

**DAUGHTERS  
OF THE  
AMERICAN REVOLUTION**

**BOOK OF  
RECIPES**

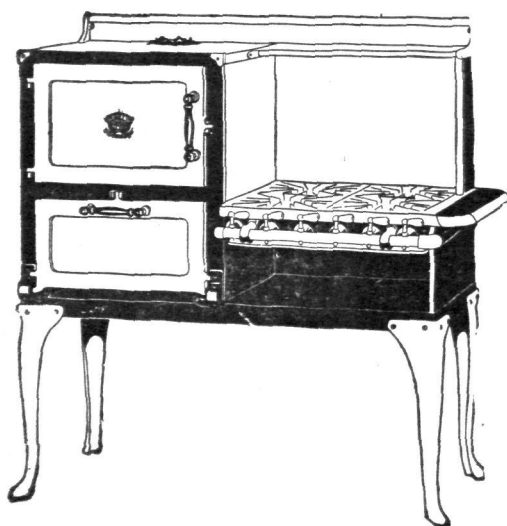
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# Book of Recipes

Compiled By

Genesee Chapter  
Daughters of the American Revolution

FLINT, MICHIGAN

1922

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## HOW TO PRESERVE A HUSBAND

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A good many husbands are spoiled by mismanagement. Some women go about it as if their husbands were balloons and blow them up. Others keep them constantly in hot water; others let them freeze by their indifference and carelessness. Some keep them in a stew by irritating ways and words.

Others roast them; some keep them in pickle all their lives. It cannot be supposed that their husbands will be tender and good-managed in this way, but they are really delicious when properly treated.

In selecting your husband, you should not be guided by the silvery appearance, as in buying a mackerel, nor yet by the golden tints, as if you wanted salmon. Be sure to select him yourself, as tastes differ. Do not go to market for him, the best are always brought to your door.

It is far better to have none, unless you will patiently learn how to cook. A preserving kettle of the finest porcelain is best. See that the linen in which you wrap him is nicely washed and mended with the required number of buttons and strings tightly sewed on. Tie him in the kettle by a strong silk cord called comfort, as the one called duty is apt to be weak.

They are apt to fly out of the kettle and be burned and crusty on the edges, since like crabs and lobsters you have to cook them alive. Make a clean, steady fire out of love, neatness and cheerfulness. Set him as near this as seems to agree with him. If he sputters and fizzes, do not be anxious, some husbands do this until quite done. Add a little sugar in the form of what confectioners call kisses—but no pepper or vinegar whatever. A little spice improves them. Do not stick any sharp instruments into him to see if he is becoming tender. Stir him gently, watching the while lest he lie too close to the kettle and so become useless. You cannot fail to know when he is done.

If thus treated you will find him very digestable, agreeing nicely with you and the children and he will keep as long as you want, unless you become careless and set him in too cold a place.

## WEIGHTS AND MEASURES

---

- 4 cs. flour equal 1 pound.
- 2 cs. butter, packed solidly, equal 1 pound.
- 2 cs. granulated sugar equal 1 pound.
- 2  $\frac{3}{8}$  cs. brown sugar equal 1 pound.
- 3  $\frac{1}{2}$  cs. confectioners' sugar equal 1 pound.
- 1 square Baker's chocolate equals 1 ounce.
- 2 Ts. unmelted butter equal 1 ounce.
- 4 level Ts. flour equal 1 ounce.
- 4 level saltspoons equal 1 level teaspoon.
- 3 level teaspoons equal 1 tablespoon.
- 16 level tablespoons equal 1 cup.
- 2 cs. equal 1 pint.
- 2 pints equal 1 quart.
- 8 quarts (dry measure) equal 1 peck.
- 4 pks. equal 1 bushel.

To use sweet milk in recipes calling for sour, add 1 t. cream of tarter to each cup milk and  $\frac{1}{2}$  t. soda to the flour.

To use sour milk in recipes calling for sweet, neutralize the sour milk by adding  $\frac{1}{2}$  t. soda to each cup and add  $\frac{1}{4}$  to  $\frac{1}{2}$  the baking powder called for to the flour.

---

### ABBREVIATIONS USED IN THIS BOOK

|      |       |            |
|------|-------|------------|
| t.   | ----- | teaspoon   |
| T.   | ----- | tablespoon |
| c.   | ----- | cup        |
| lb.  | ----- | pound      |
| oz.  | ----- | ounce      |
| gal. | ----- | gallon     |
| pk.  | ----- | peck       |
| bu.  | ----- | bushel     |

## “A Message from Cupid”

---

Cupid brought this message,  
From my lover once;  
I could not interpret it,  
I was such a dunce.

But I think that women  
See with clearer eyes;  
Or as they grow older,  
Maybe they grow wise.

Men's hearts are in their stomachs,  
I have since found out;  
If you don't believe it,  
You will soon, no doubt.

Cupid will not tarry  
If your bread be sour,  
If your cake be heavy  
He'll not stay an hour.

And he goes off slowly,  
But with tearful eyes,  
When he shuts his teeth on  
Gutta percha pies.

Don't think of embroidery,  
Lay aside your book;  
If you care for Cupid  
You must learn to cook.

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## **SOUPS**

“Too many cooks spoil the broth.”

---

Nothing furnishes a better foundation for soup than a shank of beef; if veal is added the flavor will be more delicate. The bones (broken in small pieces) are a valuable addition. Always put meat to boil slowly on back of stove, remove scum that rises to top and add a little cold water occasionally to keep it from boiling until it has thoroughly been skimmed and your soup will be clear. Be careful about adding too much salt.

A skillful cook will be careful that no pungent flavor predominates, but all are blended as not to suggest any one in particular except in cases where only the flavor of one vegetable is desired. When you can make a good stock you have the foundation of all soups and can have a new soup every day by adding different flavorings or vegetables.

---

### **SOUP STOCK**

1 shin of beef, 5 quarts of cold water, 1 onion, 1 carrot, 1 turnip, 2 bay leaves, 1 sprig parsley, 12 cloves, 1 stalk celery, 1 T. salt.

Simmer the meat 4 hours, add vegetables and simmer 1 hour longer. Strain stock through fine sieve. Add salt and let stand in cool place.—(Tested.)

---

### **OYSTER SOUP**

1 pint oysters, 1½ pints cold water, 1 pint sweet milk; butter, salt and pepper.

Put oyster in cold water and boil well for 20 minutes. Season and add milk. Let all become hot, but do not boil after adding milk. This will serve 4 persons.—(Tested.)

---

### **CREAM OF POTATO SOUP**

Scald three cups of milk with one onion in a double boiler. Gradually stir into it one cup mashed potato; strain 1 level teaspoon flour, 2 of butter; stir into the mixture salt, pepper. If too thick add more milk.—(Tested.)

---

# Whipped Jell-O

OF all forms of whipped Jell-O the Bavarian creams are most popular, and they may well be, for in no other way can these favorite dishes be made so easily and cheaply. Jell-O is whipped with an egg-beater just as cream is, and does not require the addition of cream, eggs, sugar or any of the expensive ingredients used in making old-style Bavarian creams.

## PINEAPPLE BAVARIAN CREAM

Dissolve a package of Lemon Jell-O in half a pint of boiling water and add half a pint of juice from a can of pineapple. When cold and still liquid whip to consistency of whipped cream. Add a cup of the shredded pineapple. Pour into mould and set in a cold place to harden. Turn from mould and garnish with sliced pineapple, cherries or grapes.

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## **SOUPS—Continued**

---

### **TOMATO SOUP**

*Cook one peck tomatoes, ½ dozen onions together; cook bunch celery in two qts. water, keeping the quantity two quarts. Mix cup butter, ½ cup flour, ¼ cup salt, ¼ teaspoon red pepper and add to celery water; strain tomatoes and add celery mixture; let boil and can hot.—(Tested.)*

---

### **VEGETABLE SOUP**

Boil a beef bone in three quarts of water for three hours. Remove the meat and add to soup a very little cabbage, 1 onion, 1 carrot, 1 turnip, and some celery, all chopped fine, and one large tablespoon of rice or barley. Season with salt and pepper and boil one hour. Serve as it is or strain if preferred.

Season the meat with salt and pepper, a small piece of butter, and cook brown in a little of the broth until tender and serve after the soup.—(Mrs. W. S. Hutchison.)

---

### **CREAM OF CORN SOUP**

1 can of corn, 2 cups of boiling water, 1 large onion cut up fine. Simmer for 20 minutes then press through sieve. Two tablespoons flour, 2 tablespoons butter. Blend flour and butter together. Add two cups milk and add to the above.—(Mrs. Pomeroy.)

---

### **TOMATO BOUILLON**

1 peck of washed ripe tomatoes, 1 bunch each of celery and parsley, 2 bay leaves, 12 peeled onions. Cover with water, boil one hour, then strain. Put back into kettle; add ¼ cupful of salt, ½ cupful of butter, ½ cupful of sugar, ½ cupful of flour, ¼ teaspoonful each of cayenne pepper and mace. Cook until thick as catsup. Can while hot.

Delicious to use in any way that strained tomatoes are served. To be thinned when used for soup.—(Mrs. E. C. Smith, Jr.)

---

### **CORN SOUP**

One can of corn, one small onion, two potatoes. Boil all together, strain. Add one cup of milk, one tablespoon of butter and a little salt.  
(Mrs. D. D. Aitken.)

---

## MEATS

"Some hae meat that canna eat,  
And would eat that want it;  
But we hae meat that we can eat,  
Sae let the Lord be thanket."—Burns.

---

### BEEF POT ROAST

Brown in some suet, two medium sized Spanish onions, with teaspoon of paprika, put in beef cut in small pieces and wiped perfectly dry. Brown on both sides, turning several times, until real brown; cover tightly and place weight on lid so steam cannot escape. Cook half hour, remove lid and season well with salt and pepper. Cover again, cook slowly until tender. If you like, put potatoes in about half hour before serving. Lift out when done and make brown gravy. Meat is cooked in its own juice and is delicious.—(Mrs. F. M. Locy.)

---

### BAKED WHITE FISH

Place a whole fish when cleaned and dry, in bake-pan. Season with salt and pepper to taste. Pour over it one-half tea cup of melted butter, place on this three large tomatoes crushed or cut up. Bake in a moderate oven for one to one and one-quarter hours.

(Mrs. F. M. Locy.)

---

### BAKED HAM

Cut a slice of ham  $\frac{3}{4}$ -inch thick. Soak it in milk over night. Rinse it in the morning and place in shallow pan. Cover with brown sugar, bread crumbs, pepper and bits of butter. Bake 1 hour in hot oven.

(Mrs. E. H. Knickerbocker.)

---

### CHILI CON CARNI

2 onions chopped and cooked in one cup olive oil. Add  $\frac{3}{4}$  lb. of Hamburg steak and cook until meat is done. Add 1 can kidney beans, 1 can Campbell's tomato soup, 2 T. chili powder and salt.

(Mrs. Blanche Dumanais.)

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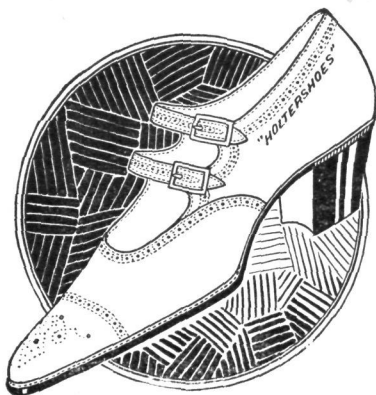
### TO HAVE LIGHT DUMPLINGS

Place dumplings on pieces of meat in kettle, and let them cook for twenty minutes. Do not let water boil over them.

(Mrs. L. J. Locy.)

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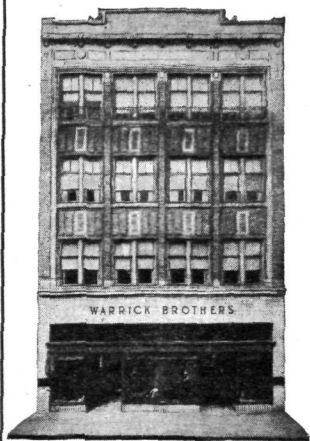


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## **MEATS—Continued**

---

### **DRESSING FOR BOILED TONGUE**

1 cup raisins, 1 cup water,  $\frac{1}{2}$  cup blackberry jam or jelly, juice of one lemon.

Boil this together and pour over cooked tongue. Bake just long enough to heat through. Garnish with slices of lemon.

(Carrie Billings Miller.)

---

### **YORKSHIRE PUDDING**

(To be served with a roast of beef)

2 cups of flour,  $\frac{1}{2}$  teaspoon of salt, 3 eggs, 2 cups of milk.

Mix flour with salt. Add beaten eggs and milk. Beat until smooth. Pour into a shallow baking pan with  $\frac{1}{2}$  cup of drippings in. Do not let batter be more than 1 inch thick. Bake in hot oven 30 to 45 minutes until it puffs up light and brown. Serve around roast on platter, and garnish with parsley. This will serve 12 people.—(Virginia S. Cook.)

---

### **CRUST FOR CHICKEN PIE**

2 cups flour, 4 teaspoons baking powder, 1 cup sweet milk, 6 table-spoons melted butter, 1 egg.

Use same batter for dumplings or short cake.—(Marjorie Black.)

---

### **VEAL LOAF**

3 lbs. veal,  $\frac{1}{2}$  lb. salt pork chopped fine. Mix 4 crackers rolled fine, 2 T. milk, 1 T. salt,  $\frac{1}{2}$  t. pepper, a little onion juice or finely minced onion, 2 T. lemon juice.

Mix all together and form a loaf. Bake in slow oven or 3 hrs. in fireless cooker.—(Mrs. W. S. Hutchinson.)

---

### **IMITATION PRESSED CHICKEN**

1 lb. of round beefsteak, 1 lb. of fresh pork steak, 1 lb. of veal steak. Have meat free from fat and bones. Add a small peeled onion, cover with water and cook until tender.

Put through chopper and add: 1 cupful of bread crumbs,  $\frac{1}{4}$  cupful of butter, 1 cupful of liquor the meat was cooked in.

Season highly with salt and pepper. Pack into an earthen or glass dish, cover, and place weight on cover. Ready for use as soon as cold.—(Mrs. E. C. Smith, Jr.)

---

### **BEEF LOAF**

2 lbs. beef chopped fine, 2 eggs, 1 cup sweet milk, 1 cup rolled crackers or bread crumbs, 2 T. butter, pepper and salt to taste,  $\frac{1}{4}$  lb. fat fresh pork may be added instead of butter.

Mix together well, place butter on top. Press down in a greased tin and bake slowly  $\frac{1}{2}$  to  $\frac{3}{4}$  hr.—(Mrs. Marshall M. Frisbie.)

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## MEATS—Continued

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### VEAL LOAF

Boil 3-lb veal soup bone until tender enough to pick off the bone. A shank of veal is best to buy. Have 1 pint of stock in the kettle when meat is done. Remove every bit of bone and sinew and chop fine. Melt  $\frac{1}{2}$  cup of butter in the hot stock and pour into the veal. Add a high seasoning of salt and pepper and 2 cups of crackers rolled fine. Stir in 3 beaten eggs last. Put in sweet marjoram for seasoning if desired.

Bake in a bread tin 45 min. to 1 hr. Be sure to put a piece of oiled paper in bottom of bread tin.—(Mrs. B. M. Garner.)

---

### VEAL LOAF

3 lbs. veal,  $\frac{1}{2}$  lb. fat salt pork (ground), 1 egg, 4 rolled crackers, 2 T. cream, 1 T. lemon juice, 1 T. salt, 1 t. pepper, few drops of onion juice. Mix, pack in tin and bake in slow oven  $2\frac{1}{2}$  hrs.

(Mrs. W. H. Edwards.)

---

### MEAT LOAF

3 lbs. veal, beef, pork and ham, in all; 2 eggs, 1 cup bread crumbs, 1 cup milk, salt and pepper to season. Put yolk in loaf and beat whites stiff and spread over top. Bake slowly.—(Mrs. Barringer.)

---

### CRUST FOR MEAT PIE OR SHORT CAKE

2 c. flour, 3 t. baking powder, 1 c. milk, 6 T. melted butter, 1 beaten egg.—(Mrs. Blanche Dumanois.)

---

### HUNGARIAN ROAST

$2\frac{1}{2}$  lbs. fresh flank steak, 1 can of fresh or canned tomatoes, 8 onions, 1 cup water. Put steak in covered roaster; put sliced onions on it; salt to taste. Pour over tomatoes. Cook in hot oven 1 hour. Add hot water as needed. Draw onions and tomatoes off meat and let meat cook till tender. Lay on hot platter while you thicken gravy. Pour over meat. There should be lots of the onion and tomato gravy. Season well.—(Mrs. R. C. Durant.)

---

### CORN BEEF

6 lbs. beef, 5 T. salt, 2 T. sugar, 1 t. saltpeter. Water to cover and let stand 24 hrs. Cook in the water you corn it in.

(Margaret K. Barringer.)

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## **MEATS—Continued**

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### **SWISS STEAK**

Take two lbs. of round steak, two inches thick, dredge with flour and brown in two tablespoons of butter. Add salt and pepper. When nicely browned add one can of tomatoes, one can of peas from which the liquor has been drained, one green pepper, one onion, celery if desired. Cook in casserole 2 to 3 hours. If available a fireless cooker is best. Otherwise use a slow oven.—(Virginia S. Cook.)

---

### **VEAL BODINES**

1 pint of cooked veal (after being put through meat chopper),  $\frac{1}{2}$  cup of bread crumbs, 3 tablespoons of melted butter, 1 cup meat stock, 2 beaten eggs and a little chopped parsley. Bake in gem tins 20 minutes and serve hot with mushroom sauce, or tomato sauce.

(Mrs. J. M. Johnson.)

---

### **BAKED MEAT CROQUETTES**

$1\frac{1}{2}$  c. cold cooked meat minced fine,  $1\frac{3}{4}$  c. hot stock or gravy, 1 c. crumbs, 1 t. salt,  $\frac{1}{4}$  t. pepper, 2 T. salad dressing, 1 well beaten egg.

Mix the meat, crumbs and seasoning, add salad dressing, then hot meat stock. Stir in egg. Let mixture get cold. Form in cylinders. Put in buttered pans with bits of butter on top and bake in a quick oven until nicely browned.—(Mrs. W. G. LaRock.)

---

### **SALMON TURBIT**

1 lb. salmon, 1 pt. milk,  $\frac{1}{2}$  cup butter, 2 T. flour, 2 eggs, 8 crackers, 1 small onion, parsley, pepper and salt. Pick skin and bones from fish and mince with a fork. Make a cream of butter, flour and milk, by heating butter first, then adding flour, and lastly milk. Let this cool and then add beaten eggs to fish with seasoning, and mix with cream. Place part of the crumbs on top. Bake in a buttered casserole  $\frac{1}{2}$  hr.

(Mrs. Marshall M. Frisbie.)

---

### **FISH TURBOT**

Steam a fine large white fish until tender. Take out bones, pick up and season with salt and pepper. Alternate layers of fish with cream sauce and bits of butter in a baking dish. Cover with crumbs and bake.

**Sauce:** Heat 1 pt. of milk, into which has been sliced 1 onion. Let scald and remove onion. When cool add 2 beaten eggs. Use  $\frac{1}{4}$  lb. of butter.—(Mrs. B. M. Garner.)

## MEATS—Continued

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### SAUSAGE PIE

1 lb. link sausage placed in bottom of baking dish over which pour batter made of: 1 egg, 1 cup flour,  $\frac{1}{2}$  cup milk, 1 teaspoon baking powder.—(Mrs. Twaits.)

---

### STUFFING FOR BAKED FISH

$\frac{1}{2}$  c. cracker crumbs,  $\frac{1}{2}$  c. bread crumbs,  $\frac{1}{4}$  c. melted butter,  $\frac{1}{4}$  t. salt,  $\frac{1}{8}$  t. pepper, onion juice,  $\frac{1}{4}$  c. hot water. Mix in order given.

**To Bake Fish**—Fill fish with dressing, sew up and run a needle holding white thread, through head, middle of back and tail. Draw fish in shape of letter "S" and tie firmly. Put in buttered pan, brush with melted butter, sprinkle with crumbs and bake one hour or until tender.—(Mrs. W. G. LaRock.)

---

### CHICKEN A LA KING

Melt 2 T. of butter in a frying pan, add  $\frac{1}{2}$  green pepper (chopped fine), 1 c. fresh mushroom caps (peeled and broken in pieces). Stir and cook 3 or 4 minutes. Add 2 level T. of flour and  $\frac{1}{2}$  t. salt. Cook until frothy, then add 1 pt. of cream and stir until sauce thickens. Add 3 c. of cooked chicken cut in cubes. Set over hot water, cover and let stand until very hot. In the meantime cream  $\frac{1}{4}$  c. butter, beat into it yolks of 3 eggs, 1 t. onion juice, 1 T. lemon juice, 1 t. paprika. Stir mixture into hot chicken and continue stirring until egg thickens. Serve on toast.—(Margaret K. Barringer.)

(Mrs. George R. Goering.)

---

### SPICED GOOSEBERRIES

6 qts. gooseberries, 9 lbs. sugar, 1 pt. vinegar, 1 level T. each of cinnamon, cloves and allspice.

Put berries in kettle with half the sugar and 2 qts. of water. Boil  $1\frac{1}{2}$  hrs. When nearly done add the rest of the sugar, vinegar and spice. Boil  $\frac{1}{2}$  hr. and stir constantly.—(Mrs. George R. Goering.)

---

### ITALIAN STEAK

$1\frac{1}{2}$  lbs. top round with fat on, 1 green pepper (seeded), 4 soda crackers, 1 onion (size of egg),  $\frac{1}{4}$  can tomatoes or 1 large tomato.

Put all through food chopper, season with salt and pepper, form into balls and fry in butter.—(Mrs. George R. Goering.)

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## MEATS—Continued

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### VEAL BIRDS

1 lb. veal steak sliced very thin cut into pieces about 4 inches long and 2 inches wide. Make dressing of 3 or 4 T. bread crumbs, a little onion juice, 1 egg, juice and grated rind of 1 lemon, salt, pepper, and the small bits of meat left from trimming the steak (chopped fine).

Stir together, spread some of the mixture on each of the oblong pieces of meat, roll lightly and fasten securely with toothpicks, sprinkle with pepper and salt, then roll in flour and fry in butter a light brown. Make a thin cream sauce and bake in casserole 1½ hours.

(Mrs. F. D. Chapel.)

---

### HAM BAKED WITH TOMATOES

3 slices of raw ham cut a little over an inch thick. Put in roaster and spread 3 T. each of sugar and flour mixed over the ham. Pour over all a quart of cooked tomatoes. Cover and bake 2 hrs. Remove ham from the pan and add ½ pint of sweet cream, which makes the sauce to serve with the ham.—(Mrs. H. B. Freeman.)

---

### BAKED PORK CHOPS

Beat 1 egg, dip chops in egg, then in flour. Sprinkle with salt and pepper. Brown quickly in frying pan in which butter or other fat has been heated. Cover with hot water and bake in moderate oven for 1 hour with dish covered.—(Mrs. H. B. Freeman.)

---

### CREAMED BEEFSTEAK

Put 3 tablespoons butter (to each pound of steak) in frying pan and let get hot. Cover the steak (on meat board) with ½ cup flour and pound or chop it in. Then put the meat in the hot butter and brown well on both sides. Then add water to half fill spider, put on back of stove and let simmer for ½ hour or more. A tough steak treated like this will prove very palatable.—(M. Alice Elwood.)

---

### CHICKEN CROQUETTES

2 c. meat, 1 c. stock or milk, 1 t. salt, 1 T. flour, 1 T. onion juice, 1 T. lemon juice, 3 T. butter, 2 eggs.

Put stock on to boil. Mix flour and butter together and stir into stock. Add chicken, seasoning and eggs. Cool and shape.

---



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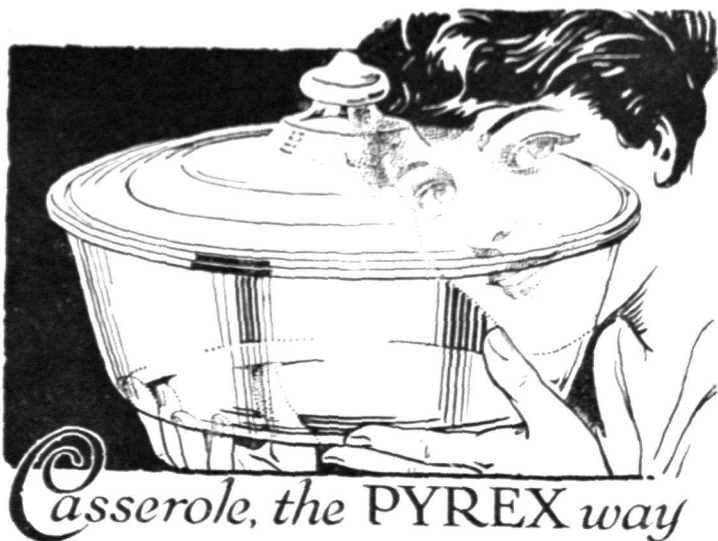
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## LUNCHEON DISHES

---

### CANDIED SWEET POTATOES

Wash and boil sweet potatoes until about half done. Drain, pare and slice lengthwise in thick slices, placing in bottom of shallow pan. Spread with butter liberally and pour over a thin syrup made of  $1\frac{1}{2}$  cups each of brown sugar and water. Bake until the syrup is thick.

---

### SPANISH RICE

4 onions in fryings of salt pork, 2 cups rice,  $\frac{1}{2}$  cup tomatoes, 1 green pepper sliced very fine, red peppers to taste. Add water as needed. Bake.—(Mrs. Slawson.)

---

### BREAD OMELET

1 cup stale bread crumbs soaked until soft in  $\frac{1}{2}$  cup sweet milk. Beat them quite smooth, add  $\frac{1}{2}$  teaspoon salt and 5 eggs. Beat yolks and white separately and the whites last. Pour into buttered pudding dish and bake 30 minutes. Serve at once.—(Miss E. W. Witherbee.)

---

### FRENCH FRIED POTATOES

(Easy)

Pare potatoes, cut in inch cubes, rinse in cold water, drain and dry with towel. Fry in deep fat about 15 minutes, drain, sprinkle with salt and serve at once, or can be reheated in oven.—(Mrs. C. W. Root.)

---

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## **LUNCHEON DISHES—Continued**

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### **BAKED OMELET**

6 eggs, beat whites and yolks separately. Dissolve  $\frac{1}{4}$  teaspoon of salt and small piece of butter in  $\frac{1}{2}$  pint of boiling milk. Stir quickly into eggs, pour in deep pan and bake in very quick oven until light brown.—(Mrs. B. F. Miller.)

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### **OMELET**

Eight eggs beaten separately, two tablespoons cream, pinch of salt. Put in a hot frying pan that is buttered a little. When thickened and browned under side, put in hot oven to brown on top, then roll up.  
(Mrs. L. J. Locy.)

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### **GLAZED SWEET POTATOES**

Boil potatoes until nearly done, remove jacket and cut lengthwise. Have four tablespoons water in pan, lay potatoes in pan rounding side down. Spread with butter, then a little sugar. Place in a very slow oven until glazed.—(Mrs. L. J. Locy.)

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### **HASH**

Put a good sized piece of butter in spider, and add potatoes and meat that have been finely ground or chopped. Season with salt and pepper and brown. Add two tablespoons of water and cover. Cook slowly.—(Mrs. W. S. Hutchison.)

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### **CLAM CHOWDER**

1 qt. clams,  $\frac{1}{2}$  teaspoon pepper, 4 cups of potatoes (cut fine), 1 onion, 1 tablespoon of salt, 4 tablespoons butter,  $\frac{1}{2}$  lb. salt pork, scalded milk.

Clean and pick over clams, reserving liquor. Chop fine. Cut pork in pieces and try out. Add clams, onion, liquor and potatoes; also seasoning with  $2\frac{1}{2}$  cups of boiling water. Cook very slowly for two or three hours. If too thick, add milk to make required consistency.  
(Virginia S. Cook.)

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## **LUNCHEON DISHES—Continued**

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### **CHOP SUEY S**

Brown 1 onion in butter, add 1 lb. hamburg steak, 2 cups cooked spaghetti, 1 can tomatoes or 4 large ripe tomatoes. Place in a casserole and season well. Bake 40 minutes. A meal in itself.—(Mrs. Mullin.)

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### **ITALIAN SPAGHETTI**

One-half box of spaghetti boiled in salted water 20 min. Drain and place in buttered baking dish. Turn  $\frac{1}{2}$  can of Campbell's tomato soup over it. Add some finely cut onion and grated cheese. Just before placing in the oven, pour enough milk over to just cover. Dots of butter on top. Bake until milk is absorbed.

(Mrs. George R. Goering )

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### **CREAMED CABBAGE**

Cut a cabbage into quarters and drop into a kettle of salted, boiling water and boil 20 minutes. Drain and chop with baking powder can and up into a cream sauce made with 2 T. of butter, 2 T. (level) flour and  $1\frac{1}{2}$  cups milk. Salt and pepper.—(Mrs. H. B. Freeman.)

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### **LUNCHEON MACARONI**

Cook  $1\frac{1}{2}$  cups macaroni or spaghetti in salted water until soft. Blanch in cold water. Put a layer in a baking dish with one of canned tomato soup. Follow this with slices of hard boiled egg. Repeat in rotation, cover with bread crumbs moistened in melted butter and bake long enough to brown the crumbs and have the dish well heated through.

(Mrs. E. E. Rockwood.)

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### **FRIZZLED BEEF WITH EGGS**

Put on the fire a wide frying pan and in it place a tablespoonful of butter and a quarter of a pound of chipped beef. Stir it continuously until the beef becomes thoroughly hot. Then add four eggs well beaten in two-thirds of a cupful of milk. Turn the flame down halfway and stir the beef and eggs until they become a thick creamy mass.

(Mrs. M. E. Chandler.)

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## **LUNCHEON DISHES—Continued**

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### **CHEESE SOUFFLE**

Blend 2 T. of butter and 2 of flour. When smooth add  $\frac{1}{2}$  cup milk to  $\frac{1}{2}$  t. salt,  $\frac{1}{8}$  t. cayenne pepper. Cook until it thickens slightly, stirring all the time. Add well beaten yolks of three eggs and one cup grated cheese. When cool fold in 3 stiffly beaten whites. Turn into buttered dish and bake 2 min.—(Mrs. M. E. Chandler.)

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### **CORN A LA SOUTHERN**

To one can of corn or cornlet add 2 eggs slightly beaten, teaspoon of salt,  $\frac{1}{8}$  teaspoon pepper,  $1\frac{1}{2}$  tablespoons butter melted, and 1 pint of scalded milk. Turn into buttered pudding dish and bake in slow oven until firm.—(Margaret K. Barringer.)

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### **SPAGHETTI**

Fry  $\frac{1}{2}$  onion in 1 tablespoon butter. Add 1 tablespoon flour, 1 pint of tomatoes, 2 cloves. Cook and strain. Put one package of boiled spaghetti in baking dish with  $\frac{1}{2}$  lb. of cheese. Pour over it the tomato mixture. Bake twenty minutes.—(Mrs. Marshall Smith.)

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### **CHEESE FONDU**

3 eggs, 1 cup soft bread crumbs, 1 cup scalded milk,  $\frac{1}{2}$  t. salt, 1 t. butter, 1 cup of cheese cut fine. Separate eggs and beat until light. Stir crumbs into hot milk. Add cheese, salt and pepper; then beaten yolks. Fold in the beaten whites last. Bake in a moderate oven 20 or 25 minutes. A good luncheon dish.—(Mrs. H. B. Freeman.)

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### **MINISTER'S WIFE CREAMED SALMON**

1 pint canned salmon. Remove bone and skin but not the oil; mince fine. 1 pint dry bread crumbs, ground fine. Make cream sauce of 1 pint milk, 3 tablespoons corn starch (not heaping), 2 tablespoons butter, salt and paprika to taste.

Grease dish well, put thin layer of crumbs on bottom, next one of salmon, then cream sauce. Repeat, adding crumbs last. Cover or dot with bits of butter and Crisco or lard. Bake about twenty minutes. (Addie D. Monroe.)

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## CAKES

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### Hints On Cake Making

Do not have your oven too hot when you put your cake in. Keep fire low until the cake rises, then increase heat. If cake raises too high in center, it is because the oven is too hot at first. If cake is coarse grained it is, usually because butter and sugar are not creamed sufficiently.

In making loaf cake it is better to put in whites of egg before the flour; in a layer cake, afterwards.

Any cake with shortening in it can be beaten after flour or baking powder are added.

In a sponge cake, after the flour is in, the less you stir the better.

In making angel cake, fold in flour rather than stir; stirring or beating breaks the air bubbles, thins the batter and makes cake tough and heavy.

## CAKES

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"Sift and beat with all your might,  
Your cake will be fluffy and light."

### NO EGG SPICE CAKE

1 c. granulated sugar, 1 c. buttermilk, 1 t. soda,  $\frac{1}{8}$  c. (scant) butter or substitute, 2 c. flour, 1 c. raisins,  $\frac{1}{2}$  t. salt, 1 t. cinnamon, 1 t. nutmeg,  $\frac{1}{2}$  t. cloves, grated rind of  $\frac{1}{2}$  orange or lemon.

(Mrs. E. E. Rockwood.)

### COCOANUT CAKE

Sift together  $1\frac{1}{2}$  c. flour,  $\frac{7}{8}$  c. sugar and 4 teaspoons baking powder. Add 4 T. melted butter, 1 t. lemon juice,  $\frac{1}{2}$  cup fresh grated cocoanut and 1 beaten egg.

**Icing**—1 c. sugar,  $\frac{1}{4}$  c. water; boiled until it threads. Add beaten whites of two eggs and beat until cool enough to use.

(Mrs. Blanche Dumanois.)

### ZELMA'S FRUIT LAYER CAKE

1 cup brown sugar,  $\frac{1}{2}$  cup butter (can use part lard),  $\frac{1}{2}$  cup sour milk, 1 teaspoon soda, (can use sweet milk with 2 teaspoons Royal baking powder),  $1\frac{1}{4}$  cups flour, 3 eggs, add 1 cup raisins, 1 teaspoon cinnamon, 1 teaspoon cloves.

**Icing**—Boiled frosting with 1 cup of chopped rasins in.

(Mrs. A. A. Floyd.)

### ONE EGG DROP CAKE

Take 1 egg and drop it in 1 cup of milk, then with fork beat egg good in milk. then add 1 cup sugar and beat; add  $1\frac{1}{2}$  scant cups flour, 2 teaspoons Royal baking powder, and add seasoning. Add lastly 5 T. melted butter, 1 cup of floured raisins. This makes 14 drop cakes. Ice them if you care to.—(Mrs. A. A. Floyd.)

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## **CAKES—Continued**

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### **BLANCHE'S DEVILS FOOD**

Cream together 1 T. melted butter, 1 cup sugar and a pinch of salt. In a sauce pan put 2 squares of Baker's unsweetened chocolate and  $\frac{1}{2}$  cup water. Let this boil up, then turn it over the first mixture. Add yolks of 2 eggs and  $1\frac{1}{2}$  level cups of flour sifted with 2 level t. baking powder. Flavor with 1 t. vanilla. Lastly add 1 cup boiling water and  $\frac{1}{2}$  t. baking soda. This batter is quite thin. No more flour should be used than the recipe calls for.—(Mrs. E. E. Rockwood.)

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### **COCOA CAKE**

1 cup sugar,  $\frac{1}{2}$  cup butter, 1 cup sour milk, 1 teaspoon soda, 2 cups flour, 2 tablespoons cocoa, 1 teaspoon cinnamon.  
(Carrie Billings Miller.)

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### **FIVE MINUTE CAKE**

1 cup sugar, salt,  $\frac{1}{4}$  cup shortening, 2 eggs dropped in cup. Fill cup with sweet milk. Flavoring.  $1\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teaspoons baking powder (Royal). Beat all together for five minutes.  
(Mrs. E. H. Baker.)

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### **CHOCOLATE NOUGAT CAKE**

$\frac{1}{2}$  cup shortening, 1 cup sugar; cream 2 eggs unbeaten, one at a time; 2 squares of unsweetened chocolate, 1 cup sour milk, 1 teaspoon soda,  $1\frac{1}{2}$  cups flour, 1 cup nut meats. Delicious as cup cakes.  
(Mrs. Mullin.)

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### **CHOCOLATE TWO LAYER CAKE**

Boil  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  cup white sugar, 2 squares chocolate, yolk of 1 egg, 1 t. vanilla. Cream well 1 cup sugar,  $\frac{1}{2}$  cup butter, and add 2 eggs, 1 cup sour milk, 1 t. soda and 1 t. Royal baking powder sifted four times in two cups of flour, 1 t. vanilla. When ready for oven add hot mixture and beat. Put into tins and bake fast.

**Frosting**—2 c. 4X sugar, 3 t. cocoa, 1 T. melted butter mixed. Add enough hot coffee to spread well.—(Mrs. W. H. Edwards.)

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### **CHRISTMAS NUT CAKE**

2 cups white sugar,  $\frac{1}{2}$  cup butter, 3 eggs, 1 cup sweet milk, 3 cups sifted flour, 3 t. Royal baking powder, flavoring, 1 cup chopped nuts. Cream butter and sugar, and yolks of eggs, milks, flour with baking powder, then beaten whites of eggs, and nuts. Bake in a flat tin and cut in squares.—(Mrs. Marshall M. Frisbie.)

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## **CAKES—Continued**

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### **PRINCE OF WALES CAKE**

$\frac{2}{3}$  c. butter, 2 c. brown sugar, 4 c. flour and 4 t. baking powder, 1 c. sour milk and  $\frac{1}{2}$  t. soda, 1 egg and two yolks, 4 T. molasses, 1 c. raisins, 1 c. chopped citron peel, 1 t. each cinnamon and cloves,  $\frac{1}{2}$  t. nutmeg.

**Iceing**—Boil 1 c. sour cream and 1 c. brown sugar until thick, add 1 c. chopped nuts and beat until cool.—(Mrs. Blanche Dumanois.)

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### **SUNSHINE CAKE**

Whites of 7 eggs, yolks of 5 eggs,  $1\frac{1}{4}$  cups sugar, 1 cup flour, 1 pinch salt,  $\frac{1}{3}$  teaspoon cream of tartar. Sift sugar and flour five times, measure and set aside. Separate eggs, beating yolks to stiff froth; whip whites to a foam. Add cream of tartar and whip stiff. Add sugar to whites, then beat. Next add yolks and beat, then flour and flavoring and fold lightly through. Moderate oven 40 to 50 minutes in tube tin which is not greased.—(Mary A. Williams.)

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### **LEMON SPONGE CAKE**

1 cup sugar, 3 eggs, 2 tablespoons water,  $1\frac{1}{2}$  cups flour, 2 teaspoons baking powder (Royal). Beat eggs, add to sugar and cream, then add water, flour and baking powder. Bake in layers in slow oven.

**Filling**—1 cup sugar, 1 lemon (juice only), 1 egg, 2 tablespoons flour, 1 cup boiling water. Cook until thick, then add 1 tablespoon butter.—(Mary A. Williams.)

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### **SPONGE CAKE**

Add 1 cup sugar to 3 eggs, beat thoroughly, then add 3 tablespoons water, 1 t. vanilla,  $1\frac{1}{4}$  cups flour, 1 t. cream of tartar,  $\frac{1}{2}$  t. soda. Bake in moderate oven.—(Bertha B. Trembley.)

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### **CHEAP CAKE**

1 egg, 1 cup sugar,  $1\frac{3}{4}$  cups flour, 5 tablespoons melted butter, 2 teaspoons baking powder (Royal), 1 teaspoon vanilla. Bake in one square tin.—(Mrs. E. P. Hopkins.)

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## **CAKES—Continued**

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### **DARK CAKE MADE IN GEM TINS**

2 cups dark sugar,  $\frac{1}{2}$  cup butter, 1 cup seedless raisins, 1 cup nut meats, 1 teaspoon cinnamon, 3 tablespoons chocolate melted in  $\frac{1}{2}$  cup hot water, 3 level teaspoons baking powder (Royal), 4 eggs (whole), 1 cup milk, 3 cups flour. Cream butter and sugar; add dissolved chocolate and milk before eggs, fruit and flour.—(M. L. Morgan.)

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### **SPONGE CAKE**

Yolks of 4 eggs, 3 tablespoonsful cold water, pinch of salt. Beat 2 minutes. Add 1 cup sugar; beat 5 minutes. Put  $1\frac{1}{2}$  tablespoonsful corn starch in cup filled with flour, 1 teaspoon Royal baking powder; flavor. Add beaten whites of 4 eggs last. Bake in moderate oven about  $400^{\circ}$ .—(Mrs. H. C. Dewey.)

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### **WHITE LAYER CAKE**

$1\frac{1}{2}$  c. flour, 1 c. sugar, 2 t. Royal baking powder, sift four times. Break two eggs in a cup, fill with sweet milk, add 11 teaspoons melted butter. Beat hard and flavor. Bake in two layers.  
(Camilla E. Woolfitt.)

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### **COFFEE CAKE**

1 cup shortening, 1 cup molasses, 1 cup sugar, 1 cup chopped raisins, 1 cup strong coffee, 1 egg, 1 teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon lemon extract,  $2\frac{1}{2}$  cups flour. Bake in two loaves. Never fails, and keeps well.—(Mrs. Mullin.)

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### **CHOCOLATE LADY FINGERS**

2 cakes sweet chocolate,  $2\frac{1}{2}$  T. S. hot water, 4 egg yolks beaten altogether; then the beaten whites, and beat for 15 minutes.

Line dish with lady fingers, then place alternately chocolate and layer of lady fingers using three dozen in all. Pour over top  $\frac{1}{2}$  pt. of whipped cream. Serve ice cold.—(Mrs. James Farber.)

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### **HICKORY NUT CAKE**

$1\frac{1}{4}$  cups sugar,  $\frac{1}{2}$  cup butter, 2 cups flour,  $\frac{3}{4}$  cup milk, 2 t. of Royal baking powder, whites of 3 eggs well beaten. Roll in flour 1 cup hickory nut meats and add last.—(Mrs. F. D. Chapel.)

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## CAKES—Continued

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### LAYER CAKE

1 cup sugar, 2 tablespoonsful butter, 2 eggs (well beaten), 2 cups sifted flour, 2 teaspoonsful Royal baking powder. *Flavor as desired.* 2  $\frac{1}{4}$  cups flour if eggs are large, otherwise 2 cups. Bake in two layers. (E. B. Swan.)

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### FRUIT CAKE

2 cups brown sugar, 1 cup butter, yolks of 2 eggs (whites for frosting), 1 cup raisins, 1 cup walnuts, 1 cup sour milk, 1 teaspoon soda, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{4}$  teaspoon nutmeg. Bake about 1 hour in SLOW oven.—(E. B. Swan.)

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### LADY BALTIMORE CAKE

1 cup butter, 2 cups sugar, 1 cup milk, 3  $\frac{1}{2}$  cups flour, 3 teaspoons Royal baking powder, whites of 6 eggs beaten dry, 1 teaspoon rose water. Bake in layers.

**Frosting**—3 cups sugar, 1 cup boiling water; boil till it threads. Beat in the stiffly beaten whites of 3 eggs, add 1 cup chopped raisins, 1 cup chopped nut meats, 5 figs cut in thin slices —(Mrs. Demorest.)

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### IMPERIAL CAKE

1 lb. sugar, 1 lb. butter, 1 lb. (or four cups) flour, 1 lb. raisins,  $\frac{1}{2}$  lb. citron,  $\frac{1}{2}$  lb. almonds (blanched), 10 eggs,  $\frac{1}{2}$  teaspoon soda. Bake slowly one hour or more.—(Mrs. B. F. Miller.)

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### WHITE CAKE

1 cup butter, 2 cups granulated sugar,  $\frac{3}{4}$  cup sweet milk, 4 cups sifted flour, 4 level teaspoons Royal baking powder, 1 teaspoon vanilla, whites of 8 large or 9 small eggs.

Cream butter and sugar together, then add milk, then flour and baking powder sifted together, and lastly the whites of eggs beaten very stiff. Bake in deep pan 45 minutes in slow oven. When the cake is ready for the oven jar up and down smartly on the table until all the air bubbles come to the surface.—(Mrs. B. F. Miller.)

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### APPLE SAUCE CAKE

1  $\frac{1}{2}$  cups apple sauce, 1 cup sugar,  $\frac{1}{2}$  cup lard, 2 cups flour, 1 t. soda, 1 t. cinnamon, 1 t. cloves,  $\frac{1}{2}$  t. salt, 1 cup raisins,  $\frac{1}{4}$  cup walnut meats, a little nutmeg, 1 T. molasses, 1 egg.—(Mrs. James Farber.)

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## **CAKES—Continued**

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### **MOCK ANGEL FOOD**

1 cup sugar, 1 cup flour (Swans Down cake flour), 2 t. baking powder (heaping), pinch of salt. Sift 6 times. 1 cup sweet milk hot, but not boiling, added to above. Two eggs, whites beaten stiff.

Do not grease tin; bake in slow oven. When taken from oven turn bottom side up on 2 cups to give it air. Frost with boiled frosting. (Mrs. F. D. Chapel)

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### **FUDGE CAKE**

$\frac{3}{4}$  cup brown sugar, 1 large tablespoon butter, 2 squares chocolate, 2 spoons vanilla, 1 egg,  $\frac{3}{4}$  cup milk, 1 cup flour, salt, 1 spoon Royal baking powder.

**Iceing**—1 cup powdered sugar, 1 large tablespoon butter, 2 large tablespoons dry cocoa, 2 large tablespoons hot coffee. Vanilla. (Mrs. Mary Maines.)

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### **ANGEL FOOD CAKE**

1 tumblerful egg whites,  $1\frac{1}{2}$  tumblerful (scant) sugar. Sift sugar seven or eight times. 1 tumblerful flour; sift seven or eight times. 1 t. cream tartar,  $\frac{1}{4}$  t. salt, 1 t. cold water. Vanilla.

(Mrs. Pomeroy.)

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### **BIRTHDAY CAKE**

$1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup butter creamed together; pinch of salt. 1 cup milk, vanilla,  $2\frac{1}{2}$  cups flour, 2 level t. cream of tartar, and 1 level t. soda, or 2 t. Royal baking powder. Add beaten whites of 2 eggs at last. Bake in three layers.—(Mrs. W. S. Hutchison.)

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### **NUT CAKE**

1 cup brown sugar, 2 eggs,  $\frac{1}{2}$  t. Royal baking powder, 2 cups English walnut meats, 3 rounding T. of flour. Spread thin on a tin, and bake 20 minutes.—(Mrs. C. C. Goodes.)

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### **BUTTERNUT CAKE**

Cream together  $1\frac{1}{2}$  c. sugar and  $\frac{1}{2}$  c. butter. Add  $\frac{3}{4}$  c. sweet milk,  $2\frac{1}{2}$  c. flour sifted with 2 t. Royal baking powder, 1 c. nut meats dredged lightly with flour. Lastly add  $\frac{1}{2}$  t. vanilla and fold in the whites of 4 eggs beaten stiff.—(Mrs. George R. Goering.)

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## CAKES—Continued

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### HUCKLEBERRY CAKE

1 cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{4}$  cup milk, 2 eggs,  $\frac{1}{2}$  teaspoon nutmeg if desired, a little salt, 2 teaspoons Royal baking powder,  $1\frac{1}{2}$  cups flour, 1 pint berries dredged in flour. Sprinkle sugar over top. Bake quick.—(Mrs. R. C. Durant.)

### ORANGE CREAM CAKE

Cream together 1 cup sugar,  $\frac{1}{4}$  cup butter, and add 2 eggs well beaten. Sift together  $1\frac{1}{2}$  cups flour, 2 teaspoons Royal baking powder,  $\frac{1}{2}$  teaspoon salt. Add to above mixture alternately with  $\frac{2}{3}$  cup of milk. Bake in layers.

**Filling**—Grated rind and juice of 2 oranges,  $\frac{2}{3}$  cup of boiling water. Pour over  $\frac{1}{2}$  cup of sugar well mixed with  $1\frac{1}{2}$  tablespoons of flour or corn starch. Cook until thick in double cooker, then add 1 tablespoon melted butter and white of 1 egg beaten stiff.

When both cake and filling are cold, put together and cover with white frosting and decorate with sections of orange.—(Mrs. Demorest.)

### CHOCOLATE STRIPS

$\frac{1}{2}$  cup of butter, 1 cup of sugar, 2 eggs,  $1\frac{1}{2}$  squares chocolate, 1 teaspoon vanilla,  $1\frac{1}{4}$  cups flour, 1 cup nut meats. Bake in a shallow tin; while hot cut in narrow strips two or three inches long.

(Mrs. Marshall Smith.)

### BELFAST CAKE

$\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups sugar, 1 egg, 1 cup sour milk, 2 cups of graham (sifted),  $\frac{1}{2}$  cup white flour, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon nutmeg,  $\frac{1}{4}$  teaspoon salt, 1 cup raisins. May bake in layers, using raisins for filling.—(Mrs. Marshall Smith.)

### GRAHAM CAKE

$\frac{1}{2}$  cup butter, 1 cup sugar, 1 egg, 1 cup milk, 16 graham crackers (rolled fine), 1 cup flour, 2 teaspoons Royal baking powder. Bake in two layers.

**Filling**—1 cup powdered sugar, 1 large tablespoon butter. Thin with cream to spread.—(Mrs. Mary Maines.)

### BOILED FROSTING

1 c. sugar,  $\frac{1}{2}$  c. water, 1 egg white, 1 t. flavoring,  $\frac{1}{4}$  t. cream of tartar. Add cream of tartar to sugar and water. Boil till a syrup which must make a soft ball in cold water. Add slowly to stiffly beaten white of egg. Beat thoroughly.—(Mrs. W. G. LaRock.)

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## COOKIES AND FRIED CAKES

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---

### DOUGHNUTS

2 eggs,  $\frac{1}{2}$  cup sugar, 4 tablespoons melted butter, 2 cups flour into flour sieve; into flour put  $\frac{1}{2}$  teaspoon salt, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda. Add about 1 cup of flour, roll out and fry.  
(Mrs. E. P. Hopkins.)

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### FRIED CAKES

1 c. sugar, 1 egg, 1 t. soda, 1 c. sour milk or buttermilk, 3 T. shortening, flour to mix. Makes about three dozen.—(Camilla E. Woolfitt.)  
(Camilla E. Woolfitt.)

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### POTATO FRIED CAKES

Two medium-sized potatoes mashed, 1 t. butter, 1 t. soda, 1 scant cup sugar, 1 egg,  $1\frac{1}{2}$  t. Royal baking powder,  $\frac{1}{2}$  cup (large) of milk. Flour enough to roll out well.—(Mrs. C. C. Goodes.)

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### BUTTER SCOTCH COOKIES

2 cups of medium brown sugar, 1 cup melted butter, 1 tablespoon soda, 1 of vinegar, 1 of cream of tartar, 2 eggs well beaten, vanilla, flour to make stiff. Mix into rolls and put into refrigerator over night. In the morning slice off and bake in hot oven.—Mrs. Black.)

---

### MOLASSES COOKIES

1 cup molasses,  $\frac{1}{2}$  cup brown sugar, 1 cup butter (or shortening),  $\frac{1}{2}$  cup hot water,  $\frac{1}{2}$  teaspoon salt (unless butter is used), 1 teaspoon each of cinnamon, cloves and ginger. Mix soft and bake in rather quick oven.—(Mrs. C. W. Root.)

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### CRUMB COOKIES

2 cups brown sugar, 1 cup lard, 1 cup molasses, 5 cups crumbs, 1 cup cold water, 5 cups flour, 3 eggs, 2 teaspoons cinnamon, 2 teaspoons soda, salt.—(A. H. Baker.)

## COOKIES AND FRIED CAKES—Continued

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### BROWN SUGAR COOKIES

2 cups light brown sugar, 2 eggs, 1 cup butter and lard mixed,  $\frac{1}{2}$  cup sour cream (scant measure), 1 teaspoon soda, grated nutmeg, lemon extract, flour to handle easily.—(Mrs. Slawson.)

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### ROCKS

1  $\frac{1}{2}$  c. brown sugar, 1 c. butter, 3 c. flour, 1  $\frac{1}{2}$  c. raisins, 1 lb. English walnuts, 3 eggs, 2 t. cinnamon, 1 scant t. cloves, 1 t. soda dissolved in a little hot water. Drop on greased pan and bake in a moderate oven.—(Margaret K. Barringer.)

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### FRUIT COOKIES, FILLED

2 cups granulated sugar, 1 cup lard, 2 eggs, 2 t. soda dissolved in a little hot water. Then fill cup up with sweet milk. 4 level t. cream of tartar, 7 cups of flour with cream of tartar sifted into it, 2 t. lemon extract.

**Filling**—2 cups chopped raisins, 1 cup sugar, 1 cup hot water, 2 T. flour mixed with sugar. Boil until thick. Roll cookies thin, spread with filling, place another over it and bake.—(Mrs. Marshall M. Frisbie.)

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### WHITE COOKIES

1  $\frac{1}{2}$  cups sugar, 1  $\frac{1}{2}$  cups butter,  $\frac{1}{4}$  cup sweet milk, 1 teaspoon soda in milk, 2 eggs well beaten, 4 cups flour. Roll thin. Vanilla flavor. (Mrs. Hopkins.)

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### ROCK ISLAND COOKIES

Cream  $\frac{1}{2}$  cup of butter or substitute with 1 cup of light brown sugar. When light and creamy add 1 egg and beat 5 minutes. Sift 2 even teaspoons Royal baking powder with 1  $\frac{1}{2}$  cups of flour. Add 2 tablespoons of sweet milk to egg mixture. Flavor with vanilla and a dash of nutmeg. Add flour and baking powder, drop from spoon onto well greased pans and bake in a quick oven.

(Mrs. Harriet Thompson.)

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### OATMEAL COOKIES

1 cup white sugar, 1 cup brown sugar, 2 cups lard, 6 cups oatmeal, 2 cups flour, 1 egg, 1 teaspoon soda in  $\frac{1}{2}$  cup hot water, 1 tablespoon nutmeg; salt. Roll out with as little flour as possible.

**Filling**—1 lb. dates with 1 cup sugar. Cook until a paste. Place 1 teaspoon of paste between two thin layers for cookie.

(Mrs. Geo. H. Gorden.)

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## COOKIES AND FRIED CAKES—Continued

### GINGER SNAPS

1 cup molasses, 1 cup brown sugar, 1 cup butter, 1 egg, 1 tablespoon ginger, 1 tablespoon vinegar, 1 tablespoon soda, 7 cups of flour.

Put molasses, sugar and butter to boil. When it begins to boil add soda, vinegar and ginger. Let it cool thoroughly; add egg and flour.—(Mrs. E. P. Hopkins.)

### WHITE COOKIES

2 c. sugar, 1 c. sour cream, 1 c. butter or shortening, 2 eggs, 1 even t. soda, 1 t. Royal baking powder, nutmeg to season, flour to mix. Makes three dozen.—(Camilla Woolfitt.)

### MOLASSES COOKIES

1 cup brown sugar,  $\frac{3}{4}$  cup molasses,  $\frac{1}{2}$  cup shortening,  $\frac{1}{2}$  cup hot water, 1 egg, 1 teaspoon ginger, 2 teaspoons soda; salt; flour to make rather a stiff mixture. Roll thin and bake in quick oven.

(Emeline A. Chase.)

### OATMEAL COOKIES

1 cup brown sugar, 1 cup shortening (bacon fine),  $1\frac{1}{2}$  cups sweet milk, 2 cups oatmeal, 2 cups flour, 2 eggs (well beaten), 1 teaspoon soda, 1 teaspoon salt, 1 teaspoon cinnamon, 1 teaspoon Royal baking powder. Let stand 2 hours. Drop on tin with tablespoon.

(Mrs. C. E. Baldwin.)

### OATMEAL MACAROONS

4 cups oats, 2 cups brown sugar, 1 cup melted butter, 2 eggs, 1 cup cocoanut, 2 cups flour, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon Royal baking powder, pinch of salt.

Drop yolks of eggs into butter and sugar, beat well. Add cocoanut and salt. Dissolve soda in a little hot water, add oats and  $1\frac{1}{2}$  cups flour with baking powder sifted, adding last  $\frac{1}{2}$  cup flour sparingly. Add whites of eggs well beaten. Drop from teaspoon onto well greased pan. Bake in slow oven. Makes 60.—(Anna P. Dewey.)

### CREAM COOKIES

$1\frac{1}{2}$  cups sugar, 1 cup sour cream, 1 cup butter, 2 eggs, 1 t. soda, salt and nutmeg, flour to knead soft,  $\frac{1}{2}$  cup sugar to sprinkle over top.

Cream butter and sugar, then add well beaten eggs, add soda to cream; put all together and knead soft.—(Mrs. Twaits.)

### DATE BARS

1 c. nuts, 1 c. dates, 2 eggs, 3 T. flour, 1 t. baking powder, 1 t. vanilla. Beat eggs separately, add  $\frac{3}{4}$  c. powdered sugar, 2 T. cream. Bake on buttered tin.—(Mrs. Blanche Dumanois.)

## **COOKIES AND FRIED CAKES—Continued**

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### **ANISEED COOKIES**

$\frac{1}{2}$  c. shortening, 1 c. sugar, 2 eggs, 2 T. milk, 4 T. aniseed, 4 t. Royal baking powder and flour.—(Mrs. Blanche Dumanois.)

### **PECAN PRALINES**

2 c. brown sugar,  $\frac{1}{4}$  c. boiling water, 1 c. pecan meats, 2 T. butter. Boil sugar and water, add butter and nuts. Boil five minutes, remove and beat. Then drop by spoonful on buttered pan and bake.  
(Mrs. Blanche Dumanois.)

### **OATMEAL CAKES**

2 eggs, 1 scant cup sugar, 1 T. melted butter, a little salt, 1 t. vanilla, 1 t. Royal baking powder,  $2\frac{1}{2}$  c. rolled oats.

Drop in teaspoonsful, well apart, on a baking tin. Cook in slow oven.—(Margaret K. Barringer.)

### **FROSTED CREAMS (Quick and Economical)**

4 T. hot water, 5 T. melted butter, 1 t. soda, 1 t. vanilla. Put these into a cup then fill the cup with New Orleans molasses; 2 cups flour, sifted first then measured. Put into a cookie pan and spread out smooth. Frost with confectioners' sugar and cut in squares. Be careful not to overbake.—(Mrs. Marshall M. Frisbie.)

### **STUFFED COOKIES**

3 cups light brown sugar, 1 large cup lard, 3 eggs, 1 cup sweet milk, 1 teaspoon soda, 1 level spoon salt, 2 teaspoons Royal baking powder.

**Filling**— $\frac{1}{2}$  lb. figs,  $\frac{1}{2}$  lb. raisins. Grind, and cook down with two cups water and two cups sugar.

Alma Hinds Baker (Mrs. E. H.)

### **MABEL'S OATMEAL COOKIES**

1 cup sugar, 1 tablespoon melted butter, 2 eggs well beaten,  $2\frac{1}{2}$  cups Quaker oats, 2 teaspoons Royal baking powder, 2 teaspoons vanilla.

Mix in order given, drop mixture on shallow buttered tins, one-half teaspoon at a time, very far apart. Bake in moderate oven 5 or 10 minutes, not too brown. Remove from tins while still warm.

(Addie D. Monroe.)

### **COCOANUT MACAROONS**

One egg well beaten, one-half cup sugar, two-thirds of a cup of cocoanut and one cup of rolled oats. Make into small round cakes and bake in a quick oven until crisp.—(Mrs. F. M. Locy.)

### **SUGAR COOKIES**

2 cups sugar, 1 cup shortening, 2 eggs, 1 cup buttermilk, 1 teaspoon soda; flavoring; flour, as little as can be used to roll. Sprinkle sugar on top of cookies before baking.—(Mary A. Williams.)



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## COOKIES AND FRIED CAKES—Continued

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### BROWNIES

1 cup sugar,  $\frac{1}{2}$  cup butter, 2 eggs,  $\frac{1}{2}$  cup milk, 1 cup flour, 2 squares melted chocolate, 1 cup walnut meats cut fine, a little salt, 1 teaspoon vanilla. Rub sugar and butter together. Beat eggs separately and add whites last. No baking powder or soda.

(M. Alice Elwood.)

### CREOLES

3 eggs beaten,  $1\frac{1}{2}$  c. brown sugar,  $\frac{3}{4}$  c. flour, salt,  $\frac{1}{2}$  teaspoon Royal baking powder,  $1\frac{1}{2}$  c. pecan nuts. Mix in bowl, beat well and bake. Decorate with pecans.—(Mrs. Blanche Dumanois.)

### HERMITS

1 c. butter, 2 c. sugar,  $\frac{1}{2}$  c. sour cream, 3 eggs, 4 c. flour, 1 c. raisins (chopped), 1 c. nut meats, 1 t. soda, 1 t. cinnamon,  $\frac{1}{2}$  t. cloves,  $\frac{1}{2}$  t. nutmeg.—(Mrs. George R. Goering.)

### HERMITS

$1\frac{1}{2}$  cups brown sugar, 1 cup butter (part lard),  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  t. soda,  $2\frac{1}{2}$  cups flour, 3 eggs, 1 cup raisins (chopped), 1 c. currants, 1 cup chopped nuts, 1 teaspoon cinnamon and cloves. Drop from spoon.

(Mrs. A. A. Floyd.)

### MACARONI AND CHEESE

1 pkg. macaroni, cook and drain;  $\frac{1}{2}$  lb. grated cheese, 3 large onions chopped fine, 1 can tomatoes, salt and pepper. Add 1 chopped sweet pepper. Cook altogether and stir often.—(Mrs. A. A. Floyd.)

### NUT COOKIES

2 cups brown sugar, 1 cup shortening, 2 eggs,  $\frac{1}{2}$  cup New Orleans molasses, 1 teaspoonful soda (level), 1 scant cup sour milk, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoonful ground cloves; raisins and black walnut meats; flour to roll very soft.—(E. B. Swan.)

### JUMBLES

2 cups light brown sugar, 2 eggs,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup lard, 2 teaspoonsful water, 2 teaspoonsful vanilla, 1 teaspoonful Royal baking powder, 1 teaspoonful soda; vanilla. Flour to make very stiff.

(E. B. Swan.)

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## BREAD

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### SOFT GINGER BREAD

3 eggs, 1 c. butter, 1 c. molasses,  $3\frac{1}{2}$  c. flour, 1 t. ginger, 1 t. cinnamon, 1 c. sugar,  $\frac{1}{2}$  t. cloves, 1 t. soda, 1 t. Royal baking powder.

Cream butter and sugar together, add the egg yolks, molasses, and the milk with soda dissolved in it. Beat well, then add the flour in which have been sifted the baking powder and spices. Lastly the beaten whites of eggs. Bake in slow oven 45 minutes.—(Mrs. B. F. Miller.)

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### BROWN BREAD

$\frac{1}{2}$  cup sugar, butter size of egg,  $\frac{1}{2}$  cup molasses, pinch of salt, 2 cups sour milk, 1 teaspoon soda, 2 cups graham flour, 2 cups white flour. Let rise 15 minutes and bake in a slow oven.

(Mrs. Harriet Thompson.)

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### BETTE'S GEMS

3 tablespoons sugar, butter size of egg. Cream together, and add 1 egg well beaten, 1 cup sweet milk, 2 cups flour, 2 teaspoons Royal baking powder,  $\frac{1}{2}$  teaspoon salt.—(Addie D. Monroe.)

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### BAKING POWDER BISCUITS

2 c. flour, 4 t. Royal baking powder, 1 t. salt, 1 T. lard, 1 T. butter,  $\frac{3}{4}$  c. milk.

Mix dry ingredients, sift twice, chop butter and lard in with a knife. Add liquid, gradually pouring in the center. Use enough liquid to make soft dough. Toss on floured board, pat lightly to  $\frac{1}{2}$ -inch in thickness. Shape with biscuit cutter. Place in buttered pan. Bake in hot oven fifteen minutes.—(Mrs. W. G. LaRock.)

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## BREAD—Continued

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### NUT AND RAISIN LOAF

1 c. butter, 2 c. sugar, 3 eggs,  $2\frac{1}{2}$  cups flour, 2t. Royal baking powder, 1 t. salt, 1 c. broken walnut meats, 1 c. chopped raisins,  $\frac{2}{3}$  c. milk,  $\frac{1}{2}$  t. vanilla,  $\frac{1}{2}$  t. lemon extract.

Cream the butter and sugar. Add beaten egg yolks and beat until light. Sift flour, baking powder and salt together. Add nuts and raisins and stir into the butter mixture, alternately with the milk. Fold in stiffly beaten egg whites. Add flavoring. Pour into a well greased loaf tin and bake in moderate oven about 1 hour.

(Mrs. Harriet Thompson.)

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### MARY'S BROWN BREAD

$1\frac{1}{2}$  cups corn meal,  $1\frac{1}{2}$  cups graham flour, 1 teaspoon salt, 1 teaspoon soda (level), 1 teaspoon Royal baking powder (level),  $\frac{1}{2}$  c. flour. Mix all these together, and then sift. Add scant cup of yellow molasses and scant pint of sour or buttermilk. Pour into well greased coffee cans (without covers). Boil or steam 3 hours. Bake fifteen minutes. (Addie D. Monroe.)

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### MOTHER'S JOHNNY CAKE

1 egg,  $\frac{1}{4}$  cup butter,  $1\frac{1}{2}$  cups sour milk, 2 cups corn meal, 1 teaspoon soda, 2 teaspoons flour.—(Mrs. A. A. Floyd.)

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### CHEESE ROLLS

2 cups flour, 4 teaspoons Royal baking powder, 2 tablespoons lard or butter,  $\frac{3}{4}$  tablespoon salt. Add milk to make dough. Roll  $\frac{1}{4}$ -inch thick, spread with melted butter and sprinkle 1 cup of grated cheese. Roll and cut and bake 20 minutes.—(Mrs. A. A. Floyd.)

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### BROWN BREAD

1 cup sour milk,  $\frac{1}{3}$  cup molasses, 1 cup white flour, 1 cup graham flour, 1 t. soda, 1 egg,  $\frac{1}{2}$  cup raisins. Beat egg, add sour milk with soda, and molasses, then flour, and raisins dredged with flour. Bake slowly about 1 hour.—(Mrs. Marshall M. Frisbie.)

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### DATE BREAD

$\frac{1}{2}$  cup sugar, 1 egg, 1 large tablespoon melted lard,  $2\frac{1}{2}$  cups of buttermilk, 2 level teaspoons soda, 1 teaspoon salt,  $3\frac{1}{2}$  cups graham flour, 1 lb. of dates cut in pieces. Bake slowly 40 minutes.

(Mrs. R. C. Durant.)

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## BREAD—Continued

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### DATE LOAF

1 cup brown sugar, 1 large T. butter, 1½ cups sour milk, 1 t. soda, 1 t. salt, 1½ cups white flour, 1½ cups graham flour, 1 lb. dates (stoned, floured and cut up), ¼ lb. shelled walnuts cut up. Bake 1½ hours in slow oven.—(Mrs. James Farber.)

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### CORN BREAD

2 eggs (beat separately), ¼ cup sugar, 2 tablespoons melted butter, 1 cup sweet milk, 1 cup flour, 1 cup corn meal, 2 level teaspoons Royal baking powder.—(Mrs. Slawson.)

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### POP-OVERS

2 eggs (well beaten), 1 cup milk, 1 cup flour. Bake slowly.  
(Mrs. L. R. Slawson.)

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### NUT BREAD

1 egg, ¼ c. sugar, ½ t. salt, 2 c. flour, 2 t. Royal baking powder, 1 c. milk, ½ c. nut meats.—(Camilla Woolfitt.)

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### BROWN BREAD

2 cups sour milk, ¼ cup white sugar, ¾ cup molasses, 4 cups graham flour with 1 t. Royal baking powder and 1 t. soda and a little salt. Slow oven 45 minutes.—(Mrs. W. H. Edwards.)

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### OATMEAL GEMS

2 cups rolled oats, 1½ cups sour milk. Let stand 6 or 8 hours. Cream 1 egg, ¼ cup sugar, 1 T. shortening, 1 cup flour. Into ½ t. salt, 1 t. soda, 1 t. Royal baking powder. Bake in medium oven.  
(Mrs. W. H. Edwards.)

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### DATE BREAD

½ c. sugar, 1 egg, 1 heaping T. melted lard, creamed. Add 2½ c. sour milk, 1 level t. soda, 1 level t. salt, 3½ c. graham flour, 2 T. molasses, 1 lb. dates cut in pieces. Bake slowly.  
(Mrs. Blanche Dumanois.)

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### NEW ENGLAND BROWN BREAD

3 cups corn meal, scald and let stand an hour. 1 cup white flour, 2 eggs well beaten, 1 cup New Orleans molasses, 1 spoon salt, 1 dessert spoon of soda. Steam three hours.—(Mrs. C. E. Baldwin.)

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### BRAN BREAD

4 cups bran, 2 cups white flour, 8 tablespoons molasses, 2 t. soda, 1 t. salt. Sweet milk "to make sloppy." This makes two loaves. Bake in a moderate oven.—(Mrs. C. E. Baldwin.)

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## BREAD—Continued

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### NUT BREAD

1 c. brown sugar, 1 egg, 2 c. buttermilk, 2 t. soda (dissolved in milk), 1 T. shortening,  $\frac{1}{2}$  t. salt, 3 c. graham flour, 1 c. wheat flour, 1 t. Royal baking powder, 1 c. nut meats. Bake slowly one hour.  
(Mrs. George R. Goering.)

### BOSTON BROWN BREAD

1 cup sour milk,  $\frac{1}{2}$  cup New Orleans molasses, 1 egg, 1 t. soda (dissolved in milk), butter size of walnut, enough graham flour to make cake batter; salt well. Steam  $1\frac{1}{2}$  hours. Start in cold water.  
(Mrs. James Farber.)

### NUT BREAD

Four cups flour, 4 t. Royal baking powder,  $\frac{1}{2}$  t. salt,  $\frac{1}{2}$  cup sugar. Mix and add 2 eggs, 2 cups sweet milk and 1 cup nut meats. Let stand 20 minutes then bake in a slow oven about 45 minutes.  
(Mrs. E. A. Rockwood.)

### NUT BREAD

4 cups flour, 1 cup nut meats cut up,  $\frac{3}{4}$  cup sugar, 1 egg, 2 cups milk, pinch of salt, 4 t. Royal baking powder. Let rise  $\frac{1}{2}$  hour. Bake in slow oven.—(Mrs. F. D. Chapel.)

### BROWN BREAD

2 cups graham flour,  $1\frac{1}{2}$  cups corn meal,  $\frac{1}{2}$  cup sugar, 1 teaspoon salt, 1 cup raisins,  $\frac{1}{2}$  cup molasses, 2 cups sour milk or buttermilk, 1 teaspoon soda. Steam 2 hours.—(Mrs. Demorest.)

### MRS. H.'S NUT BREAD

3 cups flour, 1 cup sugar, 4 teaspoons Royal baking powder, 1 teaspoon salt, sifted together. Add 1 cup chopped walnut meats; mix well with  $1\frac{1}{2}$  cups of milk and 1 well beaten egg. Let raise for 20 minutes and bake slowly 1 hour.—(Mrs. Demorest.)

### BRAN MUFFINS

1 cup white flour, 2 cups Kellogg's Prepared Bran, 1 egg,  $1\frac{1}{2}$  cups sour milk, 1 teaspoon soda sifted with the flour, 1 teaspoon melted butter, 1 teaspoon sugar or molasses,  $\frac{1}{2}$  teaspoon salt.—(Mrs. Demorest.)

### CORN BREAD

1 cup flour,  $\frac{1}{2}$  cup corn meal, 2 teaspoons Royal baking powder, 1 tablespoon sugar, 1 egg,  $\frac{1}{2}$  teaspoon salt, 1 cup milk, 1 tablespoon melted butter.—(Mrs. Demorest.)

### BROWN BREAD

1 egg, 2 cups of milk (sweet or sour),  $\frac{3}{4}$  cup white sugar filled up with molasses, 4 cups of graham flour. If cream is sweet, 4 teaspoons of baking powder; if cream is sour, 2 teaspoons of soda. Salt; nuts and raisins if desired. Bake one hour.—(Virginia S. Cook.)

## **BREAD—Continued**

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### **SPANISH BUNS**

$\frac{1}{2}$  cup butter, 1 cup light brown sugar, 2 egg yolks,  $\frac{1}{2}$  cup milk, 2 teaspoons cinnamon, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda,  $1\frac{1}{2}$  cups pastry flour. Sift together several times. Cream butter, sugar and egg yolks well beaten, then add milk and flour mixture alternately. Bake slowly.—(Mrs. F. Hammond.)

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### **BROWN BREAD**

2 cups sour milk, 1 teaspoon salt, 2 teaspoons soda,  $\frac{3}{4}$  cup of molasses (may use Karo if preferred). Mix 2 cups graham flour and 1 cup white flour. Add and stir thoroughly. Add raisins if desired. Bake in moderate oven.—(Mrs. Geo. E. Barnes.)

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### **BROWN BREAD**

2 cups graham flour, 1 cup sour milk, 1 teaspoon soda,  $\frac{1}{2}$  cup of brown sugar, 1 tablespoon molasses, 1 tablespoon shortening; raisins. Bake slowly.—(Mrs. E. D. Black.)

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### **BROWN BREAD**

4 cups graham flour, 2 cups sour milk,  $1\frac{1}{2}$  T. soda, nut meats or raisins,  $\frac{3}{4}$  cup molasses, pinch of salt,  $\frac{1}{4}$  cup sugar. Bake in slow oven.—(Mrs. J. E. Storer.)

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### **SOUR CREAM JUMBLES**

1 cup thick sour cream, 1 cup sugar, 1 teaspoon soda in cream,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vanilla, 2 cups flour, 2 teaspoons Royal baking powder sifted in flour. Bake in gem tins or as a loaf.

(Mrs. B. F. Miller.)

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### **POTATO TEA BISCUIT**

$\frac{3}{4}$  cup hot sifted potato,  $\frac{1}{4}$  cup butter, 1 teaspoon each of salt and sugar mixed well together, 1 cup scalded milk (cooled), 1 compressed yeast cake, white of one egg slightly beaten.

Knead with flour to a smooth dough. Let it rise, and knead down once. Then after second rising shape as desired. When very light bake 15 minutes.—(Mrs. Twaits.)

## MUFFINS, WAFFLES AND PANCAKES

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### WHEAT PANCAKES

2 cups sour milk (buttermilk best), 2 cups sifted flour, 2 level t. (scant) soda, 2 T. shortening, 2 eggs beaten separately, folding whites in last thing. Can be fried without greasing griddle. When shortening is used in batter, use Gold Medal flour.—(Mrs. J. E. Twaits.)

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### A REAL SOUTHERN JOHNNY CAKE

3 tablespoons shortening, 1 cup brown sugar, 1 egg,  $\frac{1}{2}$  teaspoon salt, 1 cup buttermilk or sour milk with an even teaspoon soda in it, 1 cup wheat flour and 1 cup Indian meal (granulated). Beat thoroughly. Bake with a slow fire.—(Caroline F. Elwood.)

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### SWEET MILK WAFFLES

2 cups flour,  $1\frac{1}{4}$  cups milk, 1 teaspoon baking powder (Royal), 3 eggs (whites and yolks beaten separately), 1 tablespoon melted lard. (E. B. Swan.)

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### MY NEIGHBOR'S PANCAKES

1 cup buttermilk, little salt, 1 rounding T. graham flour, 1 level t. of soda, 1 level t. Royal baking powder. Stir in white flour to make a batter.—(Mrs. B. M. Garner.)

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### PANCAKES

1 cup buttermilk or sour milk, 1 even teaspoon of soda dissolved in the milk, 1 tablespoon graham flour, 1 even teaspoon Royal baking powder, and wheat flour enough to make it the right consistency. This makes 9 or 10 pancakes.—(M. Alice Elwood.)

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## **MUFFINS, WAFFLES AND PANCAKES—Continued**

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### **QUEEN FRITTERS**

$\frac{1}{2}$  c. boiling water,  $\frac{1}{4}$  c. (scant) butter,  $\frac{1}{2}$  c. flour, 2 eggs. Put butter in sauce pan and pour on water. As soon as water reaches boiling point add all the flour at once. Stir until mixture leaves sides of saucepan, cleaving to the spoon. Remove from fire. Add eggs unbeaten one at a time, beating mixture thoroughly between adding of eggs. Drop by spoonful. Fry in deep fat, until well puffed out and browned. Drain.

These may be sprinkled with powdered sugar and filled with preserves.—(Mrs. W. G. LaRock.)

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### **FRITTERS**

1 egg,  $\frac{1}{4}$  cup milk (sweet), 1 cup flour, 3 teaspoons baking powder (Royal). Beat egg till light, add salt and milk, then flour and baking powder sifted together. If batter is too stiff add more milk. Fry in deep fat and serve hot with maple syrup.—(Mrs. C. W. Root.)

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### **WAFFLES**

$1\frac{1}{2}$  cups of flour (level measures) 1 cup of milk, 3 t. baking powder (Royal), 1 t. salt, yokes of 2 eggs beaten. The whites beaten stiff and added to the above mixture. Lastly add 1 large T. melted butter.—(Mrs. C. C. Goodes.)

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### **WAFFLES**

2 eggs beaten separately, 2 c. milk,  $1\frac{1}{2}$  c. flour, 2 t. Royal baking powder, 1 T. melted butter.—(Mrs. Blanche Dumanois.)

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### **GRAHAM GEMS**

One tablespoon butter, 3 tablespoons sugar, 1 egg, 1 cup sour milk, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup white flour, 1 cup graham flour.—(Mrs. E. D. Black.)

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### **OATMEAL MUFFINS**

$\frac{1}{2}$  cup oatmeal soaked in 1 cup sour milk. Add 1 heaping cup flour, 1 tablespoon sugar, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon Royal baking powder. Beat thoroughly.  $1\frac{1}{2}$  tablespoons shortening. Beat well and pour into muffin pans.—(Caroline F. Elwood.)

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## MUFFINS, WAFFLES AND PANCAKES—Continued

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### CORN MEAL GEMS

1 cup corn meal, 1 cup wheat flour, 1 cup sour milk, 1 egg, 1 tablespoon sugar,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon soda, 2 tablespoons shortening.—(Mrs. E. D. Black.)

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### MUFFINS

$\frac{1}{4}$  cup butter, 1 egg,  $\frac{1}{4}$  cup sugar,  $\frac{3}{4}$  cup milk,  $1\frac{3}{4}$  cups flour,  $2\frac{1}{2}$  teaspoons Royal baking powder sifted in flour. Cream butter and sugar, add the beaten egg, then a little flour and milk alternately. Bake in hot oven.—(Miss E. W. Witherbee.)

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### SQUASH MUFFINS

1 cup cooked and sifted squash, 1 egg,  $\frac{1}{3}$  cup sugar, 1 cup milk, a little salt,  $1\frac{1}{2}$  cups flour, 2 teaspoons Royal baking powder sifted in flour. Mix well and bake in gem pans in a hot oven.  
(Mrs. E. H. Knickerbocker.)

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### CORN MEAL CAKE

1 egg, butter size of egg, 1 c. sour milk, 1 t. soda,  $\frac{1}{4}$  c. sugar, 1 c. corn meal, 1 c. flour.—(Camilla Woolfitt.)

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### CORN PONE

To 1 cup scalding hot milk add  $\frac{1}{2}$  cup granulated corn meal,  $\frac{1}{2}$  teaspoon salt,  $1\frac{1}{2}$  tablespoons butter. When cool add 1 egg well beaten and 1 heaping teaspoon Royal baking powder. Pour into a hot spider or granite dish and bake in hot oven.  
(Mrs. E. H. Knickerbocker.)

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### BUCKWHEAT CAKE

2 cups buckwheat flour, 2 cups sour milk,  $\frac{1}{4}$  cup shortening, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon salt. Bake slowly in a broad shallow pan and cut in squares.—(Marjorie Black.)

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### OATMEAL MUFFINS

2 cups of rolled oats,  $1\frac{1}{2}$  cups of sour milk; let stand for 6 hours.  $\frac{1}{4}$  cup of sugar,  $\frac{1}{2}$  teaspoon of salt, 1 cup of flour, 1 egg, 1 teaspoon of soda. Bake in hot oven about  $\frac{1}{2}$  hour.—(Virginia S. Cook.)

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## DESSERTS, PUDDINGS, SAUCES

"The daintiest last, to make the end more sweet."

### PRUNE NUT WHIP

One pound of stoned and chopped prunes, whites of four eggs, one cup sugar beaten lightly, and one-half cup chopped nut meats. Bake until brown, serve with whipped cream.—(Mrs. F. M. Locy.)

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### SUET PUDDING

3 tablespoons sugar,  $\frac{1}{2}$  cup minced suet,  $\frac{1}{4}$  cup molasses,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{2}$  teaspoon of alspice, cloves and salt,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  cup raisins. Put into buttered dish and steam 3 hours.

**Hard Sauce**—Cream  $\frac{1}{4}$  cup butter, 1 cup powdered sugar, beaten egg white, 1 teaspoon vanilla.—(M. E. Chandler.)

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### MANHATTAN PUDDING

Juice of 3 oranges, juice of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  cup sugar. Stir often and let stand an hour or longer. 2 cups cream (whipped), 1 cup of powdered sugar, 1 cup nut meats cut not too fine.

Grease melon-shaped mold with olive oil, put in orange, spread in whipped cream with nut meats and sugar in, cover with paraffin paper, clamp on cover and place curved side down in equal parts of ice and rock salt for three hours.—(Mrs. F. D. Chapel.)

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### MARSHMALLOW CREAM

Dissolve 1 rounded T of Knox Granulated Gelatine in  $\frac{1}{2}$  cup cold water. Stir over the fire until dissolved. Add  $\frac{1}{2}$  cup cold water to gelatine and cool.

Beat the whites of 4 eggs, with a pinch of salt, until very stiff. Then very slowly add gelatine, beating all the time. Beat in one cup granulated sugar and 1 t. almond extract.

Take out one-third of the mixture and tint pink, spread over bottom of mold, sprinkle with finely chopped nuts. Then spread on the second one-third of white and more nuts. The last one-third tint green and spread on top. Sprinkling with nuts and chopped candied cherries if desired. May be made some time before needed. Turn out and slice and serve with sweetened whipped cream and flavored with vanilla.  
(Mrs. H. B. Freeman)



## **DESSERTS, PUDDINGS, SAUCES—Continued**

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### **DATE TORT**

Put through the food chopper separately 1 cup dates (1 lb.), and 1 level cup nut meats. Beat 1 level cup sugar with 3 egg yolks. Stir into this the dates and nut meats. Then sift in 4 heaping T. flour and 1 heaping t. Royal baking powder. Beat the whites of the 3 eggs and add last. Spread in a buttered pan  $\frac{1}{2}$ -inch thick and bake slowly until a good brown. Put into a cool oven and never allow it to get very hot.

Serve with whipped cream or in summer a slice of ice cream on top is very nice. To serve, cut the tart in pieces about 4 inches square. It will rise then fall a little. Is served cold.—(Mrs. B. M. Garner.)

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### **DATE TORT**

3 egg yolks,  $\frac{1}{2}$  cup sugar, 1 cup dates chopped,  $\frac{1}{2}$  cup nut meats, 1 cup bread crumbs, salt. Fold in white of eggs last. Bake 25 min. Flavor—vanilla. Serve with whipped cream.—(Mrs. J. E. Storer.)

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### **PUDDING SAUCE**

1 cup powdered sugar, 1 T. butter mixed together. Add the beaten yolk of 1 egg and lastly the beaten white. 1 t. vanilla. Serve on warm cake.—(Mrs. F. D. Chapel.)

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### **HOT CHOCOLATE SAUCE**

Mix  $\frac{1}{2}$  c. sugar, 4 level t. cocoa and 1 of flour; add 1 T. butter and 1 c. boiling water. Cook over steam until thickened. Vanilla.

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### **HARD SAUCE**

Cream  $\frac{1}{2}$  c. butter and 1 c. confectioners' sugar. Flavor if desired.  $\frac{2}{3}$  c. crusted strawberries may be added.

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### **CREAM SAUCE**

1 c. cream, beaten stiff; add  $\frac{1}{3}$  c. powdered sugar and  $\frac{1}{2}$  t. vanilla.

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### **DATE CRUMBLES**

2 eggs well beaten, 1 cup sugar, 2 teaspoonsful Royal baking powder, 1 rounded tablespoon flour, 1 cup chopped nut meats, 1 cup dates cut in small pieces. Mix together and spread in two greased pie tins. Bake in slow oven  $\frac{3}{4}$  hour. Crumble and serve in sherbet cups with whipped cream, mixed.—(Mrs. W. V. Smith.)

## DESSERTS, PUDDINGS, SAUCES—Continued

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### PINEAPPLE CREAM

1 pint cream whipped and sweetened; two teaspoons gelatine soaked in 3 tablespoons cold water. Add a little hot water and add to the cream 1 pint shredded pineapple. Let stand about ten minutes then put into sherbet cups. Serves 10 or 12.—(Mrs. W. V. Smith.)

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### GLORIFIED HARD SAUCE FOR PUDDINGS

Into three tablespoons of butter creamed, stir as much confectioner's sugar as possible; then add one-half pint of whipped cream and flavor.—(Mrs. J. M. Johnson.)

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### CRANBERRY SOUFFLE

Cook and strain 1 qt. cranberries, 2 cups sugar. Let cook till sugar is dissolved, then let cool. Add whites of 3 eggs beaten to stiff froth. Put in oven till set. When cool put in sherbet glasses and add whipped cream with nuts.—(Mrs. W. V. Smith.)

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### DATE PUDDING

1 c. sugar,  $\frac{1}{3}$  c. cream, 1 c. dates,  $\frac{1}{2}$  c. almonds chopped, 2 egg whites beaten. Boil sugar and cream until it threads, pour over the beaten whites, then add almonds and dates.—(Mrs. Blanche Dumanois.)

---

### BAKED CUSTARD

1 quart milk, 4 eggs, salt, sugar to taste. Beat eggs with an egg beater, but not too foamy. Add milk and beat. Lastly add salt, sugar and nutmeg or other flavoring. Put custard cups in pan of water while baking.—(Caroline F. Elwood.)

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### CREAM TAPIOCA

Soak 3 tablespoons pearl tapioca in water for an hour. Add  $\frac{1}{2}$  cup sugar, 3 eggs, salt, 1 qt. milk, butter, flavoring. Cook in double cooker until thick and serve cold.—(A. H. Baker.)

---

### STRAWBERRY SHORT CAKE

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

Put all ingredients except egg white in mixing bowl and beat well. Fold in stiffly beaten white, turn into greased shallow pan. Bake in hot oven. Crush half the berries and sweeten, let stand half an hour. Cover short cake crust first with crushed berries, then with whole ones. Cover all with whipped cream.—(Mary A. Williams.)

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## **DESSERTS, PUDDINGS, SAUCES—Continued**

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### **RHUBARB PUDDING**

Grease a pudding dish and put into it a layer of bread crumbs moistened with lemon juice and generously mixed with sugar. Sprinkle the crumbs with small pieces of butter and over them pour a thick layer of stewed rhubarb well sweetened. Now add more crumbs and more rhubarb until dish is full. Sprinkle the top with dry crumbs dotted with butter. Bake, covered for  $\frac{1}{2}$  hour. Uncover, bake for ten minutes longer. Serve with a hard sauce.—(Mrs. M. E. Chandler.)

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### **LEMON PUDDING**

$\frac{1}{2}$  cup sugar, 2 t. (level) corn starch, 4 t. (level) cold water, pinch of salt, 1 cup boiling water. Cook thoroughly then beat this into the whites of 2 eggs and the grated rind of 1 lemon and juice of 1 lemon. (Mrs. J. E. Storer.)

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### **COCOA PUDDING WITHOUT MILK**

1 quart boiling water; mix 3 tablespoons cocoa and 3 tablespoons corn starch; sweeten to taste and add a little vanilla extract. Cook all thoroughly in double boiler and pour into mould. Serve cold with cream.—(Miss E. W. Witherbee.)

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### **MOTHER MONROE'S PRUNE WHIP**

1 pound prunes, 1 cup sugar, whites of 4 eggs. Wash prunes, soak over night, cook slowly until tender (very soft). Remove pits and whip with fork until well broken. Add sugar and well beaten whites of eggs, whip some more, and pour into buttered pudding dish. Bake until light brown.

**Sauce**—Make boiled custard as follows: 1 pint milk, yolks of two eggs,  $\frac{1}{2}$  cup sugar. Boil in double boiler until creamy, add 1 scant teaspoon of corn starch mixed with little cold water, stirring well. Cool, flavor with vanilla. Serve cold, with cold prune whip. (Addie D. Monroe.)

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### **CHOCOLATE SAUCE**

2 c. milk,  $1\frac{1}{2}$  T. corn starch, 2 squares Bakers' chocolate, 4 T. powdered sugar, 2 T. hot water, 2 eggs,  $\frac{3}{4}$  c. powdered sugar, 1 t. vanilla.

Scald all but  $\frac{1}{4}$  c. milk, add corn starch diluted with the remaining milk. Cook 8 minutes in double boiler. Melt chocolate over hot water, add 4 T. powdered sugar and the hot water, stir until smooth into the cooked mixture. Beat whites of egg stiff. Add remaining powdered sugar beating the unbeaten yokes and stir into cooked mixture. Cook 1 minute. Add vanilla and cool before serving.—(Mrs. W. G. LaRock.)

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**Avoid Baking Worries—Use GOLD MEDAL FLOUR**

## DESSERTS, PUDDINGS, SAUCES—Continued

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### POOR MAN'S PUDDING

1 cup suet, 1 cup molasses, 1 cup water or milk, 1 cup fruit, 1 t. cinnamon,  $\frac{1}{2}$  t. cloves, 1 t. soda. Stir in flour for thick batter and steam two hours.

**Sauce for Pudding**—Scant  $\frac{1}{2}$  cup butter, 1 cup pulverized sugar, beaten to cream. 1 cup boiling water, beaten white of one egg stirred in last.—(Mrs. J. E. Twaits.)

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### CHOCOLATE BREAD PUDDING

1 pt. bread crumbs, 1 qt. milk, 2 squares Bakers' chocolate,  $\frac{2}{3}$  c. sugar, 2 eggs,  $\frac{1}{4}$  t. salt, 1 t. vanilla.

Soak bread crumbs in milk 30 minutes. Melt chocolate in sauce pan placed over hot water. Add one-half the sugar and enough milk taken from the bread and milk to make of the consistency to pour. Add to the mixture remaining sugar, salt, vanilla and eggs slightly beaten. Turn into a buttered pudding dish and bake one hour in moderate oven. Serve with hard sauce or chocolate sauce.—(Mrs. W. G. LaRock.)

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### MINT JELLY

1 cup mint leaves,  $\frac{1}{2}$  cup vinegar and lemon juice mixed,  $\frac{1}{2}$  cup sugar,  $1\frac{1}{2}$  cups water. Simmer slowly for one-half hour, add 2 table-spoons gelatine that has been dissolved in cold water. Pour in moulds to harden.—(Mrs. A. A. Floyd.)

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### STEAM PUDDING

1 egg, 1 tablespoon butter,  $\frac{1}{2}$  c. milk,  $1\frac{1}{2}$  c. flour, 1 small c. sugar, 2 t. Royal baking powder; vanilla. Steam one hour.

(Camilla E. Woolfitt.)

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### PINEAPPLE PUDDING

To juice left from a can of sliced pineapples, add juice of  $\frac{1}{2}$  lemon and water to make 1 pint of liquid. Put in double boiler and thicken with cornstarch to consistency of filling for lemon pies, (about 4 level tablespoons). When thickened add small piece of butter and let cool. When cool stir in beaten whites of 2 eggs and place in mold. Serve with whipped cream. Nuts may be added if desired.

(Mrs. J. M. Johnson.)

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### SAILOR'S DUFF

1 egg,  $\frac{3}{4}$  cup molasses,  $1\frac{1}{2}$  cups flour, 1 level teaspoon of soda in  $\frac{1}{2}$  cup warm water, salt (1 pinch). Steam 1 hour.

**Sauce**—To  $\frac{1}{2}$  pint of whipped cream add  $\frac{3}{4}$  cup of confectioners' sugar, yolks of 2 eggs and lastly beaten whites and vanilla.

(Mrs. J. M. Johnson.)

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## DESSERTS, PUDDINGS, SAUCES—Continued

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### GINGER PUDDING

2 tablespoons sugar,  $\frac{1}{3}$  cup butter, 2 eggs,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup hot water, 1 teaspoon soda, 1 teaspoon salt (small),  $\frac{1}{2}$  teaspoon ginger,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon cinnamon, flour. Stir as thick as cream cake and steam  $1\frac{1}{2}$  hours. Serve with whipped cream.

(Mrs. C. E. Williams.)

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### BREAD PUDDING

1 cup milk, 1 egg, 2 tablespoons sugar,  $\frac{1}{8}$  teaspoon salt, 1 slice bread,  $\frac{1}{2}$  teaspoon vanilla. Beat egg yolk, sugar and milk together, crumble in bread, bake or steam. Beat white and spread over top just before done. Serve with whipped cream.—(Mrs. C. W. Root.)

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### CARAMEL TAPIOCA PUDDING

1 cup Pearl Tapioca soaked in 2 cups cold water over night. Add 2 cups brown sugar dissolved in  $2\frac{1}{2}$  cups boiling water. Bake until clear or about  $1\frac{1}{2}$  hours. Stir once in awhile. Serve cold with whipped cream.—(Mrs. F. D. Chapel.)

---

### LEMON PUDDING

$\frac{1}{2}$  cup sugar, 2 level T. cornstarch, 4 level T. water, pinch of salt. Add 1 cup boiling water and stir until cooked. Beat whites of 2 eggs stiff and add to the above with the grated rind and juice of one lemon. Serve cold.—(Mrs. F. D. Chapel.)

---

### SUET PUDDING

$\frac{1}{2}$  cup suet (chopped fine),  $\frac{1}{2}$  cup best molasses,  $\frac{1}{2}$  cup raisins,  $\frac{1}{2}$  cup sweet milk, 2 level cups flour and a small t. Royal baking powder, 1 level t. soda (steam 2 hrs.). Figs or dates may be used instead of raisins, and nut meats added.

**Sauce No. 1**—1 level cup sugar and  $\frac{1}{2}$  cup butter creamed together. Add the beaten yolk of 1 egg, then the beaten white. Last beat in 1 cup cream whipped.

**Sauce No. 2**—1 level cup sugar and  $\frac{1}{2}$  cup butter creamed. Beat in 1 beaten egg, 1 T. boiling water and juice of 1 lemon. Heat in a bowl over tea kettle while eating dinner.—(Mrs. B. M. Garner.)

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## DESSERTS, PUDDINGS, SAUCES—Continued

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### APPLE TAPIOCA

$\frac{1}{2}$  doz. tart apples, 1 cup sugar, pinch of salt,  $\frac{1}{2}$  cup minute tapioca or pearl tapioca soaked over night, 1 qt. water. Put tapioca in hot water in double boiler and cook 15 minutes. Then pour over pared and sliced apples, with sugar, salt and a sprinkle of cinnamon, and bake about  $\frac{1}{2}$  hour in a covered dish. Serve with plain or whipped cream.—(Mrs. Marshall M. Frisbie.)

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### STEAMED CUP PUDDING

1 egg,  $\frac{1}{2}$  cup granulated sugar, lump of butter size of an egg, 1 cup sweet milk, 2 level t. baking powder, sifted with 1 big cup of flour. Put in 6 greased cups and steam 15 minutes. Use peaches, cherries or berries with it. Put a little batter in bottom of cup, then fruit, then batter.

**Sauce for Pudding**— $\frac{1}{2}$  cup sugar, lump of butter, 1 T. flour. Rub together, pour about 2 cups cold water over mixture and cook carefully until thick. Flavor with vanilla after cooking.

(Mrs. Marshall M. Frisbie.)

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### TAPIOCA DATE PUDDING

$\frac{3}{4}$  cup minute tapioca,  $1\frac{1}{2}$  cups brown sugar, 3 cups boiling water,  $\frac{1}{3}$  package dates or figs,  $\frac{1}{4}$  t. salt. Cook in double boiler  $\frac{1}{2}$  hour, remove and add  $\frac{1}{2}$  cup chopped nuts and flavoring. Put in molds. Serve cold with plain or whipped cream. Juice of  $\frac{1}{2}$  lemon is a pleasant addition.—(Mrs. James Farber.)

---

### SLATE PUDDING

1 cup chopped dates, 1 cup broken English walnuts,  $\frac{1}{4}$  cup flour, 1 teaspoon Royal baking powder,  $\frac{1}{2}$  cup milk, 2 eggs,  $\frac{1}{4}$  cup sugar.

Mix the dates, walnuts, flour and baking powder. Beat the whites of the eggs until stiff and dry, then gently fold in the sugar, beaten yolks, milk and first mixture. Bake  $\frac{1}{2}$  hour in a slow oven or 45 minutes in fireless cooker.—(Kathryn Mitchell Edmund.)

---

### LEMON RICE PUDDING

$\frac{1}{2}$  cup of rice (well cooked and salted),  $\frac{1}{2}$  cup sugar,  $1\frac{1}{2}$  cups sweet milk, 2 eggs. Beat the yolks and sugar, with grated rind of one lemon, together and stir into milk. Cook until it thickens and stir into rice. Cover with frosting made of the beaten whites, juice of the lemon and  $1\frac{1}{2}$  cups granulated sugar, and bake to a light brown.

(Mrs. James Farber.)

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## **DESSERTS, PUDDINGS, SAUCES—Continued**

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### **APPLE TAPIOCA**

½ doz. tart apples, 1 cup sugar, pinch of salt, ½ cup minute tapioca or pearl tapioca soaked over night, 1 qt. water. Put tapioca in hot water in double boiler and cook 15 minutes. Then pour over pared and sliced apples, with sugar, salt and a sprinkle of cinnamon, and bake about ½ hour in a covered dish. Serve with plain or whipped cream.—(Mrs. Marshall M. Frisbie.)

---

### **STEAMED CUP PUDDING**

1 egg, ½ cup granulated sugar, lump of butter size of an egg, 1 cup sweet milk, 2 level t. baking powder, sifted with 1 big cup of flour. Put in 6 greased cups and steam 15 minutes. Use peaches, cherries or berries with it. Put a little batter in bottom of cup, then fruit, then batter.

**Sauce for Pudding**—½ cup sugar, lump of butter, 1 T. flour. Rub together, pour about 2 cups cold water over mixture and cook carefully until thick. Flavor with vanilla after cooking.

(Mrs. Marshall M. Frisbie.)

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### **TAPIOCA DATE PUDDING**

¾ cup minute tapioca, 1½ cups brown sugar, 3 cups boiling water, ⅓ package dates or figs, ¼ t. salt. Cook in double boiler ½ hour, remove and add ½ cup chopped nuts and flavoring. Put in molds. Serve cold with plain or whipped cream. Juice of ½ lemon is a pleasant addition.—(Mrs. James Farber.)

---

### **SLATE PUDDING**

1 cup chopped dates, 1 cup broken English walnuts, ¼ cup flour, 1 teaspoon Royal baking powder, ½ cup milk, 2 eggs, ¼ cup sugar.

Mix the dates, walnuts, flour and baking powder. Beat the whites of the eggs until stiff and dry, then gently fold in the sugar, beaten yolks, milk and first mixture. Bake ½ hour in a slow oven or 45 minutes in fireless cooker.—(Kathryn Mitchell Edmund.)

---

### **LEMON RICE PUDDING**

½ cup of rice (well cooked and salted), ½ cup sugar, 1½ cups sweet milk, 2 eggs. Beat the yolks and sugar, with grated rind of one lemon, together and stir into milk. Cook until it thickens and stir into rice. Cover with frosting made of the beaten whites, juice of the lemon and 1½ cups granulated sugar, and bake to a light brown.

(Mrs. James Farber.)

## DESSERTS, PUDDINGS, SAUCES—Continued

---

### NEW STYLE BAVARIAN CREAMS

The Bavarian creams made from the following recipe are "new style" in their simplicity and economy and their piquancy of flavor. No sugar, cream or eggs are used in these delightful dishes, but only whipped Jell-O and fruit juices (the fruit itself only when particularly desired).

---

#### PINEAPPLE BAVARIAN CREAM

Dissolve a package of Lemon Jell-O in a half pint of boiling water and add a half pint of juice from a can of pineapple. When cold and still liquid whip to consistency of whipped cream. Add a cup of shredded pineapple if you wish. Serves from 9 to 12 persons.

Instead of pineapple juice, berry juice or other fruit juices may be used to make similar Bavarian creams.

---

#### HOW TO WHIP JELL-O

If you have never whipped Jell-O and know nothing about the process, you will be glad to know that it is as simple a matter as whipping thick cream. Begin to whip the jelly while it is still liquid—cold but not yet congealing—and whip till it is of the consistency of thick whipped cream. Use a Dover egg-beater and keep the Jell-O cold while whipping by setting the dish in cracked ice, ice water or very cold water. A tin or aluminum quart measure is an ideal utensil for the purpose. Its depth prevents spattering, and tin and aluminum admit quickly the chill of the ice or cold water. Add cream or whatever else goes into the dessert after—not before—whipping the Jell-O. The whipping process more than doubles the quantity of plain Jell-O, so that when whipped one package of Jell-O serves twelve persons instead of six.

---

#### THE "PLAIN" JELL-O DESSERT

Dissolve one package of Jell-O, any flavor, in a pint of boiling water. Pour into a mould and put in a cold place to harden. When set turn out on a plate.

Be sure to use Jell-O, with the name Jell-O in big, red letters on the package.

---

#### SNOW PUDDING

Dissolve a package of Lemon Jell-O in a pint of boiling water. When cold and still liquid whip with an egg-beater to consistency of whipped cream. Let stand till firm and then pile it by spoonfuls into sherbet glasses and serve with egg custard.

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## DESSERTS, PUDDINGS, SAUCES—Continued

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### PINEAPPLE TRIFLE

Dissolve 1 pkg. orange jello in  $\frac{1}{2}$  pt. boiling water. When cool add  $\frac{1}{2}$  cup grated pineapple, juice of  $\frac{1}{2}$  orange,  $\frac{1}{3}$  cup sugar. Let stand until it begins to thicken then add  $\frac{1}{2}$  pt. of cream whipped stiff.—(Mrs. W. H. Edwards.)

---

### CARAMEL PUDDING

1 pint of milk, 3 eggs, 6 tablespoons of flour. Cook in double boiler. Melt  $1\frac{1}{2}$  cups of brown sugar. Turn custard into melted sugar and add one-third cups each of raisins, figs and nut meats. Cut fine. Serve with whipped cream.—(Mrs. Marshall Smith.)

---

### DATE PUDDING

Cut up one package dates, add 2 cups boiling water. Into this dissolve 2 level teaspoonsful soda. Let stand to cool. 2 tablespoonsful butter, 2 cups sugar, 2 well beaten eggs, 1 teaspoon salt, 2 level cups flour. Mix sugar, butter, eggs and salt, add alternately the soda mixture and flour. Bake, slow oven 40 minutes. Serve with whipped cream.—(Anna P. Dewey.)

---

### DATE PUDDING

1 lb. dates,  $\frac{1}{2}$  lb. suet cut fine,  $1\frac{1}{4}$  cups milk or water, 2 cups flour, 1 tablespoon molasses, 1 teaspoon soda, 1 teaspoon Royal baking powder; salt. Steam two and one-half hours.—(Mrs. Marshall Smith.)

---

### DATE PUDDING

1 lb. chopped dates, 1 c. nut meats, 1 c. sugar, 3 T. flour, 1 t. Royal baking powder, 2 eggs well beaten; mix well. Add 2 well beaten eggs. Bake in a shallow pan very slowly 40 minutes. Set pan in dish of water. Serve with whipped cream.—(Mrs. George R. Goering.)

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## DESSERTS, PUDDINGS, SAUCES—Continued

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### CARROT PUDDING

1 cup raw carrots, 1 cup raw potatoes,  $\frac{1}{2}$  cup melted butter or oleo, 1 cup sugar, 1 cup flour, 1 t. nutmeg, 1 t. cinnamon, 1 t. salt, 2 cups of raisins.

Put carrots and potatoes separately through meat grinder and measure. Mix with them the butter and sugar, then add flour mixed and sifted with other dry ingredients. Add the raisins that have been dredged with a little flour. Steam  $2\frac{1}{2}$  hours or less if small molds are used. Serve with hard sauce or whipped cream.

(Mrs. H. B. Freeman.)

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### ENGLISH PLUM PUDDING

$\frac{1}{2}$  lb. each of chopped suet, raisins, currants, sugar, and bread crumbs, 2 chopped apples, 1 lemon (grate the rind),  $\frac{1}{4}$  teaspoonful each of cloves, cinnamon and salt, 4 eggs (whites and yolks beaten separately). Weight ingredients carefully and mix well. Steam 5 hours. Serve with hard sauce.—(Mrs. E. C. Smith, Jr.)

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### CHERRY PUDDING

1 tablespoon butter, 1 cup sugar, 1 egg, 1 cup milk, 2 cups flour, 2 teaspoons Royal baking powder, nutmeg, 2 cups fruit.

Butter pudding dish well. Put fruit in bottom and pour batter over. Bake 1 hour.

**Sauce**—1 tablespoon butter,  $\frac{1}{2}$  cup sugar, 1 tablespoon flour, and nutmeg. Rub butter, sugar and flour together. Add nutmeg. Add hot water and stir on the stove until proper consistency. Add lemon juice. Fruit juice makes it very palatable.—(M. Alice Elwood.)

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### LEMON CREAM PUDDING

Into  $1\frac{1}{2}$  cups boiling water stir 2 tablespoons corn starch which has been moistened in the juice of 1 large lemon. Add 1 cup sugar and the yolk of one egg (or more according to the number of the company to be served), and let boil about 5 minutes. Then add the beaten white of the egg. Set aside to cool and serve with whipped cream. You may make a meringue of the beaten white of the egg and some powdered sugar and serve that way.—(Caroline F. Elwood.)

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**GOLD MEDAL FLOUR** Makes Delicious Cakes and Pastries



## **PIES**

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### **SWEET POTATO PIE**

2 or 3 potatoes boiled and mashed,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon nutmeg,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{4}$  cup brown sugar, 2 tablespoons fat. Add enough milk to mixture so it will not run when put into crust, and then bake slowly.

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### **SWEET POTATO PUDDING**

Add raisins to the above mixture and bake in a pan without crust, slicing marshmallows over the top and browning just before removing pudding from oven.—(Carrie Billings Miller.)

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### **ELDERBERRIES FOR PIES**

6 lbs. of the fruit after being picked from stems, 4 lbs. brown sugar, 1 pint of vinegar, 1 tablespoonful of cinnamon, 1 teaspoonful each of cloves and allspice. Boil until thick. Can while hot.  
(Mrs. E. C. Smith, Jr.)

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### **ORANGE PIE**

Mix the grated pulp (except the bitter center part), skin and juice of two oranges, with one cup of sugar. Into this stir the yolks of three eggs and one-half cupful of sweet cream. Bake in crust as a custard, beat the whites of three eggs, using just enough sugar to make them stiff. Brown in oven.—(Mrs. F. M. Locy.)

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## PIES—Continued

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### BUTTER SCOTCH PIE

2 tablespoons butter,  $1\frac{1}{2}$  cups brown sugar, 2 eggs, 1 pint milk, 2 tablespoons corn starch, 1 baked pie shell, 2 tablespoons granulated sugar. Brown the butter, add the brown sugar and brown a little more. Then add the milk. Beat the yolks and add to the first mixture. Cook for five minutes, stirring constantly. Pour into the baked shell, cover with a meringue made of eggs and the granulated sugar. Put in the oven to brown. All measurements level.—(Kathryn Mitchell Edmund.)

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### PIE PLANT PIE

$1\frac{1}{2}$  cups sugar, 1 rounded tablespoon flour, 1 egg, grated rind of  $\frac{1}{2}$  lemon, small piece of butter. Put these ingredients together and cream them. Do not peel pie plant but cut into very fine pieces and add to first mixture.—(Caroline F. Elwood.)

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### LEMON PIE

1 cup water, 2 tablespoons flour,  $\frac{2}{3}$  cup sugar, salt. Cook in a double boiler. Then add grated rind and juice of 1 lemon and yolk of 1 egg. Bake crust first. Put in filling and cover with meringue.  
(M. Alice Elwood.)

---

### FLAKY PIE CRUST

Mix one and one-half cups of lard with three and one-half cups of flour, add a little salt, sugar and Royal baking powder, then add one cup of cold water and let stand on ice until thoroughly chilled before using.—(Mrs. L. J. Loey.)

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Avoid Baking Worries—Use GOLD MEDAL FLOUR

## PIES—Continued

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### PUMPKIN PIE

Two eggs, 1 cup milk,  $1\frac{1}{2}$  cups pumpkin, 2 tablespoons molasses. Sweeten with brown sugar and spice.—(Mrs. M. E. Chandler.)

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### LEMON FILLING FOR PIE

One cup sugar, 1 T. flour, yolk of 2 eggs, butter siz of walnut, salt, juice and grated rind of 1 lemon. Mix and add 1 cup boiling water. Cook until thick. Use beaten whites for top.—(Mrs. W. H. Edwards.)

---

### GOOD EASY-TO-MAKE PIE CRUST

One-half cup lard,  $\frac{1}{4}$  cup boiling water,  $1\frac{1}{2}$  cups flour, a little salt. Stir lard and boiling water together until lard is all dissolved, add salt and flour and stir. This amount makes one pie with a cover, and an extra shell.—(Margaret K. Barringer.)

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### NONPARIEL MINCE MEAT

One cup chopped meat, 1 cup chopped suet, 2 cups chopped apples, 1 cup meat broth (water the meat was cooked in),  $\frac{1}{3}$  cup molasses,  $\frac{1}{2}$  cup fruit juice (any kind),  $\frac{1}{3}$  cup boiled cider (which can be dispensed with and the same amount additional fruit juice or jelly used),  $1\frac{1}{2}$  cups raisins, 1 cup currants,  $1\frac{1}{2}$  cups brown sugar, 2 teaspoons salt,  $\frac{1}{2}$  teaspoon each cinnamon, cloves and nutmeg, 1 lemon grated with rind and juice, or  $\frac{1}{2}$  cup vinegar. Mix all together and cook slowly until apples are soft.—(Mrs. E. E. Rockwood.)

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### WASHINGTON PIE

One egg, pinch of salt, 4 tablespoons sugar, butter size of an egg, 5 tablespoons milk, 1 teaspoon Royal baking powder,  $\frac{3}{4}$  coffee cup of flour. Pour this into a pie plate. Peel peaches or apples. Cut in small pieces and place on batter. Sprinkle with ground cinnamon and sugar.—(Caroline F. Elwood.)

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## PICKLES AND RELISHES

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### TEN-DAY PICKLES

Seven lbs. of big cucumbers. Cut off stem end and soak in strong brine for three days. Soak in clear water three days, changing water every day. Cut them crosswise in  $\frac{1}{2}$ -inch pieces and cook in weak vinegar and water until they will prick easily with fork.

Three lbs. brown sugar, 3 pints vinegar, stick of cinnamon, cloves, celery seed according to taste. Heat this and pour over pickles every day for three days. Heat and put in cans. Will make 8 pints.—(Tested.)

---

### MUSTARD PICKLES

1 gallon vinegar, boil and mix 6 T. corn starch in water enough to make smooth paste. Stir in the vinegar. After well cooked take off stove and cool. Then add 3 cups granulated sugar,  $\frac{1}{4}$  lb. Coleman's mustard, 8 T. white mustard seed, 2 T. tumeric, 2 qts. onions and 2 qts. pickles soaked in brine over night), then scald 10 minutes in vinegar with a lump of alum. 1 caulifwore, steam till tender.

(Mrs. James Farber.)

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### MUSTARD PICKLES

(For 150 cucumbers.)  $\frac{1}{2}$  peck onions, 1 large cauliflower. Soak each in a brine separately over night. In the morning drain and let cold water run over them. Heat 5 cups of vinegar, 3 cups of sugar and pour hot over the pickles. Let all come to a boil. Then pour all the vinegar off and thicken by adding 1 cup of flour (small),  $\frac{1}{2}$  t. of tumeric, 2 T. (large) of mustard and a pinch of salt if necessary. Put into jars and seal.—(Mrs. C. C. Goodes.)

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### TOMATO RELISH

One peck green tomatoes,  $\frac{1}{2}$  peck onions. Chop and let stand in salt over night. Drain thoroughly. Chop 4 peppers (red or green), add to the drained mixture 2 teaspoons cloves, 2 teaspoons cinnamon,  $\frac{1}{4}$  lb. mustard seed. Mix all together. Cover with a syrup of 2 lbs. of brown sugar and 1 qt. of vinegar. Do not cook. Will keep years. Do not cook.—(Mrs. Mullin.)

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### BEEF PICKLES

Select beets of uniform size and boil until tender, then remove skins and pack in glass jars. When jars are full pour over them hot diluted vinegar that is spiced and sweetened to taste. They will keep indefinitely.—(Mrs. L. J. Locy.)

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## **SALADS**

**"My salad days, when I was green."**

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### **FRUIT SALAD**

One can sliced pineapple cut in cubes, 1 lb. green grapes cut,  $\frac{1}{2}$  lb. marshmallows cut in quarters.

**Dressing**—One qt. whipped cream, 1 pint cream (1 quart when whipped),  $\frac{1}{2}$  c. sugar, 1 t. mustard,  $\frac{1}{2}$  t. flour, beaten yolks of 4 eggs,  $\frac{1}{2}$  c. vinegar. Heat in double boiler and add to dry ingredients.

(Mrs. Pomeroy.)

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### **PERFECTION SALAD**

1 envelope Knox Sparkling Gelatine,  $1\frac{1}{2}$  cup cold water,  $\frac{1}{2}$  cup mild vinegar, 2 tablespoonfuls lemon juice, 2 cups boiling water,  $\frac{1}{2}$  cup sugar, 1 teaspoonful salt, 1 cup cabbage (finely shredded), 2 cups celery (cut in small pieces), 2 pimientoes (cut in small pieces).

Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar, and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimientoes.

A delicious accompaniment to cold sliced chicken or veal.

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### **NEW MANHATTAN SALAD**

Dissolve a package of Lemon Jell-O in a pint of boiling water and two tablespoonfuls vinegar. While it is cooling, chop one cup of tart apples, one cup of English walnuts, one cup of celery, and season with salt. Mix these ingredients and pour over them the Jell-O. Cool in individual molds, and serve with mayonnaise or French dressing on crisp lettuce leaves, garnished with pimientoes or radishes.

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## **SALADS—Continued**

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### **THOUSAND ISLAND DRESSING**

One cup chili sauce, 1 cup mayonnaise dressing, 3 green peppers, 1 onion, 1 can pimientos, salt to taste. Put pimento, onion and pepper through food chopper.—(Mrs. J. M. Johnson.)

---

### **THOUSAND ISLAND DRESSING**

One cup mayonnaise dressing, 1 c. chili sauce, 1 beet, 1 green pepper, 2 sweet cucumber pickles, 1 sour cucumber pickle, 1 onion.

Chop beet, pepper, onion and pickles. Drain well. Add to chili sauce and dressing.—(Mrs. W. G. LaRock.)

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### **GERMAN POTATO SALAD**

Six large potatoes boiled with skins on. When cold, cut into dice. Have ready one large spinach or Bermuda onion, cut into small pieces. Mix bacon gravy with one tablespoon pure olive oil. Stir altogether with salt and pepper to taste. Garnish with hard boiled egg.

(Mrs. F. M. Locy.)

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### **SALAD DRESSING**

One cup milk in double boiler, 1 T. butter, 1 T. mustard. Mix small  $\frac{3}{4}$  cup sugar, 2 well beaten eggs or yolks of 4, 1  $\frac{1}{2}$  T. flour, 1 cup vinegar. Stir this mixture into hot milk. Stir constantly until it thickens. When used add sour or sweet cream.

(Mrs. W. S. Hutchinson.)

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### **EGG SALAD**

1  $\frac{1}{2}$  egg for each person, boiled hard. Put through chopper. Salt, 1 T. butter melted for every 3 eggs. Bind with eggs. Put into wet moulds. Serve with slice of tomato or alone with Russian salad dressing.

(Mrs. Pomeroy.)

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## **SALADS—Continued**

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### **MAYONNAISE SALAD DRESSING (Cooked)**

One cup boiling water,  $\frac{1}{4}$  cup vinegar, 2 tablespoons oil, 2 tablespoons flour, 2 egg yolks. Rub flour and oil together and stir in boiling vinegar and water. Pour over the beaten egg yolks. When cool add one cup of oil slowly, beating until smooth.

Mix the following with a little dressing and add last, stirring well. One teaspoon salt,  $\frac{1}{2}$  teaspoon mustard,  $\frac{1}{2}$  teaspoon sugar, red pepper to taste.—(Marjorie Black.)

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### **CUCUMBER SALAD**

Pare 12 large cucumbers, chop 4 onions, 3 green peppers, chop and add  $\frac{1}{4}$  cup salt. Let drain all night. In the morning add 1 cup granulated sugar, 1 cup grated horseradish, 4 tablespoonfuls mustard seed, 2 tablespoonfuls celery and cover with cold vinegar. Will keep.

(Mrs. Mullen.)

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### **THOUSAND ISLAND DRESSING**

Juice of 1 lemon, juice of 1 orange,  $\frac{1}{2}$  cup olive oil,  $\frac{1}{2}$  green pepper and  $\frac{1}{2}$  onion chopped fine, 4 T. catsup, 2 T. (level) salt, 1 T. (level) paprika,  $\frac{1}{2}$  T. (level) dry mustard. Sugar to taste. Beat until oil is mixed.—(Mrs. J. E. Storer.)

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### **CORN SALAD**

24 ears of corn, 3 green peppers, 4 onions, 1 large head cabbage,  $\frac{1}{2}$  cup salt, 2 cups sugar, 2 qts. vinegar,  $\frac{1}{4}$  lb. ground mustard.

Chop the cabbage, peppers and onions fine. Put all the ingredients together and simmer for 3 or 4 hours.

(Kathryn Mitchell Edmund.)

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### **THREE MINUTE MAYONNAISE**

1 egg,  $\frac{1}{2}$  teaspoon paprika,  $\frac{1}{2}$  teaspoon mustard,  $\frac{3}{4}$  tablespoon salt, 1 tablespoon each of lemon juice and vinegar, 1 cup oil, put in bowl,  $\frac{1}{2}$  of oil and all ingredients, being careful not to break the egg. Beat with egg beater till well mixed, then add part of oil, beat again, add remainder of oil and beat until thick.—(Mrs. Mary Maines.)

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## SALADS—Continued

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### SALAD DRESSING

Two eggs (beat lightly), 1 teaspoon salt, 1 tablespoon French's prepared mustard. Whip till foamy. One can Eagle brand milk. Whip again from three to five minutes. Add  $\frac{3}{4}$  of the Eagle brand can of vinegar. Whip again from three to five minutes.

(Mrs. C. E. Baldwin.)

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### FRENCH DRESSING

Three T. oil, 3 T. vinegar, 3 T. catsup, salt and paprica. Beat well with egg beater and serve at once on green vegetables.

(Mrs. H. B. Freeman.)

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### JELLO SALAD

One cup shredded cabbage, 1 cup diced celery, 1 T. pimento, 1 T. green pepper. Mix all together with one T. of vinegar and a little salt. Set in lemon jello. Serve with a cooked mayonnaise.

(Mrs. James Farber.)

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### PIMENTO SALAD

Two heaping T. Knox No. 1 Gelatine,  $\frac{3}{4}$  c. cold water,  $\frac{1}{3}$  c. (scant) vinegar, juice of one lemon, 1 pt. boiling water,  $\frac{1}{2}$  c. sugar, 1 t. salt, 1 c. finely shredded cabbage, 3 pimientoes.

Soak gelatine in the cold water, add sugar, lemon, salt and vinegar. When it begins to set, add cabbage and pimientoes.

(Mrs. George R. Goering.)

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### BEET SALAD

One qt. chopped beets (cooked), 1 qt. cabbage (chopped), 1 cup horseradish, 2 cups brown sugar, 2 t. mustard, 2 t. black pepper, 2 t. salt, 1 qt. vinegar.—(Mrs. James Farber.)

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## SALADS—Continued

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### GRAPE FRUIT SALAD

Two tablespoons Knox Gelatine,  $\frac{1}{2}$  cup boiling water,  $\frac{1}{2}$  cup lemon juice,  $\frac{3}{4}$  cup sugar,  $\frac{1}{2}$  teaspoon salt,  $\frac{3}{4}$  cup grape fruit pulp.

Mix lemon juice, salt, boiling water and sugar and add gelatine which has been softened in a little cold water. Stir until dissolved. Cool and add grape fruit pulp cut in small pieces, and turn into individual molds. Serve with Royal mayonnaise, adding whipped cream.  
(Mary A. Williams.)

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### SALAD DRESSING

Two teaspoons flour, 4 teaspoons sugar, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon mustard,  $\frac{1}{4}$  cup vinegar, 1 cup milk (sweet or sour), 2 eggs, butter size of walnut. Mix dry ingredients together, add eggs well beaten, and milk. Cook till smooth. Add butter last after taken from fire.  
(Mrs. Geo. H. Gordon.)

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### EGG SALAD FOR TEN PEOPLE

Eight eggs boiled hard, 1 lb. cheese. Chop eggs when cold, not very fine, then chop cheese and pour over cooked salad dressing thinned with whipped cream.—(Mrs. C. E. Baldwin.)

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### MAYONNAISE DRESSING

One T. mustard, 1 T. sugar, cayenne pepper, 3 egg yolks, 1 t. salt,  $\frac{1}{4}$  c. vinegar, juice of  $\frac{1}{2}$  lemon, 1 c. whipped cream.

Mix all dry ingredients, add yolks and beat. Add oil little by little. When very thick add vinegar a little at a time between additions of oil. When all the oil is gone add lemon juice, then whipped cream. Plain cream may be used. This makes a quart quite thick.  
(Margaret K. Barringer.)

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### NEW MANHATTAN SALAD

Dissolve a package of Lemon Jell-O in a pint of boiling water and two tablespoonsful vinegar. While it is cooling, chop one cup of tart apples, one cup of English walnuts, one cup of celery, and season with salt. Mix these ingredients and pour over them the Jell-O. Cool in individual moulds, and serve with mayonnaise or French dressing on crisp lettuce leaves, garnished with pimentos or radishes.

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## FANCY AND FROZEN DESSERTS

"Cakes and pies all fine, but hurrah for the ice cream."

### LEMON SHERBERT

One pt. boiling water, 1 c. sugar,  $\frac{2}{3}$  c. lemon juice. White of one egg added when freezing is just to begin. Boil sugar and water to form thin syrup and cool. Add lemon juice and freeze.

**Method of Freezing**—Use three quarts of ice to one of salt. Ice should be finely pounded, salt coarse.—(Mrs. W. G. Larock.)

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### PINEAPPLE BAVARIAN CREAM

Dissolve a package of Lemon Jell-O in a half pint of boiling water and add a half pint from a can of pineapple. When cold and still liquid whip to consistency of whipped cream. Add a cup of shredded pineapple if you wish. Serves from 9 to 12 persons.

Instead of pineapple juice, berry juice or other fruit juices may be used to make similar Bavarian creams.

---

### NUT FRAPPE

$\frac{1}{2}$  envelope Knox Sparkling Gelatine,  $\frac{1}{4}$  cup cold water,  $\frac{1}{2}$  cup sugar, 1 cup cooked pineapple and strawberries, 1 cup cream,  $\frac{3}{4}$  cup milk, white of one egg, 1 cup chopped nuts.

Soak gelatine in the cold water five minutes and dissolve over hot water. Add dissolved gelatine to cream, milk and sugar and stir in beaten white of egg. When cold, add the pineapple and strawberries which have been chopped in small pieces, also the chopped nuts. Serve ice cold in sherbet glasses.

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### LEMON SPONGE OR SNOW PUDDING

$\frac{1}{2}$  envelope Knox Sparkling Gelatine,  $\frac{1}{4}$  cup cold water, 1 cup boiling water,  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  cup lemon juice, whites of two eggs.

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon. Strain and set aside. Occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy. Add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled cutard. A very attractive dish may be prepared by coloring half the mixture red.

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See that the name K-N-O-X is on each package of Gelatine you buy

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## FANCY AND FROZEN DESSERTS—Continued

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### THE "PLAIN" JELL-O DESSERT

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Dissolve one package of Jell-O, any flavor, in a pint of boiling water. Pour into a mould and put in a cold place to harden. When set turn out on a plate. Be sure to use Jell-O, with the name Jell-O in big, red letters on the package.

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### SNOW PUDDING

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Dissolve a package of Lemon Jell-O in a pint of boiling water. When cold and still liquid whip with an egg beater to consistency of whipped cream. Let stand till firm and then pile it by spoonfuls into sherbet glasses and serve with egg custard.

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### HOW TO WHIP JELL-O

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If you have never whipped Jell-O and know nothing about the process, you will be glad to know that it is as simple a matter as whipping thick cream. Begin to whip the jelly while it is still liquid—cold but not yet congealing—and whip till it is of the consistency of thick whipped cream. Use a Dover egg beater and keep the Jell-O cold while whipping by setting the dish in cracked ice, ice water or very cold water. A tin or aluminum quart measure is an ideal utensil for the purpose. Its depth prevents spattering, and tin and aluminum admit quickly the chill of the ice or cold water. Add cream or whatever else goes into the dessert after—not before—whipping the Jell-O. The whipping process more than doubles the quantity of plain Jell-O, so that when whipped one package of Jell-O serves twelve persons instead of six.

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### PINEAPPLE SNOW

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1½ pints of sugar, 1½ quarts of water, one can of shredded pineapple. Boil all together for 15 minutes. Strain or not as preferred. Cool before putting in freezer. When partly frozen, add the stiffly beaten whites of 3 eggs. Delicious.—(Mrs. E. C. Smith, Jr.)

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### CRANBERRY SHERBET

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1 qt. cranberries, 1 qt. water, 1 pt. sugar, 2 lemons. Cook and strain the cranberries, add the water and sugar and boil five minutes. When cool, add the juice of the lemons and freeze in an ice cream freezer.—(Kathryn Mitchell Edmund.)

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### STRAWBERRY ICE

---

Mash 2 qts. of nice strawberries with 2 lbs. of sugar. Let stand 2 hours. Squeeze in straining cloth, pressing out all the juice. Add an equal measure of water. When half frozen add the beaten whites of 3 eggs.—(Mrs. R. C. Durant.)

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Avoid Baking Worries—Use GOLD MEDAL FLOUR

## PRESERVES AND BEVERAGES

“Water is the beverage provided for man by nature.”

### GRAPE FRUIT MARMALADE

One orange, 1 lemon, 1 grape fruit. Slice very thin, measure and add three times as much water as fruit. Let stand 24 hours, then place over fire and after coming to a boil, boil 10 minutes. Set away to cool and let stand another 24 hours. Then measure and add an equal amount of sugar and boil until it will jelly.

(Bertha B. Trembley.)

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### ORANGE MARMALADE

15 medium sized sweet oranges, 3 medium sized grape fruit, scant 4 lbs. granulated sugar, 1 gallon water.

Pare fruit and cut up fine, add skin (cut fine) of one orange and a dozen gr. fruit seeds tied in a cloth. Add water (cold) and let stand over night. Boil about four hours or until tender and rather thick, add sugar and boil about  $\frac{1}{2}$  hour.—(Mrs. James Farber.)

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### MARMALADE

Two oranges, 1 grape fruit, 1 lemon. Wash and cut fine. Measure fruit juice. Add 3 cups water to one of fruit. Stir and let stand 24 hours. The second day boil ten minutes. The third day add sugar, cup for cup, and boil till it jellies.—(Mrs. W. V. Smith.)

### STRAWBERRY AND PINEAPPLE CONSERVE

Two pineapples cut fine, 4 quarts of strawberries, juice of 2 lemons, 4 pounds of sugar. Let stand over night and cook until thick like jelly.

(Mrs. J. M. Johnson.)

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### MEDLEY CONSERVE

One qt. raspberries, 1 qt. red currants, 1 qt. cherries, 1 pineapple, 2 large oranges, 1 lb. raisins. Stone cherries, pick over raspberries, stem currants, pare and shred pineapple, cut oranges in small pieces without removing peel. Weigh fruit. Simmer over a slow fire one hour, stirring often. Heat as many pounds of sugar as there are of fruit, add to the boiling fruit and cook to the consistency of marmalade. Seal in jar.—(Emeline A. Chase.)

## PRESERVES AND BEVERAGES—Continued

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### PEACH CONSERVE

Three qts. peaches cut in pieces, 3 pts. sugar (3 oranges (juice of them), 1 can pineapple, 1 lb. raisins. Cook peaches one hour, add the rest and cook one-half hour. Add raisins last.—(Mrs. W. V. Smith.)

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### CARROT MARMALADE

10 c. carrots put through food chopper, 3 c. water. Boil slowly one hour. Add 4 oranges and 3 lemons that have been cut through food chopper with their skins, and 10 cups sugar. Boil at least one hour more until it jellies.—(Mrs. Blanche Dumanois.)

---

### ORANGE MARMALADE

(Makes 15 glasses.) Shave 1 orange, shave 1 lemon, shave 1 grape fruit. Measure fruit and add three times the quantity of water. Let stand over night and in the morning boil two minutes only. Let stand another night and the second morning add to each pint of juice a pint of sugar. Boil two hours slowly or until it jellies.

(Mrs. C. C. Goodes.)

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### DELICIOUS PEAR PRESERVES

Peel and cut into small dice-shaped pieces enough pears to make 4 quarts. Cover with 2 lbs. of sugar and 2 tablespoonfuls of ground ginger. Let stand for 12 hours. Put on stove and boil for 20 minutes slowly, counting from time it commences to boil. Then add  $\frac{1}{2}$  can of sliced pineapple cut into small dice shaped pieces without peeling,  $\frac{1}{2}$  lb. almonds (blanched and re-quartered). Then boil for 10 minutes longer. Can while hot.—(Mrs. E. C. Smith, Jr.)

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### GRAPE CONSERVE

Grapes or currants, 5 lbs.; sugar, 3 to 5 lbs.; raisins, 2 lbs.; oranges, 4 lbs. Cook about one-half hour.—(Mrs. M. E. Chandler.)

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### SUN-COOKED STRAWBERRIES

Pick over and wash berries, weigh them. Put into preserving kettle. Add as many pounds of sugar as berries, stir and place on fire, and continue stirring occasionally until mixture begins to boil. Pour preserves onto large platters having it about two inches deep and place in the sun for 24 hours, covered with glass. It is then ready to put in jars, cover with paraffin.—(Mrs. George R. Goering.)

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## PRESERVES AND BEVERAGES—Continued

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### STRAWBERRY CONSERVE

1 qt. strawberries, 5 cups pie plant cut in  $\frac{1}{2}$ -inch pieces, 8 cups sugar, 1 lb. seeded raisins. Put all together, let stand over night. In the morning cook on a slow fire about 15 minutes or perhaps a little longer. Keep well skimmed.—(Mrs. Pomeroy.)

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### STRAWVERRY PRESERVES

Boil  $2\frac{1}{2}$  quarts of sugar with 1 pint water, until sugar is melted. Add 2 heaping qts. strawberries, boil from 20 to 30 minutes. Shake kettle and skim but do not stir. When done pour into small pans and shake occasionally till cold. It causes berries to remain whole and plump. Can when cold. Cover with parafine. Never cook more than 2 qts. at a time.—Mrs. D. D. Aitkens.)

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### FRUIT PUNCH

Two cups sugar, one cup water, one pint strawberry syrup, one quart appolinaris, five lemons, five oranges, one can grated pineapple, half pint Maraschino cherries. Boil the sugar and water for 10 minutes, add the fruit juices, pineapples and strawberry syrup. Let stand half hour, strain, add enough water to make one and a half gallons of liquid, turn into a large punch bowl over a piece of ice and add the cherries and apollinaris water. This will serve fifty people.—(Mrs. S. J. Locy.)

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### LEMONADE

$\frac{1}{2}$  cup lemon juice, 1 quart water, 1 cup sugar. Have the water boiling, pour it onto the lemon juice and sugar, strain, and when cold, ice.—(Kathryn Mitchell Edmund.)

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### GRAPE JUICE

Take one pint of water to one basket of grapes. Let boil until seeds and pulp are entirely separated. Put through a jelly bag and add  $\frac{1}{2}$  sugar to juice and boil 15 or 20 minutes. Bottle.  
(Mrs. James Farber.)

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## SANDWICHES

“Let’s pack our baskets and eat in the woods.”

Always use a sharp knife in preparing sandwiches. Use bread a day old, the finer grain the better. Spread with butter soft enough to distribute evenly, but not melted butter. Butter with a broad bladed knife; trim crusts and wrap sandwiches in a damp cloth until ready for use.

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### MARSHMALLOW SANDWICHES

Take thin round crackers and spread with cream cheese. Place a marshmallow on top and dot with a bit of butter. Place in hot oven just long enough for the marshmallow to puff up. Then serve at once. The oven must be piping hot or marshmallows will flatten and be tough.

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### HAM SANDWICH

Cold boiled ham ( $\frac{1}{4}$  as much fat as lean). Season with salt and paprika. Mix with salad dressing and enough cream to spread.

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### DATE AND NUT SANDWICH

Spread cream cheese on buttered bread; next a layer of chopped dates; sprinkle with chopped peanuts.

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### RAISIN SANDWICH

Grind  $1\frac{1}{2}$  c. raisins and  $\frac{3}{4}$  c. English walnuts. Put between buttered bread.

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### BROWN BREAD

Spread thin slices of brown bread with butter, then with cottage cheese, mix with chopped nuts.

## **SANDWICHES—Continued**

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### **TOASTED CHEESE SANDWICHES**

Toasted bread, butter,  $\frac{1}{2}$  lb. cheese, chopped with 2 pimientos. Spread on toast, put in oven until cheese begins to melt. Serve hot.

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### **CLUB SANDWICHES**

Between two slices of bread put lettuce leaf, mayonnaise dressing, then slice white meat of chicken; more dressing. Put bacon, fried crisp, on top. Cut across cornerwise. Put uickle cut lengthwise on plate.

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### **OPEN SANDWICHES**

*Cut any kind of bread in fancy shapes, butter and spread with Philadelphia Cream Cheese. Cut pimientos in fancy shapes to form flowers or border, or use almonds to form daisies.*

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### **CHEESE SANDWICHES**

Cream 2 T. butter,  $\frac{1}{2}$  cup grated cheese,  $\frac{1}{4}$  t. each of mustard and paprika and  $\frac{1}{2}$  c. chopped stuffed olives. Season with salt.

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### **CHICKEN SANDWICHES**

Six T. of chopped, cooked chicken, 2 T. chopped green pepper,  $\frac{1}{2}$  t. chopped parsley, 2 T. mayonnaise dressing. Salt to taste.

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### **CHEESE AND NUT SANDWICHES**

Grind walnuts and mix with equal amounts of cream cheese and add salt and paprika for seasoning.

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## **SANDWICHES—Continued**

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### **EGG SANDWICHES**

Chop finely 4 hard boiled eggs, 1 cup celery. Season with salt and pepper and melted butter or dressing to bind it together.

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### **MEAT SANDWICHES**

Almost any kind of meat chopped fine, add chopped celery or cress as desired, season with salt, mustard, red, white black or sweet pepper (paprika), and add melted butter, cream or dressing to bind it together to spread nicely.

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### **SANDWICH FILLING**

Mix 1 T. butter,  $\frac{1}{2}$  t. salt,  $\frac{1}{2}$  t. mustard, 1 T. (level) flour, a dash of cayenne,  $\frac{1}{4}$  lb. strong cheese,  $\frac{1}{2}$  cup milk. Stir all over a low blaze or hot water. Then add 2 eggs and 1 can of pimientos chopped. This will keep a week on ice.—(Mrs. C. C. Goodes.)

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### **SANDWICH FILLING**

One can pimientos put through food chopper, butter size of an egg, 1 T. mustard,  $\frac{1}{2}$  T. salt, pinch of red pepper,  $\frac{1}{2}$  cup Pet milk.

When all is melted, add 3 eggs beaten in  $\frac{1}{2}$  cup Pet milk. Cook until smooth, then add pimientos.—(Bertha B. Trembley.)

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## CANDY

"Sweets to the sweet."

### GRAPE-NUTS DIVINITY FUDGE

$\frac{1}{2}$  cup Grape-Nuts, 2 cups sugar,  $\frac{1}{4}$  cup water, 2 eggs, 1 level teaspoonful vanilla,  $\frac{1}{2}$  lb. dates cut fine. Cook sugar and water until it spins a thread. Pour slowly over the beaten whites, whipping until the mixture begins to harden. Add vanilla and dates, then the Grape-Nuts. Spread on buttered tins, cut in squares when cool.

(Mrs. Harriet Thompson.)

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### SEA FOAM CANDY

2 cups sugar,  $\frac{1}{2}$  cup Karo corn syrup, 1 cup hot water, whites of 2 eggs beaten stiff, 1 cup nut meats, 1 t. vanilla. Cook sugar and Karo in water slowly until a piece will rattle in cold water. Pour over beaten whites and beat together with chopped nuts until it forms in a ball. Spread out on buttered plates, cool and cut in squares.

(Lena P. Frisbie.)

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### MARSHMALLOW CANDY

Boil without stirring till it forms a firm ball, the following: Three cups light brown sugar,  $\frac{3}{4}$  cup of milk. When done beat in  $\frac{1}{2}$  lb. of marshmallows and 1 cup nut meats.—(Mrs. W. V. Smith.)

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### MACAROONS

Whites of 3 eggs (beaten), 1 cup sugar. Cook together over steam until crust forms on top and bottom. Add 2 cups cocoanut, 1 tablespoon corn starch. Drop on buttered tins, bake in quick oven.

(Mrs. Marshall Smith.)

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### KISSES

Whites of 3 eggs beaten stiff, 1 cup sugar, 1 t. cornstarch. Cook in double boiler until it cooks around edge a little crust on dish. Take from fire and add 1 cup cocoanut, 1 t. vanilla. Drop on oiled paper or greased tin and bake in very slow oven.—(Mrs. F. D. Chapel.)

## **HOUSEHOLD HINTS**

It will improve boiled frosting to mix with the sugar cream of tartar the size of a bean.

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### **TO REMOVE FRUIT STAINS**

Pour boiling water over stained surface, having it fall from a distance of three feet, or wring articles out of cold water and hang out of doors on a frosty night.

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### **TO WASH MIRRORS AND WINDOWS**

Rub over with chamois skin wrung out of warm water, then with a piece of chamois skin or clean cloth. This method saves much strength.

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### **BAKING POWDER**

2 measures (any size) cream of tartar, 2 measures (any size) flour, 1 measure (any size) soda (scant). Sift together thoroughly or shake in large can.—(Mrs. C. W. Root.)

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### **TO SET COLOR IN GINGHAMS, ETC.**

2 tablespoons salt, 1 tablespoon turpentine, 2 quarts water. Let garment or material soak in this, then hang up to dry without wringing out, so that salt will dry into the material. When perfectly dry laundry it as you would any material.—(E. B. Snow.)

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### **FOR REMOVING MILDEW**

Pour 1 qt. of boiling water on 1 oz. of chloride of lime, and strain through a cloth. Then add 3 qts. of cold water. Let stand over night and pour off the solution carefully so as not to get any of the sediment in bottom of vessel. Let articles stand in solution 12 hrs. Then rinse thoroughly and put through regular washing. An old recipe and a good one.—(Mrs. B. M. Garner.)

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### **REMEDY FOR RHEUMATISM**

Juice of 1 lemon, 1 cup water, 1 t. soda. Mix and drink every night for three or four weeks, or until relieved.

(Mrs. Marshall M. Frisbie.)

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## **HOUSEHOLD HINTS—Continued**

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### **TO REMOVE IODINE STAINS FROM COTTON FABRICS**

Soak the stain in alcohol, roll up the garment, and let stand at least 12 hours. Then pour boiling water through the stain, and the iodine will entirely disappear.—(Kathryn Mitchell Edmund.)

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### **LOTION FOR CHAPPED HANDS**

Soak  $\frac{1}{8}$  ounce gum tragacanth in one pint soft water for three days, or until quite soft, then add to it one gill alcohol, 1 gill glycerine, and  $\frac{1}{4}$  gill cologne. Shake well and it is ready for use.

(Mrs. E. E. Rockwood.)

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### **TO DESTROY A WART**

Wet frequently with strong soda (baking) water. Touched two or three times a day with castor oil will hurry the process.

(Mrs. C. W. Root.)

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### **JAVELLE WATER**

1 lb. Sal Soda,  $\frac{1}{2}$  lb. Chloride of Lime. Dissolve each in 2 quarts of water. Let settle and join. Will remove most stains.

(Mrs. Marshall Smith.)

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### **HEALTH PRESERVES**

One package senna leaves,  $\frac{1}{2}$  lb. figs,  $\frac{1}{2}$  lb. raisins. Grind leaves and fruit in food chopper. Add 1 cup brown sugar and 1 cup hot water. Cook slowly, stirring frequently, until thick. This will keep indefinitely. Use 1 teaspoonful (or according to age) at night for laxative.—(Mrs. Marshall M. Frisbie.)

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If anything you are boiling should scorch in the kettle, set the kettle into cold water immediately, and then remove whatever cooking to another kettle and it will not taste of the scorch.—(Mrs. Twaits.)

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## Quantities for Serving Large Numbers Dinners, Picnics, Etc.

|  | Per 100          |
|--|------------------|
| Roast Beef—1 lb. to 3 persons.....                               | 35 lbs.          |
| Roast Veal or Pork—1 lb. to 4 persons.....                       | 25 to 30 lbs.    |
| Veal Loaf—Hot, 1 lb. to 5 persons.....                           | 21 lbs.          |
| Veal Loaf—Cold, 1 lb. to 4 persons.....                          | 15 lbs.          |
| Ham—Baked (hot), 1 lb. to 4 persons.....                         | 30 lbs.          |
| Ham—Baked (cold), 1 lb. to 10 persons.....                       | 10 lbs.          |
| Chicken Pie—Two 4-lb. chickens to 1 pie, serves 12 persons.....  | 8 pies           |
| Roast Turkey—A 10-lb. turkey to 11 persons.....                  | 90 lbs.          |
| Roast Turkey—A 15-lb. turkey to 20 persons.....                  | 75 lbs.          |
| Scalloped Potatoes—3 qts. to 12 persons.....                     | 8 pans           |
| Mashed Potatoes—1 pk. (before peeling) to 35 persons.....        | 3 pks.           |
| Baked Beans—2½ lbs. dry beans, 1 lb. pork, to 20 persons.....    | 5 pans           |
| Cabbage Salad—4½ lbs. cabbage, ½ can pimentos to 25 persons..... | 18 lbs.          |
| (For 100 persons, 1⅔ quarts dressing, 1⅓ quarts cream.)          |                  |
| Oyster Stew—3 qts. oysters, 5 qts. milk for 25 persons.....      | 32 qts.          |
| Brown Bread—1 large loaf to 15 persons.....                      | 7 loaves         |
| White Bread—1 large loaf to 20 persons.....                      | 5 loaves         |
| Hot Rolls—Small size, 1 doz. to 6 persons.....                   | 17 doz.          |
| Cold Rolls—Small size, 1 doz. to 8 persons.....                  | 13 doz.          |
| Lemonade—1 lemon for 2 glasses, 48 lemons.....                   | 100 glasses      |
| Jelly—1 glass to 8 or 10 persons.....                            | 10 to 12 glasses |
| Pies—6 pieces each.....  | 17 pies          |
| Cheese—1 lb. to 35 persons.....                                  | 3 lbs.           |
| Cakes—20 pieces each.....  | 5 cakes          |
| Ice Cream—6 dishes to the quart; 1 gal. to 25 persons.....       | 4 gals.          |
| Coffee—1 lb. to 40 persons.....                                  | 2½ lbs.          |
| Cream for Coffee—1 qt. to 25 persons.....                        | 4 qts.           |
| Butter—1-lb. brick to 32 persons.....                            | 3 lbs.           |
| Loaf Sugar—1 lb. to 25 persons.....                              | 4 lbs.           |



