wipe off with a damp cloth. Place your fish in a cheesecloth sack, and place in salted boiling water; boil until tender and serve with either a white, brown, or butter sauce.

BOILED FISH.

Select a firm fish, wipe off with a damp cloth, and cut in slices. Place slices in boiling salted water. When half done, add a minced onion; boil until ten-

der. Thicken with egg thickening and butter. The pepper is added to the thickening.

BAKED FISH.

The size of the fish depends on the persons to be served. At any rate a firm one must be selected; wipe well and lay in a greased baking pan. The stuffing to be used is made of stale bread. The bread is grated very fine; add salt, sage, pepper, minced onion, butter and mix well. The dressing should have no moisture, only that from the butter. Place this dressing inside of the fish and sew the fish up with a large needle and coarse thread. Dredge the fish with flour, add salt, one-half pod of red pepper, and two tablespoons of butter, and a little warm water; place in a hot oven. Baste every ten minutes; when half done, add a small can of tomatoes; cook until done.

BAKED FISH.

Stuff same as above; only when brown and half done, don't add tomatoes. Cook until done and serve with a white sauce.

BROILED FISH.

Select nice young fish to broil. Broil as you would a steak, and serve with drawn butter sauce.

CREAMED FISH.

Wipe the fish as usual; cut in small cubes; place in a sauce pan of salted water; boil until tender. When tender drain off the water, add milk, butter and pepper; thicken with a thickening made of egg and flour; serve hot.

In serving fish, it is sometimes hard to think what will go well with it.

MACKEREL (*Broiled*).

If the mackerel is fresh, broil as any other fish.

If salted, soak all night, drain water off, and wipe dry with a dry cloth. Broil in the usual way; serve with drawn butter or brown sauce.

The bits of fish that has been cooked may be used with other materials, and a new dish made; be sure and save them. I'll speak of what can be done with these scraps later on.

Fish must be kept away from other things on account of its odor.

With boiled fish one may have boiled potatoes, cucumber salad, or lettuce with French dressing.

With baked fish you may have boiled potatoes or fried potatoes, and cucumber salad.

With broiled fish you may have potato balls or potato cakes, lettuce, with French dressing.

With fried fish use Tartar sauce and crisp bread and butter.

With creamed fish used stuffed cucumbers and bread and butter.

If the fish is served at luncheon, you may serve cheese and wafers.

With plain mackerel serve fried mush or egg corn bread.

With cod fish serve parsnips and brown bread.

MACKEREL (*Plain*).

Soak the mackerel in cold water all night; next morning drain off the water. Place in skillet half full of boiling water; boil until tender. Take up and serve with drawn butter or white sauce.

GAME.

Game, like poultry, needs to be highly seasoned,

and must be served hot. Game meat is dark, but if it is well digested, it is very nutritious.

ROAST OF VENISON.

Roast as you would a beef roast, and serve with gooseberry sauce or currant jelly.

VENISON STEAKS.

Fry as ordinary steak, only venison is cut about three-quarters of an inch in thickness.

VENISON HASH.

Chop the meat coarsely, season with salt, pepper, cayenne, onion. Serve on buttered toast, using gooseberry jelly.

BEAR STEAK.

Prepare as for venison. Young bear is fine and tastes almost like pork.

SOUR RABBIT.

Season some vinegar with cayenne, salt and all spices; let boil for five minutes; set away to cool. Wipe rabbit with a damp cloth; cut up, and place the pieces in the cold vinegar. Place the rabbit in the vinegar in the morning if the rabbit is to be served for supper. Salt, pepper, and flour the rabbit, put on to fry in a skillet of hot grease. Fry until brown on both sides, then let cook slowly, keeping covered. When half done, add some chopped onions, and let all cook until done. When the rabbit and onions are done, place on a platter and add 3 tablespoons of flour to the remaining grease, salt, and cayenne, and three tablespoons of the vinegar the rabbit was soaked in, and make a gravy; pour over the rabbit.

PIGEON AND SQUABS.

Both belong under the head of poultry. Squabs are best broiled, served with drawn butter.

STEWED PIGEONS.

Season the pigeons with salt, pepper, butter,

cloves, and sweet herbs. Put this seasoning inside of each bird, and roast until half done. Put pigeons in a stew pan, add a quart of beef liquor, a few peppercorns, some onion, and stew until done. Thicken with butter and yolk of an egg and flour.

SQUIRRELS.

Squirrels have very dark meat, and unless great care is taken in the preparation, the meat is dry, tough and has a wild taste.

BAKED SQUIRREL.

Wash and let the squirrel stand in salted water two or three hours to remove the strong taste. Place a few slices of bacon in the baking pan, and lay squirrel on bacon. Baste with bacon grease, and if the grease is not enough, add one cup of hot water and two tablespoons of lard. When done. lay on a platter; add one-half cupful of water, two tablespoons of butter, a bit of thyme, pinch of cayenne, and enough tomato juice to color the gravy; pour over the squirrel.

QUAIL.

Quails have dark meat, but if properly cooked they are delicious.

BROILED QUAILS.

Wipe the birds off well, and remove all pin feathers. Season and salt and broil as any other meat. When done serve with drawn butter sauce, decorate dish with parsley.

BROILED QUAIL ON TOAST.

Broil as you would a steak or chicken. Toast bread a golden brown; lay quail on toast, and cover both with a white sauce.

RABBIT.

Small rabbits are the best; in buying always select small ones and the trapped ones in preference to shot ones.

To tell a young rabbit look at its paws and ears, which should be soft. Rabbits are best if allowed

to soak a few hours in salt water, to remove a little of the wild taste.

BROILED RABBIT.

Skin and lay in salt water; then wipe on a dry cloth. Broil like you would a chicken; season with salt, pepper, and drawn butter. Or, if one likes it sour, into the drawn butter add two tablespoons of vinegar and one of mustard.

FRIED RABBIT.

If the rabbits are young and tender this dish is almost like fried chicken.

Allow the rabbits to soak two hours in salt water to remove the blood and strong wild taste.

Wipe with a cloth, season with salt, pepper and flour well.

Into a skillet full of hot lard put the floured rabbit. Fry until brown on both sides; cover and set on cooler portion of range to fry slowly. When done, take the rabbit, place on a platter. Add two tablespoons of flour, one-half teaspoon of salt; let brown; then add some milk; boil until thick. Then put the rabbit back in the skillet; serve hot. Garnish the dish with parsley.

BAKED RABBIT.

Wash the rabbit and sprinkle salt all in the inside.

Make a dressing of bread, yolk of an egg, a bit of sage, onion, salt, pepper, and butter. Put the dressing inside of the rabbit and tie it up with a white cord. Dredge with flour; add some butter, and bake in a moderate oven.

OPOSSUM AND COON

are both strictly Southern dishes, and are both unheard of in the North. These two dishes are generally eaten by the darky, and no one else has the knack of making them so toothsome.

OPOSSUM AND SWEET POTATOES.

Wash the opossum well, then parboil, to take away some of the strong taste, and when tender, remove from the liquid. Place in a baking pan, season with salt, pepper and bits of butter, dredge with flour and place in a hot oven. Boil some sweet potatoes until tender, and then slice and lay in the pan around the possum; bake until done. Serve currant jelly or wild grape jelly with the opossum.



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DEVILED CRABS.

1 cup chopped crab meat;
2 tablespoons of butter;
One-third cup bread crumbs;
One-half cup cream;
Yolks of 2 eggs;
Little onion and tobasco sauce;
1 tablespoon of finely chopped parsley;
Salt and cayenne.

Mix crab meat, butter, bread crumbs, cream, egg yolks; add seasonings. Fill shells with mixture; sprinkle tops with buttered bread crumbs. Bake until crumbs are brown.

EGGS AND THEIR USES AS FOODS.

Perhaps there is no article of diet of animal origin which is more commonly eaten than the egg. Eggs of animals are eaten, even such as turtle and fish eggs. The methods of serving eggs alone or in combination with other food materials would cover many pages. But here I will endeavor to give only enough to help the average housekeeper. Eggs cooked in various ways take the place of meat to a certain extent, while a raw egg is said to be equal to a steak. Boiled eggs are used to garnish or ornament various dishes. Eggs are used to make

cakes and such foods, to improve flavor, color, texture; while in custards and creams, the eggs thicken the material and give it the desired consistency. The whites of eggs are used in making icings and confectionery. Well-beaten or whipped egg white is used to leaven many forms of cakes and similar foods. The beaten white incloses air in small bubbles, which become distributed throughout the mass of dough or food material. In cooking the heat expands the air and makes the walls of the air bubbles firm so that the porous structure is retained. The more well-beaten eggs used the less baking powder is needed.

POACHED OR DROPPED EGGS.

Into a frying pan of boiling water add one-half tablespoonful of vinegar, break the eggs in a flat dish, and then pour into the boiling water. Boil three minutes and serve on toasted bread. The vinegar helps to keep the whites firm.

FRIED EGGS.

Into a saucer break your eggs and add a pinch of salt and pepper. Place a sauce pan or skillet on fire and let get hot; add equal parts of lard and butter, or just lard or butter; place eggs in the hot

grease; cook two or three minutes, then turn with cake turner, if so desired. Serve on toasted bread or with a sprig of parsley.

OMELETS.

An omelet is regarded as one of the most appetizing forms in which eggs may be served. It consists of the beaten egg with a little milk, water and cream, or melted butter added, quickly cooked in a little fat or butter, in a suitable pan, and folded over so that it may be turned out of the pan in a half form. Scrambled eggs resemble omelet in method of preparation, but no care is taken to preserve the characteristic form and appearance of the egg. In an omelet lightness is desired, but in scrambled eggs only a thorough mixing of the egg is desired. Eggs are rich in protein, and this material is needed by man to build and repair the tissues of the body. Lots of other things may be used with the omelet, such as cheese, minced meats, peppers, etc.

STUFFED EGGS.

There are many fillings to place in stuffed eggs. I of course could not give all, but I will endeavor to help those who at some time will care for these things. Stuffed eggs are used at picnics, luncheons, suppers.

STUFFED EGGS WITH CHEESE.

Place as many eggs as you have persons in a sauce pan of boiling water and boil until hard. Take from the pan and place in cold water until cool. Shell cut in half and take out the yolk. To this yolk add salt, pepper, mustard and if the amount consists of six eggs use a teaspoon of butter and three teaspoons of grated cheese and a bit of celery. Now mix these ingredients and stuff the whites. If to be carried to a picnic wrap in oiled paper. If to be served at luncheon, garnish the dish with celery leaves or parsley leaves.

STUFFED EGGS AND HAM.

Chop some ham very fine, add salt, bit of pickle, cayenne pepper and yolks of eggs, moisten with vinegar and stuff whites.

PLAIN STUFFED EGGS.

To the mixed yolks add salt, pepper, celery seeds, mustard, olive oil and mix all well. Fill whites.

EGGS SCRAMBLED PLAIN.

Into a pan place a bit of lard and then break the

eggs; add salt, butter, pepper and stir until done. Serve on a hot platter.

SCRAMBLED EGGS.

Beat four eggs until light, add half teacup of milk into a teaspoon of flour which has been added. Have the skillet hot, add a bit of butter and lard then the mixture; stir quickly until done.

OMELETTE.

Four eggs beaten separately, three tablespoons of cream, salt, pepper, parsley or celery; fry a light brown; serve hot.

HAM OMELETTE.

Three eggs well beaten, four tablespoons of minced ham, one teaspoon of minced parsley, salt, pepper, fry in lard until a light brown.

Cheese omelette same as ham, only cheese and celery seeds are used.

EGGS ON TOAST.

Slice bread cut in triangles, toast a light brown.

Poach eggs and place one on each triangle, pour seasoned melted butter over them and serve.

BAKED EGGS.

Boil six or seven eggs until they are hard. Into a pudding dish lay a layer of bread crumbs seasoned with salt, pepper and dots of butter. Now slice your eggs and make a layer of them, and add a layer of minced veal. Keep on making layers until the eggs are used; be sure to have a bread crumb layer on top. Put dish into the oven and bake a delicate brown; serve with a white sauce.

RICE OMELETTE.

Warm a cup of cold rice in one cup of milk with one teaspoon of butter; stir and beat until the rice is thoroughly mixed. Now add three well-beaten eggs and season with salt. Into a frying pan put a piece of butter as large as a walnut; add the mixture, cook a delicate brown and fold.

PICKLED EGGS.

Boil six or eight eggs six minutes. Shell and stick a bit of cloves in each egg. Mix half teaspoon

of salt, half tsp. of pepper, half tsp. of mustard with half cup of cold vinegar. Let one cup of vinegar come to a boil, add this mixed vinegar and cook one minute; take from the fire. When cool, pour over the boiled eggs, cover and will be ready to eat in about a week.

MILK.

Milk is peculiarly adapted to the use of mankind, as it contains all four classes of nutrients. Milk is indispensable as it combines so well with other foods.

A quart of milk is as nutritious as four ounces of beef. Milk contains all the ingredients needed for nourishment. When milk stands cream rises. This cream put in a churn and churned produces butter. If curdled milk would be pressed we would have cheese. Milk is not exactly a beverage, it is a food; young cows produce better milk than old ones. The flavor of milk is sometimes affected by the food eaten by the cow. Milk contains the four classes of nutrients, protein, fats, carbohydrates and mineral matter. Cooking milk changes it; some people can use only boiled milk, while others can take only fresh. Skim milk is milk with the cream off.

Buttermilk.—After butter has been made, there is some milk left behind which is buttermilk.

One should be very careful where milk is kept, as the milk absorbs all or any odors. Flat pans are best for new milk, as the cream is easily gotten off such a large surface. Milk is well adapted for varied uses, either alone or in combination with other food substances. Its use is considered indispensable in many cases, and there are many cases where it might be profitably used.

SMEAR CHEESE.

Take a bucket of clabbered milk and empty in a cheesecloth bag and let drain. When the bag of milk is drained empty, season with salt and make a sandwich out of black bread. Serve with cream on it, or flavor with nutmeg and serve with sugar and cream.

CUSTARDS.

Custards are easily made and are good hot or cold. One must have good sweet milk. The eggs must be beaten very light with the sugar. Let the scalded milk cool before you add eggs and sugar; be careful to stir only one way and constantly until thick. Have everything at hand and a dainty dish will be the result.

BOILED CUSTARD.

One quart of milk;
Six tablespoons of sugar;
Half teaspoon of salt;
One teaspoon of cornstarch;
One teaspoon of Burnett's vanilla.

Dissolve the cornstarch in cold milk. Put the quart of milk in a double boiler and let boil, then add the moistened corstarch and cook ten minutes. Beat eggs and sugar together; pour the milk over them, stirring constantly; return to the fire until thick. Take off and set in cold water to cool, and stir often until almost cold; strain and add flavoring.

BAKED CUSTARD.

One quart of milk;
Half cup of sugar;
Six eggs;
Speck of salt;
Two teaspoons of Burnett's vanilla.

Bake in a pan of water in a moderate oven. To test to see if done, use a silver knife, dip it into the custard—if it comes out clean it is done.

CARAMEL CUSTARD.

Brown one cup of sugar, dissolve in some milk. Now proceed as for plain baked custard.

SOFT CUSTARD.

One pint of scalded milk;
Yolks of four eggs;
Two tablespoons of sugar;
Half teaspoon of salt.

Cook over hot water until thick, that is, coats a spoon. Strain, cool, then flavor with one teaspoon of Burnett's vanilla.

CHARLOTTE RUSSE.

One quart of rich cream;
One pint of milk;
Six eggs;
Sweeten to taste;
One ounce of Cox's gelatine;
Two teaspoons of Burnett's vanilla.

Whip the cream stiff, add to the pint of milk into which six eggs have been well beaten the sugar; cook over water till like custard; soak the gelatine, and when the custard is cold, beat in the gelatine and the whipped cream. Line the mold with stale

sponge cake, pour on the mixture, set on ice to get cold.

FLOATING CUSTARD.

One quart of milk, five eggs; five tablespoons of sugar, two teaspoons of vanilla; scald milk, then add the beaten yolks and one white with the sugar. Stir the milk in slowly; cook until thick as custard, let get cool. When cool pour into a dish; when ready to serve beat the whites to a stiff froth, then add three tablespoons of sugar and beat again; flavor with one teaspoon of Burnett's lemon extract; put this on top of the custard; set on ice until ready to serve.

COFFEE CARAMEL CHARLOTTE RUSSE.

$\frac{1}{4}$ box of gelatine or one tablespoon of granulated gelatine.

$\frac{1}{4}$ cup of cold water;

$\frac{1}{2}$ cup of scalded cream;

One-third cup of sugar carmelized;

$\frac{1}{4}$ cup of powdered sugar;

$1\frac{1}{2}$ teaspoon of Burnett's vanilla;

$3\frac{1}{2}$ cups of cream;

6 lady fingers or wafers;

$\frac{1}{2}$ cup of cold coffee;

3 eggs;

$\frac{1}{2}$ pint of milk;

1 teaspoon of Burnett's vanilla.

Carmelize the sugar, that is, put the sugar in a stew pan over the fire and stir constantly with a wooden spoon until the sugar gets dark brown. Be careful not to let it burn. Now add the coffee and simmer until the sugar is dissolved. Add milk when scalded; add beaten yolks with sugar. As it thickens add gelatine dissolved in the cold water. Stir until it begins to set, then fold in the whipped cream, flavor. Line a mold with lady fingers or wafers, put a spoon of the mixture at bottom of the mold and fill dish up. Decorate with candied cherries; set in ice.

PUDDINGS.—RICE.

One quart of milk heated in a double boiler;

Two-thirds cup of sugar;

Yolks of two eggs;

Two tablespoons of cornstarch.

Boil this in a double boiler until it thickens. Don't put the eggs or cornstarch in the scalded milk until it is cold. Into this thickened mixture add one cup of hot cooked rice. Beat as lightly as possible, add half cup of raisins and put in a baking dish. Make a meringue out of the whites and place on the top

of the pudding and brown in the oven. This may be served either hot or cold; if cold, serve with whipped cream.

DRIED PEACH.

Boil one pint of milk; turn the milk over one pint of bread crumbs; stir in a tablespoon of butter, one pint of dried peaches or apricots stewed soft. When all is cool, add two well beaten eggs, half cup of sugar and a pinch of salt; flavor to taste. Put in a pudding pan, bake half hour; serve with a plain sauce.

PLAIN.

Half cup of butter;
One cup of sugar;
Two well beaten eggs and speck of salt;
One and a half cups of flour;
One teaspoon of baking powder.
Bake thirty minutes. Serve with a sauce.

CARAMEL CUSTARD.

Yolks of five eggs well beaten;
One tablespoon of sugar;

One pint of scalded milk;

Whites of three eggs;

Pinch of salt;

Caramel, 2 cups of brown sugar; butter the mold, pour in the caramel, then the custard; bake in a pan of hot water; serve with whipped cream.

CORN STARCH PUDDING.

One quart of milk; take out a cupful, put the rest in a double boiler; four tablespoons of cornstarch, one teaspoon of salt and one cup of the reserved milk; cook twelve minutes, pour in a pudding dish and set in a cool place; serve with a sauce made of the whites of two eggs, two tablespoons of powdered sugar and beat; add one teaspoon of Burnett's vanilla.

ONE EGG PUDDING.

One egg;

One cup of sugar;

One cup of milk;

Two cups of flour;

One tablespoon of butter;

One and a half teaspoons of baking powder.

Bake; eat with a sauce.

SAGO.

One pint and a half of milk boiled with four tablespoons of sago; sweeten to taste, flavor with lemon and bake slowly.

SAGO.

Boil one cup of sago in a quart of water; stew two apples just a little; pour sago over them, sweeten, flavor to taste, bake thirty minutes.

TAPIOCA.

Four tablespoons of tapioca, soaked over night;
One quart of milk;
Yolks of four eggs;
Whites of two eggs;

Sweeten to taste. Boil milk, pour over tapioca when it is lukewarm, add sugar, eggs and flavoring. Bake one hour in a moderate oven.

BREAD PUDDING.

Cut bread into squares, butter and spread jelly on them. Fill the bottom of a pudding pan and pour over them a custard made of four eggs and

a pint of milk; sweeten to taste; bake a golden brown.

CUSTARD PUDDING.

Four eggs;

Pint of milk;

One tablespoon of cornstarch.

Sweeten to taste, also flavor. Bake a golden brown.

RICE PUDDING.

One and a half cups of boiled rice;

Three eggs;

One cup of sugar;

One pint of milk;

Two tablespoons of butter.

Flavor with nutmeg, bake until nearly done, then beat the whites into a meringue and let get a golden brown. Raisins may be added if desired.

FRUIT PUDDING.

Two eggs;

One pint of milk;

Speck of salt;

Four tablespoons of flour;

One tablespoon of butter;

Grease a pudding pan, and just before you put the mixture in, drop apples or peaches cut in thin slices.

SPONGE CAKE PUDDING.

Use slices of stale sponge cake, spread jelly on each slice and place in a deep dish. Make a custard out of a quart of milk, yolk of four eggs, sweeten and flavor to taste; pour over the cake and bake. When nearly done, beat the whites stiff, adding five or six spoons of sugar; flavor to taste; spread on the top of the pudding; bake until a golden brown. When done, remove from the oven and drop two or three spoons of currant jelly on top of the whites.

CAKE PUDDING.

Sponge cake soon dries out, and from the remains a dainty pudding may be made. Fit slices of the stale cake in a pudding pan which has been buttered. On the slices of cake sprinkle chopped almonds or cocoanut; now add another layer of cake and chopped almonds until the dish is full, having cake on top. Pour in a pint of scalded milk mixed

with three yolks and sweeten to taste. Bake in a pan of water; serve with a wine or caramel sauce.

CRACKER PUDDING.

One cup of black raspberries;
One cup of cracker crumbs;
One quart of milk;
One tablespoon of flour;
Yolks of three eggs;
One whole egg;
Half cup of sugar and pinch of salt.

Mix well, bake in a moderate oven, serve with a butter sauce.

REBECCA PUDDING.

One cup of milk;
Four tablespoons of cornstarch;
One tablespoon of sugar;
One teaspoon of Burnett's vanilla;
Whites of two eggs.

Direction.—Scald milk and mix dry things and moisten with milk. Add to scalded milk, stirring constantly until it thickens; afterwards stir occasionally; cook fifteen minutes. Pour on stiff whites carefully and mix thoroughly. Flavor and pour

into mold wet with cold water; serve with chocolate, caramel custard or wine sauce.

POOR MAN'S.

Toast six slices of bread, butter and cut in cubes, pour a custard over this made of one quart of milk and four eggs; bake in a pan of water in a moderate oven. Beat the whites and make merengue; dot with currant jelly.

DUMPLINGS.

Have the water boiling when you put the dumplings in. In making sauces, add the lemon juice, cider or wine last, so the sauce will not curdle.

BATTER PUDDING (*Boiled*).

Two eggs;
One cup of milk;
Pinch of salt;
Two teaspoons of sugar;
One cup of flour;
One and a half tablespoons of butter;
One teaspoon of baking powder.
Mix well, put in a mold, boil an hour.

SAUCES FOR PUDDINGS.

One cup of sugar;
Half cup of butter, cream together;
Four well beaten yolks;
One wine glass of wine;
One cup of rich milk.

Beat all together, heat until like thick cream, but do not boil. Flavor with one teaspoon of vanilla or lemon, using Burnett's flavoring extract.

LEMON SAUCE.

One cup of sugar;
Half cup of water;
Butter size of a walnut.

Boil until like syrup, then flavor with Burnett's vanilla or lemon.

LEMON SAUCE.

One cup of sugar;
Half cup of butter;
One egg;
One lemon, juice and grated rind;
Half cup of boiling water.
Cook in a double boiler until thick.

CARAMEL SAUCE.

Four tablespoons of sugar; caramelize it;
One tablespoon of water;
One pint of cold water;
One cup of sugar;
Cook ten minutes, flavor with Burnett's vanilla.

To Caramelize Sugar.—Have the sauce pan hot, then put the sugar in and one tablespoon of water, stir constantly until all the water evaporates; this takes three or four minutes. Now beat in the water and sugar and flavor.

HARD SAUCE.

One cup of sugar;
Half cup of butter;
One teaspoon of Burnett's vanilla or lemon.
Beat sugar and butter until light and foamy.

WINE SAUCE.

Dissolve two cups of sugar in a little water. Boil until it candies, add a lump of butter size of an egg, stir in wine and nutmeg.

BROWN SAUCE.

Half cup of butter;
Eight tablespoons of brown sugar;
White of one egg.

Cream butter and sugar, add egg, set on the stove, stirring all the time. Pour in enough wine to season it; do not let boil.

HOT SAUCE.

Melt over the fire two squares of chocolate; add gradually stirring all the time, half cup of sugar, one cup of boiling water; stir until smooth and gradually beat in a cup of cream into which two yolks have been beaten; flavor with Burnett's vanilla.

CUSTARD SAUCE.

One cup of sugar;
Two beaten eggs;
One pint of milk;
One teaspoon of Burnett's flavoring.

Scald milk in double boiler, then add eggs and sugar well beaten, then extract; stir until it thickens.

PASTRY AND PIE MAKING.

Success in pastry making, etc., depends on keeping the ingredients cold and handling the dough as little as possible.

Pastries require only flour, salt, shortening and liquid. Lard, butter or suet dripping may be used in pastry for pies. Be sure that you handle the dough as little as possible or the pies will be tough. If in summer, use ice water and set pastry dough in the ice box for an hour or more. Roll the dough one way and be quick. Mix materials very fine with a knife before the liquid is added; have a stiff dough. There is a pastry flour one may use, but a good winter flour makes good pastry. Here are a few recipes for pastry for pies:

Cup and half of pastry, not plain flour;

Half teaspoon of salt;

One-third cup of lard or butter and lard. Add cold water for a stiff dough.

One and half cups of flour;

One-quarter cup of lard; ..

One-quarter cup of butter;

One teaspoon of salt. Add ice water for stiff dough.

Mixing Directions.—Mix dry ingredients, rub or cut in the shortening until the mixture is as fine as

meal. Moisten with water and make a dough. This will make a top and bottom for an apple pie and bottom for a lemon pie.

PLAIN PASTRY.

One and half cups of sifted flour;
One-quarter cup of butter;
One-quarter cup of lard;
Half teaspoon of salt.
Ice water.

APPLE PIE.

Use either plain pastries. Line the pie pan with pastry; fill plate with thinly sliced apples and pour over them half cup of sugar mixed with half teaspoon of spice and a pinch of salt. Dot the apples with half tablespoon of butter, put the juice of a lemon, teaspoon of Burnett's vanilla, two tablespoons of water, place a top crust and bake half an hour.

PEACH PIE.

Lay the peaches and their juice in a lined pie plate; add half cup of sugar, half teaspoon of nut-

meg, one teaspoon of sifted flour scattered over the top; half tablespoon of butter cut up finely. Place a top over the pie; bake in a moderate oven half an hour.

COOKED APPLE PIE.

Cook the apples, run through a collander, sweeten, season with half tablespoon of butter and either lemon or vanilla of Burnett's extracts. Place these apples when cold in a lined plate, bake twenty minutes without a top, until a golden brown.

Raisins may be used in this pie if desired.

BLACKBERRY.

Stew the berries just a tiny bit, add sugar and nutmeg; let cool, then put in a lined plate, put a top crust; bake half hour.

LEMON PIE.

Three-fourths cup of sugar;
Three-fourths cup of boiling water;
Three tablespoons of cornstarch;
Two eggs, yolks;
Two tablespoons of lemon juice;

Grated rind of one lemon;

One tablespoon of butter.

Directions.—Mix cornstarch and sugar together; add to boiling water and cook five minutes, stirring all the time. Remove from the heat; add lemon and butter when cooled; then add the well-beaten egg yolk; fill pan and bake twenty minutes. Do not bake at all if crust is baked. Cover with meringue and brown in a moderate oven.

MERINGUE.

Beat white of an egg stiff and dry; add two tablespoons of powdered sugar for each egg used; pile lightly on the pie. Brown slowly in a moderate oven.

GRAPE.

The grapes must be washed and picked from the bunch. Take the pulp from each grape; cook the pulps separately and run through a colander; cook the skins, now add the pulps to the skins; sweeten to taste and cook until done. Line the plate, put the grapes in when cold, bake with a top crust twenty minutes.

IRISH POTATO.

Cook four large potatoes until tender; mash and beat until white; see that it measures a pint. Four eggs, one cup of sugar, half cup of butter and one cup of sweet milk, one teaspoon of cornstarch, flavor with lemon; use no top crust.

LEMON PIE.

One cup of sugar;
One cup of sweet milk;
One tablespoon of flour;
One tablespoon of butter;
Three eggs.

Juice and rind of one lemon.

Mix grated rind and juice with yolks and sugar, thin, add milk, then butter and flour; line the pan and bake.

PEACH WITH MERINGUE.

Pare and stew ripe peaches. When nearly done sweeten to taste, and remove from fire; stir in a tablespoon of butter, use a tablespoon for each pie; let cool and season. Line the pan and pour peaches in when cold; bake without a top crust. When done remove and put the meringue on; bake slowly a golden brown.

CHERRY PIE.

Seed the cherries and stew, using plenty of sugar. Line a pan with plain pastry and pour in the cherries when cold. Dredge the top with flour, put a top crust on and bake half an hour.

All fruits must be cooked and allowed to cool before putting the fruit in the pie.

CREAMED APPLE PIE.

Stew apples until stiff, stew until stiff again. When cool, to each pint of stewed apples add whites of three eggs well beaten and a teacup of cream whipped. Beat all material together with an egg beater, flavor with one teaspoon of vanilla and one teaspoon of lemon; bake in a lined tin.

When the recipes call for whipped cream, whip the cream and measure. When the cream is to be whipped, measure first, then whip.

SWEET POTATO.

One pint of boiled mashed potatoes; now mix in a cup of sweet milk, run through a colander; beat four eggs, cream one cup of butter and one cup of sugar; grate half nutmeg; now stir in the whites

beaten stiff; bake without a top crust. A little whiskey improves it and is liked by some.

RHUBARB.

Trim the stalks, cut in pieces an inch long; cook in a tiny bit of water until soft, run through the colander; now add sugar and cook; add a bit of butter and season with nutmeg or lemon; bake with a top crust.

MINCE-MEAT.

Six cups of beef after it has been boiled;
12 cups of apples;
Three cups of sugar;
Two cups of molasses;
Two cups of suet;
Two pounds of raisins;
One quart of cider;
Three tablespoons of cinnamon;
Two tablespoons of allspice;
Two nutmegs;
Two pints of white wine;
Half pint of brandy.

CUSTARD PIE.

One quart of milk;
One and a half cups of sugar;
Yolks of six eggs;
Three tablespoons of sifted flour.

Beat eggs, sugar and flour, add milk; boil twenty minutes in a double boiler, season with lemon or vanilla. Use the whites of four for meringue.

ORANGE PIE.

One pint of milk;
Three oranges (juice);
One cup of sugar;
Three eggs;
One and a half tablespoons of cornstarch.
Make as lemon, bake with meringue.

PRUNE PIE.

Wash the dried fruit well; cook until tender and run through colander; sweeten and add one tablespoon of butter to each pie; bake with top crust.

All pies are best the day they are made. Put the fruit in cold.

PUMPKIN.

Pumpkin pies require plenty of eggs, butter and rich milk, as pumpkin is poor. Peel the pumpkin, remove the seeds and cut in small bits; add a tiny bit of water and cook until tender. When tender drain off the water and mash, run through a colander. To a pint of stewed pumpkin use a pint of rich milk, four eggs, two full tablespoons of butter; sweeten to taste, using ginger, allspice and a tiny bit of lemon rind. Bake in a hot oven and cover with a meringue. These pies are very rich and are best eaten cold.

Some pumpkin is watery, and after eggs, milk and sugar are added the pumpkin seems thin and watery. Thicken with a tablespoon of cornstarch.

STRAWBERRY PIE.

All fruit pies are made alike. Have good, sound fruit, cook it and let it cool before placing in the pie tin. Stew the berries until they turn in color, just sweeten a little, as strawberries are spoiled by too much sugar; let cool in the pie tin.

Tin pie plates are best to use; remove your pies from the pan as soon as they are done.

In cases where the crust is baked first the fruit may be put in at any time, even then remove the shell.

A cobbler is just a deep pie, and I believe they are eaten in no place like Kentucky. Cobblers are usually baked in a pudding pan. Line the pudding pan, sides and bottom, with plain pastry. Now lay a layer of peaches, butter size of a walnut, plenty of sugar, two tablespoons of water, dredge with a little flour, keep on until the pan is half full. Now lay over the sides and put a top on and bake for thirty or forty minutes. This may be served with whipped cream. Any fruit may be used like this.

DUMPLINGS AND ROLLS.

When dumplings are made, use some recipe for plain pastry, only use two teaspoons of baking powder. Have the water boiling when the dumpling is put in. All kinds of dried fruit or fresh will make good dumplings or rolls. If the roll or dumpling is baked, use plain pastry dough. There are several sauces used with these.

WINE SAUCE.

Pint of water, 2 cups of sugar, butter size of an egg; boil hard fifteen minutes; remove from the fire, pour several spoons of this liquid on three well beaten eggs, stirring constantly. Then pour all the

liquid in, boil until it thickens, flavor with Burnett's lemon or vanilla.

PUFF PASTRY.

Puff pastry, like plain pastry, requires the best of materials and pastry flour, only butter is used in this. First, the salt must be worked from the butter in a bowl of ice water and set away to chill. To a pound of flour use half pound of butter, one teaspoon of salt; mix half of the butter with the flour and salt with a knife until as fine as meal; add a bit of ice water until your dough is stiff. Roll out smooth (on a marble slab if possible), roll away from yourself. Cut the remaining butter in bits and lay on the dough, fold and roll from you; put in the ice box fifteen minutes; do this three times, each time putting in the ice box. Now cut out your tarts, tartlets, croutons, or cheese sticks. This may be filled with jam, jelly, cooked fruit, custard, whipped cream. The fillings must not be put in until the puff is cold. This pastry will keep two or three days in winter wrapped in a damp cloth.

PUFF PASTE.

Puff paste is easily made, but requires time, and if once one is not successful, try, try again.

CREAM PUFFS.

One cup of butter;
Two cups of milk;
Three cups of pastry flour;
Two tablespoons of sugar;
Half teaspoon of salt;
Eight eggs.

Cook butter, water sugar, salt to boiling point. Cook the mixture in a double boiler; add flour gradually, stirring constantly until it forms a ball around the spoon. Remove from fire and stir until cool; add eggs unbeaten; beat all thoroughly; drop from spoon on a floured buttered tin. Bake in a hot oven and cover with paper until puffs have risen, then uncover and brown. This dough fried makes a hollow fritter.

To see if your oven is just hot enough, place a sheet of writing paper in the oven and let it stay a minute, if brown, hot enough; if too brown, too hot.

FILLING FOR PUFFS.

One cup of milk;
Three tablespoons of flour;
Three tablespoons of cold water;
Three eggs;
Half cup of powdered sugar;

One teaspoon of Burnett's vanilla.

Directions.—Scald milk and thicken with flour rubbed smooth with cold water. Cook in a double boiler until free from lumps, remove from heat and pour over beaten eggs and sugar. Stir over the fire until thick, smooth and creamy; flavor with Burnett's flavoring, cool and fill the puffs. This will fill eighteen puffs.

CROUTONS.

Make puff pastry, roll out one-eighth of an inch thick, brush with white of an egg, sprinkle with chopped nuts, cut into inch strips and bake.

CHEESE STICKS.

Make a puff pastry, cut in strips quarter of an inch thick and half inch long. To one-half of the pastry sprinkle some grated cheese, to which has been added a few grains of salt and cayenne. Fold press edges together and fold again; bake in a hot oven.

PATTY SHELLS.

Line patty tins with paste, bake, fill with creamed meat, fish or fowl.

ICE CREAM.

With a good ice cream freezer, good rich milk and cream, a wholesome and refreshing iced dessert may be made. It is true, there is an expenditure of time and strength, but the result is worth it. When the thermometer is in the nineties, no dish is more acceptable. Here are a few points to heed.

Ice must be finely crushed.

Care must be used in the proportions of ice and salt.

Use three times as much ice as salt to freeze velvet creams.

Do not put the cream mixture into the freezer until it is cold.

When the cream mixture is in the freezer put in the ice and salt; let stand 10 minutes to chill before freezing.

When you begin to freeze turn slowly. It will take from 20 to 40 minutes to freeze.

When the cream gets stiff remove the beater, scrape the cream from the sides and beat with a granite spoon. Cover up and pack, draw off the extra water, cover with wet newspapers and carpet, set in a cool, dark place. It should stand from two to three hours.

Pure cream or double cream is used, though by some this is said to be too rich.

I will give recipes first for cooked creams.

CUSTARD ICE CREAM.

One quart of milk;
Yolk of six eggs;
One cup of sugar;
One pint of cream;
One teaspoon of flavoring.

Make a boiled custard with milk, sugar and eggs, and strain; when cool add cream and more sugar if not sweet enough, with flavoring. Beat the whites of the eggs and add just before freezing.

If you wish to mould this cream, add one tablespoon of gelatine that has been soaked one hour in half cup of cold milk reserved from this rule.

STRAWBERRY ICE CREAM.

One quart of strawberries;
One cup of sugar; let the sugar stand on the berries four hours; mash and strain through a cheesecloth bag.

Add one cup of sugar to juice, then beat in a quart of cream. Freeze. Peach cream may be made the same way.

ICE CREAM (*Plain*).

Two quarts of cream;
Three teaspoons of Burnett's vanilla;
Sweeten to taste; freeze.

All fruit creams require to each pint of juice a pint of cream; sweeten to taste.

CHOCOLATE ICE CREAM.

Two eggs beaten lightly;
Two cups of sugar;
Pint of milk;
Half cup of grated chocolate.

Scald milk, add beaten eggs and sugar, then chocolate; return to the fire, when it thickens remove. .
When cool flavor with one teaspoon of Burnett's vanilla; then freeze when cold.

CUSTARD ICE CREAM.

Six eggs;
Two cups of sugar;
One quart of rich milk;
Flavor with vanilla and make a boiled custard.
Set aside until cold, then stir in a quart of cream;
mix well; freeze.

ICE CREAM.

Scald a pint of milk; mix one tablespoon of flour, one cup of sugar, quarter teaspoon of salt, one egg slightly beaten. Pour in the scalded milk and cook over hot water 20 minutes. Cool, add one quart of cream, two teaspoons of vanilla; freeze; pack in the freezer with three measures of cracked ice and one measure of salt.

FRUIT ICE CREAM.

Three cups of milk;
One cup of cream;
One egg;
Two tablespoons of flour;
One cup of sugar;
One level tablespoon of gelatine;
Half pound of English walnuts (weighed in shell);
Quarter of pound of figs.

Soak the gelatine in a little of the cold milk, save a little of the milk to mix with the sugar and flour. Heat milk to the boiling point. Stir in gradually the flour, sugar and egg, to which the cold milk was added. When the custard is cooked, add gelatine and cream and one and a half teaspoons of vanilla; freeze; after it is nearly frozen, before you pack it,

add the nuts and figs which have been chopped very fine; beat with a granite spoon and pack.

