The Butterick cook book : with special chapters about casserole and fireless cooking / edited by Helena Judson.

Contributors

Judson, Helena.
University of Leeds. Library

Publication/Creation

New York : The Butterick Publishing Company, 1911.

Persistent URL

https://wellcomecollection.org/works/w64q365h

Provider

Leeds University Archive

License and attribution

This material has been provided by This material has been provided by The University of Leeds Library. The original may be consulted at The University of Leeds Library. where the originals may be consulted.
Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

wellcome collection

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
https://wellcomecollection.org

The Butterick Cook Book

With Special Chapters About Casserole and Fireless Cooking

LEEDS UNIVERSITY LIBRARY
Special Collections
Cookery Bateman

A JUD

30106023496192

Digitized by the Internet Archive
in 2015

https://archive.org/details/b21539583

THE BUTTERICK COOK BOOK

With Special Chapters About
Casserole and Fireless Cooking

Edited by HELENA JUDSON

PUBLISHED BY THE BUTTERICK PUBLISHING COMPANY
BUTTERICK BUILDING, NEW YORK
1911

PRINTED IN NEW YORK

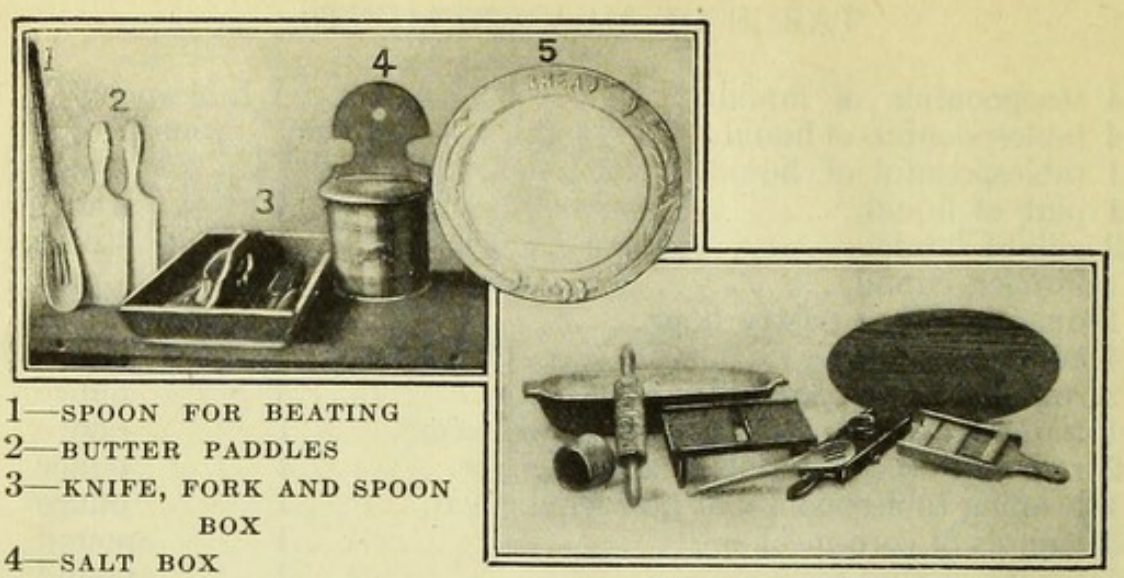
Copyright 1911 by
The Butterick Publishing Company

CONTENTS

Chapter		Page
I.	Appetizers	1
II.	Soups	5
III.	Soup Accessories	24
IV.	Garnishes	28
V.	Fish	30
VI.	Meats	58
VII.	Poultry and Game	85
VIII.	Sauces for Fish, Meat, Poultry and Game	107
IX.	Entrees	121
X.	Vegetables	139
XI.	Salads and Salad Dressing	163
XII.	Egg Dishes and Omelets	175
XIII.	Cheese Dishes	190
XIV.	Yeast, Bread, Biscuit, Buns, Gems, Muffins, Rolls, Toast and Waffles	195
XV.	Sandwiches	211
XVI.	Cereals	218
XVII.	Cake	221
XVIII.	Cake Fillings and Frostings	231
XIX.	Doughnuts, Crullers, Gingerbread, Cookies and Small Cakes	237
XX.	Paste, Pies, Tarts and Fancy Pastry	242
XXI.	Puddings and Pudding Sauces	253
XXII.	Cold Desserts	265
XXIII.	Ice-Creams, Ices, Mousses, etc.	273
XXIV.	Candies	281
XXV.	Fruits: Fresh and Dried	285
XXVI.	Canning and Preserving	288
XXVII.	Pickles and Catsups	309
XXVIII.	Beverages: Hot and Cold	319
XXIX.	Foods and Beverages for Invalids	326
XXX.	Chafing-Dish Recipes	332
XXXI.	Casserole Cooking	336
XXXII.	The Fireless Cooker	341
XXXIII.	Canned Goods	344
XXXIV.	Menus	348

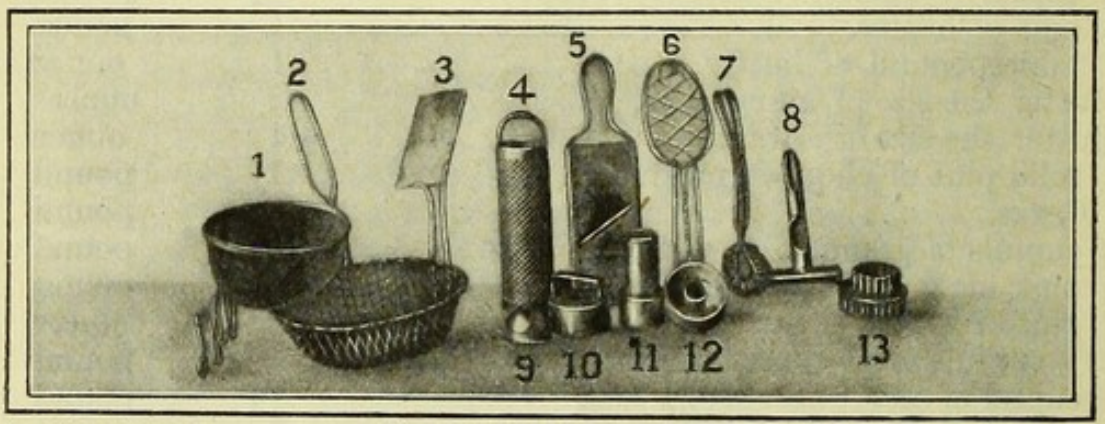
TABLE OF MEASUREMENTS

4 teaspoonfuls of liquid	1	tablespoonful
4 tablespoonfuls of liquid	½ gill, ¼ cupful or 1	wineglassful
1 tablespoonful of liquid	½	ounce
1 pint of liquid	1	pound
2 gills of liquid	1 cupful or ½	pint
1 kitchen cupful	½	pint
1 quart of sifted pastry flour	1	pound
4 cupfuls of flour	1 quart, or 1	pound
2 rounded tablespoonfuls of flour	1	ounce
1 rounded tablespoonful of granulated sugar	1	ounce
2 rounded tablespoonfuls of ground spice	1	ounce
1 heaping tablespoonful of powdered sugar	1	ounce
3 cupfuls of corn-meal	1	pound
1½ pint of corn-meal	1	pound
1 cupful of butter	½	pound
1 pint of butter	1	pound
1 tablespoonful of butter	1	ounce
Butter the size of an egg	2	ounces
Butter the size of a walnut	1	ounce
1 solid pint of chopped meat	1	pound
10 eggs	1	pound
2 cupfuls of granulated sugar	1	pound
1 pint of granulated sugar	1	pound
1 pint of brown sugar	7	ounces
2½ cupfuls of powdered sugar	1	pound
1 cupful of rice	½	pound
1 cupful of stemmed raisins	6	ounces
1 cupful of cleaned and dried currants	6	ounces
1 cupful of grated bread-crums	2	ounces
8 rounded tablespoonfuls of flour	1	cupful
8 rounded tablespoonfuls of sugar	1	cupful
8 rounded tablespoonfuls of butter	1	cupful
2 gills	1	cupful
1 common tumbler	1	cupful
3 tablespoonfuls of grated chocolate	1	ounce
1 pint	16	ounces
1 pint	4	gills
1 ounce	8	dr'ms (¼ gill)
1 tablespoonful	¼	ounce
16 drachms	1	ounce
16 ounces	1	pound
4 gills	1	pint
2 pints	1	quart
4 quarts	1	gallon

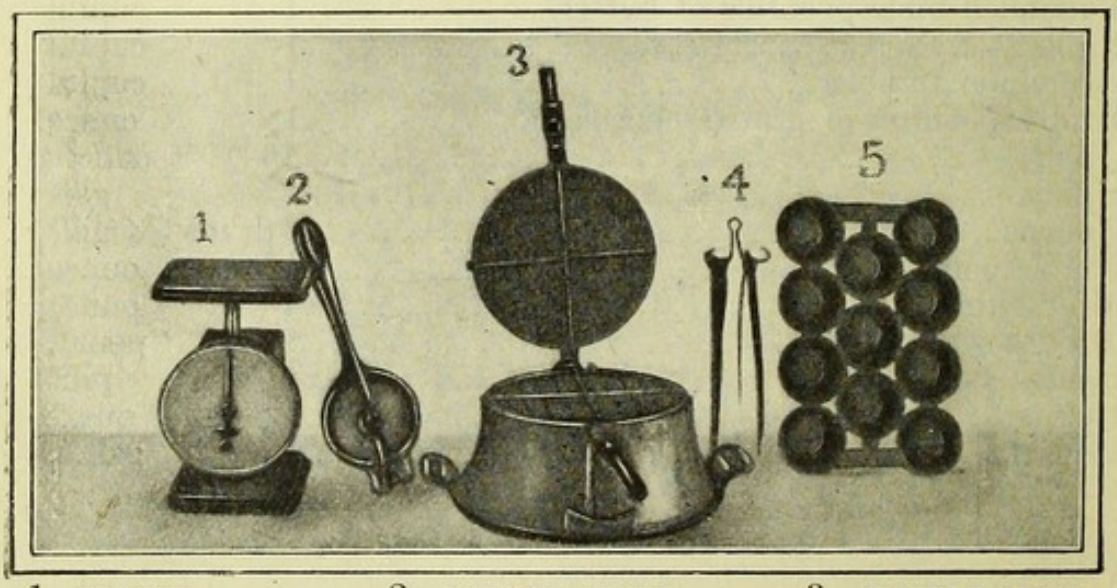


1—SPOON FOR BEATING
2—BUTTER PADDLES
3—KNIFE, FORK AND SPOON BOX
4—SALT BOX
5—BREAD BOARD

KITCHEN UTENSILS



1—STRAINER
2—FRYING-BASKET
3—CHOPPING-KNIFE
4—NUTMEG-GRATER
5—VEGETABLE-SLICER
6—EGG-WHIP
7—PASTRY-WHEEL
8—APPLE-CORER
9—TEA-STRAINER
10—COOKY CUTTER
11—STAMP
12—TART CUTTER
13—COOKY STAMPS



1—SCALES
2—POTATO RICER
3—WAFFLE IRON
4—SKEWERS
5—GEM-PANS

CHAPTER I—APPETIZERS

PPETIZERS are now much used as the first course at dinners and luncheons, in place of raw oysters or clams. No little ingenuity is displayed in making these tidbits attractive as well as palatable. The fruit cocktails and fruit cups should be arranged with a view to good combinations of color and the canapés should be made almost spectacular with the glossy black of caviare, the vivid red of the pimento and the white and yellow of hard boiled eggs. The word cocktail no longer implies a mixture of liquors, when used in a culinary sense, though sherry and rum are often used as a flavoring in the fruit cocktails. It is not, however, a necessity.

Fruit cocktails are served in gracefully shaped glasses or in baskets made from a half orange or grapefruit.

Canapés may be served either hot or cold.

The appetizers should always be on the table when the meal is announced. One is served to each person and should rest on a tiny doily laid on a medium sized plate.

Among the best known appetizers are the following:

CANAPÉS—These are made from stale white bread, cut in quarter-inch slices and then shaped with a cutter into circles about the size of a tea biscuit. Squares, strips, triangles and rings are also suitable forms for canapés. These pieces of bread are then either fried in deep fat and drained on blotting paper, or they may be sautéed in just enough butter to keep them from burning. It is also possible to toast them or set them in the oven until they turn a delicate brown. When finished they should be nicely browned on both sides. They are then ready to be covered with any mixture preferred, either fish, eggs, cheese or game.

ANCHOVY CANAPÉS—For these anchovy paste which comes in tubes may be utilized, or anchovies may be reduced to a smooth paste with a wooden spoon. Season with lemon juice and spread the paste on the prepared pieces of bread. Split two anchovies

lengthways and lay them diagonally across the canapé, marking the point where they cross by a little pyramid of riced yolk of hard boiled egg. Petal shaped pieces of the hard boiled white of egg may be placed radiating from this center pyramid.

A large anchovy curved around a circle of hard boiled egg and placed in the center of a canapé, is also effective.

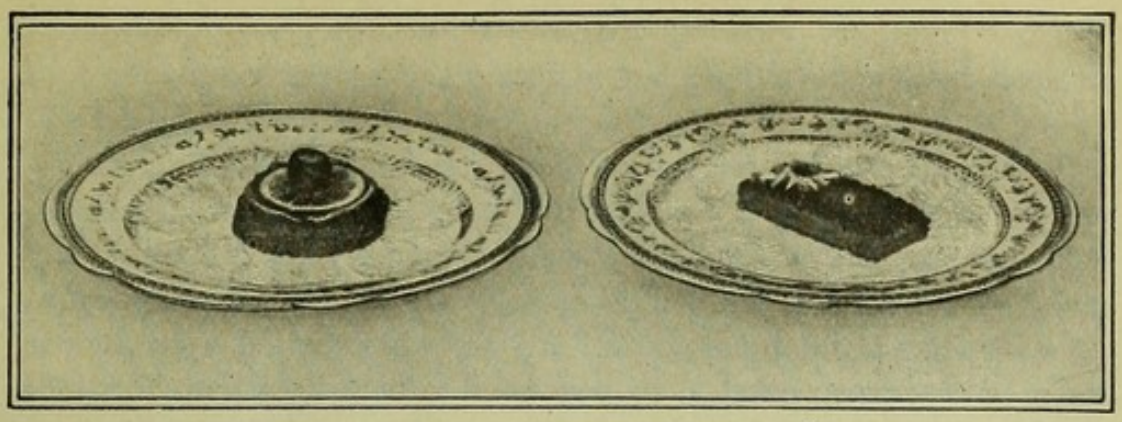
SARDINES CANAPÉS—Flake the sardines with a fork and season with lemon juice, salt and a few drops of worcestershire sauce. Spread the prepared bread with this mixture and decorate by placing in the center a small circle of pickled beet. Cut a slice from the end of a large olive so that it will stand firmly and place this in the center of the circle of pickled beet. A narrow border of finely chopped pickled beet may be placed around the entire circumference of the canapé with good effect. Garnish the plate with four thin slices of lemon placed symmetrically.

CAVIARE CANAPÉS—Caviare, which is the salted roe of the sturgeon, is highly esteemed by epicures as an appetizer. It is usually served with finely chopped raw onion and decorated with hard boiled egg and finely chopped pickles. A favorite arrangement is to have the canapé in the form of an oblong, two by four inches, covering half with the minced raw onion and the other half with the caviare. The striking difference in the colors is very effective. A sliver of green pepper may lay just where the two mixtures meet and little points of the green pepper extend out on each side, or a circle of the white of hard boiled egg may decorate the center of the half covered with caviare and a little mound of the riced yolk ornament the section covered by the chopped onion.

LOBSTER CANAPÉS—Moisten finely chopped lobster meat with a little cream in order to make a paste and season as preferred. Spread on the fried bread, and decorate with chopped olives and lobster coral which has been forced through a sieve. Four lobster claws may project from under the canapé if more ornamentation is desired.

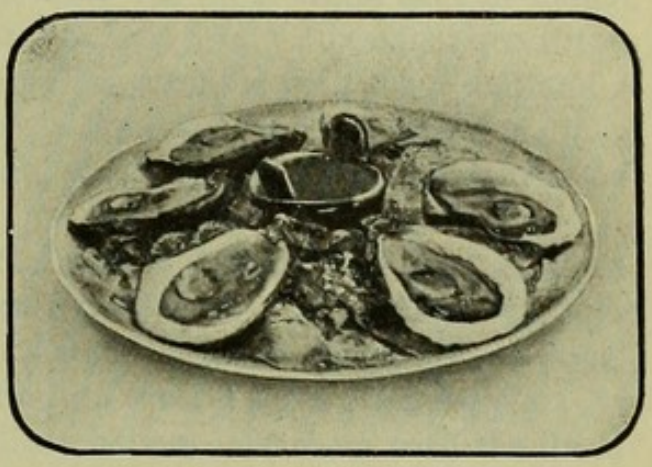
Crab meat, shrimps, or any smoked or canned fish, highly seasoned and prettily decorated may be utilized for canapés in place of the lobster meat, as above.

CHEESE AND OLIVE CANAPÉS—Shape bread about the size of a soda cracker. Sauté, and drain. Spread with paste made by mixing a cream cheese with a small bottle of finely chopped olives stuffed with pimentoes. Garnish with a quarter-inch border

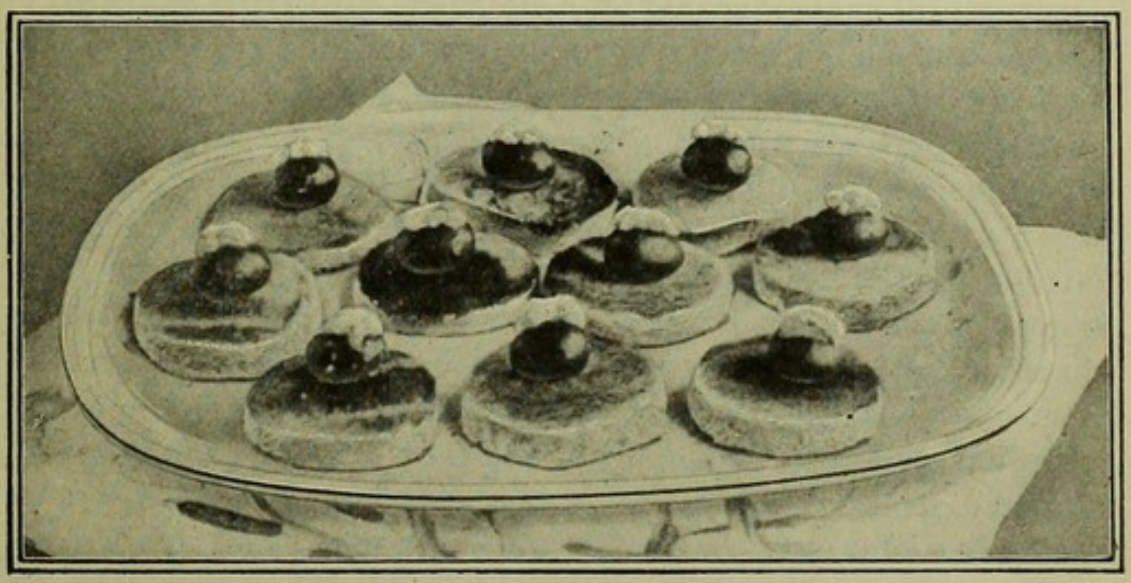


CAVIARE AND ANCHOVY CANAPÉS

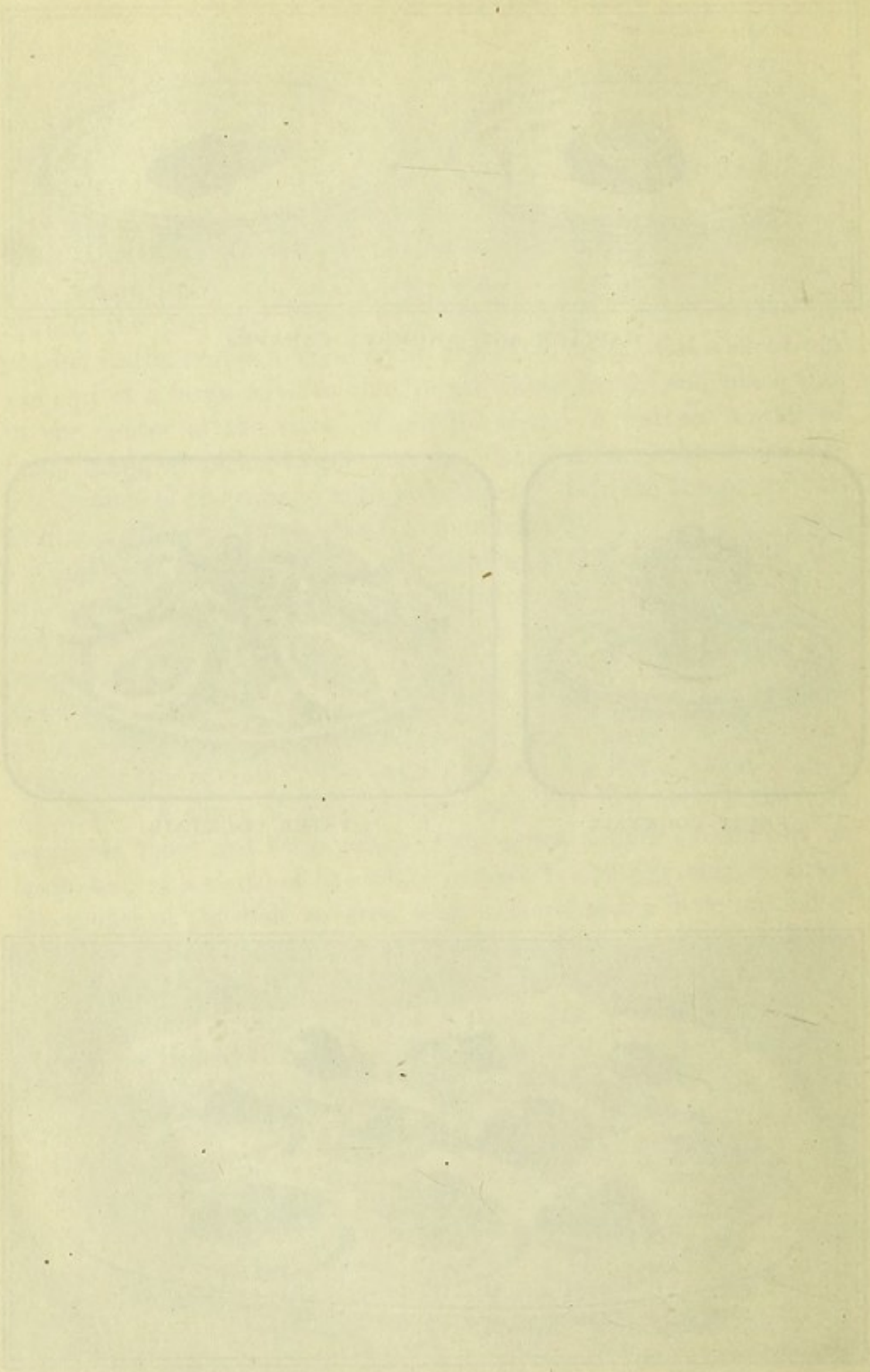
FRUIT COCKTAIL



OYSTER COCKTAIL



STUFFED OLIVES ON BROWN BREAD



of the chopped olives and a star of red pepper or pickled beet in the center of each.

FRUIT COCKTAIL—(Orange and Grapefruit)—Mix equal quantities of diced orange and grapefruit pulp. Sprinkle with sugar and a little lemon juice, or sherry if liked. Place on ice until thoroughly chilled. Have glasses chilled, that the whole, when served, may be ice cold. At the last moment fill the glasses with the fruit mixture, sticking little wedges of fresh or preserved pineapple here and there and garnishing with either candied or Maraschino cherries.

GRAPEFRUIT STRAWBERRY COCKTAIL—Cut fruit in half and carefully remove the pulp, leaving the inner white skin as lining. Place these shells in cold water to keep firm. Mix equal quantities of grapefruit pulp and strawberries, sprinkle with sugar and add a little sherry or rum, if flavor of liquor is liked. At serving time, fill the shells with the mixture, placing large, handsome berries on top as decoration.

STRAWBERRY AND PINEAPPLE COCKTAIL—Juice of three oranges and one lemon, sweetened to taste, keeping the mixture rather tart. Place on ice. Hull, wash and drain thoroughly some large, fine strawberries; also cut into dice several slices of pineapple. At serving time cut the berries into halves, mix them with the diced pineapple, place them in glasses and cover with the fruit juice. One large, perfect berry set on a tiny circle of pineapple may decorate the top of each cocktail.

ORANGE MINT CUP—Separate a rather sour orange into sections and remove the thin skin with a pair of scissors. Chill thoroughly, place in glass, sprinkle with powdered sugar and pour over one teaspoon each of pineapple, lemon juice and sherry. Sprinkle with chopped mint and garnish with an upright spring of mint in the center of the glass.

WATERMELON COCKTAIL—With a vegetable cutter prepare small balls of bright pink watermelon, having the balls no larger than marbles. Chill thoroughly. Drain the liquor from a small bottle of Maraschino cherries, chill, and at serving time pour over the watermelon balls. Garnish with mint. A pretty fancy is to moisten the edge of each cocktail glass, before filling. Invert the glass in finely chopped mint. This will leave a line of green adhering to the edge of the glass.

CHERRY COCKTAIL—Allow one dozen large cherries to each

portion. Pit the cherries, sprinkle with chopped almonds and pour over them a tablespoon of strawberry juice mixed with a tablespoon of powdered sugar and a half teaspoon of lemon juice allowed to each dozen cherries. Chill and serve ice cold in cocktail glasses. Decorate the plate with two or three whole cherries, and a leaf or two.

MIXED FRUIT CUP—One dozen fine, large oranges; slice off the top and scoop out the inside and put in bowl of ice water. Be careful not to break the skin of the orange peel. Cut in small pieces one dozen ripe bananas, and a can of sliced pineapple, put them all together, sweeten to taste, and then fill the orange shells. Set each one in a soup plate, filled with crushed ice.

CHAPTER II—SOUPS

SOUPS are divided into two classes; soups with stock and soups without stock.

Stock may be divided as follows:

Brown Soup Stock—made from beef, using bone and fat as well as lean meat, and seasoning with vegeables, herbs and spices.

Bouillon—made from lean beef only without fat or bones. Delicately seasoned and preferably used for luncheon or supper, rather than dinner. (This name of "bouillon" is also used for clear clam broth.)

White Soup Stock—made from poultry or veal, separately or in combination, with such seasonings as will not change the color.

Consommé—made from beef and veal, seasoned with sweet herbs, vegetables and spices. This is a dinner soup and is always served clear.

Mutton or Lamb Stock—is used for mutton broth and is usually combined with rice or barley water. Used for what are known as "Scotch Broths" in many cookery books.

Soups without stock are classified as:

Bisques—usually made from fish, milk or cream, slightly thickened. They may also be made of vegetables, meat or poultry.

Purées—made from fish or vegetables, pressed through a sieve and combined with milk or cream, thickened.

Cream Soups—made from cooked vegetables or fish and milk as a foundation and thickened but slightly.

CLEARING SOUPS.—Slightly beaten whites of eggs and broken egg shells are usually employed for clearing soup stock. After removing fat from the stock, place the portion to be cleared in an agateware saucepan using the white and shell of one egg to each quart of stock. After adding egg and shell to the cold stock stir until boiling point is reached and allow to boil for two minutes. Remove to back of stove and allow to simmer for half an hour.

Remove scum, strain through two thicknesses of cheesecloth laid in fine sieve. Seasonings should be added before clearing.

The cake of fat which forms on stock when cold should not be removed until stock is to be used, as in this way air is excluded. Fat should be removed with care in an entire cake, if possible, the small particles remaining being removed by passing a soft cloth moistened with very hot water around the edge and across the top of the stock. Blotting paper may also be used when fat is to be removed from hot stock. Strain and cool, as quickly as possible, as in this way there is less danger of fermentation.

BINDING CREAM SOUPS AND PURÉES—These soups must be bound with a *roux* of flour and butter to prevent separation. Allow one tablespoon of butter and one of flour to each pint of soup to be bound. Place the butter in a saucepan and when it bubbles add the flour, allowing the mixture to cook for a few minutes, stirring constantly. If to be used for thickening white sauce or soup, do not allow the flour to become brown. If, however, the mixture into which it is to be stirred is dark in color, let the *roux* become a delicate brown.

MATERIALS—Beef is considered the best and cheapest material for the making of stock. The proper proportions are two-thirds lean meat and the remaining third, fat and bone. Where left-overs of meat are used for soup, small pieces of cooked meat, the carcasses of fowl, and all trimmings from chops should go into the soup kettle. Corned or smoked meats should not be used. Fowl should be used rather than chicken in the making of white stock, as it is not only less in price but contains more nutriment. The water in which a fowl has been boiled makes a very acceptable white stock, the fowl itself being utilized for other purposes.

BROWN SOUP STOCK—Three quarts cold water; six pounds of shin beef including marrow bone; one-half cup each of diced celery, turnip, carrot and onion; two sprigs each of parsley and thyme, one-half bay leaf and one-half dozen each of peppercorns and cloves; one tablespoon of salt, or more, according to taste.

Cut lean meat in inch cubes, remove marrow from marrow bone. In a saucepan brown the meat cubes in the marrow, stirring constantly. In the soup kettle place remaining cubes of lean meat, fat and bone. Over these pour cold water in the proportion of one pint to each pound of meat, bone and fat. Allow the soup kettle to stand thus filled for an hour, that juices may be drawn from the

meat. Then add the browned cubes of lean meat, bring slowly to the boiling point and then cook slowly for six hours or more. The resulting scum may be removed or not, according as the soup is desired clear or otherwise. Vegetables and seasonings should be added during the last hour of cooking.

WHITE STOCK (With Veal)—Six pounds of knuckle of veal; half a pound of lean beef; small piece of butter; two onions; two turnips; two carrots; four cloves; small bunch of thyme and savory; pepper and salt; one tablespoon of flour, and six quarts of water. Cut the meat and crack all the bones, slice the vegetables and herbs, add two quarts of water, and put on to boil. Let simmer slowly and take off the scum as it rises. At the end of an hour add the rest of the water—one gallon. Let it cook steadily four hours, strain and set away to cool.

WHITE STOCK (With Chicken)—Clean and truss a fowl, put it, breast down, in as small a stewpan as will hold it, cover it with cold water, and heat it slowly to the boiling point. Let it simmer until the fowl is tender, skimming off all the scum; then take up the fowl and set it away to cool. Strain the water, set it away, and when cold, remove the fat that forms on the top. The fowl can be used in many ways. This stock will serve as the basis for cream soups and white sauces.

BOUILLON—Five pounds of round of beef (no bone); two and one-half quarts of water; one-half of a large onion; one-half slice of carrot; one-half slice of turnip; eight peppercorns; three cloves; two eggs (whites only); one and one-half inch piece of cinnamon; one and one-half teaspoon of salt; one sprig of parsley; one sprig of thyme; one sprig of summer savory; two small bay leaves; one leaf of sage; one and one-half stalk of celery. Having removed every particle of fat from the meat, cut off one pound of the lean and set it aside; then cut the remainder into small pieces, cover with the water, heat slowly, and, when boiling, move back on the range where it will keep at the bubbling point for six hours. At the end of this time add all the seasoning, having the herbs tied in a muslin bag; simmer one hour, remove from the fire, strain, and set away to cool. The next morning remove any fat that may have collected on the stock. Chop very fine the pound of meat that was reserved, and place it in the soup on the fire, beating the whites of eggs at the same time and adding them, with the shells, while the soup is yet cool. Heat slowly, and when bubbling,

set the soup back, tightly covered, and keep it at this degree of heat for one hour. Now add salt if necessary, and strain.

CONSOMMÉ—Three pounds of round of beef cut into inch pieces. Divide this quantity in half and brown one portion in a frying-pan with a little marrow taken from one pound of marrow bone which is one of the ingredients of this soup. Have four quarts of cold water in soup kettle and put in three pounds of knuckle of veal cut in inch pieces, together with the pound of marrow bone, and both the browned and the uncooked cubes of beef. After standing an hour, bring to the boiling point and allow to simmer gently for three or four hours, from time to time removing the scum on top of kettle. Brown in butter one-third cup each of diced carrots, turnips, celery and onion, and add to soup together with a tablespoon of butter, one of salt and white pepper, four cloves, and a sprig each of sweet marjoram and parsley. Cook two hours longer, strain, remove fat and clear. This is the foundation for many of the most delicious soups and may be served with any of the accessories mentioned in the following chapter on Soup Accessories.

The following are the best known varieties of Consommé:

Consommé Princesse—served with shreds of breast of cooked chicken and green peas.

Consommé à la Royale—served with blocks of Royal Custard.

Consommé with Vegetables—served with carrots and turnips cut in fancy shapes; also small pieces of French string beans.

Consommé with Marrow Balls.

Consommé with blocks of Tomato, or Spinach Paste. See Chapter on Soup Accessories.

JULIENNE SOUP—Julienne soup is consommé to which have been added one carrot, two onions, two white turnips, and one stalk of celery cut into shreds about as thick as a match. The vegetables should be boiled in clear water before adding to soup.

MUTTON STOCK—Select neck of mutton for this purpose. Wash in cold water, cut into small pieces and put into soup kettle with two quarts of cold water. When the boiling point is reached, skim and then let simmer for one and one-half hours. Add an onion, a turnip, a carrot, and several stalks of celery, all cut in small pieces and season with pepper and parsley. Simmer an hour longer, strain, and add salt and rice or barley, as preferred.

PEPPER POT—Put three tablespoons of butter in frying-pan and sauté in it the following vegetables cut in small pieces: Three

tablespoons each of onion, celery and green peppers and one and one-half cups potato. When they are nicely browned and have cooked for ten or fifteen minutes add three tablespoons flour and stir until well blended. Add five cups of white stock, also one-half pound of honeycomb tripe cut in shreds, one-half teaspoon finely ground peppercorns and a scant teaspoon of salt. Cover closely and allow to simmer for an hour or more. When ready to serve, add one-half cup of cream and a tablespoon of butter.

SCOTCH BROTH—Scotch broth is substantial enough to be served for luncheon or when the main part of the dinner is light, and is made thus: From about two pounds of the neck of mutton remove all fat and bones. Place the bones in a stew-pan with two quarts of water, and let them simmer for one hour. Cut the lean mutton into cubes, and put it in a stew-pan with one-half tea-cup, scant, of well-washed pearl barley and two tablespoons each of finely cut onion, carrot, turnip and celery. Strain the water from the bones upon this preparation, and place the pan where the broth will simmer for three hours. When the liquid begins to bubble, skim it, and add one-half teaspoon of pepper and a level tablespoon of salt. At the end of three hours put one tablespoon of butter in a saucepan, and set the latter on the fire. As soon as the butter becomes hot add one table-spoon of flour, and stir until the mixture is smooth and frothy. Stir this preparation into the broth, add a little minced parsley and cook for ten minutes longer.

TURKEY-BONE SOUP—Never throw away the carcass of a turkey or chicken, for it will make a delicious soup. Scrape the meat from the bones, break them, pack in a kettle, and cover with cold water, adding a small onion. Cover closely and simmer very gently for three hours. Then strain and remove the fat, and return to the fire. For every quart of stock add one cup of the cold meat after which let the soup simmer one-half hour. This soup may be greatly improved by boiling in it three minutes before serving ten oysters to each quart of soup made.

TURKISH SOUP—One quart of stock; one-half teacup of rice; two eggs (yolks only); one tablespoon of cream; salt and pepper to taste. Boil the rice and stock together for twenty minutes, keeping the kettle tightly covered. Press them through a sieve, returning to the fire all that runs through. Add to this

the cream, into which has been stirred the beaten yolks, and stir until it thickens but does not boil. Season and serve at once.

CREAM OF CHESTNUT—Shell and blanch two pounds of chestnuts. Cook them in one quart of water for one-half hour, adding one teaspoon of salt. Drain, place the chestnuts in two quarts of clear beef stock; add one teaspoon of celery salt, one tablespoon of chopped onion, one teaspoon each of pepper and chopped parsley, and cook until the chestnuts are soft—probably ten or fifteen minutes. Add one teaspoon of grated lemon rind and pulp pressed through a purée sieve. Return to the fire, add one teaspoon of lemon juice, two teaspoons of salt and one pint of rich cream or milk, with one tablespoon of butter.

CREAM OF CUCUMBER SOUP—Three cups of peeled cucumbers cut in small pieces. Parboil for ten minutes, drain and add them to four cups of chicken stock in which there is a slice of onion. Cook until soft, rub through a sieve, add one-fourth of a cup of flour and butter rubbed together, and salt and pepper to taste. Strain and serve.

PETITE MARMITE—For two quarts of soup allow four pounds of beef from the round, a fowl weighing about three pounds, and about eight inches of marrow bone (beef) sawed into inch lengths. Put the beef over the fire to cook in three quarts of cold water, and heat water quickly to the boiling point; let boil three minutes, then skim and remove to a cooler part of the range and keep at the simmering point. Roast the fowl fifteen minutes, then when well browned, put it into the soup kettle, adding also the giblets. Take out the chicken and beef as soon as they are tender. Remove and keep hot a part of the breast of the chicken and a part of the beef, to serve in the soup, and set the rest aside for other use. To the soup add an onion, two cloves, two small carrots, one turnip, and three stalks of celery; remove these as soon as tender and keep them hot. Remove the fat from the broth and strain the broth through cheesecloth; add two teaspoons of salt and reheat.

CHICKEN CREAM SOUP—Cut up a medium-sized fowl into quarters, with a piece of ham and an onion and add about four quarts of water. Let this slowly boil until the meat will drop off the bones, then add a half cup of rice well washed, some chopped parsley, salt and pepper. When the rice is tender, take out the meat and add two cups of rich milk thickened with a little flour.

CHICKEN BROTH—See chapter on Foods and Beverages for Invalids.

CREAM OF LETTUCE SOUP—Wash and pick over two heads of lettuce and cut them fine. Put over the fire in the inner pan of a double boiler, having boiling water in the outer kettle, and cook till tender. Press the lettuce through the sieve into the boiler again, add one pint of white stock, season with salt, pepper and bring to a quick boil to preserve the color. Add a very little lemon juice when served. Thicken with one tablespoon of butter, cooked with one teaspoon of flour for one minute.

CREAM OF SPINACH SOUP—Use the same recipe as for lettuce soup, allowing two quarts of spinach to one pint of stock, and add one-fourth teaspoon of sugar to the recipe.

SPLIT PEA SOUP (With Stock)—Put the end of a moderately lean smoked ham weighing two or three pounds into a kettle with one small carrot, one onion, two medium-sized, peeled, whole potatoes and three quarts of boiling water. Boil one hour and strain. Now rinse the ham thoroughly in hot water and return to the strained stock, together with one cup of split peas which have been soaking all night, and boil for one hour. Season with salt and white pepper and add two or three tablespoons of catsup. Serve at once. Thin with boiling water if too thick.

GREEN PEA SOUP—Into about one quart of stock throw one quart of green peas, and one celery stalk, one onion and one turnip cut into pieces, and some mint. Stew until the mass is tender and strain through a sieve or coarse cheesecloth. Thin with stock if necessary and season with salt, pepper and a little sugar. Have at hand a pint of young green peas that have been parboiled in water in which there was a little mint and add them to the soup. Stew or simmer the whole until the peas are cooked, then serve.

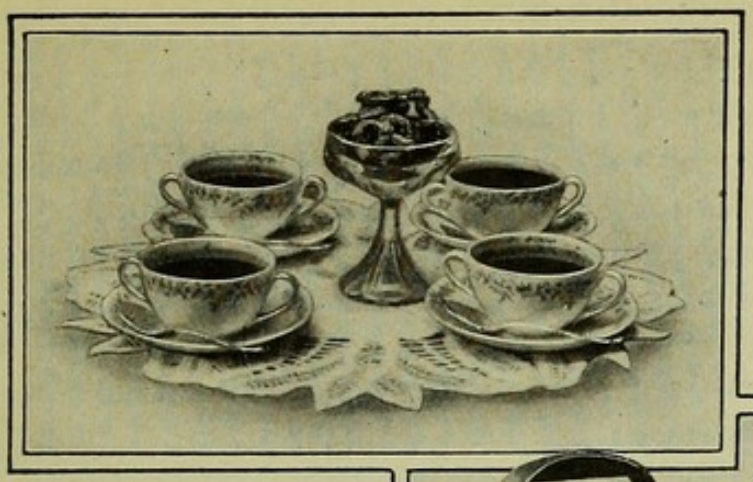
MULLIGATAWNY SOUP—This is an Indian soup. It may be made with either veal, calf's head, chicken or rabbit, or with two or more of these in combination. It is highly seasoned with onions, curry powder and sour apples, lemons or some other strong acid fruit. The best portions of the meat are removed as soon as tender and served with the soup. Boiled rice should always accompany Mulligatawny, served separately. Four pounds of veal; one-half pound of ham; four quarts of water; one carrot; two onions; one turnip; four cloves; four peppercorns; six apples (sliced); three tablespoons of curry powder; one teaspoon of

sugar; salt and pepper to taste. Have the bone of the veal well broken, and place the veal in the soup-kettle with the ham and the water. Fry the onions brown in a little butter, and put them with the meat, adding at the same time the sliced apples, vegetables, cloves, peppercorns, and the sugar and curry powder mixed to a paste with a little water. Simmer gently for five hours, then strain and set away to cool. Remove any fat that forms, and return to the range, placing in the soup at the same time, a piece of the veal for each plate. When the whole is thoroughly heated, season with salt and pepper and serve.

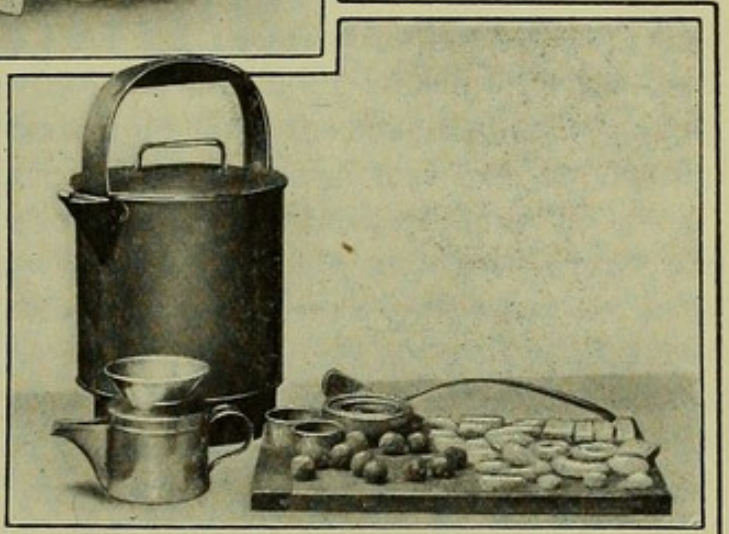
MUTTON BROTH—Purchase a neck of mutton weighing six or seven pounds. Cut six chops from the better end and separate the rest into small sections. Now place the latter in a saucepan with a little more than two quarts of water, two onions, two turnips, four carrots, two stalks of celery cut in pieces, one and one-half ounce of salt and one-half teaspoon of pepper; also wash one-half cup of pearl barley and throw that in with the other ingredients. Simmer thoroughly for two or three hours, strain, let it get cold and remove the fat. Save a few pieces of the vegetables and some of the barley and replace them in the soup. Trim the chops into neat shape, cutting off all fat, fry slightly in butter—they must not get hard—put them into the soup and simmer again for three-fourths of an hour.

CHICKEN GUMBO—This a noted Southern soup. Cut up two chickens, a year or more old, into convenient pieces and fry till brown in one-half a cup salt-pork fat. Then place all in a stewpan. Slice thinly a large onion and fry slowly for ten minutes in the fat just used. Add one quart of okra, finely cut (or one can of okra), five sliced tomatoes and a couple of parsley sprigs. Fry all of these ingredients one-half hour, quite slowly, and place them in the stewpan with the chicken. Add one and one-half pint of boiling water, one-half teaspoon of pepper and two scant tablespoons of salt. Stew slowly two hours and then add one cup of cream and one of boiled rice. If seasoned to taste, boil up once and serve. Cayenne pepper (one-fifth of a teaspoon) may be used in place of white pepper if desired.

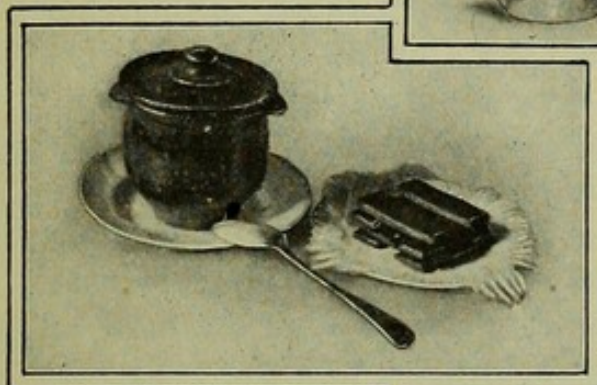
OKRA SOUP—One quart of okra; one fowl; one-fourth pound of salt pork; one-half can of tomatoes; one onion; two quarts (full) of boiling water; four tablespoons of flour; two tablespoons (heaping) of butter; three teaspoons of salt; one-half teaspoon



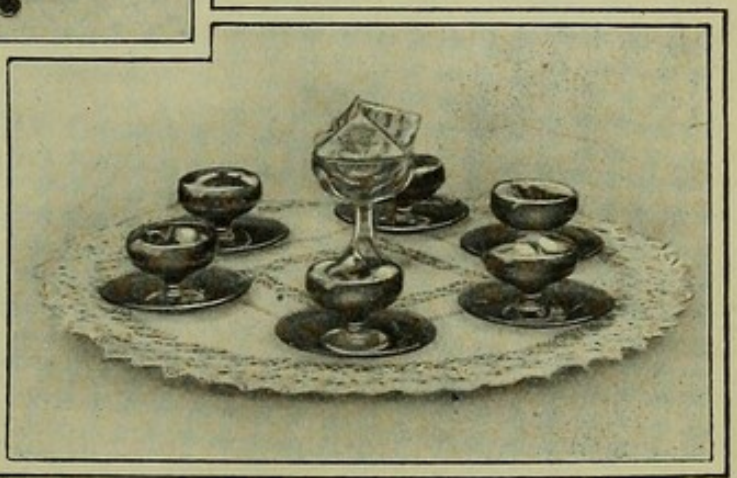
A SERVICE FOR BOUILLON



STOCK POT, MARROW BALLS AND CROUTONS



SOUP IN PETITE MARMITE



PINEAPPLE SOUP

of pepper. The tomatoes are not absolutely necessary. Wash the fowl, and cut it into joints and other pieces convenient to handle. