PRACTICAL BOOK OF RECIPES

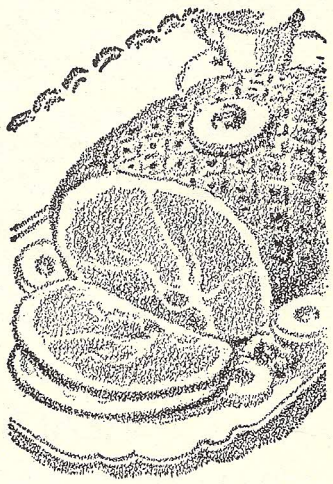
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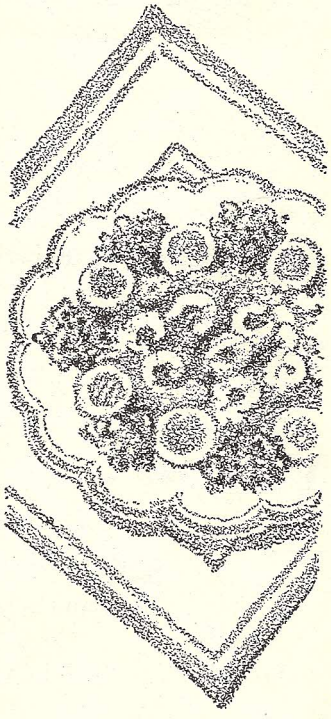


WASHABLE COVER

New MODERN COOKERY Recipes



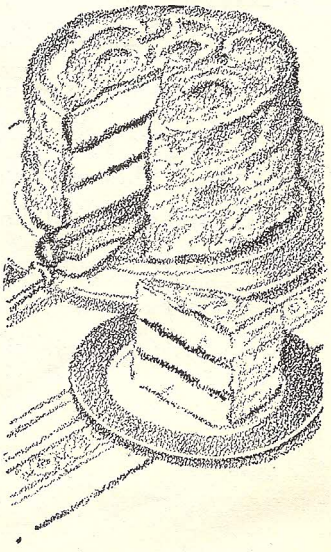
PRACTICAL · TESTED · ECOMOMICAL HEALTH GIVING



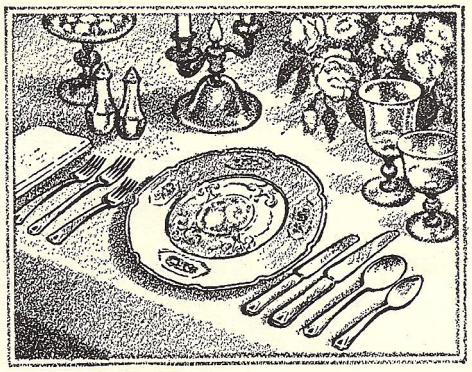
GENERAL DIRECTIONS AND NEW INFORMATION IN THIS BOOK FOR THE HOUSEWIFE

Not only the choicest recipes from soup to dessert for any meal from a sandwich to a banquet, all with that delicious goodness—but you will find such modern information not found in cook books costing dollars even such as:

1. Secrets for success of cooking any food at beginning of each chapter.
2. Sensible ways of "eating to reduce" or weight control, increasing the weight to normal.
3. Valuable new tables of newer food values.
4. Large quantity cooking for bridge parties, clubs, picnics, church suppers, etc.
5. Quick emergency meals with ease of preparation.
6. Simplified etiquette for comfort at any meal.
7. The newer knowledge of nutrition and truth about the vitamines in plain language that a child may understand.
8. Wild game cookery suggestions.
9. The lunch box problem solved, soups, meats, desserts, breads, cakes, sauces, fruits, vegetables.
10. The most helpful new information on whipping cream and care of milk in the home. You will find appropriate modern serving suggestions along the borders that will add to convenience and ease of preparation.



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A BOOK OF RECIPES COMPLETE

from Soups to Desserts

HEALTH DEPENDS UPON THE FOODS WE EAT

The basis of all health is closely associated with the foods that we eat and our habits. These recipes are taken from the rich experiences of the best cooking schools, home economics instructors of the different cities throughout the entire continent. These recipes are as practical and as economical as goodness will permit.

THE KITCHEN IS THE HEART OF THE HOME

The kitchen is truly the heart of the home. Each bride, housewife, mother or others may now provide a pleasing variety to every day life with an artistry that will delight every one she desires to serve.

THREE VITAL HEALTH RULES

According to the world's greatest food and health authorities, plan your menus to include for the family's health,

FIRST—Green leafy vegetables.

SECOND—A **quart** of **milk** for each child and a pint for each adult some way. Drink it or get it in soups, custards, creamed foods, etc.

THIRD—Fresh fruit or fresh salad.

Provide these first in your food plans for the family. These recipes are based upon the Newer Knowledge of Nutrition.

YOUR FOOD BUDGET

Doctor Henry C. Sherman of Columbia University says, "44% of the entire food budget each day for the best family health should be spent for milk, butter, cheese, cream and about as follows: Milk, cream, butter, cheese, 44 cents of each dollar; fruit and vegetables, 17 cents; bread and cereals, 13 cents; meat and fish, 12 cents; eggs, 6 cents; sugar, 3 cents; miscellaneous, 5 cents."



SALADS

SALAD SECRETS

1. Include at least one salad in your menus each day.

2. A pair of scissors is very convenient to use for shredding salad greens.

3. Always keep a supply of fresh, carefully washed salad greens in a clean cheesecloth bag in your ice box.

4. Bananas, apples and pears turn dark after slicing. Prepare these the last minute. Or cover them with lemon juice or French dressing to prevent discoloration.

5. Never put the dressing on salad until just before serving. It wilts the greens.

6. Keep the salad course out of the rut. Salads do not have to be elaborate to be good.

7. Above everything else be very particular about the appearance of your salad. Remember that many people "eat with their eyes."

8. Mix the so-called loose salads with a fork, and not a spoon. This prevents them from becoming mushy.

9. Fresh salad dressing does not have to be made each time a salad is made. All salad dressings without whipped cream in them can be made up in large quantities and kept in sealed jars for several days.

VITAMIN SALAD

- 1 cup grated cabbage
- 2 chopped pimentos
- ½ cup shredded raw carrots
- 1 package lemon jello
- 1¾ cups boiling water
- 1 shredded apple
- ½ teaspoon salt
- 4 tablespoons lemon juice or vinegar
- mayonnaise

Pour boiling water over the jello. Allow to stand until cool and slightly thickened. Fold in the remaining ingredients. Chill and serve with mayonnaise dressing.

NATIONAL'S NEW FISH SALAD

- 1 cup cold fish, flaked
- 1 cup apples, diced
- 1 tablespoon chives chopped fine
- 1 cup mayonnaise
- crisp lettuce

Toss fish and apples together lightly. Mix chives with mayonnaise and combine with fish mixture. Serve on crisp lettuce leaves.

HEALTH SALAD

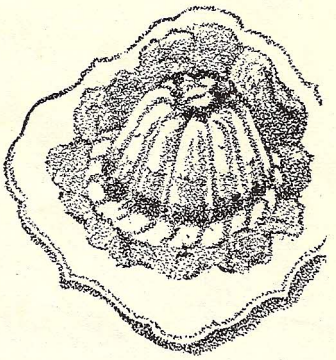
- 1 cup green pepper
- 1½ cups cabbage and celery
- 1 cup carrots
- 1 No. 2 can grated pineapple
- 1 head lettuce
- 1 package cream cheese
- mayonnaise

Pack into the bottom of six cone shaped molds, a layer of finely chopped green pepper, next a layer of celery and cabbage, finely chopped, then the chopped carrots. Press tightly and turn out on a thin slice of head lettuce. Decorate with seasoned and softened cream cheese, put through a pastry bag. Set in ice box to chill.

A NEW BEET SALAD

- 1 cup boiling water
- 1 package lemon jello
- ¾ cup beet juice
- 3 tablespoons vinegar
- ½ teaspoon salt
- 2 teaspoons grated onion
- 1 tablespoon horseradish
- ¾ cup diced celery
- 1 cup cooked chopped beets

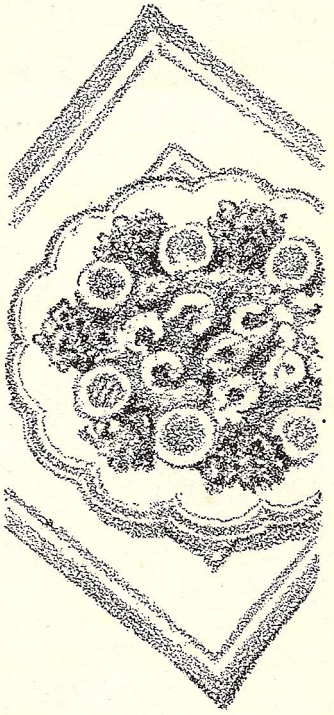
Dissolve the jello in the boiling water. Add the beet juice, vinegar, salt, onion, and horseradish. Chill, and just when mixture starts to thicken fold in the celery and beets. Turn into a wet mold, and when firm unmold and serve on crisp lettuce leaves. Garnish with mayonnaise.



MOCK CHICKEN SALAD

- 2½ cups roast pork or veal, cut in small pieces
- 1 cup celery, cut in small pieces
- 4 olives, chopped
- 1 small red pepper or pimento, chopped
- 1 cup boiled or mayonnaise salad dressing

Combine meat, celery, olives, red pepper and salad dressing. Serve on lettuce and garnish with strips of pimento. Amount—6 servings.



FROZEN FRUIT COTTAGE CHEESE SALAD

- 1 package cottage cheese (dry)
- 2 tablespoons cream
- 2 tablespoons lemon juice
- 1 cup pineapple cut into small pieces
- ½ cup marshmallows broken into small pieces
- 2 tablespoons gelatine
- ½ cup cold water
- ¾ cup mayonnaise
- ¼ teaspoon salt
- 1 cup pitted royal ann cherries
- 1 diced banana
- 2 cups whipping cream

Soak the gelatine in cold water for five minutes, clear by allowing to stand in boiling water a few minutes. Cream the cottage cheese, add the lemon juice, and salt. Add the pineapple, marshmallows, cherries, banana, and gelatine. Whip the cream and stir in the mayonnaise. Fold into the fruit mixture. Place in a cold place until firm. Garnish with fruit, and serve on crisp lettuce leaves.

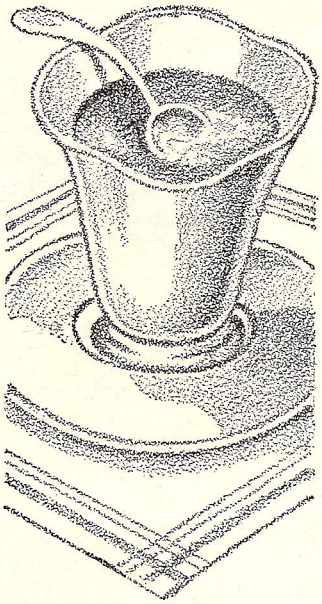
SHRIMP SALAD

- 2 cups chilled shrimps
- 1 cup French dressing
- 1 cup finely chopped celery
- 1 teaspoon salt
- 1 teaspoon minced onion
- mayonnaise
- ½ cup green pepper
- ½ cup chopped olives
- 2 tablespoons capers
- ¼ teaspoon pepper
- 1 hard boiled egg
- parsley

Wash and clean the shrimps, and allow to stand for 1 hour in the French dressing. Drain and combine with the celery, green pepper finely chopped, olives, capers, salt, pepper, onion. Mix well, using a fork. Blend with the mayonnaise to just moisten, and hold mixture together. Chill and serve on beds of lettuce leaves. Garnish with slices of hard boiled egg and parsley.



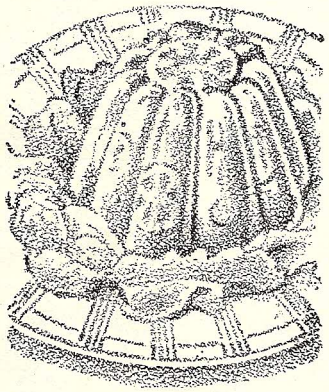
SALAD DRESSINGS



PERFECTION SALAD

2 tablespoons gelatine
½ cup cold water
½ cup mild vinegar
2 tablespoons lemon juice
1½ cups boiling water
½ cup sugar
1 teaspoon salt
1 cup cabbage finely chopped
2 cups celery finely chopped
2 pimentos chopped
½ cup sweet pickles, chopped

Soak the gelatine in cold water for five minutes. Add the vinegar, lemon juice, boiling water, sugar, and salt. Cool, and when mixture starts to thicken add the remaining ingredients. Turn into a wet mold. Allow to chill until firm. Unmold and serve on a crisp lettuce leaf. Garnish with mayonnaise.



TOMATO GELATINE SALAD

4 tablespoons gelatine
½ cup cold water
1 cup tomato soup
2 cups boiling water
2 tablespoons sugar
⅓ cup vinegar
juice of ½ lemon

Soak gelatine in cold water for five minutes. To the tomato soup add boiling water, sugar, vinegar, and onion juice. Strain and add the dissolved gelatine. Pour into fancy molds first rinsed out in cold water. Place in ice box until thoroughly chilled. Unmold and serve on crisp shredded lettuce. Pass mayonnaise or place a spoonful on side of salad.

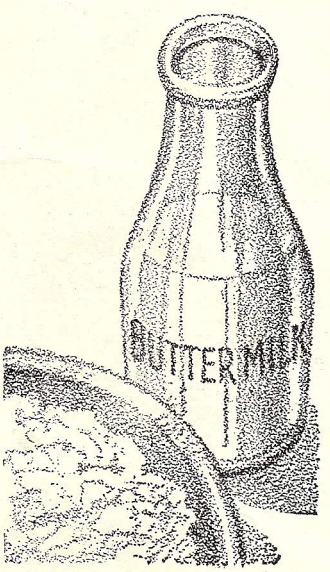
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SALAD DRESSINGS

SOUR CREAM SALAD DRESSING

1 cup thick sour cream
½ cup tomato catsup
2 tablespoons salad oil
2 tablespoons vinegar
2 tablespoons sugar
1 teaspoon salt

Mix the oil, salt, sugar, and vinegar together, then beat in the catsup, and finally add the cream mixture, beating it in very gradually. Use this salad dressing for vegetables and fish.



BUTTERMILK SALAD DRESSING

1 pint thick buttermilk
¼ pint of mayonnaise dressing
juice of ½ small onion
¼ teaspoon mustard
½ teaspoon lemon juice
¾ teaspoon salt
¼ teaspoon paprika

Place the pint of thick buttermilk in mixing bowl, and fold into the remaining ingredients. Serve very cold.

NEW SALAD DRESSING

Beat Cottage Cheese with egg beater with 1/3 amount of Sour Cream, use as you would mayonnaise. A mild and wholesome spread as well for sandwiches. Zest may be increased by addition of lemon juice or vinegar.

FRENCH DRESSING

½ cup salad oil
2 tablespoons vinegar
1 teaspoon paprika
1 teaspoon powdered sugar
½ teaspoon dry mustard
2 teaspoons salt

Place all the ingredients in a cruet or bottle. Chill thoroughly, shake vigorously just before serving. A little garlic, onion juice, or Worcestershire sauce may be added if desired.

1000 ISLAND DRESSING

1 cup mayonnaise
¼ cup thick chili sauce
¼ cup catsup
1 tablespoon green pepper, chopped
3 tablespoons chopped pimento
3 tablespoons beets, chopped

Stir all ingredients together, then add to the mayonnaise.

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Ten Quick Easy Ways to make

COTTAGE CHEESE

more delicious in the menus.

Desserts

1. Cottage cheese with chopped dates.
2. Cottage cheese topped with raspberry or strawberry jam.
3. Cottage cheese mixed with chopped nuts.
4. Mix vanilla with creamed cottage cheese—for dessert.

Salads

5. Cottage cheese mixed with sweet pickles chopped very fine.
6. Cottage cheese with chopped celery, pimentos and topped with mayonnaise.
7. Cottage cheese with chopped olives flavored with horseradish, served on lettuce.
8. Cottage cheese topped with mayonnaise with egg yolk sprinkled on top, served on lettuce or with cress.

Dressing and Spreads

9. Beat cottage cheese with egg beater with one-third amount of sour cream, use as you would mayonnaise.
10. Run left over chicken or ham through grinder, mix with cottage cheese, chopped celery, top with mayonnaise and tint with paprika.

SOUPS

SOUP SECRETS

1. Prepare your cream soups ahead of time and reheat them just before serving in a double boiler. This saves time.

2. In blending ingredients for white sauce be very sure that the shortening and flour are well blended before adding the liquid.

3. Use the tougher cuts of meat for soup making, such as neck, shoulder, tail, flank, skin. These are better flavored and much more economical to buy.

4. Save small amounts of left over vegetables. They are splendid to combine and cook together to make delicious cream soups.

5. Never throw away the water in which meat or vegetables are cooked—this is delicious for soups.

CREAM OF SPLIT PEA SOUP

½ pound dried split peas
small piece salt pork or bacon
1 small onion
water

Soak peas overnight in cold water. Cook together slowly until peas are very soft. Then rub through a strainer to remove skins, onion and pork. Add this to two cups of thin cream sauce. Dried beans or leftover baked beans may be used in place of peas.

VEGETABLE SOUP

½ cup diced turnips
½ cup diced carrots
½ cup celery, cut in small pieces
½ onion, cut in bits
4 tablespoons butter
1 cup diced potatoes
1 quart water
2 teaspoons salt

In pan in which it is to be made, put turnips, onions, celery, butter. Stir and cook on the surface burner until the vegetables are browned. Now add remaining ingredients. Cover and cook in oven with temperature wheel at 225-250 degrees from 3 to 5 hours. Serve hot. If desired one cup meat chopped may be browned with vegetables—if so use boiling water. Or hot soup stock may be used in place of boiling water.

CREAM OF SPINACH SOUP

1 quart milk
1 cup raw ground spinach
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper

Place in the top part of the double boiler, the milk, salt and pepper. Wash the spinach thoroughly many times. Chop or grind it as preferred. Mix the flour and butter until well blended and add to the milk with the ground spinach. Stir until thickened and the spinach is cooked, about 10 minutes.

STANDARD RECIPE FOR CREAM OF VEGETABLE SOUP

2 tablespoons butter
2 cups milk
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup (or more if desired) cooked vegetable pulp or finely chopped cooked vegetables

Melt the butter and blend in the flour gradually. Add the milk gradually and stir constantly. Cook until mixture boils vigorously. Combine white sauce with heated vegetable pulp. Add salt and pepper. If desired onion juice or celery salt may be added.

CREAM OF TOMATO SOUP

1 medium can tomatoes
½ onion
1 tablespoon sugar
½ teaspoon soda
1 quart milk
½ cup flour
4 tablespoons butter
⅛ teaspoon salt

Cook together tomato, onion, sugar for 15 minutes. Strain, then add soda. Make cream sauce by melting butter, then add flour. Stir until thoroughly mixed, add milk, one-third at a time, stirring to avoid lumps. Cook until the raw taste is gone. Just before serving and while hot combine by pouring the tomato mixture into the cream sauce. Whipped cream or butter may be put on top.

TOMATO PUREE

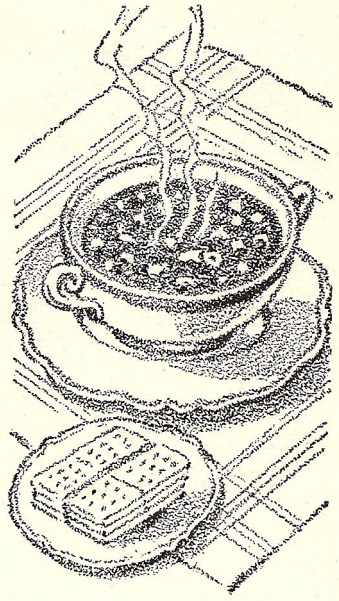
1 quart fresh tomatoes
2 cups water or meat stock
½ bay leaf
2 stalks celery
1 sprig parsley
1 slice onion
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon sugar
1 tablespoon butter
2 tablespoons flour

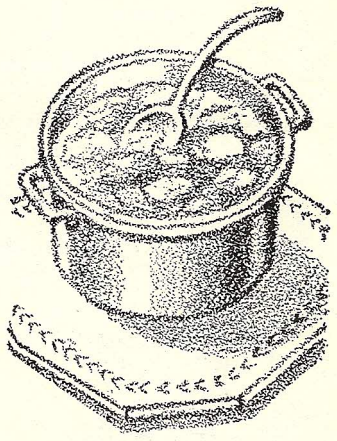
Wash and cut tomatoes in small pieces, add water (or stock), bay leaf, celery, parsley, onion, salt, pepper and sugar. Cook slowly until tomatoes are soft. In another saucepan, melt butter, add flour and mix well. Add tomato mixture and stir until thick. Press soup through a fine sieve. Reheat over boiling water. Canned tomatoes may be used if desired. Serve hot with crisp croutons.

OYSTER STEW

1 pint oysters
4 cups milk
4 tablespoons butter
2 teaspoons salt
pepper (if desired)

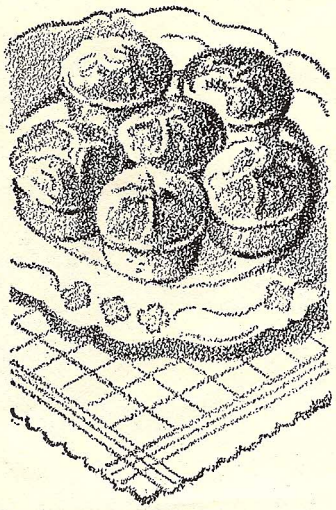
Drain off the liquid of the oysters through a wire strainer placed in a bowl. Strain the liquid through a fine sieve to remove particles of shell and grit. Heat the milk in a double boiler, then add salt and oyster liquid. Scald the milk, then add the oysters. Reduce the heat and allow oysters to cook until the edges begin to curl. Add the butter and serve hot.







QUICK BREADS



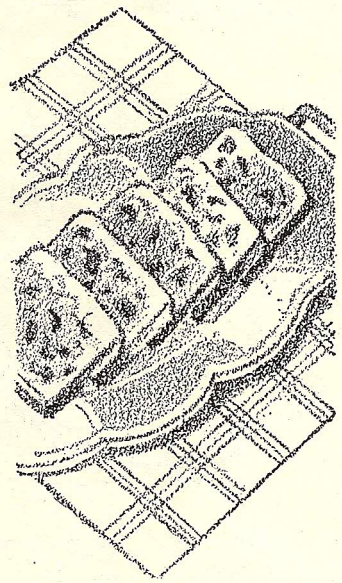
QUICK BREAD SECRETS

1. Use level measurements.
2. Collect all ingredients before starting to mix.
3. Keep baking powder tightly covered in a cool, dry place.
4. Handle baking powder doughs as little as possible.
5. Serve quick breads as soon as possible after they are baked, with the exception of a few loaf breads which of course should cool.

FIG AND NUT BREAD
(Health Bread)

2½ cups bread flour
1 teaspoon salt
4 teaspoons baking powder
1 cup sugar
2 cups milk
1½ cups graham flour
1 cup chopped nut meats
½ cup chopped dried figs
1 egg

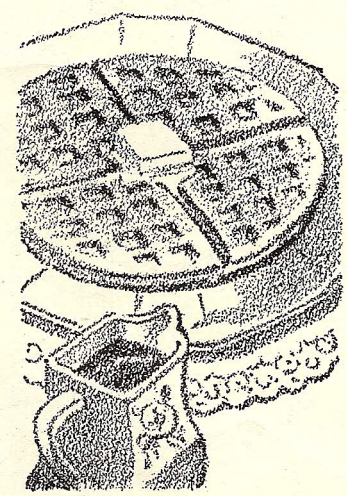
Sift the white flour, salt, baking powder and sugar together. Mix thoroughly with the graham flour. Add the nut meats and figs. Combine the well beaten egg with the milk, and add to the mixture. Mix very thoroughly, pour into well oiled loaf pan, and allow to stand 20 minutes before baking. Bake 1 hour at 350 degrees.



SOUR CREAM MUFFINS

1 cup thick sour cream
1 tablespoon melted shortening
2 tablespoons sugar
1 egg
1⅓ cups flour
½ teaspoon soda
2 teaspoons baking powder
½ teaspoon salt

Mix the cream, melted shortening, sugar and well beaten egg together. Sift the flour once before measuring. Mix and sift the flour, soda, baking powder and salt together. Add the dry ingredients to the cream mixture. Mix well, and bake in well greased muffin tins. Time—bake 25 minutes. Temperature—400 degrees F., moderately hot oven. Amount—8 muffins.



HEALTH MUFFINS
(12 Muffins)

1 cup bread flour
1 cup graham flour
4 teaspoons baking powder
1 cup milk
2 tablespoons sugar
1 teaspoon salt
1 egg
2 tablespoons melted shortening
½ cup chopped dates

Sift together all the dry ingredients, except the graham flour, add the dates and graham flour. Beat the egg and add to milk. Add melted shortening. Stir the liquid quickly into the dry ingredients. Beat mixture thoroughly and pour into well oiled muffin pans. Bake from 20 to 25 minutes in a hot oven.

WAFFLES

2 cups flour
2 cups milk
2 eggs (beaten separately)
4 tablespoons melted butter
1 teaspoon salt
3 teaspoons baking powder

Sift flour, baking powder and salt into a mixing bowl. Beat yolks well and add milk and heat, adding this to the flour, slowly beating until perfectly smooth. Then add melted butter and fold in stiffly beaten egg whites. Bake on hot waffle iron.

BUTTERMILK WAFFLES
(15 Waffles)

2 cups buttermilk
2 eggs
1 teaspoon baking powder
¼ cup corn meal
1 teaspoon sugar
2 teaspoons shortening
1 tablespoon warm water
2 cups flour
1 teaspoon salt
1 teaspoon soda

Beat eggs until very light, add milk, flour sifted with cornmeal, baking powder, salt and sugar. Melt shortening, add soda dissolved in warm water. Mix carefully, and pour as needed on a hot waffle iron.

BUTTERMILK GRIDDLECAKES

1 cup buttermilk
½ cup sweet milk
1 egg well beaten
2 tablespoons cornmeal
1 teaspoon soda
½ teaspoon salt
1 tablespoon melted butter
2 cups flour

Mix together the buttermilk and the sweet milk, add well beaten egg, soda, salt, melted butter, cornmeal, and flour. Beat vigorously. Drop by spoonfuls on a hot griddle which has been well oiled. When full of bubbles and cooked on the edges, turn on the other side. Serve with maple syrup or jelly.

BUTTERMILK BISCUITS

1 cup buttermilk
1 level teaspoon sugar
2½ cups flour
½ level teaspoon salt
2½ level teaspoons baking powder
½ level teaspoon soda
4 level teaspoons lard

Sift dry ingredients together twice. Into center of flour in kneading bowl, rub in lard with tips of fingers till it "feels like meal." Then into this center of lard and flour pour gradually one cup of buttermilk, beating meanwhile with a spoon. Give the batter thus made some fifty strokes with spoon while still soft and then gradually beat in and knead in remaining flour. Roll out ½-inch thick. Cut with small cutter. Bake on greased pan in hot oven.

STANDARD RECIPE FOR BOTH "DROP" AND "ROLLED" BISCUITS

2 cups bread flour
5 teaspoons baking powder
½ teaspoon salt
4 tablespoons shortening
¾ cup milk or water (for "drop" biscuits)
⅔ cup milk or water

Sift dry ingredients together 3 times. Work shortening in with fork. Add liquid gradually.

For "Drop" (Emergency) Biscuits: Drop by spoonfuls on oiled baking pan. Brush top of biscuits with milk. Bake in hot oven (450 degrees F.) 10 to 15 minutes.

Makes about 12 biscuits.

QUICK BREADS

YEAST BREAD SECRETS

1. Use level measurements.
2. Be sure to scald the milk used in bread making.
3. Dissolve yeast in lukewarm water only, hot water will kill the yeast and prevent bread from rising.
4. To prevent a hard surface forming on the dough while rising, brush lightly with melted shortening, and cover lightly with a clean cloth.
5. Knead the dough thoroughly; the first time to blend all ingredients thoroughly, and the second time to evenly distribute the gas bubbles produced by the yeast.
6. Use little or no flour on the board for second kneading, because extra flour added at this time takes away from the lightness of the finished loaf.
7. Keep dough at even temperature during mixing and rising. 80 to 82 is the ideal temperature for a yeast plant to grow.
8. After baking remove bread at once from the pan, place on cake cooler and cover lightly with a clean towel.
9. Never wrap bread tightly or place in a bread box while hot, because moisture will collect, and bread will not keep well.
10. Watch the baking very carefully. A too hot oven makes a heavy loaf, too slow an oven causes a loaf of coarse, uneven texture.

DATE MUFFINS

⅓ cup butter
¼ cup sugar
2 level teaspoons baking powder
¾ cup milk
2 cups flour
¼ level teaspoon salt
1 egg
¼ pound dates

Cream the butter, add the sugar gradually and the dates chopped fine. Mix well together, then add the beaten egg. Sift the flour, salt and baking powder together twice and add to first mixture alternately with the milk. Bake in greased muffin pans 20 to 25 minutes in hot oven.

WHOLE WHEAT MUFFINS

1 tablespoon butter
1 tablespoon brown sugar
1 egg
1 cup milk
¼ level teaspoon salt
1¼ cups whole wheat flour
1¼ level teaspoons baking powder
½ cup chopped raisins

Mix in the order given, following directions for Date Muffins. Bake 20 to 30 minutes in a moderate oven.

SODA BISCUITS

2 cups flour
½ teaspoon soda
3 tablespoons butter
1 teaspoon salt
1 cup thick sour milk or buttermilk

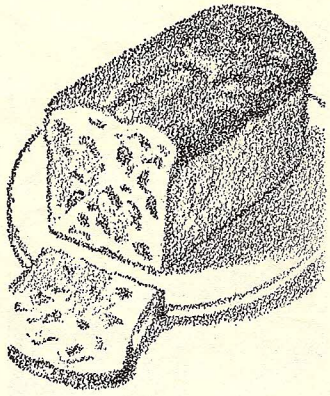
Sift together salt, soda and flour. Work in butter. Add milk gradually, mixing to a stiff dough. It may not be necessary to use all the milk. Place on a floured board. Knead until smooth. Roll to one-half inch in thickness. Cut with a small round cutter and bake in a hot oven 12 to 15 minutes.

NUT BREAD

3 cups flour
1 cup sugar
4 teaspoons baking powder
1 teaspoon salt
2 eggs
¾ cup milk
2 tablespoons butter
1 cup nuts

Beat eggs with sugar. Stir in milk alternately with flour, salt and baking powder sifted together. Add melted butter and chopped nut meats dredged with flour.

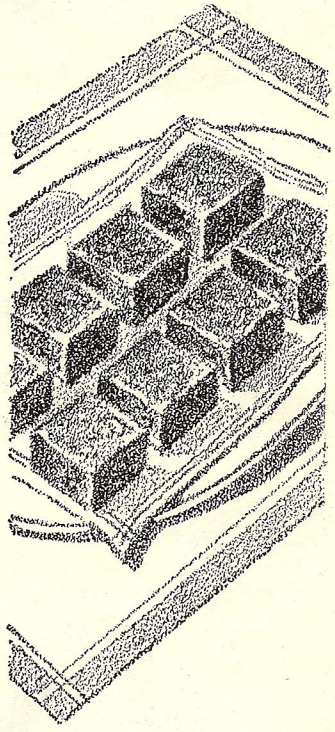
Pour onto greased pan. Allow to stand 15 minutes before putting in oven. Bake in moderate oven about 40 minutes.



SOFT GINGERBREAD

½ cup sugar
⅓ cup molasses
½ cup lard
2 eggs
¾ cup milk
2 cups flour
2 level teaspoons baking powder
1 scant teaspoon salt
½ level teaspoon soda
½ level teaspoon each of ginger, cloves and allspice

Beat eggs, and add molasses. Mix sugar and lard, then combine. Sift together three times baking powder, flour, salt, soda and spices, and add milk. Put together and beat thoroughly. Bake in a moderate oven about twenty minutes.



NEW ICE BOX ROLLS

2 eggs, beaten
2 tablespoons shortening
2 cakes compressed yeast
¼ cup lukewarm water
1 tablespoon salt
1 cup milk
1 cup boiling water
½ cup sugar
1 teaspoon sugar
8 cups flour

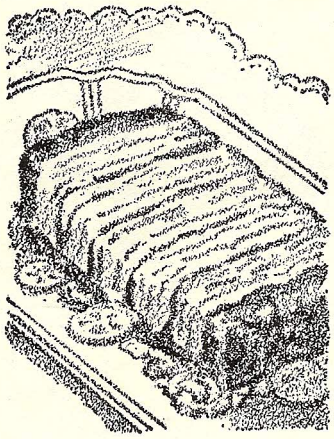
Mix the boiling water, milk, ½ cup sugar, salt, and shortening together. Cool to lukewarm. Soften the yeast in the ¼ cup lukewarm water, add 1 teaspoon sugar, and stir into first mixture. Add the well beaten eggs and stir in 4 cups of flour, then beat vigorously. Add 4 more cups flour and beat well, BUT DO NOT KNEAD. Cover and put in the refrigerator to have on hand. When ready to use, break off the dough and shape into desired size. Place in well oiled pans, brush over with milk, and allow to double in bulk (about 3 hours). Bake from 15 to 20 minutes in a quick oven (450 degrees).

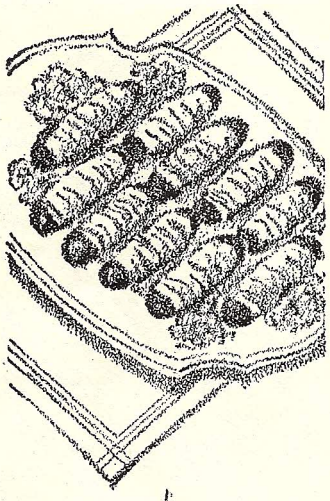
PECAN ROLLS

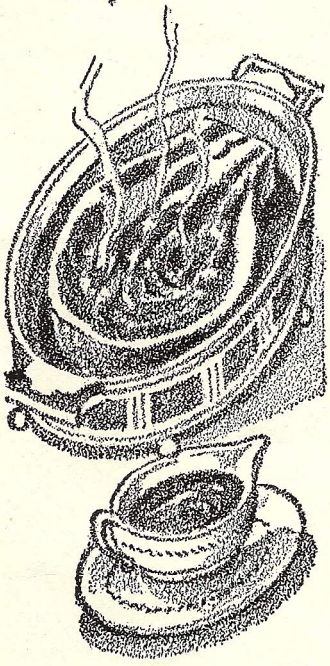
Take a portion of Coffee Cake dough. Roll out to ¼ inch thickness. Spread evenly with melted butter, sprinkle with brown sugar, and finely chopped nut meats, and cinnamon. Roll like a jelly roll and cut into pieces ½ inch wide. Place cut side down into a round pan that has the following mixture sprinkled over the bottom: 6 tablespoons brown sugar, 4 tablespoons butter. Sprinkle with chopped nuts if desired. Allow to rise slightly, and bake in a moderate oven until nicely browned.



MEATS AND POULTRY







MEAT AND POULTRY SECRETS

1. Do not put meat into water to wash it. Wipe with a clean, damp cloth before cooking.

2. Do not pierce the meat with a fork during the cooking; this allows the juice to escape.

3. To draw out the flavors of meats, as for broths, start the cooking in cold water, and bring very slowly to the boiling point.

4. To keep flavor and juices in meat expose it to extreme heat first, then reduce and cook more slowly.

5. Cook the tough and cheaper cuts of meat very slowly and over a long period of time.

6. It is advisable to serve Yorkshire pudding with roast beef, dumplings with stew, and fried apples or apples in some way with pork to give it the perfect touch.

POT ROAST AND BROWN GRAVY

4 pounds chuck roast
2 tablespoons flour
1 quart cold water
4 tablespoons bacon drippings
3 teaspoons salt

Wipe meat with cloth wrung out of cold water. Rub over surface with flour. Sear on all sides in hot drippings until a golden brown. Season with salt. Add water and cook slowly until tender. Boiling water should be added if necessary. Serve hot.

SWISS STEAK

½ cup flour
3 teaspoons salt
½ teaspoon pepper
2 pounds flank or round steak
3 tablespoons butter
1 No. 2 can tomatoes, 2 cups
2 tablespoons chopped onion

Mix flour, salt and pepper together and pound into the steak. Brown floured steak in a hot frying pan to which the butter has been added. Boil tomatoes and chopped onion together for 5 minutes, pour over the steak and bake. Time—bake or cook 2 hours. Temperature—350 degrees F., moderate oven. Amount—8 servings.

BROWN GRAVY

Add more water to liquid in the pan. Make a thin paste of flour and cold water. Use the proportion of 2 tablespoons flour to each cup of liquid. Pour paste into the hot stock, stirring constantly. Do not allow stock to boil while adding paste. Add salt to taste. Cook slowly 10 minutes.

PIGS IN BLANKETS

2 cups flour
1 teaspoon salt
4 teaspoons baking powder
4 tablespoons shortening
¾ cup milk
8 pork sausages or wieners, cooked

Sift flour once before measuring. Mix and sift flour, salt and baking powder together. Cut in the shortening, and add the milk to make a soft dough. Roll out on a well floured board to about ¼ inch in thickness. Cut in square or oblong pieces to make a blanket for the sausage. Place the sausage in the center of the square, roll up and press the edges to seal firmly. The sausages should be showing at either end. Bake on greased baking sheet or pan. Time—bake 15 minutes. Temperature—450 degrees F. Hot oven. Amount—8 servings.

After each pig is ready for the oven, place a piece of bacon rind in one end of sausage (for tail) and a clove in other end for snout. Toothpicks can be used for legs.

PORK CHOPS DE LUXE

1 pound pork chops
1 cup meat or vegetable stock
1 tablespoon butter
1 teaspoon salt
1 egg
½ cup bread or cracker crumbs

Dip pork chops in slightly beaten egg, then dip in crumbs. Place chops in a large flat buttered baking dish with cover. Put bits of butter on chops. Brown under broiler, turn and brown other side of chops, cover with 1 cup vegetable or meat stock and cook in hot oven for 1 hour at 250°.

LIVER BAKED IN SOUR CREAM

(Very delicious)

1½ pounds liver
¼ pound salt pork
1 cup sour cream
1 teaspoon salt
¼ teaspoon pepper

Select veal, beef or pork liver. Cut salt pork into very small pieces and insert into the top surface of the liver. Marinate liver for ½ hour in 2 or 3

tablespoons French dressing, turning once or twice. Remove liver and place in a deep baking dish or casserole, and add salt and pepper. Pour over the sour cream, and bake in a moderate oven until tender, about 2 hours. Use liver cut in a large piece for this dish, and not the sliced liver. The liquid in the pan may be thickened with flour, and thinned with milk if desired. This makes a delicious gravy to serve.

BAKED HAM WITH PINEAPPLE

Choose a rather lean slice of ham 1 inch thick. Place this in an iron frying pan with a cover, or a small roaster. Sprinkle lightly over the surface ground cloves, dry mustard, and brown sugar. Over this lay close together slices of pineapple until the ham is covered. Cut sweet potatoes lengthwise, dip in melted butter, sprinkle lightly with brown sugar, and lay around the ham. Pour over the pineapple juice to 1 inch thickness. Bake in a moderate oven from 1½ to 2 hours, depending on the size of the slice of ham. Just before removing from the oven add 1 cup of gingerale. The liquid in the pan may be thickened with flour, and used as a gravy.

MEAT LOAF

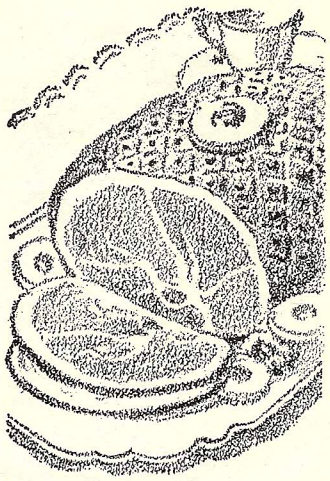
- 2 cups bread crumbs
- 2 tablespoons flour
- 2½ teaspoons salt
- ¾ teaspoon pepper
- 4 tablespoons onion, chopped fine
- ¼ teaspoon paprika
- celery tops
- ¼ teaspoon mustard
- ⅛ teaspoon sage
- ½ pound ground beef
- ½ pound ground veal
- ½ pound ground pork
- 1 egg
- 1½ cups milk
- ⅓ cup chopped green peppers

Mix bread crumbs, flour, salt, pepper, onion, paprika, mustard, and sage together and work into the meat. Add the beaten egg to the milk and knead into the meat mixture gradually. Mold into a loaf and place strips of bacon over the top. Time—bake 2 hours. Temperature—375 degrees F., moderate oven. Amount—8 servings.

CREAMED SWEETBREADS

Lay sweetbreads in cold water with a little salt for 1 hour. Drain, put into saucepan, cover with boiling water and boil very slowly 25 minutes; drain and when cool separate and remove all membrane. Cut into small pieces and reheat in Cream or White Sauce.

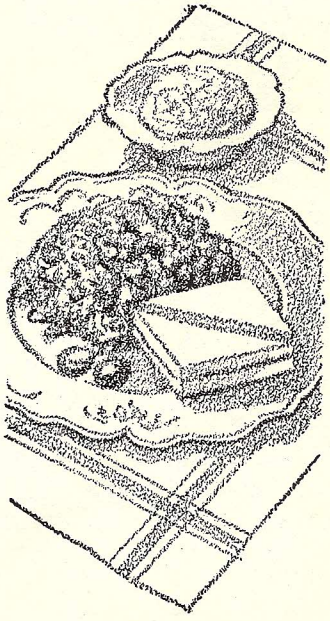
AMERICAN CHOP SUEY



- ½ pound lean pork
- 1 onion
- 5 cups soup stock
- 2 cups celery, cut in ½ inch squares
- 2 tablespoons American chop suey sauce
- 1 green pepper cut in ½ inch pieces
- ¾ cup uncooked rice
- 1 tablespoon sugar
- 3 teaspoons salt
- ½ teaspoon pepper

Cut fat from meat, put in pan and cook pork in fat with onion. When partially cooked add celery, green pepper, uncooked rice, stock and chop suey sauce. Cover and cook slowly. Time—40 minutes. Amount—6 servings.

STUFFED PORK TENDERLOIN



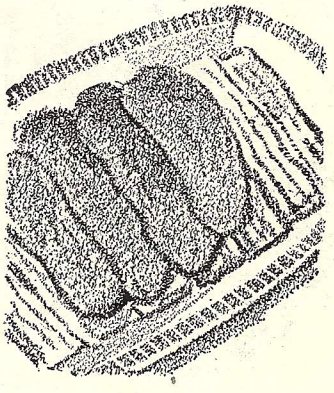
- 2 pork tenderloins
- 2 cups poultry stuffing
- salt, pepper
- shortening

Have each loin split, but not cut through. Open out flat. Sprinkle one loin with salt and pepper. Cover the other with stuffing. Put the two together and tie securely. Spread with shortening, sprinkle with salt and pepper. Bake in a moderate oven (350) 50 to 60 minutes. Baste often with shortening melted in hot water. Garnish with apple rings, apple sauce, or apple slices.

LIVER AND BACON

Have liver cut in thin slices; wash, drain, dry and roll in flour. Put bacon thinly sliced into very hot frying pan; turn until brown and transfer to hot platter. Fry liver quickly in the hot bacon drippings, turning often. When done put on platter with bacon. Pour off all but 1 or 2 tablespoons fat, add 1 to 2 tablespoons flour, and stir until brown. Add hot water gradually to make smooth gravy, season and boil 1 minute.

GIBLET GRAVY



Boil neck, gizzard and wing tips together until tender. Pour off excess of fat in pan in which poultry has been roasted; add enough stock from the gizzard and neck to make 3 cups of gravy. Chop gizzard, liver and heart and add: 1 teaspoon finely cut onion, 1 teaspoon salt, ⅛ teaspoon pepper, 2 tablespoons flour mixed with a little cold water and boil 3 minutes.

MEATS AND FISH



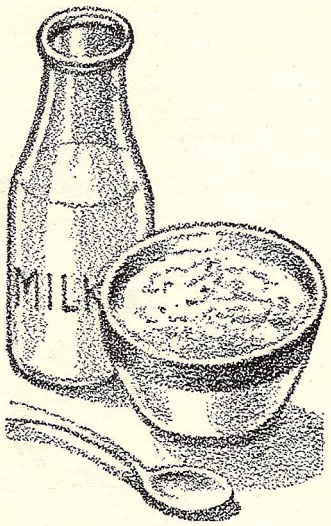
MUSHROOM STEAK

1½ lbs. round steak
2 large onions
1½ cups mushrooms

Cut steak into pieces suitable for serving, brush thoroughly with flour; salt and pepper to taste. Brown steak in hot fat, add onions which have been cut into small pieces, and cover with water. Allow to simmer slowly for one hour, keeping covered with water. Cut mushrooms into small pieces and add to steak and onions about 20 minutes before removing from fire. Either canned or fresh mushrooms may be used. Serves 5.

CHICKEN PIE

1 chicken
4 ounces bacon
¼ pound mushrooms
chopped parsley
pepper
1 egg
½ pound veal
3 hard-cooked eggs
2 tablespoons shortening
salt
chicken stock
English pastry



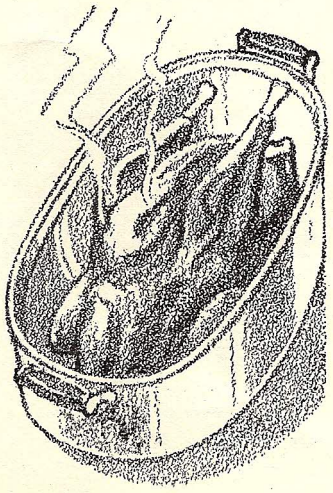
Cut fowl into small joints, season with salt and pepper. Slice veal thinly, line bottom of casserole with this, place on top a layer of chicken. Chop mushrooms, fine, saute them in the shortening, sprinkle half of this over the chicken, then a layer of hard cooked eggs, then thin slices of bacon and chopped parsley. Continue in this way until all of the ingredients are used. Fill dish three-fourths full with chicken stock. Put a strip of pastry around the edge, then cut a piece to fit the top, press the edges of the paste together. Decorate according to the taste. Bake. Brush top with beaten egg. Time—1½ hours. Temperature — 350 degrees. Amount—6 servings.

Use recipe for English Pastry.

A DELICIOUS TURKEY STUFFING

¼ cup melted butter
1 cup stale bread crumbs
2 cups finely chopped unpared apples
2 cups mashed sweet potatoes
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon sage

Mix all the ingredients together. If too dry this may be moistened with milk. Enough stuffing for a 6 pound turkey.



STUFFING FOR CHICKEN

milk
3 cups stale bread
½ cup melted butter
sage if desired
1½ cups chopped apple
½ teaspoon salt
¼ teaspoon pepper

To the stale bread broken into small pieces add the seasoning, melted butter, and chopped apple. If mixture is too dry moisten with milk. This is enough stuffing for a 6 pound chicken.

A NEW STUFFING FOR GOOSE OR DUCK

1 cup milk
½ cup melted butter
2 cups cracker or bread crumbs
1½ cup finely chopped peanuts
1 cup chopped apple
½ cup finely chopped onion
½ cup chopped parsley
½ teaspoon salt
½ teaspoon pepper

Mix all the ingredients thoroughly. Will stuff a 5 pound fowl.

STUFFING FOR DUCK

1 cup chopped cooked prunes
1 cup chopped baked chestnuts
1 cup chopped tart apples
1 cup bread crumbs
½ teaspoon salt
¼ teaspoon pepper
2 tablespoons melted butter
½ teaspoon nutmeg

Mix all together. Enough for a 5 pound fowl.

STUFFING FOR GOOSE OR DUCK

No. 1

1 qt. stale bread, diced
liver, gizzard and heart, chopped fine
¼ onion, chopped fine
½ cup celery root, diced
½ cup strained tomatoes
2 tablespoons fat
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon ginger
⅛ teaspoon nutmeg
1 egg

Soak the bread in water and squeeze dry. Heat the fat in a spider, add bread, let fry, add other ingredients and mix well.

No. 2

10 sweet sour apples
1 cup currants

Apples are peeled, quartered and mixed with the currants, and used as a stuffing.

STUFFING FOR GAME

1 bread roll, soaked in milk
2 bread rolls, grated
1 onion, chopped fine, with 3 or 4 slices bacon
1 tablespoon butter, melted
3 eggs, beaten
1 piece of lemon and orange rind
3 apples, cut in cubes
a little thyme and marjoram
salt and pepper to taste

Mix all the ingredients and fill the night before using.

FISH SECRETS

1. As a tissue and bone building material, fish is usually cheaper than meat. Substitute it at least once a week for the usual roast and stews.

2. When boiling white fish add a little vinegar or lemon juice. This keeps the flesh firm and white.

3. The following pointers will help in selecting fresh fish. (a) Fresh fish should have no offensive odor. (b) The eyes should be bulgy, bright and shiny. (c) The flesh should be firm, and the gills a reddish color.

4. When fish comes from the market, remove it from the paper, if it has not been cleaned, clean it at once. Wash thoroughly, salt lightly and place in a covered dish.

5. Cook fish as soon as possible after it comes from the market.

MEATS AND FISH

BAKED TROUT WITH DRESSING

Pike, bass, pickerel or trout are best for baking. Cut off head, fins and tail. Have bones removed. Wash inside and out with salt water. Season with salt and pepper. Stuff with the following dressing.

- 3 cups bread crumbs
- 4 tablespoons melted shortening
- ¾ teaspoon salt
- stalk of celery, chopped
- ¼ teaspoon pepper
- sage to taste
- 1 teaspoon lemon juice
- 1 teaspoon chopped onion

Soften bread, using either crumbs or small pieces by pouring hot water over it. Add other ingredients and stuff fish. Sew together by means of toothpicks and cord. Sprinkle salt, pepper, flour in pan and place fish in pan on strip of oiled cheesecloth. When removing fish from pan lift ends of cheesecloth containing fish to serving platter. Cover with strips of bacon. Put about one cup milk in pan and bake. Remove to platter, garnish with parsley and lemon and serve hot.

OYSTER STUFFING FOR BAKED FISH

- 2 cups stale bread crumbs
- 2 cups oysters
- ¼ cup melted butter
- 1 teaspoon salt
- ½ cup milk
- ¼ teaspoon paprika
- ½ green pepper chopped
- 2 tablespoons chilli sauce

Cut oysters into small pieces, and mix well with all the ingredients. Moisten the inside of the fish to be stuffed with lemon juice. Sprinkle lightly with salt. Add the stuffing and fasten the cut edges together with steel skewer or with tooth picks, and lace with clean cord back and forth over the tooth picks.

PLANKED FISH

Heat and oil an oak plank made for this purpose. Spread upon this skin down a fish, cleaned, dressed and boned. Split down the under side, brush over with melted shortening and set in the broiler near the flame. Cook about 25 minutes, basting often. Set the plank on a platter and spread on the fish the following: 3 tablespoons butter, 1 tablespoon lemon juice, chopped parsley, salt, pepper. Garnish with lemon and parsley.

SALMON CROQUETTES

- 2 cups cold salmon
- 2 tablespoons chopped parsley
- ½ teaspoon lemon juice
- 1 cup very thick white sauce
- 1 cup boiled rice
- 1 egg
- 2 tablespoons water
- ¾ cup fine bread crumbs (or cracker crumbs)

Flake salmon, add the parsley, lemon juice, hot white sauce and mix well. Chill. Form into croquettes. Roll in crumbs. Dip in slightly beaten egg diluted with water and again in crumbs. Fry in deep hot fat about 5 minutes. Drain on unglazed paper.

SALMON MOLD

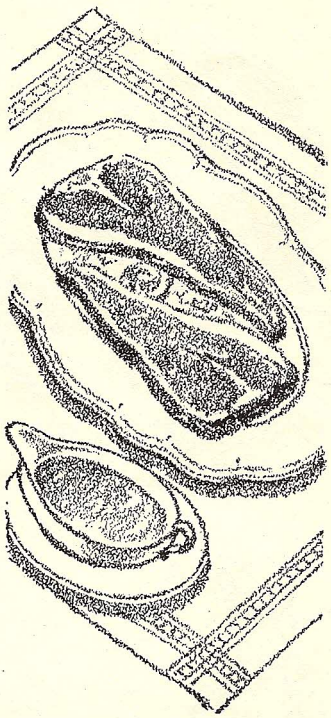
- 1 can salmon
- 2 tablespoons shortening
- salt and pepper to taste
- 3 eggs
- 1 tablespoon Worcestershire sauce
- Crackers

SAUCE

- 1 tablespoon shortening
- 1 tablespoon flour
- pepper
- parsley
- 1 cup milk
- salt
- 1 egg

Method for Mold: Remove oil, skin and bone from the salmon, rub salmon smooth, add eggs well beaten, crackers and seasoning. Turn into an oiled mold and steam for one hour. Turn out and serve with the sauce.

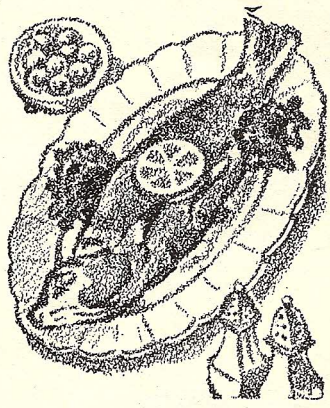
Sauce: Blend shortening and flour in sauce pan over fire, add milk, and stir and boil for five minutes. Add egg well beaten, and seasonings. Pour at once over salmon. Garnish with parsley. Amount—1 small loaf.



FISH STEAKS

- 2 fish steaks about 1 pound each
- ¼ cup flour
- 2 medium sized onions
- 2 teaspoons salt
- ¼ teaspoon pepper
- 6 strips bacon
- 1½ cups milk
- 3 tablespoons cooking fat

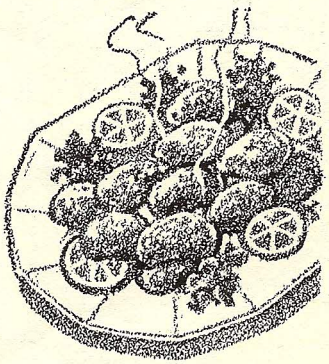
Sprinkle steaks with pepper, salt and flour. Place steaks in frying pan, cover with the milk, and put in a hot oven. Cut the onions into thick slices, and saute in hot fat until a light brown (try to fry onions without breaking). After fish has baked ten minutes, remove from the oven and cover the slices with the onions, and lay strips of bacon across each piece of fish. Return to the oven and continue baking until fish is done (10 to 15 minutes). (This will serve four).



NEW ENGLAND CHOWDER

- 4 cups cooked flaked haddock
- 3 cups fish stock
- 1 quart whole milk
- ¼ pound diced salt pork
- 1 onion
- 2 tablespoons minced parsley
- 4 large potatoes, diced
- 4 tablespoons flour
- 2 teaspoons salt
- ½ teaspoon paprika
- 3 tablespoons butter

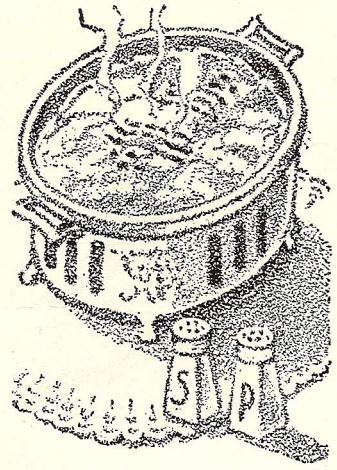
Boil fish and potatoes in water, try out salt pork with the onion, and strain into liquid measure. Make cream sauce of butter, flour and milk and add with seasonings just before serving.



FRIED OYSTERS

Wash and drain oysters. Season with salt and pepper, dip in flour, egg and then bread or cracker crumbs. Fry in deep hot fat until golden brown. Drain well and garnish with lemon and parsley.

VEGETABLES



VEGETABLE SECRETS

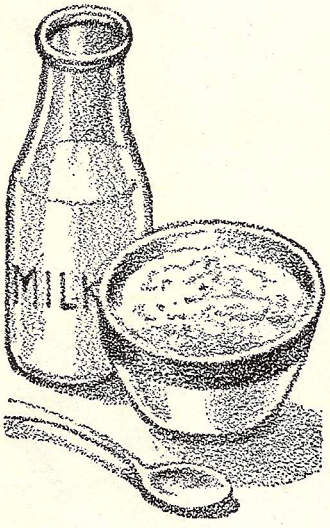
1. Buy vegetables in their season. Out of season they lack flavor and are much more expensive.
2. Always buy green vegetables in small quantities as you need them, but buy winter vegetables in larger amounts if you have space to store them.
3. Soak green vegetables in cold water to make them fresh and crisp. Soaking potatoes in cold water makes them mealy when cooked.
4. Cook vegetables in as little water as possible. This preserves the flavor and retains all their real food value.
5. Include vegetables in your diet every day.

BRUSSELS SPROUTS

Wash and allow to stand in cold water for an hour. Drain, cover with boiling water and boil 20 to 25 minutes without a cover. Drain and serve with salt, pepper and melted butter or cream sauce.

GREEN CORN

Husk corn, removing all silk. Put into fresh boiling water to cover and boil rapidly for 5 minutes. Remove from water and serve on platter covered with napkin.



BROWNED PARSNIPS

- 1 quart parsnips
- 1 teaspoon salt
- 2 tablespoons butter or bacon drippings
- ⅛ teaspoon pepper

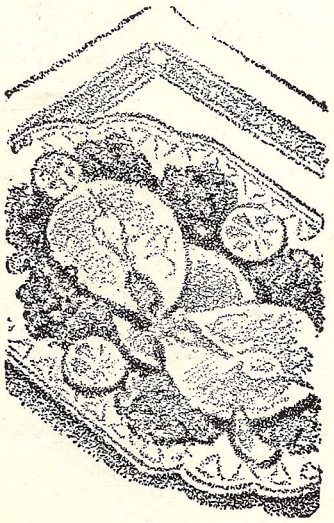
Wash, scrape and cut parsnips into slices. Cover with boiling water and boil until tender; drain. Brown on greased griddle or frying pan. Season with salt and pepper.

ASPARAGUS

Wash, scrape, cut off about one inch hard ends, and tie together. Put into saucepan, cover with boiling water and boil until tender, keeping tips out of water for the first 10 minutes, add salt. Remove from water; drain well; lay on pieces of toast and serve with melted butter, cream or hollandaise sauce.

SPINACH

Pick over carefully and wash thoroughly in several waters until all sand is removed. Put into kettle and add very little boiling water, about ½ cup. Young spinach does not need any water. Boil until tender or about 25 minutes. Drain thoroughly, chop fine and drain again. Season with salt and pepper and garnish with slices of hard boiled eggs.



CAULIFLOWER

Place a head of cauliflower from which the leaves have been removed, in uncovered saucepan, stem end down; cover with boiling water; boil 35 minutes or until tender and serve with cream sauce.

COLD SLAW

Wash cabbage; cut into quarters and slice very thin; allow to stand in cold water 30 minutes; drain well, and cover with boiled or French dressing.

STUFFED GREEN PEPPERS

- 6 large green peppers
- 3 medium sized tomatoes
- 1 tablespoon butter
- 1 teaspoon salt
- ½ cup bread crumbs
- ⅓ lbs. hamburger steak or lean meat
- 1 cup corn
- 1 small onion
- ¼ teaspoon paprika

Cut tops from peppers and remove seeds; chop tomatoes, onion and add corn, steak, crumbs and seasoning; fill peppers; place in greased baking dish and cover with grated cheese. Bake in a moderate oven. Serve with a tomato sauce if desired.

STUFFED TOMATOES

- 6 fine, firm tomatoes
- 1 cup grated rye bread
- 2 tablespoons butter
- 1 tablespoon chopped parsley
- ¼ teaspoon grated onion
- salt and pepper to taste
- 2 yolks of eggs

Wash and dry tomatoes. Cut off tops. Remove pulp with small spoon, and rub through a fine sieve. Put butter in pan, tomato pulp and the seasonings. Stir in the yolk of eggs, and fill the tomatoes with the mixture. Sprinkle tops with bread or cracker crumbs, buttered, and place in oven on buttered tin and bake ½ hour. Serve hot.

NEW ENGLAND BOILED DINNER

- 4 lbs. corned beef
- 1 small cabbage
- 3 large carrots
- 6 medium onions
- 6 small parsnips
- 6 medium potatoes
- 2 small turnips

Wash meat quickly in cold water. If very salty, soak one-half hour in cold water; or let come to a boil, then drain. Place meat in kettle with boiling water to cover. Let cook 3 to 5 hours or until tender. Two hours before serving, add carrots, cabbage and turnips cut in quarters, and one-half hour before serving, add parsnips, onions and potatoes. Serve attractively arranged on a large platter.

STUFFED POTATOES

- 2 tablespoons butter
- 6 large potatoes
- salt
- pepper
- 2 tablespoons grated cheese
- 1 yolk of egg

Wash six well shaped potatoes and rub skin with shortening. Bake until tender, cut slice off one end, and with teaspoon remove all of potato from shells. Mash the potatoes, adding butter, cheese, seasonings and egg yolk. Refill shells and bake 15 minutes. Serve hot on napkin. Amount—6 potatoes.

STUFFED PEPPER SURPRISE

- 2 green peppers
- 4 small tomatoes
- ½ cup cracker crumbs
- 1 egg
- ½ cup milk
- 2 tablespoons grated cheese
- ½ teaspoon salt
- ¼ teaspoon paprika

Select large peppers of even shape. Cut in halves and remove seeds. Place a small peeled tomato in each half. Mix cracker crumbs with slightly beaten egg, milk and cheese. Add salt and

pepper. Spread the mixture over the tomato, letting it fill the cavity of the pepper to the top. Dot with butter and place in individual ramekins. Bake in a moderately hot oven for 30 minutes or until peppers are tender.

SPANISH RICE

½ cup rice
¾ cup water
1 can tomatoes
1 teaspoon onion juice
1 sprig parsley
1 can of pimentos, chopped fine
1 green pepper, cut fine
¼ cup grated cheese
½ teaspoon salt
a few grains of cayenne

Wash rice and steam in water. When water has been all absorbed add the remaining ingredients and cook until rice is tender. Place in a buttered baking dish, cover with buttered crumbs and brown under the broiler.

FRENCH FRIED POTATOES

Wash and pare potatoes. Run them through a French fried potato cutter or slice lengthwise in pieces one-fourth inch square. Soak in cold water one hour. Take from water, dry between towels, and fry in deep fat. Drain on absorbent paper and sprinkle with salt.

CABBAGE, SPAGHETTI AND CHEESE

4 cups shredded cabbage
1½ cup spaghetti, broken in small pieces
2 cups milk
1 teaspoon salt
4 tablespoons flour
4 tablespoons butter
½ pound American cheese shaved

Cook the spaghetti in boiling salted water until tender, drain. Make a sauce of flour, butter, milk and cheese. Bake in alternate layers.

DELICIOUS CABBAGE RELISH

4 quarts cabbage (chopped)
4 green peppers (chopped)
4 medium sized onions (chopped)
3 pints cidar vinegar
½ cup flour
4 tablespoons sugar
2 tablespoons salt
½ cup mustard
½ teaspoon turmeric

Mix cabbage, potatoes, onions, sugar, salt and vinegar and cook for three-fourths of an hour. Mix mustard smooth with a little vinegar and stir in. Mix one-half cup flour with the turmeric, make smooth with a little vinegar, add slowly to first mixture stirring constantly. Cook until thick. Pack hot in sterilized jars.

NATIONAL CANDIED SWEET POTATOES

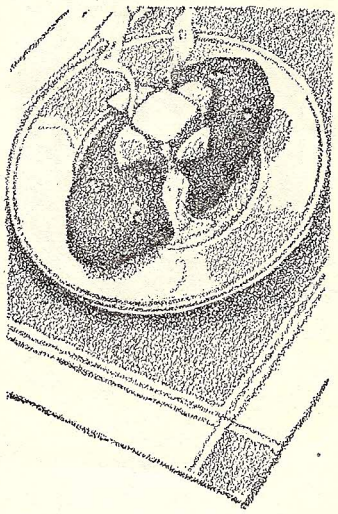
6 medium sweet potatoes
1½ cups brown sugar
2 tablespoons butter
½ cup water
2 bananas
¼ cup lemon juice
1 teaspoon salt

Oil a baking dish, and place a layer of boiled, sliced sweet potatoes in the bottom. Sprinkle with a little salt, brown sugar and pour over it some of the lemon juice and water. Dot with butter. Add bananas, sliced, and bake.

HARVARD BEETS

6 medium sized beets
½ cup sugar
½ tablespoon cornstarch
½ cup vinegar
2 tablespoons butter

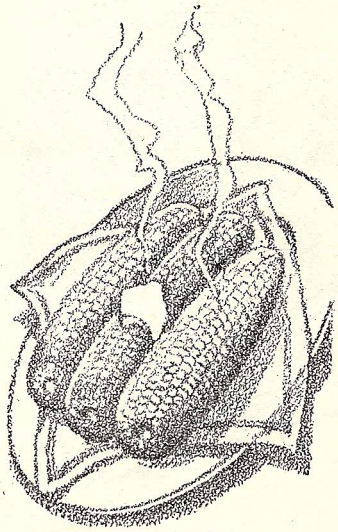
Wash the beets thoroughly. Cook them in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix the sugar and the cornstarch. Add the vinegar and allow the sauce to boil for five minutes, stirring constantly. When removing sauce from the fire add the butter. Pour sauce over the beets. Allow sauce to stand over beets a few minutes before serving.



FRIED EGGPLANT WITH TOMATOES

1 medium sized eggplant
½ teaspoon salt
1 egg
2 or 3 ripe tomatoes
1 cup crushed cornflakes

Peel eggplant. Slice thin. Dip in beaten egg, to which salt has been added, then in cornflakes. Fry in hot crisco (360 degrees F. or when a cube of bread browns in 60 seconds) until brown on both sides and tender. Test with toothpick. Cut tomatoes in round slices about ½ inch thick. Dip in cornflakes but not egg. Brown in frying pan in hot fat until nicely brown and tender. Serve eggplant on lettuce leaf and one slice of tomato on the eggplant. Will serve 6 people.



SOUTHERN CANDIED SWEET POTATOES

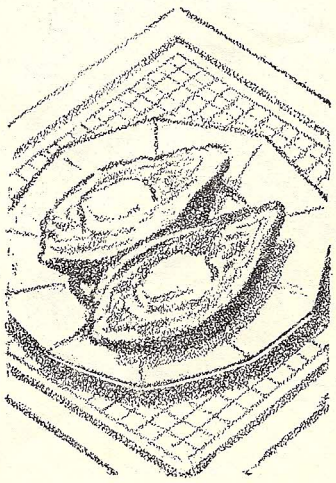
4 to 6 sweet potatoes
butter
1 cup brown sugar
¼ cup water

Pare the potatoes and boil until about half done. Drain and cut in lengthwise slices. Lay in a shallow well greased pan. Spread with butter, and pour over syrup made of brown sugar and water. Bake in a moderate oven, basting often with the syrup until potatoes are transparent. More syrup is sometimes necessary during the baking. One hour is usually necessary to candy potatoes well.

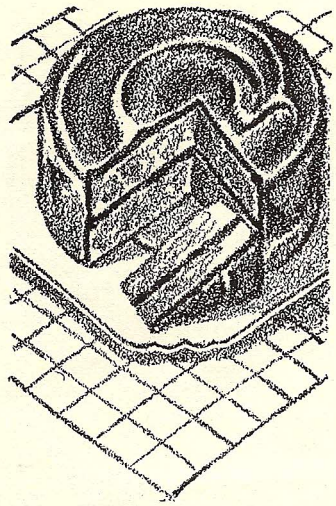
POTATOES O'BRION

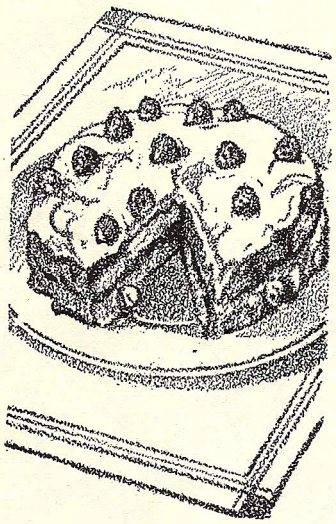
3 cups potato balls or cubes
1 slice onion
3 canned pimentos
1 tablespoon salt
1½ tablespoons butter
1 tablespoon parsley

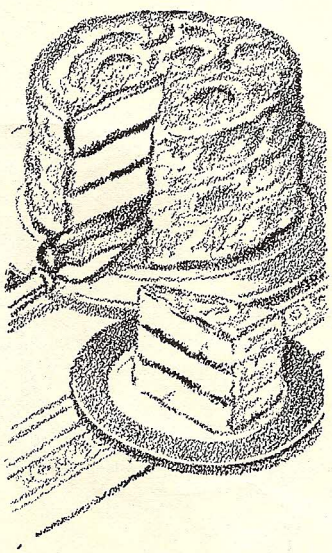
Fry potatoes in deep fat, and drain off on a piece of absorbent paper. Sprinkle with salt. Cook the onion in butter until it is clear, remove the onion and add the pimentos cut into small pieces. When thoroughly heated, add the potatoes, stir until well mixed. Turn into a serving dish and sprinkle with chopped parsley.



CAKES







GENERAL CLASSES OF CAKES

Although many varieties of cake can be made, they are all put into two classes, Butter Cake and Sponge Cake. They are otherwise classified as cakes made with butter and cakes made without butter, for it is the presence or absence of fat in a cake that makes the difference in the method of mixing the ingredients and determines the texture after baking.

Although there are many true examples of each class, there are many variations. For instance, a true sponge cake does not contain baking powder. The recipe usually calls for so many eggs, however, that makes it too expensive for general use, and the cake is really no lighter or more delicate, than if fewer eggs were used and a small amount of baking powder substituted.

CAKE AND COOKIE SECRETS

1. Use level measurements.
2. Sift flour before measuring.
3. Gather all ingredients and necessary utensils together and grease cake pan, or cookie sheet before starting to mix cake.
4. Cream shortening and sugar together very thoroughly. On this depends a good textured cake.
5. Beat cake batter from 1 to 3 minutes after all ingredients are in. Rich cakes require longer beating than plain cakes.
6. Never let cake batter stand around after mixing. Have oven at correct temperature and put cake in at once.
7. If baking without a thermometer, or oven regulator, divide the baking time as follows: 1st quarter—cake batter should rise. 2nd quarter—Cake should continue to rise and begin to brown. 3rd quarter—Rising should be completed and cake continue to brown. 4th quarter—Cake should settle and shrink from pan.
8. When cake is done:
   1. It will spring back when pressed lightly with the finger.
   2. It shrinks from the sides of the pan.
9. Cool cake quickly, on wire rack, but do not let it dry out.
10. Frost cake as soon as cool.

ANGEL FOOD CAKE

1 cup sifted flour
1 cup egg whites running over (10 to 12)
¼ teaspoon salt
¾ teaspoon cream of tartar
1¼ cups sifted granulated sugar
½ teaspoon each of lemon, vanilla, almond extract

Sift flour once, measure, and sift six times. Beat egg whites and salt in a large bowl with a flat wire whisk. When foamy add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully one tablespoon at a time until all is used. Fold by cutting from center of mixture and folding over. Then sift a small quantity of flour over mixture, fold carefully until all is used. Add flavoring. Pour batter into ungreased Angel Food cake pan and bake one hour in a slow oven. Begin at 275 and after 30 minutes increase heat slightly to 325. Remove from oven and invert pan for one hour, or until cold.

JIFFY CAKE

3½ cups cake flour
3 teaspoons baking powder
1 teaspoon salt
2 eggs
softened shortening
1 cup milk
2 cups sugar
any desired flavoring

Sift the flour three times, measure, and add baking powder and salt. Sift this into mixing bowl. Into a measuring cup break the 2 eggs, add enough softened shortening to fill the cup. Add to dry ingredients in the bowl. Add the milk, sugar, and 1 teaspoon of desired extract. Beat all this mixture together vigorously for 3 minutes. Pour into well oiled cake pans, and bake in a moderate oven for 25 minutes if 3 layer cake pan is used. Ice with your favorite icing.

CREOLE SPONGE CAKE

¾ cup flour
¼ teaspoon salt
4 tablespoons cocoa
1 cup sifted sugar
1 tablespoon lemon juice
5 egg yolks (beaten light)
5 egg whites (stiffly beaten)

Sift flour once, measure, add salt, add cocoa and sift six times. Add lemon juice to egg yolks, which have been beaten until thick and lemon colored. Gradually fold sugar into egg whites, then fold in yolks, then the flour mixture. Bake in ungreased tube pans in slow oven for one hour. Remove from oven and invert immediately for 1 hour or until cold.

CHOCOLATE ICE-BOX CAKE

½ pound sweet chocolate
3 tablespoons sugar
3 tablespoons water
4 eggs
1 teaspoon vanilla
30 ladyfingers
1 cup cream

Grate and melt chocolate in a double boiler; add sugar and water together with well-beaten egg yolks. Cook slowly until thick and smooth, stirring constantly. When cool fold in stiffly-beaten egg whites and vanilla. Line sides and bottom of a spring form cake pan with ladyfingers. Add the above filling, then ladyfingers and set in ice box for at least 12 hours. Top with whipped cream. turn on a platter and serve.

DEVIL'S FOOD

¼ cup butter
1¼ cups sugar
2 eggs
2 cups flour
2 level teaspoons baking powder
¾ cup milk
2 squares bitter chocolate
1 teaspoon vanilla

Cream the butter, add the sugar gradually, and beat the eggs and add them. Sift the flour and baking powder together, and add alternately with the milk. Melt the chocolate in a double boiler and stir into the cake mixture. Add the vanilla. Bake in a flat pan in a thick layer. Ice with chocolate icing and cut in 2-inch squares.

CAKES

WHITE LOAF CAKE

½ cup butter
1¼ cups sugar
whites of 4 eggs
2 cups flour
¾ cup milk
2 level teaspoons baking powder
¼ teaspoon almond extract

Sift flour once and measure; add baking powder and sift five or six times. Sift sugar, then measure. Cream butter and sugar together thoroughly, then add flour and milk alternately, a little at a time, then flavoring. Fold in carefully the stiffly beaten whites of eggs, and bake in ungreased angel cake pan or two loaf pans, forty to sixty minutes. Add 1 cup chopped nut meats if a Nut Loaf Cake is desired.

CREAM LAYER CAKE

½ cup shortening
1 cup sugar
2 eggs
1 teaspoon vanilla extract
½ cup milk
2 cups flour
3 teaspoons baking powder
¼ teaspoon salt

Cream shortening and sugar together until light; add yolks of eggs and flavoring, and milk slowly; sift flour and salt; add half, then half of stiffly beaten whites of eggs and remainder of flour sifted with baking powder; stir after each addition; fold in remaining white of eggs. Bake in greased layer cake tins in moderate oven 15 to 20 minutes. Put together with cream filling and cover top and sides with white icing.

1 cup milk
2 tablespoons cornstarch
¼ teaspoon salt
2 tablespoons sugar
1 egg
1 teaspoon vanilla extract

Put milk on to scald. Mix cornstarch, salt and sugar with a little cold milk; add to well-beaten egg; then add slowly to hot milk. Cook about three minutes or until thick and smooth; add flavoring and spread between layers.

FUDGE CAKE

2 cups granulated sugar
½ cup shortening
½ cup hot water poured over
2 squares chocolate
1 teaspoon vanilla
softened shortening
½ cup sour milk
1 teaspoon soda
2 cups flour
3 eggs

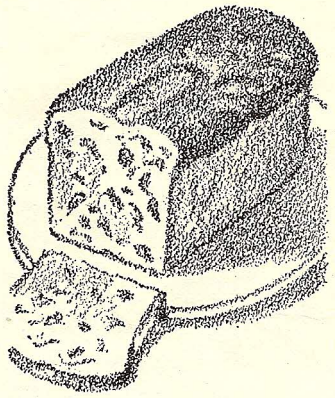
Cream shortening and sugar together. Add the chocolate after it is cooled. Add soda which has been mixed with sour milk. Then add well beaten egg yolks. Add flour, flavoring, and lastly fold in the stiffly beaten egg whites. Bake in a well oiled square cake pan in a moderate oven for 40 minutes or until cake leaves side of pan. Icing—2 cups sugar, one-third cup butter, ½ cup sweet cream, 2 tablespoons cocoa. Combine cocoa and sugar and cream with butter. Add sweet cream and boil for 5 minutes. Beat until cool enough to spread on cake.

POLLYANNA CAKE

A new way to use up left over Egg Yolks.

3¼ cups flour
1 cup butter
2 cups sugar
1 cup cold water
8 to 11 egg yolks
5 teaspoons baking powder
¼ teaspon salt
any desired extracts

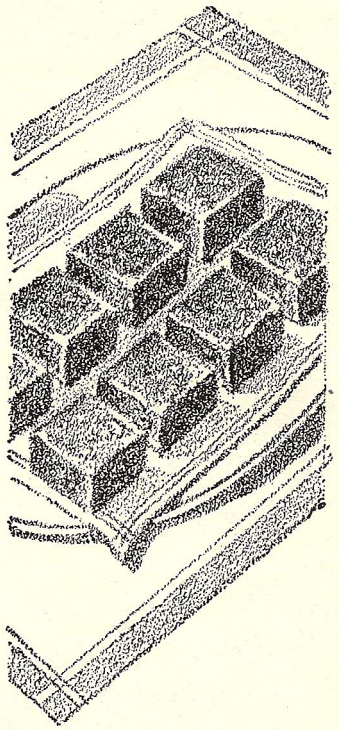
Mix the flour, salt, baking powder and sift three times. Cream the butter, and add the sugar which has been sifted three times, add the egg yolks. Alternate the flour with the water. Mix well but carefully, and bake as any butter cake.



WHITE LAYER CAKE

½ cup shortening
1 cup granulated sugar
½ cup cold water
2 cups flour
2 teaspoons baking powder
whites of 3 eggs
1 teaspoon vanilla or almond extract

Cream shortening and sugar together until very light; add water slowly, almost drop by drop, and beat constantly; stir in flour and baking powder which have been sifted together twice; add flavoring; fold in whites of eggs which have been beaten until stiff and dry, pour into two greased layer cake tins. Bake in moderate oven 20 to 25 minutes. Put together with fresh strawberry icing or maple icing.



NEW IDEA SHORTCAKE

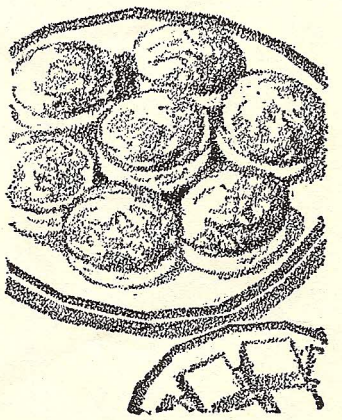
2 cups flour
4 teaspoons baking powder
4 tablespoons shortening
¾ cup milk
1 box berries
4 tablespoons sugar
1 teaspoon salt
1 whole egg
2 egg yolks
½ pint whipping cream

Add the slightly beaten egg to the milk and mix well. Cut shortening into the sifted dry ingredients; add the liquid. Pat out on a slightly floured board and shape into layers or small cakes. Bake in a moderate oven for 15 to 20 minutes. When cold serve with sweetened berries and the whipped cream.

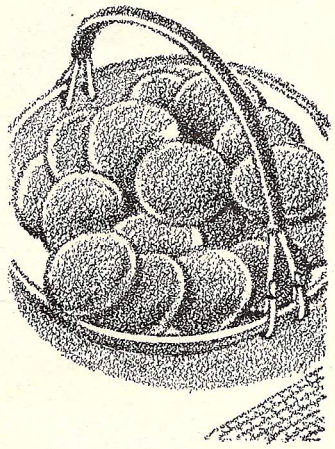
SUNSHINE CAKE

7 egg whites
¼ teaspoon cream of tartar
1¼ cups sugar
1 cup flour
5 egg yolks
½ teaspoon salt

Beat the whites until very stiff, adding cream of tartar when the whites are frothy. Add sugar to the whites carefully, and blend with the yolks which have been beaten until thick. Sift the flour once before measuring, sift the flour and salt together, and fold into mixture very lightly. Bake just the same as an Angel Food cake.



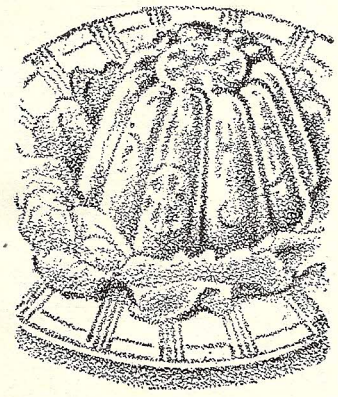
COOKIES



SOFT MOLASSES COOKIES

1¼ cups shortening
1 cup sugar
6 cups flour
2 teaspoons soda
1 teaspoon salt
1 teaspoon allspice
1 teaspoon ginger
1 teaspoon cinnamon
1 cup molasses
1 cup cold coffee

Cream shortening well, and add sugar gradually. Sift flour once before measuring. Sift flour, soda, salt, allspice, ginger and cinnamon together. Mix coffee and molasses. Add to the creamed mixture alternately with flour mixture. Roll out to ¼" thickness and cut. Bake on greased baking sheet or pan. Bake in hot oven 15 minutes. (5 dozen.)



CHOCOLATE INDIANS

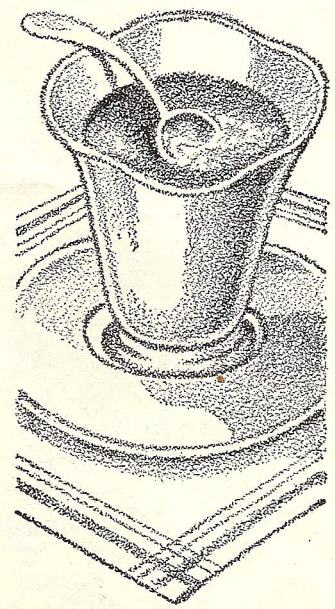
½ cup shortening
1 cup sugar
2 eggs
1 teaspoon salt
½ cup flour
1 cup walnut meats
2 squares unsweetened chocolate
1 teaspoon vanilla

Cream shortening and sugar together. Add beaten eggs, salt and flour, add nuts, melted chocolate and mix well. Spread evenly in a greased shallow pan, having mixture ¼" deep. Bake in a moderate oven 20 to 25 minutes. While hot cut in squares.

SOUR CREAM COOKIES

½ cup shortening
1½ cups sugar
2 eggs
2 teaspoons baking powder
1 teaspoon lemon extract
3½ cups flour
1 teaspoon salt
½ teaspoon soda
1 cup thick sour cream

Cream the shortening and add the sugar gradually. Add the well beaten eggs. Sift the flour once before measuring. Mix and sift flour, salt, soda and baking powder together. Add alternately with the sour cream; add flavoring. Roll to ¼ inch thickness, cut with cookie cutter, using fancy cutters. Bake on well oiled baking sheet for 15 minutes in a moderate oven.



MACAROONS
(Foundation recipe)

2 egg whites
¼ teaspoon salt
½ teaspoon vanilla
¾ cup granulated sugar
1⅓ cups cocoanut

Beat egg whites stiff but not dry, then add the salt. Beat in the sugar one quarter cup at a time. Add the vanilla, and fold in the cocoanut. Drop by rounded teaspoonfuls an inch apart on a baking sheet which has been greased with unsalted fat. Crisco or Snowdrift. Keep them small. Bake in a slow oven until they are a light golden color. The secret of delicious chewy macaroons is a slow oven. A fresh piece of bread put in the cookie jar will keep them chewy.

DATE STICKS

1 cup sugar
1 tablespoon butter
2 eggs beaten thoroughly
1 tablespoon hot water
1 cup flour
1 level teaspoon baking powder
½ cup chopped nut meats
1 lb. dates cut fine

Mix in order given and bake in a long shallow pan. Spread dough thinly. Bake in moderate oven 325 degrees F. about 25 minutes. Let stand until cool. Cut in strips 3 inches by 1 inch and roll in powdered sugar. Makes about 3½ dozen.

GINGER SNAPS

½ cup shortening
1 cup sugar
4 cups flour
1 teaspoon salt
1 teaspoon soda
2 teaspoons ginger
½ cup water
½ cup molasses

Cream shortening, add sugar gradually. Sift flour once before measuring. Mix salt, flour, soda, and ginger together, and add alternately with water and molasses. Roll out very thin. Cut with a small cookie cutter. Brush with water and bake. Brushing with water gives the characteristic cracked appearance. Bake in hot oven 7 minutes.

BUTTERSCOTCH COOKIES

1½ cups butter
2 cups brown sugar
2 eggs (well beaten)
3 cups flour
2 level teaspoons baking powder

Cream butter, add sugar, then beaten eggs and mix well. Add flour and baking powder sifted together. Mix to a dough. Shape to a roll, then chill. Slice ¼ inch thick. Bake on ungreased pan, in a hot oven 375 degrees F.

GRANDMOTHER ICE CREAM COOKIES (Especially good)

1 cup butter
1 cup powdered sugar
1½ cups flour, pastry preferred
1 egg

Soften but do not melt the butter. Sift flour before measuring, then sift again and add to softened butter, rubbing well together with the hands. Add the sugar, mix well and lastly the egg which has been well beaten. Knead well and set aside to chill. Roll out thick, and cut in any shape desired. Bake at 350 to 375 degrees for 5 to 7 minutes.

Lovely for afternoon tea.

ALMOND SLICES

3 eggs
1 cup brown sugar
1 cup white sugar
1½ cups hot butter or substitute, part butter desirable
2 teaspoons cinnamon
2 teaspoons soda
¼ cup blanched almonds
5½ cups cake flour

Mix in order given. Form into a loaf and chill thoroughly, over night if possible. Slice in thin slices. Bake on an oiled cookie sheet in hot oven 425 to 450 degrees F.

FILLINGS • FROSTINGS • ICINGS

CREAM FILLING

1 cup sugar
⅓ cup flour
2½ cups milk
1 teaspoon vanilla
2 eggs, well beaten

Mix sugar, flour and eggs and stir into hot milk. Cook in top of a double boiler about ten minutes. Add vanilla.

FIG FILLING

½ pound figs, chopped fine
6 tablespoons sugar
⅓ cup orange juice
rind of half orange

Cook in double boiler until the thickness of cream.

BOILED MAPLE FROSTING

cup granulated sugar
½ cup water
½ cup brown sugar
1 egg white

Boil sugar and water without stirring until it hairs. Beat egg whites until stiff. Pour on gradually the syrup, beating constantly. Continue beating frosting until cool and stiff. Add a couple of drops of vanilla and spread on cake.

DELICIOUS MOCHA ICING

1½ cups powdered sugar
½ cup butter
2 teaspoons desired extracts
for a chocolate icing add 3 tablespoons cocoa

Enough cold coffee to moisten mixture (2 tablespoons.) If a white icing is desired omit the cocoa, and use sweet cream instead of coffee. This icing is very delicious, and keeps moist. Cocoanut or chopped nuts, also chopped candied fruit, may be used.

ORANGE FILLING

5 tablespoons flour
1 cup sugar
grated rind of 1 orange
½ cup orange juice
3 tablespoons lemon juice
4 tablespoons water
1 egg slightly beaten
2 teaspoons butter

Mix ingredients in order given. Cook in double boiler 10 minutes, stirring constantly. Cool before spreading.

NEW ORLEANS JUMBLES

1 cup butter
1 cup sugar
1 egg
grated rind of 1 orange
grated rind of 1 lemon
3 cups flour, sifted 3 times

Cream butter, add sugar and grated rind. Work the flour into the mixture. Break the egg into the dough and work it in thoroughly. Dredge a board with sugar and upon it roll with the hands small pieces of the dough, as in shaping small bread sticks. Join the ends to make rings about an inch and a half in diameter. Bake on a greased tin in a moderate oven until light brown. These will keep a long time if carefully put in a crock and covered.

COCOANUT FILLING

2 eggs
confectioner's sugar
grated cocoanut

Beat egg whites until stiff, add enough powdered sugar to spread. Spread on cake and sprinkle with grated cocoanut. Use for a layer cake, having filling between and on top.

BANANA FROSTING OR FONDANT

Mash a ripe banana until soft and smooth. Mix in sugar, confectionery, until proper consistency. A little salt takes away the sweetish taste. This frosting will remain soft almost indefinitely.

SEVEN MINUTE ICING

¾ cup sugar
⅛ teaspoon cream of tartar
½ teaspoon vanilla
1 egg white
3 tablespoons water

Place all ingredients in top part of double boiler, having water in lower part boiling. Beat together until thick enough to spread. Add vanilla.

NEVER FAIL CHOCOLATE ICING

2 cakes German sweet chocolate, melted
4 egg yolks
1 teaspoon vanilla
4 egg whites

Melt the chocolate over hot water, remove from fire and add 4 egg yolks, one at a time, beating well. Add vanilla, and fold in the stiffly beaten whites of 4 eggs. Beat until the proper consistency for spreading is obtained.

SOUR CREAM CAKE FILLING

1 cup thick sour cream
yolk of 1 egg
½ teaspoon extract
1 tablespoon sugar
1 tablespoon cornstarch

Beat the yolk slightly, add sugar, and cornstarch mixed with the milk. Cook in double boiler until mixture coats the spoon. Add the flavoring, and 1 cup chopped nuts if desired.

LEMON FILLING

¾ cup water
¼ cup sugar
juice of one-half lemon
rind of one-half lemon

Bring these to a boil and then stir in ¼ cup of sugar and 2 tablespoons of flour mixed together. Take from fire, add 1 egg well beaten, 1 teaspoon of butter; set back on fire until egg is set.

FIG FILLING

2 cups figs, chopped
⅔ cup sugar
1 tablespoon butter
⅔ cup boiling water
1 tablespoon lemon juice

Cook figs, sugar and water in double boiler until thick, 6 to 8 minutes. Remove from stove, add lemon juice and butter. When cool spread between layers of cakes.

BOILED FROSTING

2 cups sugar
¾ cup water
stiffly beaten whites of 2 eggs
lemon or vanilla

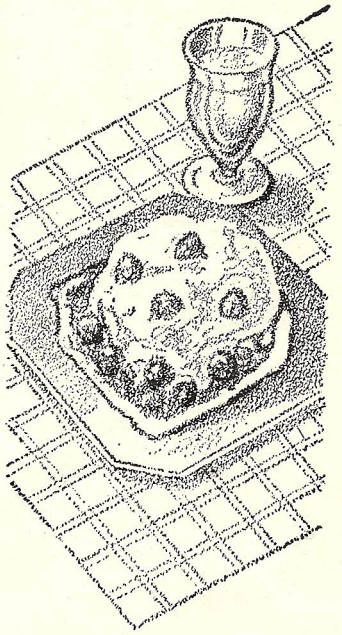
Boil sugar and water without stirring until it threads. Then gradually pour it into beaten eggs, beating rapidly until cool.

CHOCOLATE FROSTING

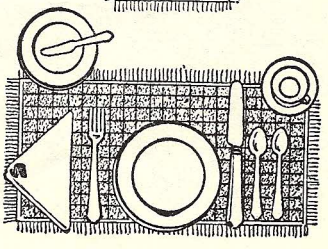
¾ cup sugar
2 squares chocolate
3 tablespoons milk
1 egg yolk

Melt chocolate, add sugar and milk. Cook in a double boiler until smooth; add egg yolk and cook one minute. Spread on cake.

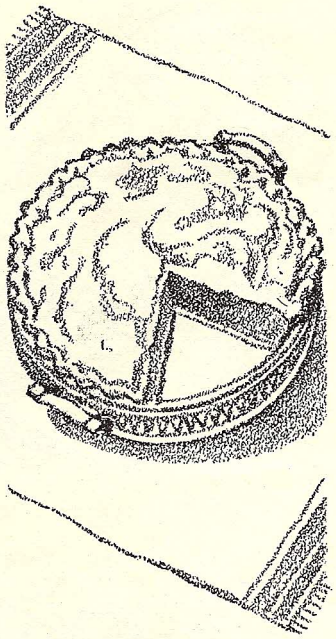








PIES



GENERAL RULES FOR PASTRY MAKING

To assure successful pastry for pies:

1. Use cold water, cold utensils and have the kitchen cool.

2. Work quickly, mix very little, as kneading toughens.

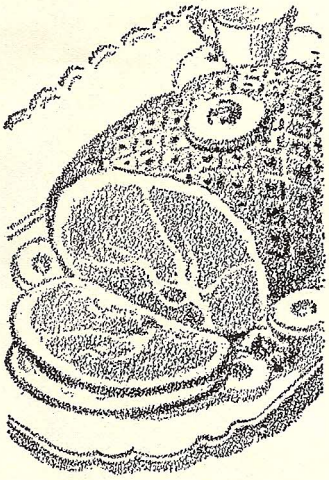
3. Flour the board as little as possible.

4. Do not turn pastry and roll on both sides.

5. Have oven very hot (425 degrees to 500 degrees F.) for baking pastry.

6. To prevent lower crust from absorbing the juice—sprinkle with flour and sugar or corn flakes.

7. Fats: (1) Lard makes white, flaky crust. (2) Lard and butter give good flavor. Pie crust is often made without baking powder, but it requires much skill and practice as well as more shortening to make it tender and flaky. And when a plainer and more economical crust is desired, the use of a little baking powder will produce the results required. If pastry flour is used the results will be found more satisfactory.



FOR FLAKY, TENDER PIE CRUST

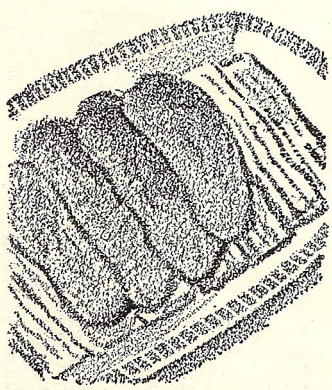
Amount for one-crust pie
(or baked shell)

- 1½ cups pastry flour
- ½ cup shortening
- ½ teaspoon salt
- 4 to 6 tablespoons cold water

For medium size two-crust pie.

- 2 cups pastry flour
- ⅔ cup shortening
- ¾ teaspoon salt
- 6 to 8 tablespoons cold water

Sift flour and salt together. Cut shortening in with two knives until consistency of small peas. Add only enough water to hold. Roll one-eighth inch thick. For baked shell, cover bottom of pie plate. Leave enough edge to fold back to make it firm. Prick well with fork to prevent bubbles. Bake in hot oven (450 degrees F.) for 15 minutes.



COCOANUT CUSTARD PIE

- 3 egg yolks
- 2 egg whites
- 4 tablespoons sugar
- ⅛ teaspoon salt
- 1½ cups milk
- ½ cup shredded cocoanut
- 1 teaspoon vanilla

Line a pie plate with crust, build up the edge to hold in mixture. Mix the above ingredients together and pour into crust. Sprinkle cocoanut on top last. Bake in hot oven for 7 to 8 minutes, then reduce heat to very moderate until custard is firm. Make meringue of the other white. Add two tablespoons sugar to the stiffly beaten white and pile on top. Sprinkle generously with cocoanut and bake in a moderate oven until delicately browned. Two egg whites may be used for the meringue.

MOCK MINCE PIE

- 1 cup chopped cranberries
- ½ cup chopped raisins
- 1 cup chopped apples
- ¼ cup chopped nuts
- 1 tablespoon flour
- 1 tablespoon cinnamon
- ½ tablespoon nutmeg
- 1 cup sugar
- ¼ cup boiling water
- 1 tablespoon shortening

Mix chopped cranberries, raisins, apples and nuts together and combine with flour, cinnamon, nutmeg and sugar which have been mixed together. Add boiling water and pour into an unbaked pie shell or pastry lined muffin tins. Dot with butter and cover with strips of pastry, or upper crust and bake 40 minutes at 450 degrees F., hot oven for first 15 minutes, reducing heat to 375 degrees F., moderate hot oven for remaining 25 minutes. Amount —One 7 inch pie or 8 individual pies.

LEMON CREAM PIE

- 2 eggs
- 2 tablespoons flour
- grated rind and juice of 1 lemon
- ¾ cup sugar
- 1¾ cups water
- 1 teaspoon salt
- 3 tablespoons cornstarch

Bring the water to the boiling point. Pour over the sifted dry ingredients. Place in the top of double boiler and cook until mixture is thick. Remove from the fire and add the slightly beaten egg yolks. Allow to cook again for 1 minute. Remove and add the lemon juice and rind. When cool pour into a baked pie shell. Beat the egg whites until very stiff, allowing 2 tablespoons sugar for each egg white, add ¼ teaspoon baking powder. Spread on top of pie, and bake until a light brown.

CHOCOLATE PIE

- 1½ cups sugar
- ¼ teaspoon salt
- 4 tablespoons cornstarch
- 2 cups milk
- 2 egg yolks
- 2 squares melted chocolate (each square one ounce)
- 1 teaspoon vanilla

MERINGUE

- 2 egg whites
- 4 tablespoons sugar

Mix the sugar, salt and cornstarch together in the top of a double boiler. Add the milk and cook for 15 minutes. Add the well beaten egg yolks slowly. Add the melted chocolate and cook slowly for five minutes. Remove from the fire and add vanilla. Fill baked pie shell. Cover with meringue made by adding the four tablespoons sugar to the well beaten egg whites. Bake 15 minutes. Time—bake meringue 15 minutes. Temperature—350 degrees F., moderate oven. Amount—Filling for one 7 inch pie.

PIES

APPLE PIE

1½ cups flour
½ teaspoon salt
½ cup shortening
ice water (about 5 tablespoons)
5 medium sized apples
½ cup sugar
1 teaspoon cinnamon
1 tablespoon butter

Follow instructions on page 18.

BUTTERSCOTCH PIE

1½ cups water
1½ cups brown sugar
2 tablespoons flour
3 tablespoons cornstarch
pinch of salt
2 egg yolks
3 tablespoons butter
1 teaspoon vanilla

MERINGUE

2 egg whites
4 tablespoons sugar
¼ teaspoon baking powder

Heat brown sugar and water to boiling point. Pour over sifted dry ingredients and cook until thick. Add egg yolks slightly beaten, and cook for one minute longer. Remove from fire; add butter, salt and flavoring, and let cool. Pour into baked crust, cover with meringue made by beating egg whites until frothy, adding sugar and baking powder and beating until stiff. Put in oven (325 degrees F.) to brown.

SOUR CREAM PIE

1 cup sour cream or buttermilk
3 egg yolks
½ cup seeded raisins
1 cup sugar
½ teaspoon cinnamon
¼ teaspoon cloves
2 tablespoons flour

Mix and bake in an unbaked crust like custard pie. Cover with meringue and brown.

MINCE MEAT PIE

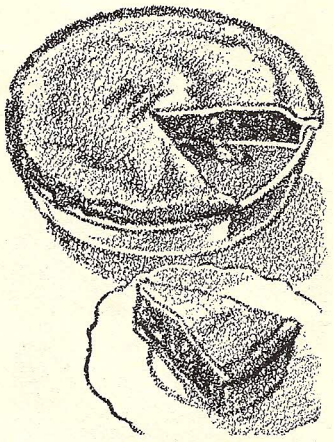
4 pounds beef round
5 pounds raisins
5 pounds apples
5 pounds currants
1½ pounds blanched almonds
5 pounds light brown sugar
½ teaspoon cinnamon
2 pounds suet
½ teaspoon mace
4 pounds citron
2 cups cider

Let beef simmer until tender in sufficient water to cover it well. Allow to cool in water in which it was cooked. Chop meat fine. Chop suet, raisins, apples, citron, almonds, currants and mix with brown sugar. Add to meat, add mace, cinnamon and cider. Simmer slowly 1½ hours, stirring frequently to avoid burning. Amount—10 quarts.

CHERRY PIE

3 cups cherries
1 cup sugar
plain pastry
4 tablespoons flour
⅛ teaspoon salt

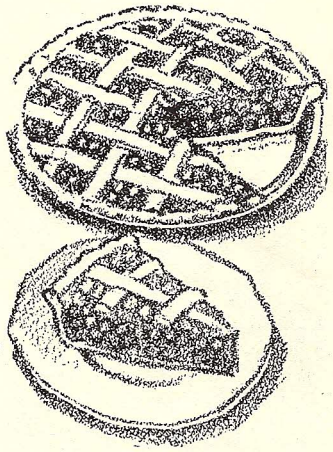
Measure cherries after they are washed and the pits removed. Mix flour, sugar and salt together, then mix with the cherries. Line a pan with plain pastry and put cherry mixture into it. Moisten edge of pastry, cover with top crust, trim and press edges together. Prick top to allow steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce heat to moderate (325 degrees F.) and bake 25 minutes. Just before serving sprinkle the top with powdered sugar. For a cherry tart pie put strips of pastry one-half inch wide criss-cross over the top.



CHOCOLATE CREAM PIE

1¼ cups Swans Down cake flour
1¼ teaspoons baking powder
3 tablespoons butter or other shortening
1 cup sugar
2 eggs, well beaten
½ cup milk

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add ½ cup sugar gradually, and cream together until light and fluffy. Add remaining sugar to eggs and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in two greased 8-inch layer pans in moderate oven 20 minutes. Cool. Split each layer in half. Put together and cover top with Chocolate Frosting and Filling. (Double the recipe for three 9-inch layers.)



CHOCOLATE FROSTING AND FILLING

4 squares good unsweetened chocolate, cut in pieces
½ cup cold milk
2 egg yolks, well beaten
1½ cups sugar
1 tablespoon butter
1 teaspoon vanilla

Add chocolate to milk and place over low flame. Cook until mixture is smooth and blended, stirring constantly. Beat egg yolks with 3 tablespoons sugar. Add remaining sugar to chocolate mixture and cook until smooth. Add egg mixture and butter and cook 1 minute. Remove from fire. Add vanilla. Beat until thick and creamy. Spread between layers and on top of Chocolate Cream Pie.

PUMPKIN PIE

1½ cups steamed and strained pumpkin
⅔ cup brown sugar
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon salt
2 eggs, slightly beaten
2 tablespoons melted butter
1½ cups milk

Mix first six ingredients together, add the melted butter and milk last. Line a pie plate with crust—build up around the edges. Bake in a moderate oven until it is set.

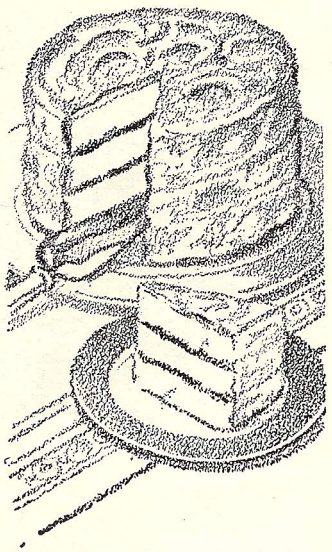


BERRY PIES

Pick over the berries and wash them. For raspberries, blackberries, blueberries, and loganberries, mix ¾ cup sugar with 1 tablespoon cornstarch for each pie and stir into the berries.

When using cranberries, currants or gooseberries and cherries, mix 1½ cups sugar with 2 tablespoons cornstarch. Add this to the fruit.

QUICKLY MADE DESSERTS



CHOCOLATE BREAD PUDDING

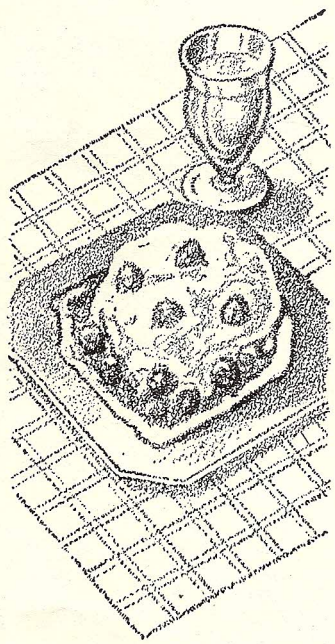
2 cups stale bread crumbs
2 cups scalded milk
½ cup cocoa
2 tablespoons butter
¾ cup sugar
2 eggs
¼ teaspoon salt

Soak bread in milk for 30 minutes. Stir salt, cocoa and sugar together. Add eggs slightly beaten, and 1 teaspoon extract if desired. Lastly add melted butter. Pour into a well oiled baking dish and bake in a moderate oven until firm.

GINGERBREAD

⅔ cup butter
⅔ cup sugar
2 eggs, well beaten
1 cup molasses
1 teaspoon salt
1 cup buttermilk
1 teaspoon soda
1 teaspoon cinnamon
½ teaspoon ginger
Enough flour to make a stiff dough

Cream the butter, and add the sugar gradually. Add the well beaten eggs, molasses, buttermilk, to which the soda has been added. Mix all the rest together. Pour into greased pan. Bake. Serve hot or cold with whipped cream.



SECRETS FOR DESSERTS

1. Serve a light dessert after a hearty meal.
2. Do not have gelatine mixtures too stiff. When too much gelatine is used the dessert will be tough and rubbery.
3. Cook custards over hot water, stirring constantly. If custard separates, remove it from the fire and beat with an egg beater to "bring it back" again.
4. Do not fill molds for steamed puddings more than three-quarters full, because mixture will rise during the cooking.
5. Keep the water boiling in the utensils in which you steam puddings. If more water is needed be sure to add boiling water.

DELICIOUS DATE PUDDING

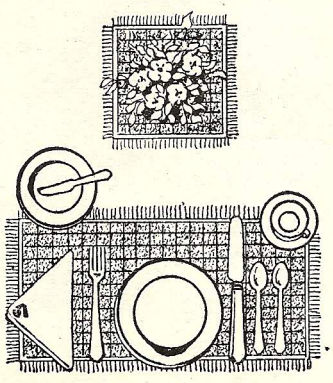
1 cup boiling water
½ package dates
1 teaspoon soda
1 tablespoon butter
1 cup sugar
1 egg
1½ cups flour
1 teaspoon baking powder
½ cup walnut meats cut into small pieces

Stone the dates and cut into small pieces. Add soda and cover with boiling water. Cool. Melt the butter and add to sugar. Add well beaten egg. Beat all together, and add the sifted dry ingredients. Pour into a well oiled loaf pan, and bake in a slow oven about 45 minutes. Serve cold with whipped cream. After removing from the oven pour over the following frosting without removing pudding from pan.

FROSTING

½ cup sugar
½ package dates
¾ cup boiling water

Stone and cut dates into small pieces. Boil mixture slowly about 15 minutes. Pour over the pudding.



PLUM PUDDING

1 pound suet
1 pound raisins
1 pound currants
¼ pound almonds
½ pound citron
¼ pound lemon peel
¼ pound orange peel
1 glass currant or other tart jelly
10 eggs
½ cup fruit juice
2 teaspoons salt
1 pound brown sugar
1¼ cups flour
2 teaspoons cinnamon
½ teaspoon nutmeg
1½ teaspoons soda
1½ teaspoons mace

Chop the suet. Wash and chop raisins and currants. Blanch the almonds and cut fine. Slice and chop heated citron. Cut orange and lemon peel fine. Combine wet and dry ingredients. Pour into greased molds. Cover and steam six hours. Reheat by steaming one hour before serving. Amount—four 1-lb. cans.

CAKE PUDDING

Make the same as bread pudding, except use dried cookies or cake in place of buttered bread.

SPICED BREAD PUDDING

1 cup sour milk
1 cup stale bread crumbs
1 cup flour
1 cup brown sugar
¼ teaspoon cloves
¼ teaspoon mace
½ teaspoon cinnamon
1 teaspoon baking powder
½ teaspoon soda
¼ cup shortening
2 tablespoons honey or syrup
¾ cup raisins, dates or figs

Into the bread crumbs sift the dry ingredients. Mix honey and shortening very thoroughly, add to the sour milk and stir well. Stir into the dry ingredients, add the fruit, and pour into well oiled pudding or baking pan. Bake in a moderate oven until firm. Serve with whipped cream, or any pudding sauce.

CUSTARD BREAD PUDDING

Into a well buttered baking dish put layers of buttered slices of dried bread, sprinkled over with raisins. Cover with custard mixture made as follows: to 2 slightly beaten eggs add 4 tablespoons sugar and ⅛ teaspoon salt, ½ teaspoon vanilla, mix with 2 cups milk. Set dish in pan of hot water. Bake in a moderate oven until custard is firm and well browned.

OLD-FASHIONED PUDDING

6 cups whole milk
½ cup rice
½ cup sugar
1 teaspoon salt
½ teaspoon nutmeg
½ cup raisins

Put all together in a buttered pan in a moderate oven. Stir frequently at first and then occasionally. Bake 2 hours. Should be creamy. Better cold than hot.

QUICKLY MADE DESSERTS

BISQUE CREAM

½ pound peanut brittle
1 pint whipping cream

Roll brittle very fine with rolling pin; whip the cream. Combine mixtures, pour into mold and freeze without stirring.

RICE AND PINEAPPLE WITH CREAM

1 cup milk
2 tablespoons sugar
1 cup crushed pineapple
preserved kumquat or candied cherries
¼ cup rice
¼ teaspoon salt
½ pint cream

Scald the milk, add rice, and cook over hot water 50 minutes or until tender. Rub through a sieve, add sugar, salt and crushed pineapple, and chill in refrigerator. Just before serving fold in cream, beaten stiff. Pile lightly in parfait glasses and garnish with preserved kumquat or candied cherries. Amount—4 servings.

QUICK COMPANY DESSERT

A company dessert that can be made quickly for five persons is to whip one-half pint of cream until stiff, sweeten it with white sugar or maple sugar, then fold in five or six crushed macaroons, and some finely cut nut meats, candied pineapple and cherries. Dates and crystallized orange or grapefruit straws would also prove a happy combination.

MINT ICE

2 teaspoons gelatine
1 tablespoon cold water
3 cups boiling water
3 tablespoons bruised mint leaves
1½ cups powdered sugar
½ cup lemon juice
2 egg whites
green coloring

Soak gelatine in cold water. Boil the sugar and water together, and mint leaves for 2 minutes. Strain. Pour over gelatine and stir until dissolved. Cool. Add lemon juice and green coloring. Pour mixture in pans. Set in electric refrigerator and when it begins to freeze, add stiffly beaten egg whites. Allow to freeze to a soft mush.

MOONLIGHT PARFAIT

1 cup sugar
½ cup water
1 egg white
2 cups whipping cream
¼ teaspoon salt
1 teaspoon vanilla
1 teaspoon almond extract
½ cup chopped figs
½ cup chopped dates

Boil sugar and water until it spins a thread. Add to beaten egg white very slowly and beat continually until it thickens. Add the flavoring and salt. Mix well. Add the dates and figs. Fold in the whipped cream. Pour into the trays of an electric refrigerator and allow to stand until ready to serve.

MAPLE WALNUT PUDDING

Mix 1 cup brown sugar and ¼ cup cornstarch, add ½ cup boiling water slowly, then add to 1 cup scalded milk, stir until thick, cover and cook 15 minutes. Remove from fire, add ¾ cup broken walnut kernels and 2 egg whites beaten stiff. Pour into individual molds, rinsed with cold water. When ready to serve, turn out and garnish with ½ cup very stiff whipped cream mixed with 2 tablespoons powdered sugar, ¼ teaspoon vanilla and ¼ cup whole walnut kernels. (Serves six.)

CEREAL CUSTARD PUDDING

1 cup cooked cereal (cream of wheat)
1½ cups milk
2 eggs
½ cup sugar
½ teaspoon vanilla

Mix well, cereal with milk, beaten eggs and sugar, add vanilla. Pour into buttered baking dish. Bake ½ hour. Serve with cream.

STRAWBERRY SHORTCAKE

Make dough as for biscuit, adding two tablespoons of sugar to the baking powder and flour, if sweet shortcake is desired. Roll dough in two round pieces and spread with butter. Bake in two round cake tins fifteen to twenty minutes in moderate oven. Brush with melted butter. Put the strawberries and juice between the layers, and on top of shortcake. Whipped cream sweetened and flavored to taste can be added.

APPLE DUMPLINGS

1½ cups flour
2 level teaspoons baking powder
1 teaspoon butter
½ cup milk
6 apples

Sift together thoroughly flour and baking powder. Work in butter with tips of fingers and add milk. Place on a floured board, pat and roll out to a little less than ½ inch in thickness. Peel apples, cut in halves. Cut dough into rounds large enough to enclose the apple halves. Place in a buttered steamer and cook over boiling water for twenty minutes. Sections of peaches may be used instead of apples.

BAKED BANANAS WITH LEMON SAUCE

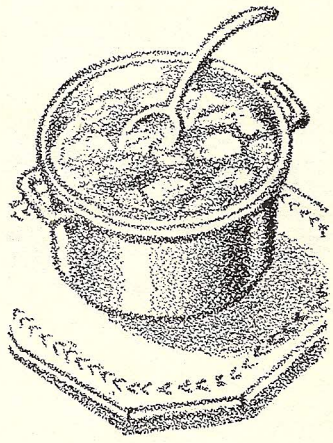
6 ripe bananas
⅛ cup sugar
2 tablespoons melted butter
2 tablespoons lemon juice
⅛ teaspoon salt

Skin the bananas, scrape lightly to remove stringy portion, and split in half lengthwise. Place in a greased shallow baking dish and pour over them the liquid mixture. Bake in a moderate oven until brown. Serve from the dish.

OLD-FASHIONED BREAD PUDDING

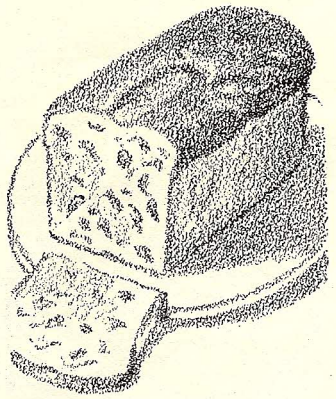
Into a well-buttered baking dish put layers of buttered slices of dried bread, sprinkled over with raisins. Cover with custard mixture made as follows: to 2 slightly beaten eggs add 4 tablespoons sugar and ⅛ teaspoon salt, ½ teaspoon vanilla, mix with 2 cups milk. Set dish in pan of hot water. Bake in a moderate oven until custard is firm and well browned.







SANDWICHES



SANDWICH SECRETS

1. Use bread that is twenty-four hours old for the best sandwiches.

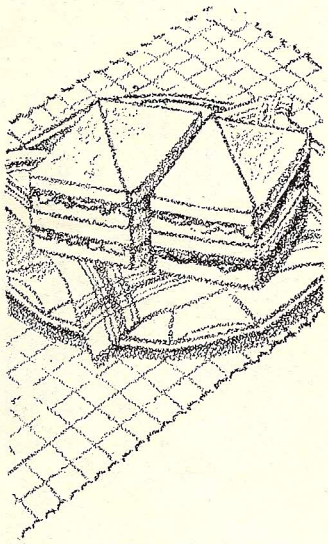
2. Slice bread very thin for the dainty sandwich.

3. Always have sandwich fillings all ready before cutting the bread.

4. A toasted sandwich using graham bread always gives variety.

5. Cover sandwiches with a clean damp cloth if they are prepared far ahead of serving time.

6. Wrap sandwiches in oiled paper if they are to be placed in lunch boxes or lunch baskets, and carried for any distance.



CHEESE SANDWICH FILLINGS

1. Mix equal quantities of Neufchatel or cream cheese with chopped olives, pimentos, and nuts, or any one or two of these. Add salt and a little onion juice, if liked. Spread on slices of white or graham bread.

2. Mix the cheese with finely chopped dill pickle, chow-chow, chili sauce, or any other desired pickle mixture. Use as sandwich filling or as a spread on crackers.

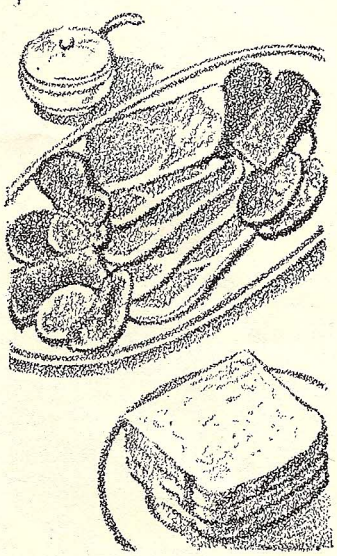
3. Into the cottage cheese work finely chopped parsley, watercress, lettuce, onions, celery, or any other salad vegetable. Add salt and any other seasoning desired, such as onion or lemon juice.

4. Wash prunes, dates, raisins, or dried figs or apricots, and put them through the food chopper, using the fine knife. Mix the ground fruit with about twice as much cottage cheese. Add a little salt and chopped nuts if desired. This filling may also be served on crackers for afternoon tea.

5. Cottage Cheese mixed with sweet pickles chopped very fine. An excellent spread for sandwiches.

6. Spread slices of bread rather thickly with Neufchatel or cream cheese. On one of them put a layer of jam or jelly. Press the slices of bread together. These sandwiches are also excellent toasted.

7. Run left over chicken or ham through grinder, mix with Cottage Cheese, chopped celery, mix with mayonnaise and spread generously.



TOASTED CHEESE SANDWICHES WITH TOMATO SAUCE

Make sandwiches of buttered bread and slices of cheese. Season with a little mustard or a dash of cayenne. Brown the sandwiches in butter in a chafing dish directly over the flame, toast them in an oven or on an electric grill. Place on plates and when ready to serve pour tomato sauce around each serving.

CHOPPED EGGS AND CELERY SANDWICH

Chop hard-cooked eggs up fine and season them with salt and pepper. Add half as much finely chopped celery and enough mayonnaise to make the mixture easy to spread.

BAKED BEANS AND CHILI SAUCE SANDWICH

Use about two tablespoons of chili sauce to one-half cup of baked beans, mash the mixture till it is smooth, and spread on brown bread, or graham bread.

PEANUT BUTTER AND CELERY SANDWICH

Chop celery fine, add it to peanut butter or ground peanuts, and a little cream or milk. Spread this mixture between slices of whole-wheat or graham bread.

PICNIC SANDWICHES

Cottage cheese makes a delicious sandwich filling for the picnic season. For sandwiches, moisten the cheese with sweet cream, and flavor with a little chopped parsley, chopped or sliced olives, sliced celery, pimentos, horseradish, Spanish onion, pickles, or nuts. Some persons like the flavor of caraway seeds in cottage cheese. This spread is equally good on white bread, rye bread, nut bread, and brown bread. Other sandwich combinations suitable for picnics are as follows:

Cucumbers, sliced very thin, and spread with a little mayonnaise dressing. These are especially good on brown bread.

Boiled ham with chopped sweet pickles and Cottage Cheese.

Cream cheese, ripe olives, and nuts.

Chopped raisins, with nuts and lemon juice to season.

Hard-cooked eggs, chopped and mixed with mayonnaise and minced bacon.

Cottage cheese and bacon.

Butter mixed with strained honey.

Grated American cheese, mixed with salad dressing and chopped celery or pickles.

Smoked fish, carefully picked over to see that no bones are left in.

DRIED BEEF TOASTED SANDWICHES

Heat the beef until the edges curl, in a skillet in melted butter. Cut the bread rather thin and toast it on one side. Butter the untoasted side and add the dried beef. Press the slices together and serve at once.

WATERCRESS OR PARSLEY BUTTER SANDWICHES

Watercress sandwiches are made of watercress ground fine, creamed with butter, and spread on graham bread. Parsley, with a few drops of lemon juice, may be used instead of watercress.

SANDWICHES

COTTAGE CHEESE AND PARSLEY ROLL

Remove crusts from sandwich loaf. Cut thin slices lengthwise of loaf. Spread with butter, then with filling made by thoroughly mixing the cottage cheese softened with cream or salad dressing (mayonnaise) and mixed with plenty of chopped parsley. Roll each long slice up like a jelly roll. Allow to stand a few minutes, then slice thin.

DAISY SANDWICH

Cut large circle of whole wheat bread with doughnut cutter. Spread with cottage cheese mixed with salt, pepper and mayonnaise to creamy consistency. The petals are cut from hard cooked egg white and the center hole stuffed with egg yolk, hard cooked and mixed with mayonnaise.

GROUND PEANUT SANDWICH

Put shelled roasted peanuts through a food chopper, using the medium fine knife. Do not use the nut knife, because it grinds the peanuts too fine. Mix the ground nuts with just enough cream to moisten and make the mixture suitable to spread. Add salt to taste. Spread this mixture on graham or whole-wheat bread.

SHAMROCK SANDWICH

Cut large circle of bread with doughnut cutter. Spread with cottage cheese mixed with mayonnaise to creamy consistency to spread. Place ring of pimento around edge of bread, slice green pepper out from small end to make the shamrock, slice of stuffed olive in center.

NATIONAL SANDWICH SPREAD

1 egg yolk
1 cup butter
¼ teaspoon mustard
⅛ teaspoon paprika
1 teaspoon salt
½ teaspoon Worcestershire sauce
2 tablespoons lemon juice
2½ tablespoons vinegar

Cream butter, add egg yolk slowly and beat well. Mix mustard, paprika, salt, Worcestershire sauce and lemon juice together and stir into the first mixture. Add vinegar, beating in a little at a time. Mix very thoroughly. This will keep if kept in a cool place for several weeks. If it becomes hard, warm slightly over hot water and beat to proper consistency.

PINWHEEL SANDWICH

Small circle of white bread. Spread with butter then with cottage cheese mixed with mayonnaise. Place circle of stuffed olives in center and place strips of pimento one-half inch long and one-eighth inch wide, flared fashion, for center.

FRESH VEGETABLE SANDWICH

Scrape six small carrots, and peel one medium sized cucumber. Add four stacks celery, one seeded green pepper, one-fourth small head of cabbage. Put all vegetables through the food grinder using the fine blade. Mix well and add one-fourth cup mayonnaise. Cut bread thin and spread vegetable mixture on and form into sandwiches.

OPEN FACED SANDWICHES

1. **Tomato**—With large biscuit cutter, cut slices of wheat bread in rounds. With smaller biscuit cutter, remove inside of half of these, thus forming rings. Spread large rounds with creamed butter and mayonnaise. Place slice of tomato on this and fit on rings. The small remaining rounds may be filled with any desired sandwich filling.

2. **Watercress**—Pick over, wash, drain and finely chop 1 bunch of watercress, about ½ cup, and mix with softened cream cheese. Spread on large rounds of bread, fit on rings, as in No. 1 above.

3. **Cucumber**—Pare medium cucumber, cut lengthwise, remove seeds and chop, season with grated onion and mix, if desired, 4 hard cooked eggs, finely chopped. Spread on large rounds bread, fit on ring.

4. **Mushroom Paste**—Follow recipe for Sauted Mushrooms. Cool, chop fine, season highly, mix with mayonnaise. Spread on large rounds of bread, fit on ring, as in No. 1.

SANDWICH FILLINGS

Spread slices of ham, sausage, any cooked meat or fowl with prepared mustard or mayonnaise dressing, and place between thin slices of bread.

Mash and mix liver sausage with chopped pickles, pickled beets or other relish and spread between slices of buttered bread.

Chopped or sliced cucumbers and onions, tomatoes or radishes may be mixed and placed between slices of buttered bread.

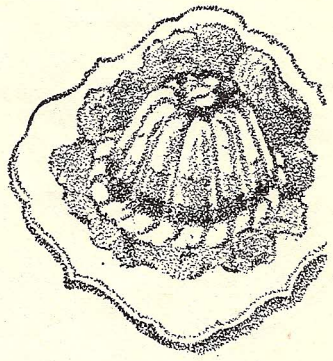
Thin slices of smoked salmon, plain or with a border of any desired sandwich butter, are served on a slice of bread.

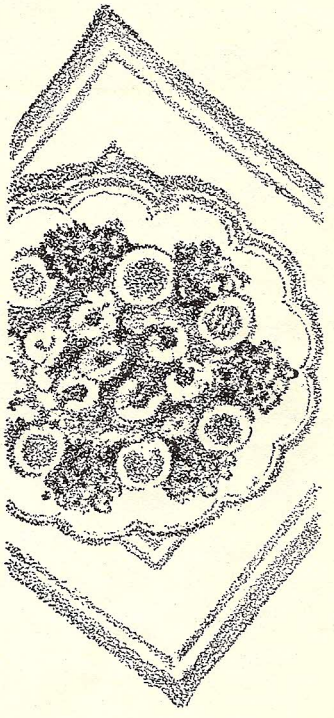
Place any desired jelly or jam between thin slices of buttered bread.

Mix orange marmalade with an equal amount of cream cheese and place between slices of buttered bread.

For fancy, decorated sandwiches, butter is creamed, a little lemon juice added, and run through a pastry tube in any design.

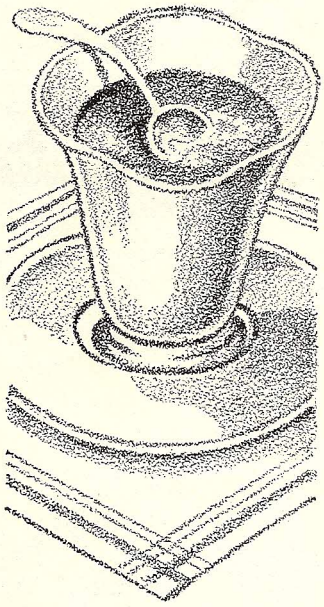
Cream or cottage cheese may be colored with vegetable coloring and used as a decoration or formed into roses.







LUNCHES



SANDWICH FILLINGS FOR CHILDREN'S LUNCHES

Peanut butter and orange marmalade.

Minced ham, hard boiled egg yolk and mayonnaise, butter or cream.

Cream cheese and raspberry jam.

Minced chicken, celery and green peppers moistened with cream on mayonnaise.

Fried liver and bacon finely chopped and mixed with chopped pickles.

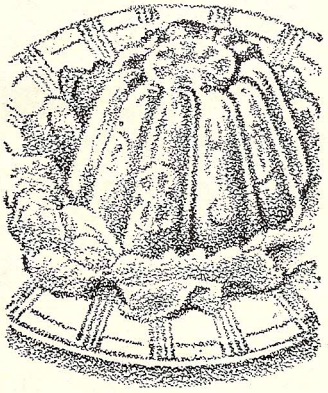
Flaked salmon and chopped cucumber pickles moistened with mayonnaise.

Chopped figs, dates, and nuts moistened with lemon or orange juice.

Shredded leaf lettuce and mayonnaise.

Cottage cheese and chopped dates.

Hard boiled egg yolks, chopped and flaked sardines, moistened with lemon or orange juice.



To Keep the Lunch Appetizing:

1. Container must be easy to clean and scald, and not air-tight.

2. Wrap food in oiled paper.

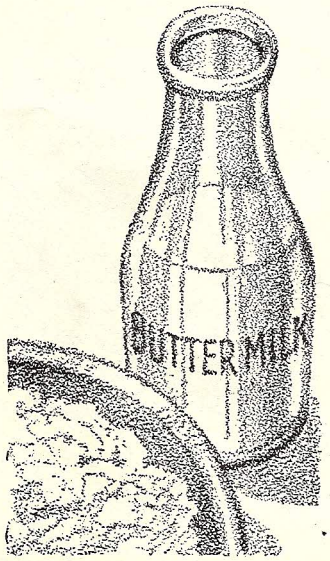
3. Small tightly covered jar for sauces, salads, etc.

4. Paper napkins.

Children Need Milk, Fruits and Vegetables Every Day—Because:

1. One quart of milk supplies:
   Vitamins necessary to health and growth.
   Lime enough for strong bones and teeth.
   Iron (small amount) for blood.
   Muscle-building material.
   Fuel for work and warmth.
   All the elements in milk are in the most usable form and of the best quality.

2. Vegetables and Fruits supply:
   Vitamins necessary for health and growth.
   Minerals to build blood, bones and teeth.



Bulk.

1. To help prevent constipation.

2. To aid jaw development when raw vegetables and fruits, requiring chewing, are eaten.

The selection of a container which will keep the food in the best condition, and which in itself can be easily cleaned is most necessary.

Of the many sorts of boxes and baskets, the metal container has the fewest disadvantages. Food is better protected from weather conditions, also jars and paste board containers. Frequent washing in hot soapy suds followed by rinsing in boiling water makes boxes perfectly safe for carrying food.

The type of box equipped with a Thermos bottle is especially convenient.

Plenty of waxed paper is absolutely necessary. Wrap foods separately as far as possible. This makes the box much more appetizing, and flavors of one food are quickly passed to another when kept in a close, tight container.

CHILDREN'S SCHOOL LUNCHES

The Lunch Box Should Contain:

Milk to drink.

Sandwiches made of buttered whole wheat, oatmeal, nut or raisin bread, crisp rolls, graham crackers (occasionally).

Fillings:

Crisp lettuce or watercress.
Sliced tomato.
Cheese.
Cottage cheese with dried fruit or jelly.
Cottage cheese and olives.
Hard-cooked egg and dressing.
Chopped ham and hard-cooked egg.
Peanut butter.
Chopped raisins.
Chopped dates and nut meats.
Jams, jellies, marmalade (occasionally).
Sliced or chopped meat.
Sardines and crackers (separately).

Juicy or Crisp Vegetables or Fruit:

Fresh fruits—all kinds (orange, apple, grapefruit, etc.).
Stewed fruit in a non-leak jar (apple, apricot, home-canned fruit).
Raw carrots, celery, fresh tomatoes.
Salads in a jar (cabbage, vegetable or fruit).

Desserts;

Baked custard. Custard rice pudding.
Simple cookies (oatmeal or rocks).
Simple cake (sponge, gingerbread, etc.).
Raisins and nuts, dried figs or dates.

A FEW SUGGESTIONS FOR THE LUNCH BOX

1. Sandwiches, with sliced tender meat for filling, orange, cookies, dates.
2. Slices of meat loaf or bean loaf, bread and butter sandwiches, stewed fruit, small frosted cakes.
3. Crisp rolls hollowed out, and filled with chopped meat or fish moistened with salad dressing; apple, cake.
4. Hard cooked eggs, graham bread sandwiches, celery or olives, cottage cheese tarts.
5. Bottle of milk, thin corn bread and butter, apple.
6. Stuffed tomato with cottage cheese, graham bread, baked apple.

CANDIES

CANDY SECRETS

1. Cook candy in a perfectly smooth saucepan. Have pan large enough to allow it to "boil up."

2. For taffies and brittles stir only enough to keep candy from burning.

3. Use a candy thermometer if possible; if not, drop a small amount of mixture into cold water and test as follows:

Soft ball	236 to 240
Fine ball	242 to 248
Hard ball	250 to 265
Brittle	270 to 290
Very brittle	295 to 310

4. Heat nuts before using to give them a sweet flavor.

5. Break nuts for candy instead of chopping them. The chopping causes the fine particles to cloud the candy.

GLAZED NUTS

1 cup brown sugar
1 cup granulated sugar
1 cup glucose
2 tablespoons butter

Cook to a crack stage; let cool about three minutes, then pour in assorted nuts. Stir until each nut is well covered. Pour on a greased slab and separate each nut. The nuts may be dipped separately if desired.

DIPPED NUTS

Melt the fondant to creamy consistency and dip one by one in the melted fondant, using a fork, and cool on oiled paper or marble slab.

FONDANT

2½ pounds sugar (5 cups)
¼ teaspoon cream of tartar
1½ cups hot water

Combine sugar, cream of tartar and water in a smooth stew pan. Stir until dissolved and heat gradually to the boiling point. After a few minutes boiling, crystals of sugar will adhere to the sides of the kettle. These should be washed off with a cloth first dipped in cold water. Boil without stirring until when tried in cold water a soft ball will be formed, 238 degrees F. Pour slowly on a slightly buttered marble slab or a platter. Let cool, but not long enough to become hard around the edge. Work with a spatula or mixing spoon until white and creamy. When it becomes too stiff to beat, knead with the hands until perfectly smooth. Put in a bowl, cover with oiled paper to exclude the air so that a crust may not form on the top, and let stand 24 hours to mellow before working into different types of candies. Temperature—238 degrees F., soft ball stage.

Note—Bonbons—Flavor as desired. For cocoanut centers, work as much shredded cocoanut as possible into a small amount of fondant. For fruit centers, add desired amount of crystallized cherries, dates or raisins. For nut centers, surround pieces of nut meat with fondant. Allow to stand over night. Dip in chocolate or melted fondant, if desired.

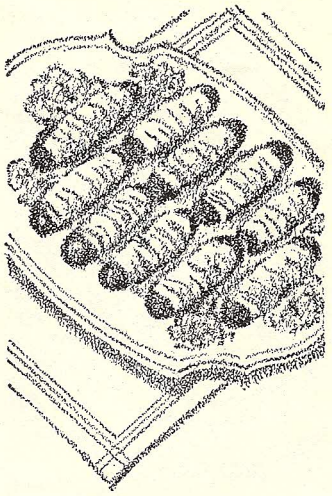
Cream Mints—Melt fondant over hot water, flavor with a few drops of wintergreen, peppermint, clove or cinnamon and color, if desired. Drop from tip of spoon on oiled paper.

CHOCOLATE FUDGE

2 cups sugar (granulated or light brown)
2 to 4 squares unsweetened chocolate
¾ cup milk or cream
2 to 4 tablespoons butter
1 teaspoon vanilla
⅛ teaspoon salt

Place the sugar, chocolate, and milk or cream over low heat and cook until the sugar is dissolved. Then continue to cook without stirring until the syrup forms a soft ball when dropped into cold water. Remove the candy from the fire. Let it cool without stirring. When it is lukewarm, add butter, salt, and vanilla. Beat until creamy. Then quickly turn into a buttered pan. When firm cut in squares; or, if preferred, drop it by teaspoonfuls on waxed paper.

To vary the recipe, add a cupful of chopped nuts, raisins, or marshmallows just before the fudge is ready to pour into the buttered pan.



DIVINITY

2½ cups sugar
¼ cup white syrup
½ cup water
2 egg whites
1 teaspoon vanilla

Mix sugar, syrup and water together and boil until first indication of thread appears, 234 degrees F. (soft ball). Beat the syrup gradually into the stiffly beaten egg whites. Add vanilla. (Coloring and nuts may be added at this stage, if desired.) Beat until the mixture will hold its shape, and drop on waxed paper. Temperature—234 degrees F., very soft ball stage or when first indication of thread appears. Amount—36 pieces.



VELVET FUDGE

Mix 2 cups sugar, 3 tablespoons of cocoa, and 1 cup of milk, add 3 tablespoons of butter, without stirring, until mixture forms a firm ball when a little is tried in cold water. Remove from the fire, add 1 teaspoon of vanilla and set aside until cool. When cool, beat mixture until it begins to keep its shape. Add 1 cup of walnut kernels, broken in pieces, then knead or work in the hands until smooth. Mold if desired.

BUTTER TAFFY

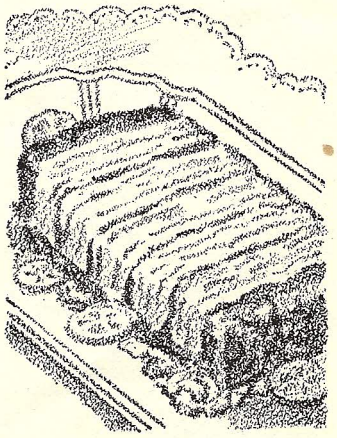
3 cups brown sugar
½ cup molasses
¼ cup water
¼ cup vinegar
4 tablespoons butter
1 teaspoon vanilla extract

Boil sugar, molasses, water and vinegar. When crisp in cold water add butter and vanilla. Cook 3 minutes. Cool on buttered pans and break into pieces.

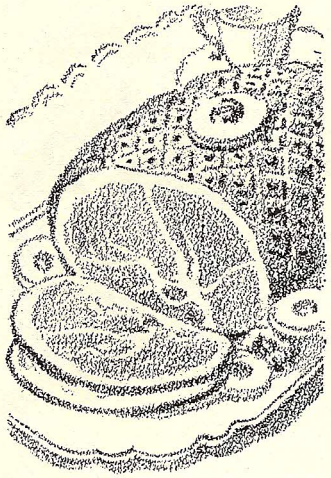
STUFFED DATES

1 package cottage cheese
1 pound Dromedary dates
½ cup cream
½ teaspoon vanilla
1 cup finely chopped nut meats
1 tablespoon powdered sugar

Mix all ingredients thoroughly together and fill cavities of dates. They may be rolled in sugar or not just as preferred.



SAUCES



SAUCE SECRETS

1. Always blend shortening, flour and seasonings thoroughly before adding any liquid.

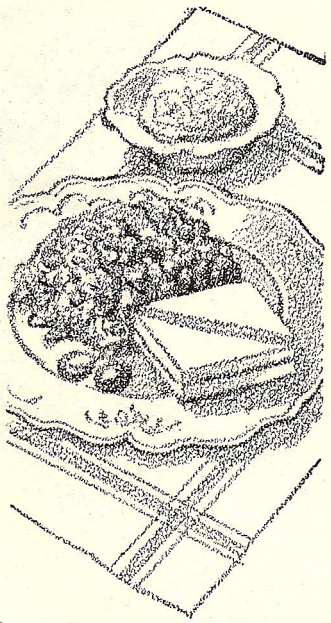
2. Use chart for white sauces found in this chapter.

3. Never serve a lumpy sauce. If the sauce is not perfectly smooth strain it before using.

4. Choose the right sauce to serve with the right food, remembering that richer sauces are for plainer dishes and simple sauces for the rather rich foods.

5. A perfect sauce is an aid to any one's digestion and an excellent source of nourishment.

6. To draw out the flavor of vegetables used for flavoring sauce such as onion, parsley, carrots, etc., saute them first in a small amount of butter.



SAVORY SAUCES

To Serve with Vegetables, Meat and Fish

Cream or White Sauce—Served with all cooked white vegetables, boiled fish, creamed chicken and veal, etc.

- 1 ounce flour
- 1 ounce butter
- ½ pint milk
- salt, pepper and lemon juice to season

Melt the fat in a small saucepan. Add the flour, and work together with a wooden spoon, gradually stirring all the time. Add the milk. Bring to the boil. Cook gently for five minutes. Season with salt and pepper, and a squeeze of lemon juice.

This is the foundation for a great many sauces, for example:

Caper Sauce—White sauce with 1 tablespoonful of chopped capers and a little of the liquor from the bottle. Serve with boiled mutton.

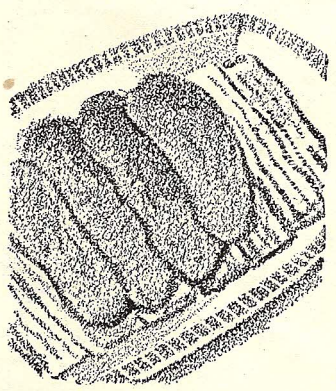
Celery Sauce—White sauce in which a couple of sticks of celery, finely shredded, are stewed for twenty minutes. Serve with boiled fowl or roast fowl.

Cheese Sauce—Pour hot white sauce over a tablespoonful of grated cheese.

Dutch Sauce is white sauce with 1 egg and a tablespoonful of lemon juice or white vinegar added. Serve with asparagus, sea-kale, salsify, cauliflower, celery, fried fillets of fish or baked fish.

Egg Sauce—White sauce, with a hard-boiled egg, chopped, stirred in before serving. Serve with boiled cod, fresh or salt, steamed haddock, etc.

Mustard Sauce is white sauce with a large teaspoonful of made French or English mustard stirred in just before serving. Serve with boiled or grilled fish—mackerel or herring.



Onion Sauce—White sauce with the addition of a small onion, cooked separately and finely chopped.

Parsley Sauce—Add a tablespoon of chopped parsley to white sauce. Serve with boiled chicken or rabbit.

LEMON SAUCE

- ½ cup sugar
- 1 tablespoon cornstarch
- ⅛ teaspoon salt
- 1 egg yolk
- 1 cup boiling water
- 2 tablespoons shortening
- 2 tablespoons lemon juice

Mix and sugar, cornstarch and salt. Add boiling water slowly, stirring constantly. Boil five minutes. Remove from fire. Add shortening, lemon juice and beaten egg yolk.

HOLLANDAISE SAUCE

- 1½ cups milk
- 2 tablespoons salad oil
- 2 tablespoons cornstarch
- ⅓ cup thick Mayonnaise
- ½ teaspoon salt
- ¼ teaspoon paprika
- juice of ½ lemon

Measure oil in a saucepan, add the cornstarch and seasonings and gradually stir in the milk. When boiling rapidly add the lemon juice and beat in the mayonnaise. Serve with baked fish.

HARD SAUCE

- ⅓ cup butter
- 1 teaspoon vanilla
- 1 cup powdered sugar

Cream the butter, add the sugar gradually and flavoring. Amount—6 servings.

CARAMEL CUSTARD SAUCE

- ¾ cup light brown sugar
- 3 level tablespoons flour
- 2 eggs, well beaten
- 1½ cups milk
- 2 tablespoons butter

Mix sugar and flour thoroughly. Then add well beaten egg and milk. Place over double boiler and when hot add butter. Cook until thick and creamy. Serve over the pudding, either hot or cold, as desired.

One-half this amount of pudding sauce is sufficient for four.

FOAMY SAUCE

- ½ cup butter
- 1 cup powdered sugar
- 1 egg
- 2 tablespoons cream

Cream butter, add gradually sugar, egg well beaten and cream. Beat while heating over hot water.

LARGE QUANTITY COOKERY

CHICKEN A LA KING
(50 servings)

6 quarts cooked chicken
1 small can pimento, chopped
2 tablespoons salt
2 tablespoons pepper
4 tablespoons parsley, chopped
1 pound mushrooms
2 tablespoons butter
3 quarts medium white sauce

Cut chicken in cubes before measuring. Add pimento, salt, pepper, and parsley. Slice mushrooms thin and cook in butter 10 minutes. Add them with the white sauce to the chicken mixture. Heat over boiling water. Serve on toast, with small biscuits, or in patty shells. (4 or 5 six-pound fowls will give 6 quarts cooked meat.)

WHITE SAUCE
(6 quarts of sauce)

2 cups butter
3 cups flour
¼ cup salt
1 quart water
1 teaspoon pepper
1 teaspoon paprika
5 quarts milk

Melt butter, add flour, salt, pepper and paprika. Mix well. Scald milk and water. Add a little at a time to flour mixture, stirring constantly to prevent lumping. Cook, continue stirring until sauce is thick and smooth.

BAKING POWDER BISCUITS
(100 biscuits)

6½ quarts flour
½ cup salt
2 quarts milk
¾ cup baking powder
3 cups shortening

Mix and sift flour, salt and baking powder together. Cut in shortening, add milk slowly to make a soft dough. Roll out on a slightly floured board to three-fourths inch thickness, and cut with a biscuit cutter. Put on a well greased sheet or pan close together and bake in a quick oven (425 degrees) 10 to 15 minutes.

VEGETABLE SOUP
(50 to 60 servings)

5 gallons water
3 quarts cooked or canned tomatoes
¼ cup salt
3 teaspoons pepper
2 bay leaves
2 cups shortening
2 cups rice
6 onions
1½ quarts celery
3 quarts potatoes
1 quart carrots
1 pint turnips

Put water and tomatoes in large soup kettle. Add seasonings, shortening and rice. Chop vegetables rather finely, add and cook slowly for 2 hours. Add more seasonings if necessary. Do not strain. Any meat or vegetable stock may be used instead of part of the water.

12 lbs. cottage cheese — 100 servings

APPLE PIES (Crust)
14 pies

6 pounds flour
4 tablespoons salt
3 pounds shortening
ice water

Mix and sift flour and salt. Put in shortening. Moisten with just enough cold water to hold mixture together. Chill thoroughly. Roll out thin on a slightly floured board.

FILLING

16 pounds tart apples
2 tablespoons cinnamon
½ cup butter
7 pounds sugar
1 cup flour

Pare and core apples and cut in thin slices. Add cinnamon, sugar, flour and mix well. Line pie pans with pastry and fill with apple mixture. Dot with butter. Cover with top crust, trim and press edges closely together. Prick top to allow steam to escape. Bake in a quick oven (425) ten minutes, reduce heat to moderate oven (350) and bake 20 to 30 minutes.

COCOA FOR 100 PEOPLE

3 cups cocoa
4 cups sugar
½ teaspoon salt
1 quart warm water
2 quarts boiling water
16 quarts hot milk

Mix cocoa, sugar, salt and warm water together until smooth. Add boiling water and boil 10 minutes. Pour into the hot milk, bring to the boiling point, but **do not** boil. Stir constantly and beat with egg beater for a few minutes. Keep hot over boiling water. Serve with whipped cream if desired.

CHOCOLATE FOR 100 PEOPLE

2 pounds chocolate
3 pounds sugar
½ teaspoon salt
4 quarts boiling water
16 quarts hot milk

Melt the grated chocolate, add sugar and boiling water and stir until smooth. Boil 10 minutes. Add salt. Pour into the hot milk. Beat well with the egg beater and keep hot over boiling water. Serve with whipped cream.

COFFEE FOR 100 PEOPLE

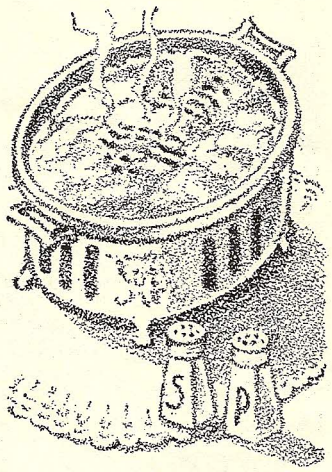
8 cups ground coffee
18 quarts water

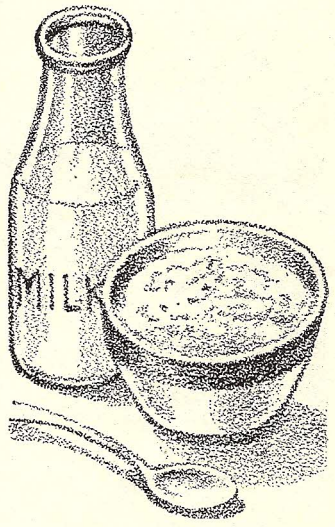
Tie the coffee in thick cheesecloth bags, leaving plenty of room for coffee to expand. Let stand in the water several hours. Bring slowly to the boiling point and boil for 5 minutes. Remove the bags and keep coffee hot for serving.

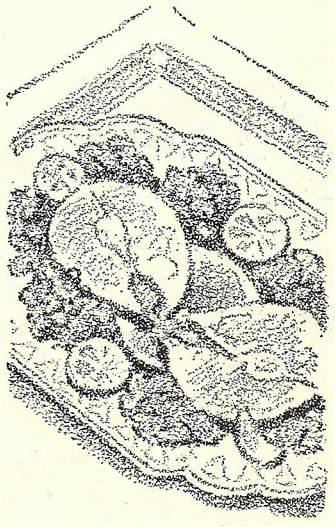
MASHED POTATOES
(100 servings)

15 pounds potatoes
1½ quarts milk, scalded
¼ cup salt
⅓ cup melted butter

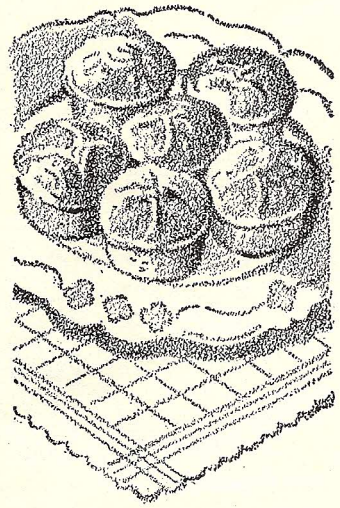
Wash and pare potatoes, boil or steam until tender. Mash until free from lumps, add scalded milk, salt and butter. Beat until very light, and serve as soon as possible.

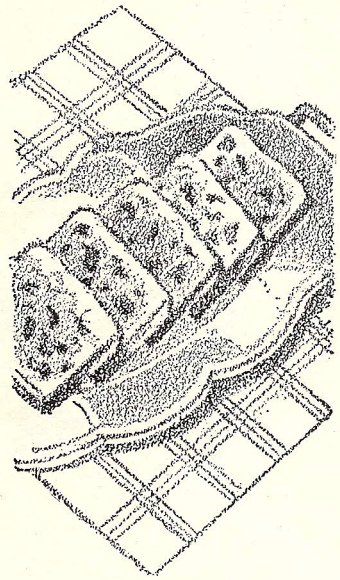


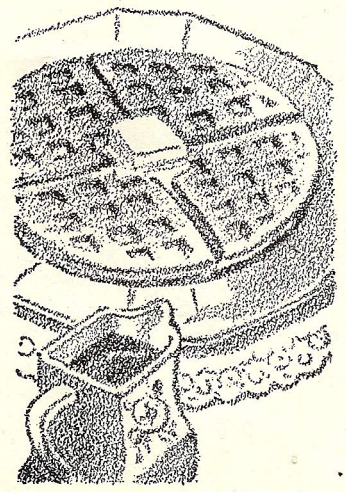




ESCALLOPED DISHES







SCALLOPED DISHES

In a buttered baking dish arrange layers as follows:

1. Half of food to be scalloped.
2. Half of buttered crumbs.
3. Half of food to be scalloped.
4. Add milk or thin cream sauce almost to top.
5. Half of buttered crumbs on top.

If all the food material has been cooked, bake in a moderate oven until heated through and delicately browned. If some of the foods are raw allow a longer time to bake. Scalloped onions, potatoes, celery, cabbage, meat, or fish may be made as above.

The **crumbs** used for scalloped dishes may be made from the inside of stale bread, rubbed or grated, or from dried bread which has been rolled with a rolling pin or put through the meat chopper. The crumbs are seasoned and added to melted butter. Mix with a fork.

To one cup soft crumbs use one-half teaspoon salt, one tablespoon butter. To one cup hard crumbs use one-half teaspoon salt, two to four tablespoons butter. Few grains peppers if desired.

SCALLOPED CORN AND CELERY

2 cups corn, canned or fresh cut
1 cup celery, fine chopped
1 cup buttered dry bread crumbs
1 teaspoon salt
1 small green pepper, chopped
2 tablespoons butter
1 cup hot milk

Arrange corn, peppers, celery and crumbs in two alternate layers in a buttered baking dish. Add butter to hot milk and pour over the vegetables. Cover with buttered crumbs and bake 30 to 40 minutes. Serves eight.

SCALLOPED CABBAGE

½ head of cabbage (1¼ pounds)
1 cup medium white sauce
¾ cup dry buttered bread crumbs

Cut cabbage in pieces. Cook in boiling salted water until tender. Put a layer of cabbage in a buttered baking dish. Sprinkle with salt and pepper. Add a layer of white sauce. Continue with layers until all ingredients are used. Cover with buttered crumbs. Bake. Time—bake 20 minutes. Temperature—350 degrees F., moderate oven. Amount—6 servings.

MACARONI MOUSSE

1 cup uncooked macaroni, broken into inch pieces
1½ cups scalded milk
1 cup soft bread crumbs
1 red pepper, or pimento, chopped fine
¼ cup butter
1 tablespoon chopped parsley
1 tablespoon chopped onion
1 teaspoon salt
½ cup grated cheese
3 eggs

SWEET POTATO FRITTERS

1 cup mashed sweet potatoes
⅓ cup crushed apricots
2 tablespoons melted butter
1 cup bread crumbs
1 egg
salt, small amount

Mix the ingredients thoroughly, and form into small balls. Dip in egg, roll in crumbs, and fry in deep fat. Time—three minutes. Temperature—390 degrees F. Amount—4 servings.

Cook macaroni in two quarts boiling, salted water (two teaspoons of salt to one quart of water), for 15 minutes. Drain. Prepare sauce as follows:

Pour scalding milk over bread crumbs, add melted butter, red pepper, parsley, onion, salt and grated cheese. Lastly add well-beaten eggs. Pour over macaroni, put in buttered baking dish, set in a pan of boiling water and bake. Serve with mushroom sauce.

WELSH RAREBIT

1 tablespoon butter
½ pound cheese
¼ cup milk
1 egg
⅛ teaspoon salt
⅛ teaspoon mustard
speck of cayenne pepper

Melt the butter, break the cheese into small pieces, and add the seasoning and a speck of cayenne pepper to the butter. When the cheese melts, add the egg beaten with the milk, and cook one minute. Serve at once on toast or wafers.

POTATOES AU GRATIN

Mix ⅓ cup grated American cheese with creamed potatoes. Put into baking dish, cover with buttered bread crumbs and grated cheese, and bake in oven until brown.

CORN CREOLE

1 No. 2 can corn
4 tablespoons melted butter
2 slices onion, chopped
2 slices green pepper, chopped
4 tablespoons flour
1 cup canned tomatoes
2 teaspoons chopped parsley
2 yolks of eggs
1 teaspoon salt
⅛ teaspoon paprika

Melt butter, add onion, and peppers. Cook until soft and yellow. Add flour, stir well, add tomato, salt. Stir well. Boil about five minutes. Add corn, green pepper and parsley. Lastly add well-beaten egg yolks. Boil all together for about five minutes and serve hot.

CHEESE SOUFFLE

2 tablespoons flour
2 tablespoons butter
½ cup grated cheese
4 eggs, separated
1 pint of milk

Rub butter and flour together over the fire, when they bubble add gradually hot milk; season with pepper and salt. Add slowly the grated cheese. Remove from fire. Add the beaten yolks, cool the mixture, then add the beaten whites, stirring all together thoroughly. Put in pudding dish which has been well buttered and bake in a moderate oven from fifteen to twenty minutes, until it is set—like custard. Serve at once.

BAKED RAREBIT

¾ pound mild soft cheese
2½ cups bread crumbs
1½ teaspoons salt
¼ teaspoon paprika
3 eggs
1½ cups whole milk
½ teaspoon Worcestershire sauce

Grate cheese. Put layer of crumbs in oiled baking dish, cover with one-third of the cheese and seasoning. Repeat this twice. Add beaten eggs to milk and pour over mixture. Set dish in pan of hot water and bake 35 minutes in moderate oven. Serve immediately.

SPECIALS

GAME COOKERY

The flavor of most wild game is best retained by two processes of cooking, namely, frying and roasting. Most wild game loses its distinctive wild, gamy flavor if stewed or boiled. To retain wild, gamy flavor for frying and sauteing, dip suitable portions in batter made of eggs, flour and milk and fry in deep hot fat or in pan well covered.

Trout, and other types of game fish, should be dipped in a batter of flour and cornmeal and fried as above or baked.

QUICK MEALS FOR UNEXPECTED COMPANY

Nothing takes the place of a few cans of canned foods on the emergency shelf, such as canned meats and fish, canned vegetables and fruits, cookies, cheese, jelly, and eggs. These form the basis of quick meals, served with coffee, tea, whipped cream, and milk. Cottage cheese is always ready and there is no waste. With or without sandwiches, toasted sandwiches, or toast, all of which can be made ready in a minute, or even a quick omelet can be served.

HOW TO REDUCE SENSIBLY

Eat to reduce, but do not starve. No one became stout all at once, no one should attempt to lose flesh rapidly. Avoid all quick reducing remedies. Many folks become stout or overweight because of the disturbance of certain ductless glands. In order to avoid bad effects, such as acidosis, from too rapid reduction, we should always use some of the three great protective foods, such as greens, fresh fruits, and milk, says Dr. Herman Bundesen. Milk is so full of all the protective features that it ought to be included in every reducing diet, "Remember this at all times." Eliminate such heat producing foods as large quantities of fats, sugars, and starches. You will get about the right amount of these in your fruits and green vegetables.

The two main causes are over eating and lack of exercise. These two causes we must look to to prevent tendencies toward stoutness. It takes some Will Power connected with the over eating and under exercising. Watch your scales for your regular guide and plan to reduce not more than one pound per week. You will find it is not necessary to get up from a table with a feeling of emptiness or discomfort. Think twice before you take the second helping of rich salad dressings, candies, rich cakes, rich pies, fat fish and meats, and rich gravies. You should eat eggs occasionally for their iron. Buttermilk and skim milk are good too. Cottage cheese is not fattening. Orange juice, lemonade, tea, coffee, apples, grapefruit, oranges, grapes, watermelons, even lean beef, chicken, lamb, hamburg, and lean bacon, occasionally only or in small quantities, and vegetables such as asparagus, cabbage, carrots, lettuce, greens, spinach, string beans, sauerkraut, but by all means in following the reducing diet, drink plenty of water, and see that your diet consists of plenty of the protective foods again, such as milk, three good glasses each day. Milk is not fattening in itself. Fresh fruits, such as apples and oranges, and each day some iron foods, such as greens, steak, and eggs.

HOW TO INCREASE WEIGHT

Underweight folks usually do not sleep enough or are inclined to be nervous and active. Often an examination should be made by a physician to ascertain if there is any cause, such as bad teeth or faulty habits formed. The best ways are to take plenty of the wholesome foods, such as meat, bread and potatoes, along with the protective foods, such as greens, fruits, and a glass of milk at each meal, to which cream has been added, starchy foods, and bulky foods, such as vegetables, are good. Extra meals before retiring and regular meals are very important, but usually improvement is seen when regular exercise, regular meals, and longer hours of rest are indulged in.

MILK BOTTLES

The Milk Bottle is a food container and requires regular daily attention. Treat this bottle as you would any other dish in your kitchen and just as you would like to have every other woman wash her bottles, and return promptly each day.

Place bottles out daily where milkman can see and collect same. Phone the dairy when any extra bottles collect.

HOW TO REMAIN NORMAL

Dr. E. V. McCollum, of the Johns Hopkins University, says, in order to remain healthful and normal, everyone should take a quart of milk a day; some of it may be taken as beverage, soups, ice cream, custards, or buttermilk. He should include good, leafy vegetables at least once a day. Also salads once a day, such as raw salads of fruit, cabbage, celery, and tomatoes. Eat what you please after you have eaten these three foods, which you should.

CARE OF MILK IN THE HOME

Three Main Things to Observe:

Keep milk pure and clean.

Keep milk in some cool place.

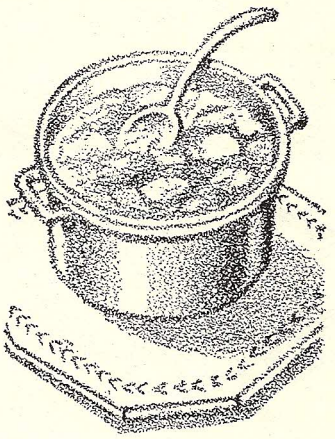
Keep it always covered.

Use each day's milk completely before opening the last delivery. Avoid mixing new milk with left over milk.

WHIPPING CREAM

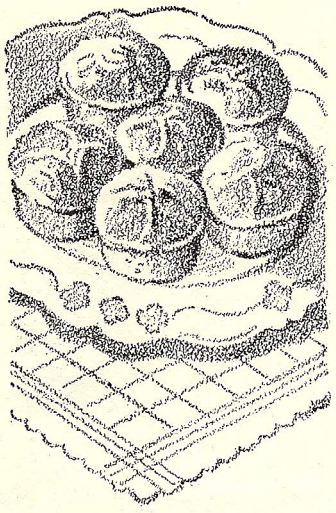
When ordering cream for whipping purposes, specify Whipping Cream, even though ordinary table cream will whip, special heavy cream is much better for this purpose. Have your cream in a very cool place. Have the bowl and whipper also chilled before putting cream in bowl. This is a very common error to avoid. Do not whip cream until you are nearly ready to serve it and beat it just long enough to make it heavy or stiff. Too long beating makes butter or tendency to leak or get watery. Remember, lack of whipping is due mostly to temperature. Cream whips best between 40 and 48° F. It turns into butter above 50° F.







BEVERAGES



STRAWBERRY MILK SHAKE

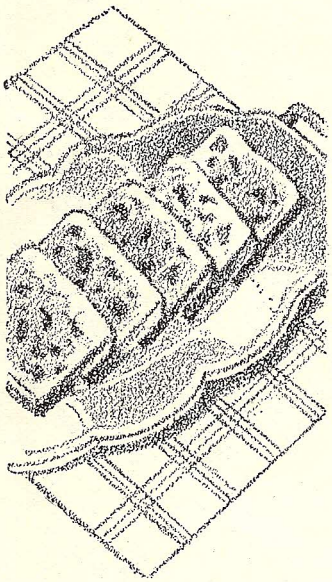
Mix 2 tablespoons strawberry syrup with 1 cup chilled milk.

To make strawberry syrup, use one-half as much sugar as washed and prepared fresh strawberries, water to cover. Cook until berries are softened, then wash and strain through cheese cloth. Canned strawberries or strawberry jam may be used to make strawberry syrup.

BUTTERMILK

Cold sweet milk or buttermilk are refreshing health drinks for every week in the year. Chocolate or cocoa syrups make even a more nourishing drink. Eggs beaten with vanilla mixed even with chocolate added makes this beverage a wonderful food drink. These with ice cream and malted milk make one of the most popular and nourishing drinks known.

Lemonade — orangeade — grapejuice may be added to any fruit punch—most milk drinks are improved by the addition of gingerale or other carbonated drinks and make a delightful addition to them.



MILK DRINKS

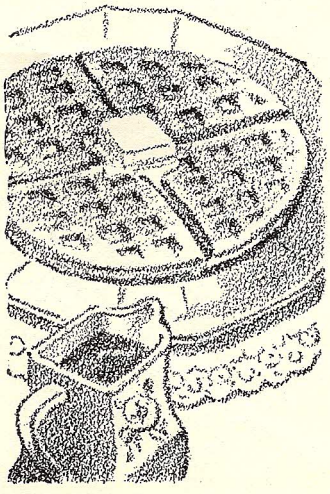
For a change children and grown-ups will welcome milk served as cocoa in cold weather, and milk shakes of different flavors for hot summer days. Variety in serving, like a new dress on an old friend, is a pleasant experience.

COCOA

1 cup cocoa
1 cup sugar
few grains salt
2 cups water
milk

Mix cocoa, sugar, salt; add water, and cook until a smooth, thick paste is formed. If convenient, allow to cook a long time, 30 minutes or more, in a double boiler to improve the flavor. For one cup of cocoa use one tablespoon of this paste in one cup hot milk. Do not boil the milk and cocoa together.

This paste can be put in the refrigerator or a cool place and kept for a week or more. Making a large quantity saves time, fuel and gas. It insures cocoa of a better flavor and a food more easily digested than when made hurriedly.



RASPBERRY MILK SHAKE

Made as strawberry milk shake.

EGG MILK SHAKE

3 cups milk
3 eggs
4 tablespoons sugar
1 teaspoon vanilla
dash nutmeg and cinnamon
¼ teaspoon salt

Beat eggs until very light, add sugar, salt, vanilla, spices and milk. Stir till the sugar is dissolved, then beat well. Serve cold.

CARAMEL MILK SHAKE

Mix 2 tablespoons of caramel syrup with 1 cup chilled milk.

To make caramel syrup—In a saucepan, melt 1 cup sugar until light brown, stirring constantly; add 1 cup boiling water, and cook until a thick syrup is formed.

ICE CREAM FOR DESSERT

Ice cream for dessert has been called the "Food of the Gods," because nature made it wholesome, modern methods made it sanitary, and science has made it an economical and palatable food product. No single dessert, ever yet prepared, so universally pleases everybody. It has often been called the "Last Touch of Heaven Upon Earth."

It is usually found much cheaper and better now to buy factory made ice cream than to try to make it at home. There is usually such a variety of flavors to select from as well. It should replace with school boys and girls especially much of the pop, candy, etc.

USES OF MELTED ICE CREAM

Ice cream often is ordered before guests arrive and is placed in ice boxes or pantries at a temperature very much higher than that at which it is frozen and it melts. Some of the suggestive uses of melted ice cream are as follows:

Certain flavors may as well be used on fruits for a fruit salad, or may be served on cake as a sauce, or made into cookies, muffins, and when baked delightful in waffles or used in eggnogs.

When you think of dessert, think of Ice Cream often.

Weight and Height for Women
AT DIFFERENT AGES

Height	19	20	21–22	23–24	25–29	30–34	35–39	40–44	45–49	50–54
4 ft. 10 in.	98	102	106	110	113	116	119	123	126	129
11 in.	103	107	109	112	115	118	121	125	128	131
5 ft.	109	112	113	115	117	120	123	127	130	133
1 in.	113	115	116	118	119	122	125	129	132	135
2 in.	116	118	119	120	121	124	127	132	135	138
3 in.	120	121	122	123	124	127	130	135	138	141
4 in.	123	124	125	126	128	131	134	138	141	144
5 in.	126	127	128	129	131	134	138	142	145	148
6 in.	129	130	131	133	135	138	142	146	149	152
7 in.	131	133	135	137	139	142	146	150	153	156
8 in.	135	137	139	141	143	146	150	154	157	161
9 in.	138	140	142	145	147	150	154	158	161	165
10 in.	141	143	145	148	151	154	157	161	164	169
11 in.	145	147	149	151	154	157	160	164	168	173
6 ft.	150	152	154	156	158	161	163	167	171	176

In ascertaining height—measure in shoes; stand erect, and press measuring rod down against scalp. Weigh yourself in indoor clothing and shoes. If shoes have sensible heels, subtract one inch for height; if heels are "high" subtract two inches.

Table prepared by Dr. Thomas D. Wood, Professor of Physical Education, Columbia University.

Table Showing 100 CALORIE Portions of Food

Kind of food	Measure of portion to give 100 calories
Apple	1 large
Apricots	10
Asparagus	20 medium tips
Bacon	3 strips, lean
Beef, lean	2⅓ oz. uncooked
Beans, string	2½ cups (1 inch pieces)
Blackberries	1½ cups
Bread, white	1⅓ oz.
Butter	1 tablespoonful
Bread, whole wheat	1⅓ oz.
Buttermilk	1⅛ cups
Cabbage	¾ lb. (5 cups shredded)
Cantaloupe	1 medium sized
Carrots	3 to 4 medium
Cauliflower	Half a medium head
Celery	4 cups ¼ in. pieces (about 1 lb.)
Chicken, lean	2½ oz. cooked
Cocoa	2 tablespoonfuls
Codfish	5 oz. uncooked
Cottage cheese	5-6 tablespoonfuls
Crackers, soda	5 to 6
Cucumbers	3 small (1¼ lbs.)
Eggs	1⅓ small or 1 large
Figs	2 medium sized
Flour, white	3 level tablespoonfuls
Grapes	1 bunch (about 4 oz.)
Halibut	3 x 2 x 2 in. (small serving)

Kind of food	Measure of portion to give 100 calories‡
Lettuce	2 large heads (1¼ lbs.)
Milk, skim	1¼ cups
Milk, whole	⅝ cup (1 quart contains about 700 calories)
Oatmeal, uncooked	4 tablespoonfuls
Onions	3 to 4 medium
Oranges	1 large juicy
Oysters	12-14
Peaches, canned	2 large halves + 3 tablespoonfuls of juice
Peaches, fresh	3 medium sized
Pears	1½
Pineapple, canned	1 slice + 3 tablespoonfuls of juice
Pineapple, fresh	2 slices 1 inch thick
Potatoes	4 oz. raw
Raisins	37
Raspberries	1⅛ cups
Rhubarb	4 cups in 1 inch pieces
Spinach	2½ cups cooked
Steak (round)	1½ oz. (2.5 x 1 x 1 inch)
Strawberries	1⅓ cups
Sugar	2 tablespoonfuls
Tomatoes	1¾ cups cooked (1 large or 2 medium sized)
Turnips	Half a pound raw (2 cups ½ inch cubes)
Watermelon	1 lb.

‡The values given in the above table are only approximate.

"Food, Nutrition and Health"—a book for every home we recommend.

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