PINEAPPLE SHERBET.

Two large, juicy pineapples;
One quart of water;
Sugar to sweeten;
Juice of two lemons;
Whites of two eggs.

Grate the pineapples, mix with the water, add sugar and lemon juice, beaten whites last; put in freezer and freeze. This serves six persons.

RASPBERRY SHERBET.

Two quarts of raspberries;
One cup of sugar;
One pint of water;
Juice of two lemons;
One tablespoon of gelatine.

Mash berries and sugar together, let stand four hours. Soak gelatine in water enough to cover (cold water); add water to berries and strain. Dissolve the gelatine in half pint of boiling water, strain and add to the mixture; freeze. Serve ten persons.

LEMON SHERBET.

One tablespoon of gelatine;

One quart of water;

One pint of sugar;

Juice of six lemons.

Soak the gelatine in a little of the water 10 minutes. Heat the rest of the water to boiling point, dissolve the gelatine in it; add sugar, lemon juice and freeze.

ORANGE SHERBET.

One gallon of water;

Twelve oranges;

Juice of three lemons;

Whites of six eggs;

Sweeten to taste.

Put the beaten whites in when the liquid begins to get stiff.

PINEAPPLE ICE.

One large pineapple, peeled and finely grated;

Juice of two lemons;

Juice of an orange;

Two quarts of water; sweeten to taste; freeze hard.

FRUIT FLOAT.

Drop ripe peaches into boiling water and the skins are easily removed. Let the peaches stay in the boiling water one minute. If the peaches are not the best, peel and remove the seeds, cook until tender in one cup of water and half cup of sugar.

Now for the fruit custard:

Pint of milk in the double boiler and heat;

Yolks of two eggs;

Four tablespoons of sugar;

Pour the boiling milk over the eggs and sugar and cook until it coats a silver spoon, stirring constantly. Pour into a bowl and fold in the whites of the two eggs, which have been beaten stiff. Now set this on the ice to chill, then pour over the peaches. Serve wafers with this custard.

FRAPPES AND WATER ICES.

There are two ways of making water ices. First, make a syrup too sweet for drinking, made of plum juice, cider, oranges, cherries, berries or lemon; set in a freezer; pack ice around and let freeze.

Next, boil the sugar and water together, cool, flavor and freeze. An uncooked ice melts quicker when exposed to the air; a tablespoon of gelatine or the whites of 2 or 4 eggs to each quart will hold the

juice in its place. Use two times as much ice as salt when you freeze water ices.

FRAPPES.

Frappes are half-frozen water ices. This is stirred until soft and mushy rather than firm and stiff. Frappes may be made of tea, coffee, chocolate or fruit and make a dainty, refreshing dessert.

LEMON-ORANGE FRAPPE.

Juice of four large lemons;

Juice of one orange;

One pint of sugar;

One quart of water.

Make a syrup of water and sugar; add the juices, strain and freeze, stirring once in a while; when thick and mushy, serve.

PINEAPPLE JUICE.

Two large, ripe pineapples;

One pint of water;

White of one egg;

Enough sugar to sweeten, very sweet.

Press pineapple through a colander, mix little by

little with white of an egg and sugar; freeze.

CHERRY.

One quart of bruised cherries;

One pint of sugar;

Wine glass of brandy;

One pint of water;

Juice of two lemons.

Freeze; this requires a longer time as brandy is used.

GRANITES.

Granites are another variation of water ice frozen in granules by occasional stirring. Sometimes bits of fruit are put in just before serving.

RASPBERRY GRANITE.

Boil one quart of water with one pint of sugar for 15 minutes.

Juice of three lemons;

Two quarts of red raspberries;

Cool the syrup and pour in the freezer; pack with ice and salt; stand an hour. Open and stir with a wooden spoon, but do not beat it. Pack again; let

stand another hour. Just before you serve it, stir in the raspberries.

CANNING, PRESERVING & JELLY MAKING.

It is the delight of every housekeeper to have good fruits preserved in some way for the dull winter season. Fruits and fruit juices keep the blood in a healthy condition when the supply of vegetables and fresh meat is limited. Cooking changes the character and flavor of fruit, but if sugar is used the nutritive value is increased. There is a great pleasure in preparing fruit. A great deal of fruit may be canned with little or no sugar, all depends on the condition of the fruit. Juices may be bottled for delightful drinks during the cold, snowy days of winter. In canning be sure to have good, fresh, sound fruit. Use porcelain kettles and have everything clean about you. Use the dishpan for holding and washing the fruit. Use crocks, bowls and jars for holding the fruit juice and pared fruit.

Do not try to put up too much fruit at a time; better results come from small amounts. When making jelly, use a flannel bag for straining.

All large, hard fruit must be washed before paring.

In preparing peaches, scald with boiling water and the paring is easily removed; about three min-

utes is long enough to scald the fruit.

Plums and tomatoes may be prepared like peaches.

In canning peaches use a few stones for flavoring.

In making apple and pear jelly, do not core the fruit. I find that the best canned or preserved fruit depends on the syrup.

I will give you a tried rule, a good one, but not mine:

To a pint of sugar and a gill of water and boiled ten minutes gives a syrup fine to use for cherries or strawberries.

To one pint of sugar and three gills of water boiled ten minutes gives a syrup for peaches, plums, quinces and currants.

To one pint of sugar and one pint of water boiled one minute gives a syrup for canned acid fruits.

To one pint of sugar and two pints of water boiled ten minutes gives a syrup for canned pears, peaches, sweet plums, cherries, raspberries, blackberries and blueberries.

HOW TO MAKE THE SYRUP.

Put the sugar (granulated) and water in a porcelain kettle, set on the stove and stir until all the sugar is dissolved. Heat slowly to the boiling point and boil gently without stirring. The length of time

that the syrup boils will depend on how rich it is to be. All syrups are better for the boiling 10 to 30 minutes. You must not stir or jar the liquid while boiling.

Stew the fruit before placing in the jars is the best method I have found. Be sure that the jars are perfect, examine the rubber rings, getting new ones each year if the rings are not soft and elastic. Wash and sterilize the jars. Put the jars in a pan of cold water, let the water cover the jars, let the water come to a boiling point, then boil ten or fifteen minutes. Set the jars in a shallow pan, insert a silver spoon in each jar, fill with boiling fruit, dip rubber in boiling water, place on jar and wipe off all fruit with a hot cloth; now seal and set in a place out of draught to cool. When the jars are cold see that the tops are on tight and wipe with a wet cloth, paste on a label and set in a cool, dark closet.

Fruit may be canned without sugar or as much sugar as you desire to use. Juicy fruits such as berries and cherries, do not require much water. Do not use any water for strawberries.

CHERRIES CANNED.

Six quarts of cherries;
One and a half quarts of sugar;
Half pint of water.

Measure the cherries after the stones have been removed, stone or not—suit yourself. Put sugar and water in kettle and make the syrup. Add cherries, let them be heated thoroughly; be careful to skim often. Seal in Mason fruit jars.

PEACHES.

Eight quarts of peaches;
One quart of sugar;
Three quarts of water.

Use a few stones when you make the syrup. Add your peaches in the syrup, let the syrup cover the peaches, boil gently until tender; put up while hot.

PEARS.

Prepared just like peaches, only if the pears are hard cook until they are so tender they may be pierced by a silver fork.

QUINCES.

Four quarts of pared, cored, quartered quinces.
One and a half quarts of sugar;
Two quarts of water.

Put the fruit in a preserving kettle, boil gently until tender, remove each as it gets tender. When all the quinces are removed, strain the water through a cheesecloth. Add the sugar, make a syrup, put in the cooked fruit, cook from 20 to 30 minutes, seal hot.

Strawberries require no water; use equal weights of sugar and fruit. Have the fruit only four inches deep, place the kettle on the stove and heat fruit and sugar slowly. Skim carefully, boil 10 minutes, counting from the first bubble. Place this in jars and set in a sunny window three or four days, then put in a dark closet.

The fruits best adapted to preserving are strawberries, sour cherries, pears, plums and quinces, as they make a rich preparation and should be put in small jars.

PEACHES.

Eight quarts of peaches;

One quart of water;

Three quarts of sugar.

Make a syrup out of sugar and water, let boil, then skim. Pare the peaches, cut in pieces, as clingstones are the best to use, in the syrup, add a few stones for flavor. Let the fruit stay in the syrup

and boil gently for ten minutes, or until tender when pierced with a fork. Put in jars and when cool put in a dark closet.

If preserves are wished, cook the fruit down low, or until the syrup is thick.

PEARS.

Canned like peaches.

MARMALADES.

These require great care while cooking, because no water is used, only fruit and sugar. If berries are used, they should be rubbed through a siève to remove seeds. If large fruit, wash, peel, core and quarter. Use one pint of sugar to each quart of fruit. Put layer of fruit, then sugar; heat slowly, stirring often; cook about two hours; seal hot.

JELLY MAKING.

All housewives desire nice jelly, but jelly is hard to make. No rule is good; one time it jells and the next time we have syrup, or it candies, or is too hard. But with great care and a small amount of fruit one may make nice, clear jelly..

First of all, fruits do not jell, an acid fruit is the most suitable for jelly making.

Strawberries do not make a good jelly because the jelly-making pectin is so small. Currant juice added to the strawberry makes a good jelly.

Here is a list of the best jelly-making fruits—currant, crabapple, apple, quince, grape, blackberry, raspberry.

Directions for berries and small fruits—They must be washed quickly. Large fruits must be boiled in water until soft, then strained. Jelly is harder to make from fruits that you use water with. Eight quarts of fruit and four quarts of water boiled to three quarts is a good rule. Use first a cheesecloth bag, then a flannel bag to strain the liquid through.

If the fruit contains a great deal of sugar, use less in the jelly or it will candy. If the fruit has had a lot of sunshine and heat there will be more sugar in the fruit than when it is wet and cold.

Don't boil the jelly too hard, slow but constant boiling is needed; do not stir, but skim. Jellies should be kept in a dark, cool, dry place.

CURRANT JELLY.

Wash, pick, place in a kettle and mash with a masher; heat slowly; when the currants are heated thoroughly, mash some more. Now place in a strain-

er and strain. Now put this juice in a cheesecloth bag and hang up to drain; do not mash or squeeze the bag. Now if you want extra clear jelly, strain through a flannel bag. For every pint of juice use a pint of granulated sugar. Stir until the sugar is dissolved, place on the stove, boil and skim. When the liquid begins to drop in thick drops off the spoon or jellies in cold water, it is done. Watch it constantly. Pour in jelly glasses and set away to cool. When cold, dip (papers cut the size of the top of the glasses) in brandy and tie up for use.

Raspberry and blackberry same as currant.

Wild grapes, green grapes, make same as currant.

STRAWBERRY.

Five quarts of strawberries;

One quart of currants.

Make as currant.

APPLE JELLY.

Four quarts of water;

Eight quarts of apples;

Boiled to three quarts; add juice of one lemon to each pint, when apples are not tart. Cook same as currant.

QUINCE.

Use parings and fruit cored. One quart of water to two quarts of fruit and parings, make same as currant.

PEACH JELLY.

Two quarts of peach parings;
One quart of apple;
One and a half quarts of water.
Make same as currant.

Grape juice makes a fine drink. Good bottles must be used. Sterilize both bottles and corks. Wash and pick the grapes, put in the kettle and mash. Heat slowly and boil gently for half an hour. Put in a colander and strain, strain through a cheese bag. Use one gill of sugar to one quart of juice, boil and skim; boil carefully until all sugar is dissolved. Fill the hot bottles, seal and set away to cool.

Raspberry, strawberry and currants are prepared as grapes, only currants require one pint of sugar to a quart of juice.

For cherry, plum and peach, use half pint of sugar to a quart of juice.

BEVERAGES.

MINT JULEP.

Into a large glass put one tablespoon of sugar and half wine glass of water. Bruise three or four sprigs of mint to extract the flavor; add one and a half wine glass of best twenty-year-old whisky. Now take the mint out and stir well, fill the glass with crushed ice, now add the tender leaves of a sprig of mint and a dash of Jamaica rum. Serve with a straw.

CLARET PUNCH.

One and a half tablespoonfuls of sugar;
One slice of lemon;
Two slices of orange.

Fill large bar glass with crushed ice, pour in claret, stir well; serve with a straw. This serves two persons.

SHERRY PUNCH.

A large bar glass filled with crushed ice;
Two wine glasses of sherry;
One tablespoon of sugar;

Dash of lemon juice. Stir well, serve with a straw. This serves two persons.

GIN FIZZ.

Half teaspoon of sugar;
Dash of lemon juice;
One wine glass of best dry gin.

Put all this in a large glass; now fill the glass with crushed ice. Stir well with a spoon, strain into a fizz glass. Fill up with Selzer or Vichy water, and drink quickly.

SOCIETY FIZZ.

Fill a large glass three-quarters full of finely cracked ice. Add three or four dashes of absinthe in a little water, three dashes of lime juice, four dashes of lemon juice, white of one egg, one wine glass of Paul Jones best twenty-year-old. Shake well in a shaker and strain; fill the glass now with Selzer or Vichy water. Drink immediately or the effect is lost. This is a tonic and a nerve quieter.

EGG AND SHERRY.

Half glass of finely cracked ice;

One egg;

One and a half wine glass of best sherry.

Shake well together, strain into a glass, grate a little nutmeg on top, drink at once. This serves one.

PINAPPLE JULEP.

Juice of two oranges;

One gill of raspberry syrup;

One gill of Maraschino.

One gill of best gin;

One quart of Moselle;

One ripe pineapple, peeled and sliced and cut up.

Put all the materials in a punch bowl, ice and serve in cocktail glasses, decorating either with cherries or strawberries or neither.

CHAMPAGNE PUNCH.

Use champagne goblets.

One quart of Mum's extra dry;

Quarter pound of sugar;

One orange sliced;

Juice of one lemon;

Three or four slices of pineapple;

One wine glass of strawberry syrup.

STRAINED MILK PUNCH.

Lemonade glass half full of ice, two tablespoons of sugar; use about one-half whisky glass of rum, whisky glass full of brandy; fill the rest with milk. Then shake well, strain in large bar glass. Grate a little nutmeg over the top.

CHERRY FLIP.

Lemonade glass half full of cracked ice, two tablespoons of sugar and one egg; whisky glass full of cherry wine. Shake well, strain into a medium-size bar glass. Grate a little nutmeg on the top.

WHISKY COCKTAIL.

Mix in a glass with a little cracked ice; use a little bar syrup, put in a few drops of Angostura Bitters; whisky glass full of whisky; stir well, strain into cocktail glass. Put one Maraschino cherry in glass and twist of lemon peel.

MANHATTAN COCKTAIL.

Lemonade glass half full of cracked ice, a little bar syrup, about one-half whisky glass full of Ver-

mouth and a whisky glass one-half full of whisky and a few drops of Angostura Bitters, and strain into cocktail glass. Put in one Maraschino cherry; put in a twist of lemon peel.

RUM PUNCH.

Make a strong, sweet lemonade, add rum brandy to taste. Use no water in making the lemonade; use crushed ice.

ROMAN PUNCH.

Grated rind and juice of four lemons;
Grated rind and juice of two oranges;
Two pounds of granulated sugar.

Let the sugar stand on the juices for two hours, strain through a sieve. Add one quart of champagne and the whites of three eggs well beaten, freeze and serve in frappe glasses.

WHISKY SOUR.

Use only best of liquors. Fill a large glass with fine ice, half tablespoon of sugar, three or four dashes of lemon juice and orange, half wine glass of Selzer water, one wine glass of best whisky. Stir

well, strain and serve in small glasses.

It is in Kentucky where the mint grows the sweetest and whisky mellows best in Kentucky air. I have given you a few beverages which may be served to the abstainer as well as the devotee.

GRAPE JUICE PUNCH.

Sweeten to taste four cups of grape juice, add one cup of finely crushed ice, juice of three oranges and one lemon; serve with straws in slicks.

PLAIN GRAPE PUNCH.

Sweeten and add crushed ice to the juice.

LEMONADE.

Three lemons;

One and a half pints of water.

Sweeten to taste, set on ice until ready to serve, then place a strawberry in each glass.

EGG NOGG.

Twelve eggs (yolks), sugar to taste (2 pounds); cream eggs and sugar until it bubbles; now add half gallon of best whisky. Churn three quarts of rich cream until it is light and foamy, be careful to not let it go to butter. Stir this into the eggs and whisky. Grate one nutmeg and add a gill of best rum. Do not use the whites at all in the egg nogg. The whites may be used to make a white cake.

PICNIC PUNCH.

Four quart bottles of claret;
One pint of best whisky;
Eight lemons;
One pineapple;
One gallon water;
Twelve oranges;
Sweeten to taste.

Slice oranges, lemons, peel and slice pineapple, add sugar, then add whisky and claret. Stir all well and put a cake of ice in liquid. This will serve fifty people.

CLARET PUNCH.

Juice of four oranges;
Juice of four lemons;
One cup of granulated sugar;
Two quarts of claret.

Pour this mixture over a block of ice in a punch bowl. Let stand an hour before serving.

BRACER.

Use a large, tall glass, two or three lumps of ice, one wine glass of brandy, one bottle of White Seal ginger ale, and mix well together.

TEA, COFFEE AND CHOCOLATE.

These beverages are used daily, but so few can make a good cup of either.

COFFEE.

Use a good brand, cheap material never turn out successfully. Have your coffee blended to suit your taste. Keep it in a glass-covered jar, and do not have it ground, as the strength escapes.

One cup of ground coffee, one egg, the white and shell broken in pieces. (Wash the shell just on the outside). Half cup of cold water. Mix together and put in a scalded coffee pot. Pour on six cups of boiling water, boil three minutes. Into the spout of the pot stuff tissue paper or a wad of white cheesecloth to keep the strength in. Pour in half cup of cold water, let it stand on the back of the stove 10 minutes. Serve with cream and sugar.

TEA.

To make tea, be sure to have the water boiling, and use fresh water. Allow one teaspoon of tea to each cup and one teaspoon for the pot is a good rule. Have the water boiling and sparkling and pour on the tea. Do not let the tea boil, let it steep five minutes. Serve a bit of lemon slice, it enhances the flavor and is liked by some. Make fresh tea every day. If the tea is to be saved for ice tea, pour off the grounds in a pitcher; when cold, put in the refrigerator.

CHOCOLATE.

One pint of milk;
One pint of cold water;

Three tablespoons of grated cocoa;
Boil 15 or 20 minutes in a double boiler. Sweeten to taste at the table; use whipped cream.

ICED TEA.

One quart of boiling water;
Three teaspoons of tea;
Let stand an hour and drain off. Fill glasses half full of crushed ice, sweeten to taste, pour on the tea, use a dash of lemon.

PICKLES.

It is the desire of every housewife in the fall of the year to put up her pickles, chow-chow, catsup, for winter's use. To pickle, use best vinegar, spices, use glass or stone jars. See that all jars are well sealed before you put them away.

TOMATO CATSUP.

One gallon of tomatoes (good and ripe);
One teaspoon of cayenne pepper;
Two tablespoons of mustard seed;
Two teaspoons of whole cloves;
One tablespoon of allspice;

Two tablespoons of sugar;
One teacup of best vinegar;
Salt to taste.

Cook tomatoes until tender, strain and cook again. While cooking, add salt and sugar; put the spices in a bag and add; now cook 15 minutes, add the vinegar. Let boil three minutes; seal in bottles.

PICKLED GREEN PEPPERS.

One dozen green peppers;
Stuffing.—One head of hard cabbage;
Half cup of mustard seed;
One teaspoon of sugar;
One teaspoon of cayenne pepper.

Sew peppers up and pour hot vinegar over peppers; cover tightly.

ONIONS.

Select small white onions. Peel, scald in hot salt water until tender. Put in a jar and pour hot spiced vinegar over them; seal, keep in a dark, dry place.

WATERMELON RIND PICKLE.

Use only the rind. Boil in clear water until ten-

der; use enough vinegar to cover the rind; season with salt, pepper, sugar, cloves and cinnamon. Pour over the rind boiling hot.

PEACH PICKLE.

Clingstones are the best peaches to use.

One quart of peeled peaches;

One cup of sugar;

One pint of vinegar;

One teaspoon allspice;

One teaspoon cinnamon;

One teaspoon cloves.

Boil the peaches in clear water until tender, then put the peaches in this seasoned vinegar, boil, seal.

PICKLES.

Half peck of green tomatoes sliced thin;

Five large onions chopped fine;

Half cup of salt stirred in.

Let this stand six hours, drain off the liquor.

One quart vinegar;

One quart of water.

Boil water and vinegar together with three-fourths pound of sugar, one-fourth pound of mustard seed, two tablespoons of black pepper, one tablespoon of cloves, two tablespoons of ginger, two table-

spoons of allspice, half teaspoon of cayenne; now put the drained tomatoes in; boil 15 minutes; seal hot.

PICKLED MANGOES.

Mangoes are small musk melons. Let the mangoes stand in brine for two weeks. Now stuff as you stuff peppers.

WINES AND CORDIALS.

I have given you just one recipe for wine; I find it a very good one:

BLACKBERRY.

Select nice, ripe berries, the plumper they are the more juice they contain. Put an amount of berries in a stone jar, cover with boiling water; mash the berries well in this hot water; let stand two or three days. Drain off the clear juice, sweeten, allowing one pound of sugar to eight quarts of juice. Let stand a week or more, skimming daily, then drain in a jelly bag. Now add four egg shells to the liquid and let come to a boil. Strain, pour in jugs, let stand a few days to ferment, then seal, put in a cool dark place. All berry wine made like above.

CORDIAL.

Select and prepare berries as if to make jelly; use no water. To each pint of juice add one pound of sugar. To a pint use one teaspoon of ground cinnamon one-fourth teaspoon of ground mace, one teaspoon of ground cloves. Boil in the liquid 30 minutes, strain, add a glass of best brandy; bottle.

'This is excellent for babies with summer complaint, and is fine for diarrhoea.

SANDWICHES.

Sandwiches are easily made, and are quite an addition to the larder of good things.

CLUB SANDWICH.

Nice, close, even bread, sliced thin, with the crust cut off; always cut the crust off. Butter one side of the sandwich, put some mayonnaise dressing on a lettuce leaf, put the leaf on the buttered bread covered with another slice.

CELERY SANDWICHES.

To some whipped cream add some grated Parme-

san cheese, speck of cayenne and chopped celery; make a stiff paste. Spread thinly on slices of white bread. These must not stand long before serving.

SARDINE SANDWICHES.

Mash up a dozen sardines, adding six chopped olives, speck of cayenne, two tablespoons of chopped celery; spread on thin white bread.

HAM SANDWICHES.

Chop up some ham, add equal parts of celery and olives chopped fine, make a paste, season with cayenne, horseradish and mustard; spread on thin slices of white bread.

COMBINATION SANDWICHES.

Chopped lettuce, radishes, grated cheese, moistened with mustard, olive oil, lemon juice, spread on brown or white bread.

PICNIC SANDWICHES.

Combination of ham and tongue chopped fine and

moistened with the yolks of two hard-boiled eggs, melted butter, mustard, pepper, and salt; spread on white bread.

BEAN SANDWICHES.

Use baked beans moistened with a boiled dressing, spread on white bread.

CHICKEN SANDWICH.

Chop chicken up, moisten with a thick mayonnaise into which a generous bit of chopped celery has been put. Spread on white bread. Nuts may be used instead of celery.

NUT SALAD.

English walnuts, thick mayonnaise and chopped celery and olives, spread on white bread.

CUCUMBER.

Chop the cucumber, mix with tartar sauce; spread on white bread.

FIG.

Chop two dozen of figs very fine, moisten with the juice of two lemons and cook in a double boiler until tender. When cool add chopped walnuts; spread on white bread.

NEUFCHATEL.

Mix equal parts of Neufchatel and nuts, moistened with mayonnaise; spread on white bread.

PEANUT.

Use peanut butter on white bread.

CHEESE SANDWICH.

One hard boiled egg (yolk);

Quarter pound grated cheese (sharp);

Half teaspoon of salt;

Half teaspoon of cayenne pepper;

Half teaspoon of mustard;

One tablespoon of vinegar;

One and a half tablespoon of melted butter.

Mix yolk and all ingredients together; spread on bread. Minced pickles or olives may be added.

TONGUE SANDWICH.

Ham and tongue chopped fine, mixed with the yolk of a hard boiled egg, two teaspoons of melted butter, one-fourth of mustard, one-half teaspoon of cayenne pepper; spread on white bread.

HAM SANDWICH.

Lay thin slices of ham coated with mayonnaise dressing between slices of white bread.

CAKE MAKING.

The young housewife avoids the making of cakes, thinks it hard, and consequently the table is loaded with bought goods. Cake making is easy, if one uses care and patience. First read over well your recipe, and see if you have all the things in your possession before you begin the cake. Some persons think strong butter may be used in cakes, but not true. The butter must be sweet and fresh, the eggs cold as they beat better. The eggs should always be beaten separately unless said so in the recipe. The flour and sugar should be measured and sifted twice, unless angel's food or a delicate cake is to be made, then six or seven times. Always measure after sift-

ing. When fruit is used, wash and pick it over, then dry, flour and put in the batter. The flouring keeps the fruit from sinking to the bottom of the pan. If the butter is too salty, wash in two or three fresh waters to remove the salt. Cream your butter in a deep bowl, then add your sugar, a little flour, then your beaten yolks, more flour, milk and baking powder in the last flour, then the flavoring. When you cream your butter and sugar you stir round, after the flour is added you beat to make the liquid light. After everything is in but the whites, you fold them in carefully, they help to make the cake light. If the cake gets too stiff, add a beaten egg until it is of the correct consistency.

Grease your pans with suet or lard never butter; always line the tins with white paper. Always put the cake away in a jar, tin is not good. Never put the cake away unless it is cold. Never attempt to ice a cake while warm, it must be cold to be successfully done. With these few points we now begin to make a cake.

There are two kinds of cakes, cakes with butter and those without. First I will endeavor to tell you how to make cakes with butter.

PLAIN CAKE.

Cream one and a half cups of sugar with a gen-

erous half cup of butter. Add two yolks that have been well beaten with a Dover egg beater scant half cup of milk. Now sift in two cups of sifted flour into which one and a half teaspoons of baking powder have been added. Now add the flavoring, one teaspoon of Burnett's vanilla, then fold in the beaten whites. If baked in muffin pans this will make fourteen muffins; it may be baked in a loaf and then iced. To tell when a cake is done, test with a broom straw: if it comes from the dough clean, it is done. Don't have the oven too hot, and as the cake begins to bake, keep the fire even. Butter cakes require more time than egg.

PLAIN CAKE.

Two cups of sugar;

Half cup of butter;

One cup of cream;

Three cups of flour;

Two teaspoons of baking powder;

One teaspoon of flavoring.

Cream butter and sugar, add eggs well beaten, half of the milk, half of the flour, rest of milk, then rest of flour. Add flavoring last; bake in a loaf.

PLAIN WHITE CAKE.

One cup of butter;
Three cups of flour;
Half cup of cream;
Two teaspoons of baking powder;
Whites of six eggs;
Two and a half cups of sugar; flavoring.
Bake in a loaf or layers.

BLACKBERRY JAM CAKE.

Three-fourths of a cup of butter;
One and a half cups of sugar;
Two cups of flour;
Two teaspoons of cinnamon;
Half teaspoon of nutmeg;
Three eggs;
One cup of jam;
Three tablespoons of cream;
One and a half teaspoons of baking powder;
One teaspoon of cloves;
One teaspoon of allspice.

Cream butter and sugar, add jam, then eggs, then spices, then baking powder in cream, flour last. Use a white icing between each layer. This is a moist cake, but very delicious.

"DATE CAKE."

Two eggs;
Half pound of dates;
Half cup of milk;
Half teaspoon of cinnamon;
Half teaspoon of nutmeg;
One and three-fourths cups of flour;
Half cup of soft butter;
One and one-third cups of brown sugar;
Two teaspoons of baking powder;
Pinch of salt.

Cut your dates in small bits.

Cream butter and sugar, then add eggs well-beaten, milk, part of the flour into which the baking powder has been placed, dates, rest of flour. Mix thoroughly; may be baked in a loaf or in muffin tins.

SPICE CAKE.

One and a half cups of butter;
One cup of sugar;
Yolks of three eggs;
One cup of sour cream or milk;
One cup of seeded raisins;
One cup of currants;
One tablespoon of chopped citron;

Three cups of flour;
One teaspoon of cloves;
One teaspoon of cinnamon;
One teaspoon of nutmeg.

Add last the whites well beaten, bake in a loaf or in a cake mold.

CUP CAKE.

Two-thirds of a cup of butter;
Two cups of sugar;
One-fourth teaspoon of mace;
Pinch of salt;
Four eggs;
One cup of milk;
Three and a quarter cups of flour;
Four teaspoons of baking powder;

Mix well butter and sugar, add well-beaten eggs, then milk and flour mixed with baking powder and mace. Bake in a loaf or individual tins. If you use individual tins ice each cake. Any flavoring may be used.

NUREMBURGHES.

Two eggs;
Half cup of powdered sugar;
Three-fourths cup of flour;

One-third teaspoon of cinnamon;
One-eighth teaspoon of cloves;
One tablespoon of finely cut orange peel;
Grated rind of half lemon;
Three-fourths cup of blanched almonds cut in small bits;
Speck of salt.

Beat whites until stiff, add sugar and continue beating. Add yolks well beaten, flour mixed and sifted with salt, spices, orange peel, lemon. Blanched almonds, cut into small bits crosswise, fold into mixture. Drop on a sheet dredged with flour, starch and powdered sugar. Bake in a moderate oven.

HERMITS.

One-third cup of butter;
Two-thirds cup of sugar;
One egg;
Speck of salt;
One and three-fourths cups of flour;
One-third cup of raisins;
One-fourth teaspoon of cloves;
One-fourth teaspoon of nutmeg.

Cream butter, add sugar gradually; add raisins, which have been floured, egg and milk. Mix and sift dry ingredients and add to the first mixture. Roll one-fourth inch thick and shape with a small

cutter and bake in a moderate oven. Nice for teas and informal receptions.

DEVIL'S FOOD CAKE.

Half cup of Baker's chocolate;
Half cup of sweet cream;
Half cup of brown sugar.

Boil these ingredients together in a double boiler until as thick as cream. Cream three-fourths cup of butter with a cup of brown sugar, add two well-beaten eggs, two-thirds cup of milk, one teaspoon Burnett's vanilla flavoring. Mix well, then stir in the boiled mixture, add two cups of sifted flour with one full teaspoon of baking powder. Bake in two layers and put together with an icing either white or caramel.

PLAIN CAKE.

One-fourth cup of butter;
Three-fourths cup of sugar;
Yolks of four eggs;
One cup of sweet cream.

Beat these ingredients well, add enough flour to make a good batter; use one teaspoon of Burnett's flavoring and one and a half teaspoons of baking powder. Bake in tins and ice, or in a loaf.

CREAM CAKE.

Two eggs;
One and a half cups of granulated sugar;
Three-fourths cup of butter;
One cup of milk;
One and a half cups of flour;
One teaspoon of baking powder;
One teaspoon of Burnett's vanilla.

Beat together the eggs and sugar and butter;
then add milk, flour, flavoring, baking powder and
bake in a long tin.

MOLASSES CAKE.

One even cup of sugar;
One cup of molasses;
One cup of sour milk;
Two-thirds cup of butter;
Two eggs;
One teaspoon of soda;
One teaspoon of ginger;
One teaspoon of cinnamon;
Three cups of flour.

Flavor with one teaspoon of Burnett's flavoring.
Bake in a sheet in a moderate oven. Cakes with molasses burn easily; be careful of your stove.

FRUIT CAKE.

One and a half pounds of raisins;
One and a half pounds of currants;
One-fourth pound of citron;
One and a half cups of butter;
Six eggs;
Peel of half lemon;
One and a half cups of molasses;
One and a half cups of dark brown sugar;
Two tablespoons of cinnamon;
Two tablespoons of ginger;
Two tablespoons of allspice;
Two tablespoons of nutmeg;
Half cup of blanched almonds;
Half cup of sherry;
Half cup of whiskey;
Four teaspoons of baking powder.

Bake four hours. Cream butter, sugar, eggs together, stir well, dredge the dried fruit and add, adding a little of the flour and fruit until all is used. Now add the liquors and spices; let stand twelve hours; now add baking powder; bake four hours.

WHITE CAKE.

Half cup of butter;
One and a half cups of sugar;

Three-fourths of a cup of milk;
Whites of three eggs;
One teaspoon of baking powder;
One teaspoon of Burnett's flavoring.
Bake in layers and use jelly between layers.

CINNAMON CAKE.

One quart of flour;
One and a half cups of boiled milk;
One teaspoon of salt;
One egg;
One-fourth cup of sugar;
One and a half tablespoons of butter;
One-fourth cup of sour cream;
One-half cake of yeast.
Scald milk, add sugar, salt and butter.

When cool dissolve the yeast in a little lukewarm water, stir in enough flour to make a stiff dough, set aside in a warm place to rise for an hour and a half. When light, add the well-beaten egg and some cream and knead until smooth; let rise again; roll out about an inch thick and place in greased pans to rise again. Put thick cream or butter on the top, then add cinnamon and sugar and dried currants. Cover with a cloth, keep in a warm place until double its size; bake in a moderate oven. Nice for supper or breakfast.

SALLY LUNNS.

One and a half cups of flour;
Two eggs beaten separately;
Half teaspoon of salt;
Half cup of butter;
One teaspoon of baking powder;
Two-thirds cup of sweet milk;
Speck of salt.
Beat and mix well; bake 15 minutes.

DOUGHNUTS.

One cup of sugar;
Two and a half tablespoons of butter;
Three eggs;
One-fourth teaspoon of nutmeg;
Three and a half cups of flour;
One cup of milk;
Two teaspoons of baking powder;
One and a half teaspoons of salt.
Cream butter, add sugar gradually, then the eggs well-beaten; beat all together. Alternately add milk and flour with baking powder. Toss dough on the board and roll out one-fourth inch thick, fry in hot lard until golden brown. Drain on white paper, dust with powdered sugar.

GINGER BREAD.

One cup of New Orleans molasses;
One cup of sugar;
Half cup of butter;
One cup of milk or water;
Two teaspoons of baking powder;
One teaspoon of ginger;
Half teaspoon of cinnamon;
Flour enough to make a good cake dough.

Stir molasses, sugar, butter and spices, **add milk** and flour, baking powder; stir thoroughly; **bake in** a flat tin.

JELLY CAKE.

Yolks of two eggs;
One and a half cups of granulated sugar;
Half cup of butter;
One cup of milk;
Two and a half cups of flour;
Two teaspoons of baking powder;
One teaspoon of Burnett's lemon.

Bake in three pans, ice when cold with **chocolate** icing, after putting jelly on the layers.

WHITE CAKE.

One full cup of sweet butter;

Two full cups of sugar;

One cup of milk;

Whites of eight eggs.

Cream butter and sugar, add milk, flour and whites last. Do not beat or stir much after whites are in. Two teaspoons of baking powder, one teaspoon of Burnett's lemon or vanilla. Bake in a moderate oven, ice with caramel or chocolate icing.

CHOCOLATE CAKE.

One and a half cups of butter;

Two cups of sugar;

Three-fourths cup of sweet milk or cream;

Two and a half cups of flour;

Whites of eight eggs;

One and a half teaspoons of baking powder.

FROSTING.

Whites of three eggs;

Three tablespoons of sugar;

Three tablespoons of grated chocolate.

Beat well, put cake together with this and ice.

CARMEL CAKE.

One cup of butter;
Two cups of sugar;
One cup of milk;
Three cups of sifted flour;
Two teaspoons of baking powder;
One teaspoon of Burnett's vanilla.

Cream butter with sugar, then add milk, now two cups of flour, now add the last cup of flour into which the baking powder has been placed; lastly fold in the beaten whites, add vanilla. Bake in three square tins 25 minutes.

TEA CAKES.

Two eggs;
Two cups of flour and one cup of milk;
Two tablespoons of butter;
Two teaspoons of baking powder;
Speck of salt;
One cup of sugar;
One cup of milk;
One teaspoon of Burnett's vanilla.

Beat eggs, sugar and butter well, add milk, baking powder, flavoring, speck of salt and flour to make a stiff dough. Handle as little as possible, roll a

half inch thick, cut with a biscuit cutter; bake in a hot oven.

LOAF CAKE.

One and a half cups of sugar;
Half cup of butter;
Yolks of four eggs;
Half cup of strong cold coffee;

One and three-fourth cups of sifted flour into which there is one and half teaspoons of baking powder. Stir in last one and a half squares of melted chocolate, flavor with two teaspoons of Burnett's vanilla. Bake in a loaf and frost if desired.

SPONGE CAKE.

Sponge cake, or butterless cakes, depend on the well-beaten whites for lightness. You must get enough air in the dough to make it light and bake slow but thoroughly. The shape, too, decides on the goodness of the cake, layer cakes or small cakes require less flour than a loaf. When the whites are put into the mixture they must be folded in and not stirred, or the cake will be tough. Use a Dover egg beater to beat your eggs; a silver fork can be used, but an egg beater requires less time.

YELLOW SPONGE CAKE.

Yolks of five eggs;
One cup of sugar;
One tablespoon of lemon juice;
One-fourth teaspoon of salt;
Grated rind of half lemon and juice;
Whites of five eggs;
One cup of flour.

Beat yolks until thick and lemon colored, add sugar gradually and continue beating using Dover egg beater. Add lemon juice, rind, whites of eggs beaten stiff, cut in the flour; bake an hour.

ANGEL FOOD.

Eight eggs;
Half teaspoon of cream of tartar;
One and a quarter cups of granulated sugar;
Speck of salt;
One cup of pastry flour;
One teaspoon of lemon.

Sift sugar three times and measure; sift flour five times.

WHITE CAKES.

Whites of twelve eggs;

One full teacup of butter;
Half cup of cream;
Two and a half teacups of sugar;
Three and a half cups of flour sifted three times.
Two and a half teaspoons of baking powder;
Speck of salt.

Cream butter and sugar until light, add the beaten stiff whites, then the flour, flavoring, cream and then baking powder; bake in a solid loaf for an hour, when cold ice with lemon frosting or chocolate.

SPONGE CAKE.

Five eggs;
One and a half cups of granulated sugar;
One and a half cups of flour;
Half teaspoon of cream tartar.

Cream eggs and sugar, put in flour, cream tartar and flavoring. Bake in a moderate oven.

BREAKFAST.

Hamburger steak with milk gravy.

Baking powder biscuits.

Coffee.

Fried breakfast bacon and apples.

Muffins.

Coffee.

Sliced bananas.
Veal cutlets.
Stewed tomatoes.
Rolls.
Coffee.

Oat meal and cream.
Mackerel.
Veal steak.
Corn meal cakes.
Tea.

Boiled rice.
Beef Hash.
Raised Muffins.
Fried peppers and bacon.
Coffee.

Sliced oranges, sugar and cream.
Beef hash.
Fried potatoes.
Corn bread.
Tea.

Oat meal with cream.
Country sausage with fried apples.
Muffins.
Coffee.

Mush with cream.

Boiled ham.

Scrambled eggs.

Corn Muffins.

Coffee.

Orange juice.

Rice cakes.

Fried chicken.

Tea.

Ralston (with cream).

Fried cat fish.

Stewed Irish potatoes.

Corn bread.

Coffee.

LUNCHEONS.

Use a white tablecloth, or a centerpiece; have it spotless. Let the china be dainty, the glassware sparkling and the silver shining. A vase of carelessly arranged flowers or a fern dish may grace the table; by all means use fresh flowers.

Baked cheese.

Veal croquettes (white sauce).

Wafers.

Puree of beans.
Croutons. Sliced tomatoes fried.
Frozen custard.
Wafers.

Salmon croquettes on lettuce leaf.
Lyonnaise potatoes.
French toast and blackberry sauce.
Iced tea.

Stuffed baked fish.
Mashed potatoes.
Tomato jelly salad.
Iced Coffee.

Ham sandwiches.
White bread.
Catsup.
Tea.
Berries and cream.

Cold chicken.
Lettuce salad.
Brown bread.
Ice cream.
Coffee.

Order in which a model luncheon should be served for guests:

Fruit salad or grape fruit.
Cream soup.
Meat course(creamed meat).
Potato chips.
Peas or asparagus.
Salad (individual).
Dessert (frozen or gelatine).
Coffee.
Cheese or olives.
Crackers.

DINNERS.

The dinner is generally the heavy meal of the day.

Oyster soup.
Pot roast.
Escalloped potatoes.
Sliced tomatoes with mayonnaise dressing.
Apple Pie.
Fruit.
Coffee.

Bean soup.
Baked fish (white sauce).
Baked parsnips.
Stuffed potatoes.
Lettuce salad.
Bread pudding with white sauce.
Lemon sherbet.
Coffee.

Vegetable soup.
Tenderloin roast.
Boiled potatoes.
Creamed cabbage.
Rice pudding.
Peach pie.
Coffee.

Pea soup.
Fried chicken with cream gravy.
Boiled potatoes.
Stewed tomatoes.
String beans.
Corn pudding.
Radishes.
Rhubarb pie.
Pickles.
Coffee.
Cheese.

Vegetable soup.
Butter beans.
Baked egg plant.
Combination salad.
String beans.
Roasted chicken.
Floating island.
Lemon cake.
Cheese.
Olives.
Coffee.

Beef soup (croutons).
Baked hash.
Cream potatoes.
Sliced tomatoes.
Baked onions.
Apple salad.
Cold sliced ham.
Mincemeat pie.
Cheese.
Coffee.

SUPPERS.

Suppers are easily prepared; they are generally made of some dish or dishes left from dinner, with some new dish added:

Milk toast.
Fried potatoes.
Stewed figs.
Tea cakes.

Tea.

Apple sauce.
Sweet milk biscuits.
Cold ham.
Potato salad.

Fried sweet potatoes.
Baked apples.
Ginger bread.
Tea.

Cinnamon roll.
Egg omelette.
Stewed peaches.
Tea.

Baked hash.
Sliced peppers.
Soda biscuits.
Tea.

Fried fish.
Potato salad.
Corn bread.
Coffee.

Toast.
Stewed prunes.
Fried bacon.
Biscuit.
Tea.

Fried peppers and bacon.
Slaw.
Muffins.
Tea.

Fried apples.
Toast.
Rusks.
Jelly.
Tea.

Rice cakes.
Stewed tomatoes.
Ham salad.
Brown bread.

Cold sliced lamb.

Cream potatoes.

Apple salad.

White bread.

Tea.

Toast.

Crackers.

Baked pears.

Sponge cake.

Iced tea.

WAITRESS SERVICE.

Personal appearance has a great deal to do with the waitress.

1. She must stand straight.

2. She must step lightly and quickly.

3. Must dress neatly, light print calicos look well all the time. Sometimes milady has a special garb which she furnishes. Wear the hair in a becoming style whether stylish or not, and keep the nails clean.

4. To close doors without a noise.

To be continually thoughtful of others.

She must take the proper care of the dining room, pantry, silver, glass, brass and polished woods.

Handle the dishes and silver with as little noise as possible.

To carry dishes without having them touch your dress.

To attend to sharpeners and carvers.

To cut bread and cake and have all slices uniform.

To make butter balls.

To be able to make the salads and sandwiches.

To know good brands of tea and coffee and know how to make each.

To be able to make light, refreshing drinks.

To be able to open and serve wine.

To notice the air and remedy it.

Should notice the linen and change immediately.

To be able to arrange the flowers in the room and on the table, after milady has told you her plan.

DINING ROOM.

Have the air fresh and not too warm.

Not a speck of dust must be seen.

Lay the tablecloth smooth and straight.

Fold the napkins simply.

Have the knife edge towards the plate.

Bowls of the spoons, prongs of the fork should be turned up.

Place knives and spoons at the right, the forks at the left.

The knives, forks and spoons should be placed in the order in which they are to be used, beginning at the outside.

Place glasses at the right, water glass at the end of the dinner knife.

Bread and butter plates are placed at the left at the end of the dinner fork.

The butter-spreader may be placed on the bread and butter plate, or it may be placed just inside of the dinner knife.

The napkin at the left with the free corner towards the tines of the forks.

If the napkin has an initial, place it so it may be read from the edge of the table.

The carving knife and fork and serving spoon should be placed upon the side table or sideboard until needed.

Extra plates, glasses, knives, etc., should be placed on sideboard or table.

Water should be fresh and cool, not iced.

Glasses for water should be kept filled.

Do not announce the meal until everything is ready that should be needed.

You may serve either with the tray or napkin—milady's choice.

Everything that is not too large for the tray should be served from it.

Any dish from which the person helps himself should be served from the left.

Any dish that the waitress places on the table should be placed from the right.

In removing a course, first remove the food, then soiled china, glasses, carving cloths and silver all from the right. Remove the crumbs lastly from the left.

When a cereal course is finished, waitress should go to the right of each person, place the cereal dish on the tray, silver beside it, place next dish on top of the first, and spoon beside the other one. If only a few, remove all at once, that is three or four, never any more.

Remove salad and dessert dishes like cereal.

Meat course is removed from the right of each person, holding the tray in right hand, close enough to allow no food to fall. Everything relating to the meat course must be removed at once before the next course.

Never rest a dish on the silver.

Tray should always be covered, so have several extra covers on hand.

Waitress must not leave the room until she is sure there is nothing more for her to do.

The best waitress is she that can provide the greatest comfort for the guest. She must be thoughtful and have a well thought-out plan, skillfully executed.

MISCELLANEOUS DIRECTIONS.

A fish sauce is served from a platter.

A meat gravy is placed in a gravy bowl to be passed around.

Same rule for puddings.

Waitress should not speak to hostess.

All crumbs should be removed before the salad is served.

Cheese is served on a doilly.

When there are more than three or four persons at the table, only a part of the plates should be placed before the carver.

Do not overload with garnishes.

Serve the hostess first, then those at the right of her, then those at the left.

PANTRY.

The pantry should be well aired and lighted.

Tables and shelves should be covered with an oilcloth.

Plates should be neatly piled and conveniently arranged.

All cups should hang to prevent nicking.

Hardwood boards and sharpened knives should be provided for cutting meat and breads and cakes.

Bread and cake should have separate boxes.

Linen drawers should be lined with white cloth or paper.

Napkins, table cloths, doilies should be arranged according to patterns.

Fresh bleached cheesecloth cut up in different sizes should be kept in one drawer in the pantry.

CARE OF DISHES.

Scrape dishes and pile neatly.

Do not crowd the sinks.

Have at hand soap and sapolio, plenty of clean towels and hot water.

If the sink is low, place an inverted pan or block of wood under dish pan, so the body will be erect.

DISH WASHING.

So few know how to wash dishes. First, glass-ware, silver cups and saucers and other small pieces, plates, platters and other large pieces. Scald all dishes.

Wash the cutlery, then the trays used in the service.

Never put more than three pieces in the water, and never let them stand.

Change the water whenever soiled or cooled.

Don't allow soap to remain in the water.

Don't use hot, soapy water for gilt dishes.

Rinse the dishes in water that is below the boiling point. Boiling water takes the glazing off.

Milk and cream pitchers and egg dishes should be rinsed in cold water before washing.

For cut glass use a soft brush and lukewarm water.

Dry on a soft cloth and bury in hardwood sawdust; leave a half-hour to polish with a soft cloth or chamois skin.

Cutlery is washed in hot, soapy water and scoured, using bath brick and sapolio, then wipe dry. Carving knives should be sharpened on a steel.

To prevent steel from rusting, moisten with sweet oil.

Of course, these are not all the rules, but these few will help those that really wish to learn the art. After the last meal is served and dishes washed, if the housekeeper ever gets through let us hope it is now. I do hope that this book will be a help to all its readers.

MISCELLANEOUS.

RUSKS.

One cup of scalded milk;

Two tablespoons of butter;

Two and a half tablespoons of sugar;

Half teaspoon of salt;

Half cake of yeast in water enough to cover the yeast.

Make a stiff batter out of this material, beat and set away to rise; when risen, add two well-beaten eggs and let rise again. Now roll out like biscuit dough, cut with a biscuit cutter, let rise; dust over with melted butter and bake in a moderate oven.

SHORT CAKE.

Two cups of sifted flour;

I teaspoon of baking powder;

Half cup of butter.

Mix with milk, have a soft dough. Roll out, bake in a brisk oven. Put strawberries or any fruit between the layers.

OYSTER COCKTAIL.

Allow four oysters to a person. Add this sauce to the oysters:

One teaspoon of best tomato catsup;

One teaspoon of made horeradish.

One teaspoon of Worcestershire sauce.

One teaspoon of vinegar;

Half teaspoon of made mustard;
Pinch of cayenne;
Half teaspoon of Tobasco.

.....

HAMBURGER STEAK.

One pound of round steak cut fat and all in a meat chopper, also chop two small onions; season with salt, pepper; then add one well beaten yolk. Make into cakes and dip in egg, then flour, fry in plenty of lard. Let the lard be boiling when you put the cakes in; let them be covered with lard or they will be dry and tough. When done, lay on a platter, drain off half of the grease, add one and a half tablespoons of flour and make gravy with milk; pour over the meat cakes and serve hot.

STEWED PEARS.

Core but do not peel. Cover with barely enough water to keep from scorching. When tender press through a colander. To each half pint add butter size of a thimble, two tablespoons of sugar; set on the ice; serve cold with whipped cream.

MISCELLANEOUS.

Half pound of best prunes, cook till tender.

Whites of four eggs;

Half cup of sugar;

Half tablespoon of lemon juice;

Beat the whites stiff, fold in the sugar; cut the prunes in small pieces; add lemon juice and put with the whites. Pile lightly in a buttered mould; bake 20 minutes, serve cold with a boiled custard. Serve in custard cups.

Custard For Above.

One and a half cups of scalded milk;

Yolks of two eggs;

Three tablespoons of sugar;

Speck of salt;

Half teaspoon of vanilla.

Cook in double boiler. . .

CEREALS.

The cereals form quite a large class of our foods. Among the many you will find these the best, Petti-john's Breakfast Food, Grape Nuts, Ralston. The above have have directions on them.

TO COOK RICE.

Wash one cup of rice through three or four waters, or until the water does not look starchy or white. Now put the rice in a sauce pan, add three cups of water and a pinch of salt; let come to a boil. Fast boiling is not good. If the rice needs more water before it is done, be sure to add boiling water. When tender drain off all the water and set in the

CAKE FILLINGS.

Are various and one need never tire of one kind.

LEMON JELLY.

One cup of sugar;
Two tablespoons of butter;
One egg;
Juice of two lemons;
Grated rind of one.
Boil in a double boiler until it thickens.

BOILED FILLING.

Three-fourths of a cup of milk, when hot add two

teaspoons of cornstarch, dissolved in one-fourth cup of cold milk. Boil, sweeten to taste. Beat the white of one egg stiff and pour the hot mixture on it; flavor with Burnett's vanilla. When cool place on the cake.

... CREAM FILLING.

One cup of thick sweet cream.

Whip and sweeten; flavor with Burnett's vanilla. This is a soft filling and is best eaten the day it is made.

BANANA.

Make an icing; use two whites, one and a half cups of powdered sugar. Spread on the cake; then add sliced bananas or cocoanut.

FIG FILLING.

One pound of figs chopped fine;
Quarter of a pound of apricots.

Put in a stewpan, with half teacup of water; half cup of sugar and boil until tender. Let cool before you spread on the cake.

Such jellies as apple, currant, peach and grape make a nice filling for layer cakes.

FROSTING.

White of one egg beaten light;
One teaspoon of lemon juice;
One cup of powdered sugar;
Beat all well together, spread on the cake.

BOILED FROSTING.

White of one egg well beaten;
One cup of sugar;
Two tablespoons of water;
One teaspoon of Burnett's vanilla.
Cook sugar and water until it strings from spoon.
Set from the stove to cool. When cool, beat this syrup into the white of the egg; spread on cake; may be used as a filling.

CARAMEL.

One cup of sugar.
Put sugar in a double boiler until it melts; now add the melted liquid to a sauce pan and hold over the fire. Stir constantly until a brown caramel color.

Add half teaspoon of butter, two tablespoons of hot water; cook until it strings. Put over the beaten white of an egg, beating constantly; flavor with vanilla.

SHELL FISH.

Clams, lobsters, turtles, oysters. In choosing oysters, select those with firmly closed shells. Select a small oyster for frying; the flavor is best; at any rate, use the best quality of oysters.

FRIED OYSTERS.

Select nice, firm oysters, drain on cheesecloth. Beat an egg, yolk and white. Dip the oyster first in egg, then in rolled breadcrumbs or cracker crumbs. Set the skillet on the stove; when it is hot fill half full with butter and lard. When boiling hot, drop the oysters in and turn continually until a golden brown. Serve with celery or parsley.

COOKED CRABS.

To a dozen picked crabs add six rolled soda crack-

ers, piece of butter size of a walnut, one beaten egg; stir with a spoon and make in cakes. Fry in hot lard.

FRIED CRABS.

Remove from the shell; beat an egg well; dry the clams on cheesecloth and dip first in egg then cracker crumbs; fry in hot lard until brown and done.

SCALLOPED CLAMS.

Butter a deep dish, put in a layer of grated bread or cracker crumbs, sprinkle in pepper and bits of butter; then put in a layer of finely chopped clams. Keep on, alternate crumbs and clams until the dish is full; have crumbs on top. Add one cup of rich milk, bake with the top on three-fourths of an hour, then take top off to brown.

TO BOIL A LOBSTER.

Choose a large one. Put a pot of water on, let boil, add a handful of salt and put the lobster in; boil from half hour to an hour, according to size. When done, draw the lobster out, split open the body

and tail, crack the claws to get the meat out; throw away the head and fingers.

STEWED LOBSTER.

Take the meat from the lobster, cut it up, put in a stewpan, add just enough milk to keep it from burning and to make a gravy. Season with teaspoon of butter, salt and pepper, serve hot.

LOBSTER CROQUETTS.

Meat of one lobster chopped fine. Season with salt and pepper. Use one-fourth as much bread crumbs as lobster meat.

Two teaspoons of melted butter;

Two beaten eggs;

Roll this mixture into balls. Dip in egg, then in cracker dust and fry in hot lard. Garnish with parsley.

LOBSTER SALAD.

Cut meat of lobster up.

Six lettuce leaves cut up very fine; mix with lobster. Pour a mayonnaise dressing over the above; set on ice; serve on lettuce leaf.

BROILED OYSTERS.

Put the drained oysters on the broiler; do not turn. When done lay them on slices of buttered toast; pepper, salt and butter them.

ESCALLOPED OYSTERS.

Same as clams.

Drain each oyster on a wire strainer instead of cheesecloth.

Cook 20 to 30 minutes.

OYSTERS IN BATTER.

One cup of sweet milk;

One egg and pinch of salt;

Flour enough to make a stiff batter.

Drain oysters on cheesecloth; dip each oyster in batter; fry four at a time.

TURTLE.

Plunge turtle in a pot of boiling water; let it stay 10 minutes; then skin the tender parts. Lay for ten minutes in cold salt water; then put into hot water;

let boil until tender. Take out, drain and wipe dry; loosen the shell carefully. Cut open with care; remove the entrails and gall bag. Cut the turtle into bits, season with salt, pepper, chopped onion, sweet herbs, tablespoon of catsup. Stew gently; add one tablespoon of butter, one tablespoon of browned flour, one beaten egg; boil up once, put in a covered dish and serve.

FISH SAUCES.

TOMATO SAUCE.

Chop up six large, ripe tomatoes; stew slowly; cream one tablespoon of butter, one tablespoon of sugar, one tablespoon of flour. When the tomatoes are done, add the creamed ingredients, boil up and serve.

PEPPER SAUCE.

Use six large peppers, either green or ripe; put in a tablespoon of sugar and a pint of good cider vinegar, shake well in a quart jar. Fine on all game or cold meats.

SAUCES FOR FISH.

Chop up six hard-boiled eggs and stir in a cup of drawn butter; let simmer, then add one tablespoon of pepper sauce, two tablespoons of minced parsley and little sauce; pour over the fish.

Three tablespoons of butter;
Two tablespoons of vinegar;
Six tablespoons of tomato or mushroom catsup.
Pepper, salt and mustard to taste; boil slowly until well mixed.

ANCHOVY SAUCE.

Soak six anchovies in cold water for several hours and then cut up and stew in a little water for 20 minutes until done. Strain and pour into one cup of drawn butter; set on fire and boil five minutes; add speck of cayenne pepper and squeeze of lemon.

VELOUTE SAUCE.

Two tablespoons of butter;
Two tablespoons of flour;
One cup of white stock;

Few grains of pepper;
Make as thin white sauce.

MELTED BUTTER SAUCE.

Put the yolks of two raw eggs with four table-
spoons of butter; set by the fire to melt, stirring con-
stantly; add salt, cayenne and a dash of lemon. Set
on the stove three minutes.

WHITE SAUCE.

One cup of milk;
Two tablespoons of butter;
Two tablespoons of flour;
Half teaspoon of salt;
Eighth teaspoon of pepper;
Scalded milk.

Melt butter; add flour and seasonings, add milk,
cook until thick.

HORSERADISH SAUCE.

One cup of grated horseradish, one tablespoon of
mustard, one tablespoon of sugar, four tablespoons
of vinegar, pepper and salt. Serve with beef, pork
and oysters.

MUSHROOM SAUCE.

Two and a half tablespoons of butter;

Two and a half tablespoons of flour;

One and a half cups of brown stock.

Cook onion until brown in some of the butter, then add a fourth of a can of mushrooms cut up; now add the stock, then the flour and butter mixed together, salt and pepper.

MINT SAUCE.

To half a cup of chopped mint leaves add one and a half tablespoons of powdered sugar, one cup of vinegar. Let this stand on back of range for a half hour; serve with spring lamb.

EGG SAUCE.

Two tablespoons of sifted flour;

Half cup of warm butter;

Pint of sweet milk;

Dash of salt and pinch of pepper.

Mix flour and butter well together, put the milk on the fire to reach the boiling point; now add flour and butter, stir until thick like cream. Add salt and

pepper. Cut up three hard-boiled eggs and add to the sauce; let the eggs get heated.

TOMATO SAUCE.

Scald and peel six large, ripe tomatoes. Chop them up and stew slowly. Cream one tablespoon of butter, one tablespoon of sugar, one tablespoon of flour together. When the tomatoes are done, add salt and pepper, then stir in the butter, sugar and flour and boil up, then serve.

MINT SAUCE.

Amount of material: three tablespoons of vinegar, two tablespoons of mint, one tablespoon of powdered sugar, one teaspoon of salt. Mix just before you use. Excellent on spring lamb or mutton.

CAPER SAUCE.

To drawn butter sauce add half cup of capers drained from their liquor. Serve with boiled mutton.

BROWN SAUCE.

Amount of material:

One-fourth cup of butter;

Half sliced onion;

One sliced carrot;

Six peppercorns;

Five tablespoons of flour;

Two cups of brown stock, bit of bay leaf, sprig of parsley, salt and pepper and thyme. Cook butter with carrot, onion, bay leaf, thyme, parsley, peppercorn until brown; add flour, and when browned add stock gradually; strain, and if not seasoned high enough add more salt and pepper.

MAITRE A'HOTE SAUCE.

One-fourth cup of butter;

One-fourth teaspoon of pepper;

Three-fourths tablespoon of lemon juice;

One-fourth teaspoon of salt;

One-third tablespoon of chopped parsley.

Cream butter with a wooden spoon, until creamed, add salt, pepper, parsley and the lemon juice.

CRANBERRY SAUCE.

To quart of cranberries add just enough water that the berries will not stick; stew slowly; add two pinches of soda and stew until tender, skimming all the time. When tender, run through a seive and sweeten and boil ten minutes. This may be placed in moulds and served on a lettuce leaf.

SAUCE FOR VEAL, MEATS AND FISH.

Three tablespoons of butter;
Three tablespoons of sifted flour;
Eight peppercorns;
Teaspoon of salt;
Three slices of onion;
Two slices of carrot;
Two sprigs of parsley;
One bay leaf;
Nine mushrooms cut up;
One pint of stock or one cup of cream.

Mix butter and flour, add stock or cream, then the other ingredients, cook for half an hour; see that it does not burn. Strain through a sieve.

SAUCES FOR FISH AND MEATS.

All fish has some kind of sauce to be served with it to add either or bring the flavor out.

FISH SAUCE.

Chop up four hard boiled eggs, and stir into one and one-half cups of melted butter, let this simmer, then add one tablespoon of pepper sauce, two tablespoons of minced parsley, pinch of salt, and pour over the fish; then add two slices of lemon.

SOUBISE SAUCE.

May be served with Mutton, Pork Chops, or Veal Chops.

Ingredients—Two cups of sliced onions, one cup of Veloute Sauce, one-half cup of cream or milk, salt and pepper.

Directions—Cover onions with boiling water, cook five minutes, drain, and again cover with boiling water and cook until soft; drain and run through a sieve; add to sauce with cream; season with salt and cayenne.

POULTRY.

Under the head of poultry are many fowls, such as chicken, turkey, duck, goose, quail, pigeon, guinea and squab. When one can cook one, nearly all can be cooked likewise. Poultry is hard to select, but if

one pays marked attention to these pointers you will always be able to select a young fowl.

We will first take the chicken.

A fresh chicken shows a well rounded breast, the skin is clear, the feet moist and limber, and, if the head is on, the eyes are bright and full. A good way to test the age of the fowl is to take end of the breast bone and try to break it. In a young one it is easily bent; if it is a year or so old, it is brittle; if an old bird it is tough and hard to bend. If the feet of a bird are soft and smooth it is young, if the bird has spurs it is old. Young birds are to be broiled, or cooked a quick method, but full grown fowls are best in broths and stews.

To prepare a fowl, pick out the pin feathers, cut off the hairs and wipe clean. Take out the crop, wind pipe in front, then cut neck off, cut legs about an inch below the joint, break the bone, twist the leg, take off wings, cut from the backbone to the tail, take out the organs, first the heart, liver and gizzard, be careful of the gall bag, lungs and kidney, oil bag. Never soak a fowl in water, always wipe with a damp cloth.

SELECTION OF THE FOWL.

A good chicken should have a large proportion of flesh to the size of its bones. It should have a

large, plump breast, its skin a clear yellow, the flesh should give evenly when pressed. Feet are moist, soft, limber, eyes bright and full. If the breast bone feels like the gristle in your ear, the fowl is young, if brittle the fowl is a year or so old, if tough and hard to bend the fowl is old. If the feet are smooth and soft the bird is young, and if hard and tough the fowl is tough.

Now we have the fowl selected, and I will tell you how to cut it into pieces for cooking.

CHICKEN.

Boiling, stewing, roasting, broiling and frying are the methods used for fowls.

In boiling and stewing the heat reaches the flesh through water, and the difference between the two is the amount of heat used. Now, if the flesh is to be used, use boiling water, if the liquid cold water is used. If the bird is cut up before it is placed in the water, more surface is exposed and more material is passed into the water. An old fowl can be made tender this way some time.

In roasting and broiling, the heat reaches the meat direct, and the juices are kept in. In frying the meat is surrounded by fat instead of water or air, and the hot fat coagulates the protein and by

which the juices are kept in. The lard must be hot or the meat will be soaked. Long, slow cooking as in stewing and boiling softens the fibres and develops the flavor of the bird.

To cook an old fowl, allow an hour to each year and one hour for the pot.

In roasting birds, stuffing or dressing is used. This dressing is a mixture of crumbs, egg and seasoning. The stuffing of the bird aids in keeping its shape, and also seasons the bird on the inside.

BROILED CHICKEN.

The chicken must be young; split it down the back; wipe the fowl dry, and sprinkle with salt and pepper; lay on the broiler and inside of chicken down; cook, turning first one side then the other until chicken is golden brown. When done, pour over it a butter sauce.

CHICKEN PIE.

Cut the chicken up and place in cold water to boil, season with salt and pepper. When tender add two tablespoons of butter, and thicken. Pour in a pan lined with paste, cover with a top and bake a golden brown.

CHICKEN CROQUETTES.

Boil the fowl until tender, remove the meat from all the bones. Grind in the meat grinder. In the broth that the fowl was boiled soak one-half loaf bread, add one-fourth pound of butter, two eggs, salt, pepper, celery seeds one-half chopped onion. Mix all this together and pour on a platter to cool. When cold shape and dip in egg, then bread crumbs; fry in boiling fat. Garnish the dish with parsley.

BOILED CHICKEN.

Wash and wipe well the fowl. Place in a kettle of water to boil, add salt and half pod of red pepper. When the scum rises skim off, simmer slowly. Keep the kettle well covered and keep boiling. When tender take from the kettle. To the liquid left, add parsley, celery seeds, some drawn butter and the yolks of six hard boiled eggs, thicken and pour over the fowl.

STEAMED CHICKEN.

The chicken must be young and tender. Fill the cavity with plain bread dressing or oyster dressing. Lay the chicken in a pan and set inside of the steam-

er, and keep over steaming boiling water. Keep the fowl covered, the steam is what cooks it. Boil four hours, when tender take out, lay on a dish, and serve with a celery or white sauce.

SMOTHERED CHICKEN.

Cut the chicken up as to fry; wipe dry and salt and pepper. Put in a pan with a slice of bacon and a pint of water; simmer for an hour or more until done. Keep the chicken well covered. Put chicken on a dish; thicken the liquid and pour on chicken. Serve with rice.

FRIED CHICKEN.

A young fowl is best. Cut up, wipe well with a damp cloth, season with salt and pepper, dip in flour. Have ready the frying pan with some hot lard, lay in each piece of chicken. Cover closely and fry a golden brown. Turn over and over again, taking care that it gets done and is not too hot. Take up the chicken on a chop plate. Pour into the hot grease a teacup of milk, a teaspoon of butter, teaspoon of salt, pepper; let boil if does not thicken; thicken with browned flour thickening. Put parsley around the dish.

ROAST CHICKEN.

Wipe well the fowl, and rinse the inside with salted water. Rub the inside with salt and pepper. Make a dressing of stale bread crumbs, two table-spoons of butter, salt, pepper, sage, and an onion chopped fine; put this dressing inside of the chicken; sprinkle salt and pepper over the chicken, dredge with flour, put in the baking pan with about a pint of water, place in hot oven, turn the chicken so all parts will be brown; add chopped parsley to the gravy.

FRICASSEE CHICKEN.

Cut and prepare the chicken as to fry. Chop an onion and put all in the pot; cover with water and add as it boils away; stir in a few celery seeds or celery chopped fine, two slices of bacon; when nearly done add tablespoon of Worcestershire Sauce; season with salt and pepper. Build a mound of mashed Irish potatoes around the dish, lay the chicken in the center. Decorate the dish with parsley.

CHICKEN CROQUETTES.

One pint of rich milk;

One tablespoon of summer savory.

Three cups of finely chopped chicken (cooked).

Two ounces of butter.

One-half cup of sifted flour.

Five eggs.

Make a paste of flour and butter; boil milk, salt, pepper and savory together; now add flour and butter and meat. Cook all together until thick. Remove from the fire, let cool, then make into croquettes. Fry in boiling lard until a delicate brown; serve hot. Odds and ends of beef or veal or both make delightful croquettes.

DRESSING FOR FOWLS.

The best cooks stuff their fowls with highly seasoned stuffing. Of these stuffings there are many kinds.

Stale bread is the more common and I will speak of it first. A quart of stale bread will stuff an eight pound turkey. Moisten a quart of stale bread crumbs with milk and a well beaten egg, and three-fourths of a cup of butter; season with onion, salt, pepper, sage, celery seeds, and sweet herbs.

SAUSAGE MEAT STUFFING.

Moisten stale bread crumbs in water, press out,

add half as much sausage meat, season with parsley, butter, salt, sage, pepper, and a finely chopped onion.

CHESTNUT STUFFING.

Chop some veal very fine, moisten with milk, add salt, pepper, and then add three or four dozen blanched and boiled chestnuts.

TURKEY.

Put the gizzard, heart, and liver in cold water and boil until tender. Fill the turkey with a dressing made of bread crumbs, oysters, butter size of an egg; season with onion, salt, pepper, celery and parsley, put this dressing in the cavity. Put its legs in the opening so the dressing is held in. Put the turkey in the pan, dredge with flour, and pour the liquid from which heart, gizzard and liver were cooked. Place in a hot oven, baste well, allowing twenty minutes to a pound.

TURKEY HASH.

which by some is preferred. Cut up the meat very fine, removing all the bones. Stew the bones in some

cold water, adding a large tablespoon of butter, two thinly sliced potatoes, one chopped onion, salt, pepper, parsley, celery seeds; stew all together. Now add chopped meat, and if not thick, thicken. May be served in timbales.

GOOSE.

A goose must not be eaten the same day it is killed. Before you cook it, let it lay a few hours in salted water, as goose has a strong taste. Stuff the goose with bread dressing, and stuff as you do chicken. Serve with onion sauce.

DUCKS.

Ducks are better eaten a few days after having been killed. Fix same as goose, using plain bread dressing.

TURKEY.

To tell whether the turkey is old or not look at the legs, if they are red and rough it is old; if it is a gobbler it will have spurs. Young turkeys have black legs. Dressed turkey's skin should be yellowish white and tender. Bend the wings and they

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should crack. If you buy turkeys alive, don't scald; pick turkeys, ducks, and geese dry. Use the neck and gizzard in the gravy as it is made richer.

ROAST TURKEY.

Select a nice plump hen turkey; wash out well; parboil in boiling salted water; make a dressing of bread crumbs, one egg, salt, pepper, sage, onion, celery, and thyme, to this add a piece of butter size of an egg. Mix well and put in the cavity of the fowl. Place in a baking pan, dredge with flour, and pour the liquid it was parboiled in over the fowl. Place in a hot oven and baste frequently until all is brown and done. If the fowl gets brown before it gets done, butter a piece of writing paper and place over it. Season the gravy with parsley and chopped celery. If not thick, thicken. Serve with gooseberries.

SOUP MAKING.

Any ordinary person may make soup. It calls for no amount of skill or attention. And from the remains of a table one may always have a stock pot to fall back on. One must have material, meat and bones must be fresh. Such parts as ends of rib roasts, knuckle of veal, parts of the neck or shoulder

all give flavor. Then if one has bits of bacon or ham add it. The meat and bones must be placed in cold water in a kettle to boil. By the way, use only granite or aluminum ware. Let it be one hour coming to a boil, skim, let boil hard for five minutes, place on the back of the range to simmer for three or four hours. After cooking for two hours add salt to taste, half pod of red pepper. Now clear by straining and allow to cool before putting in ice box. We now have the basis for many soups. If a clear soup is wanted, add the white and shell of an egg to each quart of stock.

Soup is very nutritious and ought to be used often in the homes. Enough is thrown away to have soup at least every other day. Soups may be thickened in many ways: flour, corn starch and browned bread crumbs. If flour is used use one tablespoon to a quart of liquid, one scant tablespoon of corn starch to a quart of liquid, and if bread crumbs use enough until as thick as desired. Three-fourths of a cup is sometimes sufficient. In mixing the flour for a thickening mix with a little cold water or milk until a smooth paste, add enough water until this can be poured into the soup. Be sure and have the soup boiling before you thicken, and let it boil fifteen or twenty minutes after thickening is added, so the raw taste of flour may not be tasted. The soup when done should be smooth and free from lumps, and as thick as thick cream. Butter and flour are used

sometimes to thicken soups. Put the butter on the stove in a small sauce pan, when melted add flour, stir quickly, be careful not to brown the flour; now add a cup of the hot soup, and let this thicken; now add this to the pot of soup. If you wish a brown thickening let the butter melt and become brown and then add the flour; be sure and do not brown the flour, as browned flour does not thicken. In this little book I do not give all recipes for soups but there are enough for variety and variety is the spice of life.

GREEN BEAN SOUP.

Cook two quarts of green beans in boiling salted water until tender; rub through a sieve; add two cups of scalded milk, one-fourth cup of butter, four cups of white stock, one-fourth cup of flour. Make a thickening out of the butter, flour, salt, and pepper; add to the stock lastly the strained beans. This is a very dainty and delicious soup, and does well when one has a green luncheon. Serve with croutons. Croutons are stale slices of bread cut in one-third inch slices with crust removed; spread thinly with butter, then cut in cubes and bake until golden brown.

DRIED BEAN SOUP.

To a quart of dried beans use a ten cent piece of meat. Wash, pick beans well. Put the bacon in cold water; when it has boiled well for about ten minutes place a pod of red pepper, and add the washed beans. Cook until done. If the soup is too thin, thicken with flour thickening. An onion improves the taste to some.

DRIED BEAN SOUP WITH SOUP BONE.

Place the bone on in a sauce pan of cold water, add salt and pepper; boil for twenty minutes; add more water and beans and boil slow until beans are soft. Add a few tomatoes and four cloves. Serve hot.

TOMATO SOUP.

One-half can of tomatoes.
One quart of milk.
Four tablespoons of flour.
One-fourth teaspoonful of pepper.
One-fourth teaspoon of soda.
One slice of onion.
One teaspoonful of flour.

One-third cup of butter.

Heat milk and melt the butter, add flour and seasoning to the butter. Put slices of onion in milk. Cook flour, etc., until it thickens. Heat tomatoes, add soda, now add to flour liquid. Strain and serve.

CELERY SOUP.

One cup of chopped celery.

One pint of rich milk.

One tablespoon of butter.

One tablespoon of flour.

Boil celery until tender in one-half cup of water; add milk, butter, salt, pepper; thicken with the flour if too thin. This is a light soup; good for the sick.

LENTILS.

Lentils, like dried beans and peas, require a long cooking, not only to soften the cellulose, but to develop the proper flavor. Lentils are an ancient food plant; it is the most nutritious of all the legumens, but its flavor is pronounced, and to some persons is not as agreeable as bean or pea. Lentils are suitable for robust people leading an active outdoor life and for the hard working poor. They must be avoided by the invalid or convalescent. Lentils

are rich in protein and are thus fitted to take the place of part of the meat. Properly prepared and mixed with other foods they vary the menu and are an addition to the diet.

LENTIL SOUP.

To a pint of lentils add a quart of water to soak all night. Next morning add one and one-half quarts of cold water and a piece of breakfast bacon, and put on to boil. When half done add salt, one-half pod of red pepper, and cook until done. If the soup is too watery thicken with two teaspoons of flour wet with milk and one teaspoon of butter. Garnish soup bowl with celery or parsley.

PEAS.

DRIED PEA SOUP.

Dried beans and peas should both be soaked before cooking. One-half teaspoon of soda dissolved in two quarts of water is strong enough to soak a pound of beans, and not injure the flavor. The skins will float on top. To a pound of beans add a quart of water, salt, pepper, and cook until tender. Rub through a sieve and then add two cups

of white sauce. Serve in bowls with a bit of parsley in each bowl.

DRIED PEA SOUP (MEAT).

To a quart of soaked peas add one and one-half quarts of water, and salt to taste. When the water boils add a piece of bacon and boil until all is done. Thicken, and add seasonings to taste. Serve hot.

BLACK BEAN SOUP.

Made same as white. Serve two or three slices of hard boiled egg or beet in each plate.

NOODLE SOUP.

To one quart of brown soup stock add enough tomato juice to color, then add one cup of noodles. Cook rapidly for ten minutes, stirring constantly with a fork. Serve hot with parsley.

CORN SOUP.

One quart of raw sweet corn, one teaspoon of salt, one and one-half teaspoon of pepper, one-

fourth cup of butter, one pint of milk, pint of croutons, two hard boiled eggs. Boil the corn cobs twenty minutes in water, remove the cobs, add salt, pepper, corn and milk; cook five minutes; now add the flour and cooked butter, and then add the whites chopped fine, and rub yolks through strainer. Serve with croutons.

OYSTER SOUP.

Oyster soup is only good in the fall and winter seasons. To make oyster soup requires good milk and plenty of butter. Serve right away when it is done.

Take a pint of medium sized oysters and lay each oyster on a piece of cheese cloth. Strain the oyster liquor well to see that no shell is left. Put a quart of good rich milk in a double boiler and let it come to a boil; put half of the oyster liquor in the boiling milk; now add oysters; let them cook until they grow plump and begin to curl on the sides. Season with pepper, four tablespoons of butter, salt. Serve with oyster crackers. If the soup is thin, thicken.

POTATO SOUP.

One quart of milk, one tablespoon of butter, one

stalk of celery, one-half teaspoon of pepper, cooked in a double boiler twenty minutes. Cook flour and butter together; don't brown it. Boil six or eight large potatoes, mash and put through a sieve, add these potatoes to liquid, boil ten minutes, if not thick enough add two teaspoons of flour and one-half teaspoon of butter, and thicken.

BEEF PUREE.

One pint of beef broth; boil in it one tablespoon of scalded sago; heat for three minutes, stirring in two ounces of tender raw beef, free from fat.

BOUILLON.

Bouillon is simply beef tea on a large scale and is used at receptions and large parties and luncheons. Any one that can make beef tea can make bouillon. It should be made like plain soup stock, allowing one pound of meat and bone to each pint of broth. Season with salt, pepper, celery and onion. It is best made day before serving. Set on ice after made, skim every bit of grease, reheat and strain through a napkin before serving.

CHICKEN SOUP.

Singe and wipe the chicken well. Put the chicken in cold water and let come to a boil as quickly as possible, because we wish to use the meat of the chicken; when tender take from the water, cut off the wings and legs, remove the meat, and place these bones in the liquid; strain, and when cool remove the fat. For the quart of liquid allow one pint of cream. Take a tablespoon of butter to one tablespoon of flour and mix well; add to the boiled stock; season with white pepper, salt, a bit of onion and teaspoon of chopped celery.

VEGETABLE SOUP.

One quart of soup stock; add one tablespoon of chopped carrot, one tablespoon of chopped onion, celery, potatoes, cabbage, turnips, salt, and one-half pod of red pepper; cook until tender, then thicken with flour or bread crumbs.

TOMATO SOUP WITH STOCK.

If you had roast beef for dinner, save all trimmings and bones and any other scraps you may have. Put them in a sauce pan and cover with water, using

twice as much water as meat; add two onions, one tablespoon of salt. When this has cooked four hours skim off the fat and add six tomatoes sliced or one quart can. Cook a half hour; strain; heat and thicken with flour, using tablespoon each of butter and flour to each quart of broth.

SAUCES.

BROWN SOUP STOCK.

Material—Beef meet and bones, knuckle of veal, carrot, parsley, peppercorns, cloves, mace, bay leaf, two onions, celery, salt, and one-half pod of red pepper.

Directions—Wipe bone and meat, cut meat in small pieces; place meat and bones in a granite pot and cover with cold water; simmer six hours, then add vegetables and seasonings and cook one hour; strain and clear and set away to cool; when cool skim off the fat. Will keep if kept in a cool place. Right here I will tell you how to clear soup.

TO CLEAR SOUP.

Remove fat from stock, and put quantity to be cleared in a stew pan. Allow a white and shell of an

egg to each quart of stock. Beat egg slightly, break shell into small pieces and add to stock. Place on the front of the range and stir constantly, until boiling point is reached. Boil two minutes, set back where it may simmer twenty minutes, remove scum and strain through double thickness of cheese cloth placed over a fine strainer.

SALADS.

There is hardly a vegetable, meat or a fruit that can not be served as a salad. If portions of either are left over, they may be served together as a salad or if enough separately. Salads are indeed additions to the meal. Salad making is an easy process. If the salad is a green salad, it must be crisp and fresh. No moisture must be left on the lettuce or green salads or the dressing will not adhere, but will run to the bottom of the dish. The best of material must be used, as mustard, vinegar, celery seeds, or celery, etc. If a mayonnaise dressing is used it must be chilled until ready to serve.

PLAIN TOMATO SALAD.

Slice three or four firm tomatoes and pour some French or Mayonnaise dressing. Be sure that all the things are cold.

COMBINATION SALAD.

Sliced radishes, one bunch.

Sliced young onions, six or more.

One head of lettuce.

Two sliced tomatoes.

One sliced cucumber.

Pour a French dressing over this and set on ice until ready to serve; this will serve six persons.

STUFFED TOMATO SALAD.

Wash and pare tomatoes, remove slices from the tops and scrape out pulp from inside. Sprinkle with salt and invert. Pare cucumbers, remove seeds, cut in cubes and place in soft water. Blanch English walnuts and cut in pieces. Drain cucumber, mix with nuts and combine with mayonnaise dressing. Fill tomatoes with dressing, arrange on lettuce leaf and garnish with mayonnaise dressing and whole nuts.

ORANGE SALAD.

Use four acid oranges, slice very thin, cutting down the sides instead of across; sprinkle with sugar. Mix one teaspoon of best Sherry with one tablespoon of lemon juice and pour over the oranges set on ice to get cold.

FRUIT SALAD.

Four oranges sliced, one pineapple cut in cubes, three bananas sliced, one dozen cherries. Place the fruit in layers, sprinkle sparingly with powdered sugar until all the fruit is used. On the top layer use a fourth of a pound of blanched almonds chopped coarsely and English walnuts. Pour over all this the dressing.

Half cup of lemon juice;
Two tablespoons of Sherry;
Two tablespoons of Maraschino.

FISH SALAD.

The remains of baked or boiled fish make a good salad. Remove bones, fat and skin from the fish, chop the fish coarsely and use a mayonnaise or Tartare sauce; serve on a lettuce leaf.

SALMON SALAD.

Drain the contents of a can of salmon, and pick out all the bones and fatty portions. Mince the meat very fine; season with a pinch of cayenne. Boil four eggs until hard, then place in cold water. Remove the yolk from two and mash until fine and smooth;

add two tablespoons of olive oil and then one tablespoon of sugar, teaspoon of salt, two teaspoons of mustard and thin with best vinegar. Mix the minced salmon in this dressing with a silver or wooden fork. Serve on a lettuce leaf with parsley or the whites of the eggs cut in rings.

STRING BEAN SALAD.

Wash and break up the beans, place in salted boiling water, boil until tender. Remove from the water and set on ice to get cold. Pour a mayonnaise dressing and serve on a lettuce leaf with circles of hard boiled eggs.

TOMATO AND CUCUMBER.

Scald and peel as many ripe tomatoes as persons, scoop out the insides and place on ice to chill. Pare cucumbers and chop finely, mix with mayonnaise or French dressing, fill the tomatoes and serve each tomato on a lettuce leaf.

EGG AND LETTUCE.

Chop the whites of a hard boiled egg, put the

whites on a lettuce leaf in a shape of a nest round, put the yolk in the center, moisten with French salad dressing.

FRENCH SALAD DRESSING.

Five tablespoons of olive oil or melted butter, one tablespoon vinegar; one-fourth teaspoon of salt, sugar and cayenne pepper mixed thoroughly.

LOBSTER SALAD.

Remove all the fat from a boiled lobster; rub to a smooth paste with the yolk of a hard-boiled egg, season with salt, cayenne, a little mustard and as much oil as will blend; serve on a leaf of lettuce.

CHICKEN SALAD.

Use only the breast of a chicken and the meat from the thighs. Cut the chicken up very fine, also celery, season with little salt and cayenne, pour on some mayonnaise; serve on a lettuce leaf with an olive.

VEAL AND POTATO.

Equal portions of cold boiled veal and boiled Irish potatoes. Cut both up fine, season with made mustard dressing.

POTATO SALAD.

Cut cold boiled potatoes in cubes half-inch size; sprinkle with salt and pepper. Add two teaspoons of olive oil and one teaspoon of vinegar, mix well, add juice of an onion. Arrange in a mound on a lettuce leaf, garnish with white and yolk of eggs, boiled beets and parsley.

TOMATO JELLY SALAD.

To one can of stewed tomatoes that have been strained, add one teaspoon of salt; soak two-thirds of a box of gelatine 15 minutes in cold water, half cup. When you stew the tomatoes, add four cloves, one bay leaf, speck of sugar and speck of cayenne pepper. To this strained add the dissolved gelatine, then put in moulds to chill, arrange on a lettuce leaf and garnish with nuts.

GRAPE FRUIT SALAD.

Scrape the contents of the fruit in a dish. Pour over it a mayonnaise dressing, serve on a lettuce leaf.

SPROUT SALAD.

Brussels sprouts resemble cabbages. Place the sprouts in cold water for an hour or more. Now take the sprouts from the cold water and place in boiling hot water for thirty minutes, no longer or pour over this a mayonnaise dressing. Serve on a thick slice of tomato; garnish with English walnuts. This salad must be very cold or it is not delicious.

CELERY AND APPLE SALAD.

Cut apples in cubes; use russets or a tart apple; wash and cut celery in squares, mix with apples; pour over both a mayonnaise dressing. Serve on a lettuce leaf. The mayonnaise must be cold; this is the secret in using this dressing.

GRAPE AND APPLE.

The grapes should be large and firm, Malaga

grapes are the best. The apples should be a tart eating apple, russets are good to use.

Grapes cut and seeded; apples cut into small cubes, and lemon juice put on them to keep from becoming discolored. A few bits of celery may be used cut finely also. Put mayonnaise dressing over this. Serve on a lettuce leaf. Place two halves of English walnuts and a cherry on each salad dish. Be sure and wipe each lettuce leaf before using or the mayonnaise will run and give the salad a very poor appearance. Lettuce leaves are to be dried between two pieces of cheese cloth or a soft towel.

OLIVE SALAD.

Chop up some olives, celery and sweet pickles; dress with mayonnaise, and garnish with walnuts or blanched almonds.

SLAW (COLD).

Chop up a head of white cabbage. Be sure to have a hard head or the slaw will not be good. Dress with the boiled dressing. Garnish with beets or pickles cut in tiny cubes.

APPLE SALAD.

Four apples, four tablespoons of powdered sugar, one-fourth teaspoon of cinnamon, four tablespoons of sherry. Peel and cut the apples in cubes; put a layer of apples in the dish, sprinkle with a bit of the sugar and a tiny bit of the cinnamon, do this until all the apples and sugar are used, then pour on the wine. Set in a cool place until ready to serve.

CHRISTMAS SALAD.

One-half cup of broken English walnut meats, one head of celery cut in small bits, one-half of a pine apple cut into dices; pour over this a fruit salad dressing.

THE DRESSING.

Beat an egg until frothy, add one-half teaspoon of mustard, three tablespoons of sugar, one-half teaspoon of salt, one-half cup of white vinegar. Cook until it thickens, then remove from the fire. When cold take one-half of this and thin with two tablespoons of cream whipped. The rest, if kept cold, will keep several days.

HAM SALAD.

Chop cold ham and fat finely, about the size of a half pea; add same quantity of celery cut fine, and pour over this a dressing used for cold slaw.

TURKEY SALAD.

Make same as chicken.

APPLES.

The apple is unlike many fruits, it is equally good cooked or uncooked and is healthy in any state. Apples can be used at any season or time, can be eaten by the grandfather and the baby. Lots of dishes can be made from the apple, and they are palatable.

BAKED APPLES.

Wipe large, round apples and cut out all imperfect spots. Grease a pan and grease each apple, place the apples in the pan; use three tablespoons of sugar to each apple if they are tart, put a bit of butter on each apple. Now pour some water in the pan, enough to baste the apples, and add two cloves.

Bake until the apples appear well done. Take from the oven and serve with whipped cream. When you whip the cream, if it is a half pint, add one tablespoon of gelatine. The gelatine keeps the cream from spoiling the appearance of the apples.

STEWED APPLES.

Pare and slice thin six apples, just barely cover with cold water and stew. When done, mash and stir well, sweeten to taste and boil ten minutes. Serve cold with pork.

APPLE SALAD.

Apples chopped fine, two cups, chopped grapes and celery, one cup; chopped nuts, half cup. Make a cream dressing, using cream instead of oil; set on ice; serve cold.

APPLE JELLY.

All apples do not jelly, so be sure and get the kind that does. To a quart of apples, peeling and all, cover with water and boil until tender. Put the liquid in a cheesecloth bag and drain. Take a cup of drained liquid and a cup of granulated sugar un-

til all liquid is used. Boil until it thickens or forms in large drops on the spoon. Put in moulds and set on ice. If the apples are not tart and you are afraid they will not jell, use gelatine. Serve with chopped nuts in whipped cream that has been flavored with white wine.

APPLE CUSTARD.

Make a stiff apple sauce, set on ice to chill. Cover apples with a plain boiled custard; set on ice until ready to serve.

APPLE FLOAT.

One quart of mashed apples run through a sieve; six tablespoons of sugar; flavor with nutmeg and whites of four eggs beaten stiff. Add apples spoonful at a time to the whites. Put a pint of cream, seasoned with sugar and nutmeg, at the bottom of the dish; put the apples on the top; set on ice to chill; serve with sponge cakes.

FRIED LIVER, BACON AND APPLES.

Fry bacon carefully; cut apples with peeling on

and fry as you fry German fried potatoes. Lay apples by side of bacon, now fry liver. Garnish the dish with parsely.

APPLES AND RICE.

Boil your rice carefully; also boil your apples until they are tender; boil the apples in a syrup. Take rice up and pile in a mound. lay apples at the base; pour syrup over rice.

APPLE SAUCE.

Stew apples and sweeten, set on ice. The apples should be thick as marmalade.

APPLE CAKE.

One cup of butter, two cups of sugar, three cups of flour, four eggs; use apple sauce instead of milk; two teaspoons of baking powder. Bake as any other cake, only this will not keep.

FRIED APPLES.

Wash, cut out specks, but do not peel. Cut in

slices and fry in bacon grease; when nearly done, add a bit of butter, some sugar and let all fry slowly about five minutes.

APPLE PRESERVES.

Make a thick syrup and drop in quartered apples, cook until tender, seal in glass jars.

DRESSINGS FOR SALADS.

There are many dressings for salads, and in this book I will give only a few, yet I hope every reader will find the one to justify her means and please her lordship.

Mayonnaise dressing generally fills the young housekeeper with fear, yet it is easily made and only requires care and patience. The oil must be good and all things kept cool. Use a Dover egg beater, it saves time and in the end gives the best results; don't begin to make the mayonnaise unless all the things are close at hand. I will give a few mayonnaise recipes which if followed will give good results.

MAYONNAISE DRESSING.

This recipe serves eight persons.

Yolk of one egg well beaten until foamy with Dover egg beater, pinch of salt; speck of cayenne pepper, half teaspoon of sugar. Now drop by drop much oil as will blend; ~~serve on a leaf of lettuce boiler and cook until it thickens~~, stirring constantly.

Use a half cup of olive oil, if it gets too thick, thin with vinegar, then pour bit by bit of the remaining oil, beating all the time slowly. The mayonnaise should be thick as thick cream; set on ice until ready to serve. This will keep quite a while.

MAYONNAISE DRESSING.

One teaspoon of mustard;
One teaspoon of salt;
One teaspoon of powdered sugar;
Speck of cayenne pepper;
Yolks of two eggs;
Two teaspoons of lemon juice;
Two tablespoons of vinegar;
One and a half cups of olive oil.

Mixing.

Mix all the dry ingredients, add yolks unbeaten.

Mix well and add lemon juice. Add oil drop by drop and stir constantly until half of the oil is used. Now alternate oil and vinegar until all the oil is used, then place in a cold place to chill.

FRENCH DRESSING.

Half teaspoon of salt;

One-fourth teaspoon of pepper;

Two tablespoons of vinegar;

Four tablespoons of olive oil.

If the quantity is small, place the ingredients in a bottle and shake; if large amount, use Dover egg beater or silver spoon. Always use china or glass-ware to mix dressing.

SALAD DRESSINGS.

These are not all the dressings, but when one can make all these there is no fear of not being able to serve dainty and delicious salads. The things that the amateur must know concerning salads—first, the best ingredients; second, everything must be cold, and last, patience.

FRENCH DRESSING.

Half teaspoon of salt;
One-fourth teaspoon of pepper;
Two tablespoons of vinegar;
Four tablespoons of olive oil.

Stir with a spoon or a Dover egg beater until the ingredients are blended.

BOILED DRESSING.

Half tablespoon of salt;
One teaspoon of mustard;
One and a half tablespoons of sugar;
Speck of cayenne pepper;
Half tablespoon of flour;
Yolks of two eggs;
One and a half tablespoons of melted butter;
Three-fourths of a cup of milk;
One-fourth of a cup of vinegar.

Mix salt, mustard, pepper and sugar and flour. Add egg beaten slightly; add gradually the hot milk, butter and vinegar. Put in a double boiler and cook until it thickens, stirring constantly. This amount will serve six.

BOILED DRESSING.

One-fourth teaspoon of salt;
One-eighth teaspoon of mustard;
Half teaspoon of butter;
Speck of cayenne pepper;
Half teaspoon of sugar;
One-fourth of an egg;
Two tablespoons of hot milk;
One tablespoon of vinegar;
One-fourth teaspoon of flour.
Mix as the above, only this amount serves two.

BACON FAT DRESSING.

Cut up six slices of fat bacon in small cubes and fry very carefully until all the grease is out and the grease becomes a golden brown. Use one-third of vinegar to two-thirds of grease, a speck of cayenne pepper, pour over the salad. Nice on lettuce especially. If one does not like bits of bacon, run the bacon grease through a strainer.

MAYONNAISE DRESSING. (*With Lemon Juice.*)

One teaspoon of mustard;
One teaspoon of salt;

One teaspoon of powdered sugar;
Speck of cayenne pepper;
Two tablespoons of lemon juice;
Two tablespoons of vinegar;
One and a half cups of olive oil.

Directions.—Mix dry ingredients, add yolks unbeaten, mix well and add lemon juice; add oil drop by drop, and stir with a Dover egg beater until half of the oil is used; now add oil and vinegar, alternate oil and vinegar until ready to serve. This will keep two or three days if kept ice cold.

BOILED DRESSING.

One tablespoon of salt;
One teaspoon of mustard;
One and a half tablespoons of sugar;
Pinch of cayenne pepper;
Half tablespoon of flour;
Yolk of two eggs;
One and a half tablespoons of melted butter;
Three-fourths cup of milk;
One-fourth cup of vinegar;
Cook over boiling water until thickened.

Directions.—Mix salt, mustard, pepper and sugar, add eggs beaten slightly; add gradually the hot milk, melted butter and vinegar; put into a double boiler and cook until it thickens, stirring constantly.

MUSTARD DRESSING.

Two tablespoons of best dry mustard;

One teaspoon of salt;

One and a half teaspoons of sugar;

Half teaspoon of pepper;

Pinch of cayenne;

Two tablespoons of olive oil and vinegar.

Mix all the ingredients together but the vinegar. When these are well mixed, add the vinegar, beating all together very hard; when you have the mixture as thin as you wish, pour on lettuce or your salad plant.

CREAM MUSTARD DRESSING.

Yolk of a raw egg; stir into it half a teaspoon of made mustard; beat into this three tablespoons of sweet cream, add one tablespoon of strong vinegar and the white of an egg beaten until stiff.

LEMON DRESSING.

Juice of a fourth of a lemon, three times as much olive oil, pinch of cayenne, pinch of sugar. This dressing is fine on sliced oranges and eaten with cold roast pork or game.

CREAM DRESSING USED FOR SLAW.

One cup of cream;
One and a half teaspoons of mustard;
One teaspoon of salt;
One tablespoon of butter;
One tablespoon of sugar;
Yolk of an egg well beaten.

Boil these ingredients and then add one-half cup of pure vinegar; stir well, then pour over the slaw.

VEGETABLES.

Vegetables are classified according to their form as follows:

Roots and Tubers.—Potatoes, turnips, parsnips, beets, onions, radishes, carrots.

Salad Plants.—Lettuce, chicory, romaine.

Fruit Vegetables.—Corn, pumpkins, peas, beans, squash, tomato, cucumber, egg plant.

Flower Vegetables.—Cauliflower, cabbage.

Vegetables may be purchased at any time now, whether in season or not.

Vegetables are very important in one's diet, and should be used at all times.

All vegetables must be fresh, as stale vegetables lose a great deal of their flavor. Medium-sized vegetables are best.

VEGETABLE GUIDE.

I am indebted to a friend for this time table, which is a great help to those not used to buying, and knowing how much will serve how many:

One bunch of asparagus will serve four persons.

One bunch of beets will serve six to eight persons.

One good, solid head of cabbage, will serve eight persons.

One small bunch of cauliflower will serve four to six persons.

One good sized head of cauliflower will serve eight persons.

One large bunch of carrots will serve four persons.

Two small bunches of carrots will serve four persons.

Three bunches of celery will serve eight to twelve persons.

One cucumber in salad will serve four persons.

One cucumber sliced will serve two to three persons.

Medium egg plant will serve six to eight persons.

One peck of greens will serve six to eight persons.

One quart of onions will serve six to eight persons.

Five stalks of oyster plant will serve six to eight persons.

Parsnips bought by the pound, one pound will serve four to six persons.

Peck of peas will serve four to six persons.

Bunch of radishes will serve four to six persons.

Rhubarb, one pound in sauce, will serve six persons.

One quart of string beans will serve four persons.

One quart of tomatoes or five medium ones will serve six persons.

Turnips, two and a half pounds, will serve four to six persons.

BEANS, PEAS AND OTHER LEGUMES.

To the leguminous plants the bean, pea, lentil are most common. By legume I mean the seed pod vegetable or plant. These legumes are next to the cereals and are used extensively among the vegetable world. These seeds are eaten green, as in string beans and snap beans and podded peas, and also in the fully ripened state, as split pea, dried bean, lentil and peanuts. This legume family is found in all climates. Peas, beans and lentils contain as much protein as meat and are economical foods.. Much care must be taken in the preparation of these foods so as to be made digestible and the flavor kept.

GREEN BEANS.

Snap or string beans are best freshly gathered and young. When beans form the main dish, a piece of meat is often cooked and eaten with them. When young and fresh, green beans will cook in 20 to 40 minutes.

GREEN BEANS WITH MEAT.

String and wash the amount of beans you wish for the meal. Place your bacon, country or breakfast, in cold water and put on to boil. When the meat has boiled about 15 minutes, add half a pod of red pepper and beans. Keep very little water in the beans and always add hot water. When tender, add a little sugar and salt to taste. If a little water is left, thicken and serve on flat dish.

STEWED BEANS.

Cook as for plain beans, only when half done add corn and okra and cook on a slow fire. Be careful to have a small amount of water, so that they won't be watery.

BEAN SALAD.

Cook the beans in clear water until tender. Serve with mayonnaise dressing, decorate dish with cubes of beets.

BAKED DRIED BEANS.

Wash beans and soak over night. Place in salted cold water and put on stove to boil until tender but not mushy. Into a baking bowl or pan place two or three slices of bacon, then add a layer of beans, a bit of pepper, butter, sugar or molasses, more beans, then pepper, butter, etc., until the pan is full. Lay the slices of bacon on top, add a little water that beans were cooked in; cover over and place in a hot oven to bake 4 hours. When nearly done, take top off to brown.

KIDNEY BEANS.

The kidney bean is a dark red bean. Soak the beans well, and cook as you cook the plain white bean for soup; or they may be stewed as plain white beans are.

KIDNEY BEAN SALAD.

Dress the beans with a French dressing; garnish dish with celery.

TOMATOES.

Tomatoes, like potatoes, may be served in many ways.

SLICED RAW TOMATOES.

Pour boiling water over four or five nice, large tomatoes; put them immediately into some cold water and the skin may be easily removed. After the peeling is off, set on ice to get firm. Just before the meal slice in a dish, pour over them a bacon fat dressing or salad dressing or just vinegar, salt, sugar and pepper.

STEWED TOMATOES.

Cut your tomatoes in pieces and boil gently, seasoning to taste with sugar, salt, pepper and butter and a half onion finely minced. If the tomatoes are inclined to be too juicy, add a tablespoon of bread or cracker crumbs.

BAKED TOMATOES.

Cut out the top of the tomatoes and scoop out the insides; mix the insides with an equal part of minced meat and cooked rice; season this with salt, pepper, butter and half teaspoon of onion juice. Put this filling in the inside of the tomatoes and bake in a moderate oven.

EGG PLANT.

Peel and slice the egg plant and keep in water until ready to fry. Beat one egg, some cracker crumbs and season with salt and pepper. Dry each slice on a bit of cheesecloth, then dip in batter, fry in butter a light brown. Fry 10 minutes.

BAKED EGG PLANT.

Peel, cut in slices, boil in boiling salted water until tender; drain the water off, mash the egg plant with the masher, season with salt and pepper, add one beaten egg, sprinkle bread crumbs over the top and bake a golden brown. Serve in the dish hot.

FRIED TOMATOES.

Cut the tomatoes in slices; season some bread crumbs with salt and pepper and place each side of the tomato in the crumbs. Have the frying pan on the stove with equal parts of butter and bacon grease; fry the coated slice of tomato until brown. Place in a dish and sprinkle sugar over them, serve hot.

SCALLOPED TOMATOES.

Put in a baking dish; alternate layers of buttered toasted bread crumbs and sliced tomatoes; sprinkle with pepper, salt and sugar. Have the top layer bread crumbs; bake in a moderate oven; serve in the dish.

TOMATOES AND CORN.

Stew tomatoes, and when half done, add half as much corn as you have tomatoes. Do not add onion, season and cook ten minutes after corn has been added.

STUFFED TOMATOES.

Select nice, firm tomatoes; cut the top off and scoop the insides out. Fill the tomatoes with this filling: One ounce of cold veal chopped fine; season with salt and pepper and one fried onion; add enough bread crumbs to make a stiff dressing; stuff each tomato; sprinkle crumbs and bits of butter on each tomato, put in a pan, add enough water to keep from burning, bake until done. This will fill six medium tomatoes.

CORN.

Next to the staff of life, corn is used. It was the best food our early ancestors had on Thanksgiving Day.

GREEN CORN.

Most of our vegetables are allowed to simmer and cook too much and the delicate taste is lost. Young, fresh, tender corn is through cooking in 20 minutes. Boil the corn in boiling salted water, wrap in a napkin and send to the table.

FRIED CORN.

Fried corn is easily prepared, taking about 20 minutes. Cut breakfast bacon in small squares and fry, remove from the grease; by all means don't burn your grease; add the grains of corn cut from six or seven ears; keep turning until nearly done; add one-fourth teaspoon of pepper, two teaspoons of sugar and half teaspoon of salt. When done, lay the bits of bacon on top of the corn; serve in a deep dish.

STEWED CORN.

Cut the grains off of five or six large ears. Put a pint of milk in the corn and set on the stove to slowly come to a boil; season with three teaspoons of butter, teaspoon of salt, cook until tender. For some ears of corn a pint of milk is too much, as the corn is rather juicy, so use your own judgment then.

CORN PUDDING.

One pint of milk and the grains off of six ears of corn; three tablespoons of butter, half teaspoon of salt, two tablespoons of sugar, one tablespoon of cornstarch. Add to the milk three well-beaten yolks, then the butter seasonings with cornstarch, then

corn, whites of the eggs last. Bake in a greased pan in a hot oven. As soon as it gets a light brown, cover with a paper.

SQUASH.

Squash are best in the summer, in fact, they are a summer vegetable. They are best young and tender. Peel, cut in slices, put in boiling salted water, boil until tender. When tender mash and season with salt, pepper and butter.

PUREE.

To each pint of mashed squash add one cup of rich milk; season with salt, pepper and butter; boil until it is thick.

DANDELION.

Dandelion is not used very much by the American-speaking people, although the dandelion can make a very digestible dish.

BOILED DANDELION.

Use only the tender leaves of the plant and they

must be fresh. Wash the leaves thoroughly and boil until tender. Drain the leaves, chop them very finely, season with salt, pepper, butter and a tiny bit of vinegar.

DANDELION SALAD.

Wash and use only tender leaves; serve with a few sliced cucumbers and tomatoes with a salad dressing.

ONIONS.

Onions are very healthy, yet on the account of the odor they are not often cooked. Use care and the odor will not permeate the house. Onions are not injurious, as many think.

BOILED ONIONS.

Peel and wash five or six onions, put on to boil in cold salted water. Be sure and use graniteware to boil in. When tender, drain off the water, serve with either a white sauce or with drawn butter.

BAKED ONIONS.

Prepare as to boil, only when they are tender place in dish and cover them with the white sauce and grated cheese; bake until brown.

FRIED ONIONS.

Peel, slice the onions, fry in plenty of lard, season with salt and pepper.

PARSNIPS.

Parsnips are very digestible if cooked properly. Peel the parsnips and place in boiling salted water, boil until tender. When tender remove from the water and slice as you slice sweet potatoes. Place a layer of sliced parsnips, sprinkle bits of butter and sugar, then add parsnips and sugar and butter until parsnips are the last layer; then pour over this some of the liquor and bake until brown.

BOILED PARSNIPS.

Scrape and wash the parsnips; lay in cold water to become crisp and firm; cook in boiling salted water until tender; mash, season with salt, pepper and butter; serve with a white sauce.

BAKED PARSNIPS.

Boil the parsnips as for boiled ones. Drain off the water, place a layer in a baking pan, add salt, sugar and bits of butter; keep on layer after layer until parsnips are all used. Pour over this a little of the liquid the parsnips were boiled in; bake in a hot oven.

OKRA.

Okra is a vegetable not much used; it has a taste to be cultivated, yet it is seldom seen on the table.

STEWED OKRA.

Cut off the tiny ends of the okra pod; wash quickly and place in salted water that is boiling hot; when tender, drain off the water and pour over the okra a butter sauce. Okra must not be cooked in iron, as it turns black.

FRIED OKRA.

Wash and cut off the tops of the okra, then slice; fry bits of bacon nice and brown; in the grease place the sliced okra, fry until brown, season with cayenne pepper.

PEAS.

Peas belong to the leguminous plants, and are used a great deal as food both dry and green.

PEAS (GREEN) STEWED.

Shell an amount of peas to make a quart; wash and cover with cold water and place on fire to boil; add salt and pepper to taste, two tablespoons of butter and let boil low. When done, thicken and serve; or when the beans are done in the salt water, drain this water off, add one cup of white sauce and serve.

PEAS WITH BACON.

To a quart of shelled peas add a pint of cold water. Let this boil a few minutes, add a half pod of red pepper and a bit of breakfast bacon—two or three slices; cook until nearly done, then season with salt and serve hot.

CARROT.

The carrot is a vegetable rarely eaten, unless in soups, yet when properly cooked it is well liked, but I admit one has to cultivate the taste. The carrot

is a tuber, and is very beneficial to persons who partake of them. This book will give a few of the ways in which this vegetable may be cooked.

CARROTS (*White Sauce*).

Wash and scrape the carrots, cut in dices or slices; put into salted boiling water; boil until tender, serve with a white sauce. Carrots may be served with a butter sauce; they require about an hour and a half to cook.

CARROTS WITH PORK.

Cook like turnips with pork.

CAULIFLOWER.

The cauliflower is another one of our vegetables that is ill cooked and seldom seen on the average table. We partake of the cabbage, and although this is a distant relative, it is neglected. Cauliflower is easily cooked and the left-over may be escalloped and a new dish made.

STEWED CAULIFLOWER.

Cauliflower is one of the vegetables that contains nothing within itself. Cut off the green outside leaves, cut in four parts and wash thoroughly. Into a sauce pan with boiling salted water add the cut-up cauliflower, stew until tender; when tender, drain off the water and serve with drawn butter or white sauce.

CELERY.

Many years ago celery was a luxury, but now this vegetable is available in all seasons. It is a good brain food.

PLAIN CELERY.

Celery requires lots of care in the washing; it must be put in cold water to become crisp until time to use. Nothing is used but the white part.

STEWED CELERY.

Cut your celery in small bits, put in sauce pan of stock, cook until tender; strain liquid through a strainer and season with salt, pepper and butter and

pour over the tender celery. This is a nice, light dish for invalids.

FRIED CELERY.

Wash and cut the celery in pieces about five inches long. Boil in salted water until tender; dry quickly on a bit of cheesecloth; dip in a batter and fry a good brown; drain on paper; send to the table in a folded napkin.

CABBAGE.

Cabbage should be chosen by weight instead of heads. The harder the head the better slaw may be made. By all means purchase fresh vegetables. Remove the coarse outside, cut in quarters and wash thoroughly. Let these quarters lay in salted water for an hour or more. If the cabbage is wilted, longer time is needed. Boil cabbage in plenty of water, about 40 minutes if the vegetable is fresh and tender. Great care must be taken to serve it hot.

FRIED CABBAGE.

First wash, quarter and cut a head of cabbage

fine, the finer cut the quicker done. Fry out five or six slices of bacon, and take bacon out of grease; be careful in the frying not to burn grease. Now add the cut-up cabbage and turn constantly to keep from burning. When the cabbage begins to get tender, add half teaspoon of pepper and one teaspoon of salt and a half teacup of water; put a top on the skillet and serve hot. Cabbages are best fried in a skillet, an iron one at that.

STEWED CABBAGES.

Fry six or seven slices of bacon, take all out but three slices; add your cabbage that has been finely cut; let fry until ready to turn cabbage over, then cover cabbage with water and stew slowly until done.

BOILED WITH WHITE SAUCE.

Nice, medium heads are best. Wash and quarter the heads and take out the stalk. Into a sauce pan of boiling water place a half pod of red pepper and the quartered cabbage; when half done, add salt to taste and cook until done; drain all the water off and cover with white sauce; serve in a covered dish.

BOILED WITH BACON.

Into a sauce pan of cold water place a piece of bacon of nearly a pound and add a half pod of red pepper. When the bacon boils well for fifteen minutes, add your quartered washed cabbage. When the cabbage boils, add a half tablespoon of salt; boil until the cabbages are tender; drain the liquor off and put the cabbage on a dish with the bacon. If the cabbage is a little old, add half teaspoon of sugar. Don't let the cabbage boil until red; if in winter from two to three hours; if in summer, from one to two hours.

SCALLOPED CABBAGE.

Wash and cut the head of cabbage up well. Into a baking pan that is deep put a layer of cabbage, season with salt, pepper and bits of butter, keep on layer after layer, until the pan is full. Now add milk or cream and bake in an oven until done. This is a very nice way to cook cabbage without the odor.

TURNIPS.

Turnips are not eaten as much as they should be, because they are so poorly cooked. Turnips contain

about 1.3 protein and .2 fat. Turnips are a very poor food as for nourishing the body, they are deficient in salt, fat and starch, and butter and meat must be used plentifully.

TURNIPS STEWED.

Young turnips are best because they are sweeter. Boil young turnips in salted water, drain off the liquid when turnips are tender; season with a cup of cream, two spoonsful of butter, half teaspoon of salt, boil down low; if too watery, thicken with flour. Turnips require about two hours.

TURNIPS WITH CREAM SAUCE.

Peel, quarter and wash five or six turnips; put in a sauce pan of boiling hot water; when tender, drain off the liquor and set on the back of the range to dry out; serve with a white sauce.

TURNIPS WITH PORK.

Take a nice piece of boiling pork and put on in cold water; add a spoon of salt and a half pod of red pepper. When the meat is half done, add your quartered turnips and cook until done. When done, take

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out the meat. If the turnips are old, add a half tea-spoon of sugar to five or six turnips. Sugar improves most vegetables, especially if old.

"SWEET POTATOES."

The sweet potato belongs to the tuber family, and there are lots of toothsome dishes made from it.

MASHED POTATOES.

Boil five or six medium sweet potatoes in boiling water; when tender drain off the water and set on the back of the range to dry out. Mash and add butter to taste. Some like a little nutmeg—it is a matter of taste.

CANDIED POTATOES.

Boil five or six potatoes in boiling water. When tender take out and peel and cool; when cool, slice longwise in thin slices; place a layer in a baking pan, add sugar and bits of butter, then another layer sugar and butter until all the potatoes are used. Don't use sugar or butter in small quantities; pour over this some milk or the water the potatoes were

boiled in. Bake slowly in a hot oven until the potatoes are brown and the syrup is candy. If one prefers, New Orleans molasses may be used instead of sugar.

FRIED SWEET POTATOES.

Wash and peel five or six large potatoes; slice the potatoes thin; into a frying pan place the sliced potatoes and cover with boiling water; cook until tender; now add butter and lard and fry until nearly done; add sugar last, as they burn so easily, and serve hot.

ESCALLOPED POTATOES.

Cut sweet potatoes in slices; put a layer of potatoes seasoned with butter and sugar; put layer after layer until potatoes are used, then cover with rich, sweet cream and bake until tender and brown. If the flavor of nutmeg is liked, the potatoes may be seasoned with it.

POTATOES.

The potato is a very poor food and is lacking in protein and fat, and should not be used so constant-

ly in our homes poorly prepared. Potatoes must be combined with oil, milk, eggs and other vegetables to furnish protein and fat. Although this increases the cost of the vegetable, the potato is worthless without the additional cost. It is almost impossible to give the exact time for cooking any variety of vegetable, for every sample will differ. Potatoes are unpalatable when underdone and overdone.

Potatoes are served in many ways and are generally liked because of their lack of pronounced flavor, and for that reason may be combined with many other foods.

First they must be pared and all bad places removed, and in cooking let the steam out, and pour the water off as soon as the potato is cooked. Never cook the potato in an iron vessel as it will be discolored.

BOILED POTATOES.

Wash and peel five or six medium potatoes; cut out all eyes and discolored spots; put the peeled potatoes in a sauce pan of boiling salted water; place the cover on and boil until done. When done, drain off the water and let dry out on cool part of the range; serve with butter or white sauce.

CREAMED POTATOES.

Wash and peel five or six potatoes; cut longwise then crosswise and cut in squares. To a pint of boiling water add a level teaspoon of salt and add potatoes; boil until nearly tender, drain off the water, cover with milk, add a half-teaspoon of pepper, a tablespoon of butter, boil until thickens. Don't stir, as the little cubes are to remain unbroken as much as possible. Serve in a deep dish garnished with celery ends or parsley.

ESCALLOPED POTATOES.

These potatoes are to be baked in a granite or crock. Wash and peel about six large-sized potatoes; slice very thin and lay on a dry white cloth; into the bottom of the pan lay a layer of potatoes; put over them a pinch of pepper, one-fourth teaspoon of salt, two tablespoons of milk and two teaspoons of butter; keep on doing this layer after layer until all the potatoes are used. On the top layer put two tablespoons of butter and pour over enough milk to see it rise on the sides. Place in a hot oven and bake; serve hot in the dish. Lots of persons like more salt or pepper, but no potato dish is palatable unless lots of butter is used. Season according to taste with salt and pepper.

IRISH POTATOES.

Cold mashed potatoes from dinner make fine cakes. Add one well-beaten egg to the cold potatoes, a little milk and enough flour to make the potato easily handled. Make cakes in the hand and fry in half lard and butter.

STUFFED POTATOES.

Allow one potato to each person; wash and place in the oven to bake. When done, cut off the top and scoop out the inside. Mix the inside of the potato with equal parts of finely chopped meat, season with salt, pepper and finely minced onion and a bit of butter; place this back in the potato and place in the oven; serve hot wrapped in a napkin.

NEW POTATOES.

New potatoes are best scraped. Scrape five or six new potatoes; put some hot water in a sauce pan and add salt to taste; when water boils add potatoes; cook until done; drain off the water; serve with white or butter sauce.

POTATO CROQUETTES.

Two cups of cold mashed potatoes;

Pinch of salt, pepper;

One tablespoon of butter;

Whites of two eggs well beaten.

Work all these ingredients together, make in balls, dip in beaten yolk, then in cracker crumbs, fry in hot lard, drain on paper, garnish dish with parsley.

"FRENCH FRIED."

Cut your potatoes like the section of an orange, and cut them in water; dry on a piece of cheesecloth; drop in hot lard and fry brown; season with salt and pepper; serve hot.

SARATOGA CHIPS.

Slice potatoes very thin and wipe before frying; let lard boil in the center before dropping the potatoes in; salt after taking out. Place a piece of brown paper in pan when you put your potatoes after frying them, so some of the grease will be absorbed before you place them in the dinner dishes.

FRIED POTATOES AND ONIONS.

Boil five or six large potatoes with the jackets on; when done, peel; slice very thin, also peel and slice finely one large onion; place a frying pan on the stove with half lard and butter; when hot, add potatoes and onions. Fry slowly until half done, then season with salt and pepper; cook until done and serve hot, as this is very rich and is not good cold.

BROWN BETTY.

Wash, peel and chop finely five or six large potatoes; season with salt and pepper; into a frying pan place one tablespoon of lard and two of butter; add chopped potatoes and cover closely so all the steam is kept in. The potatoes are cooked by their steam. Cook slowly one hour on a moderate part of the stove; if the potatoes are done they are ready to turn. With a cake turner turn over one side and then the other to form a loaf. Let set on the stove for 15 minutes, garnish with parsley. To each quart of potatoes allow three tablespoons of butter or half and half.

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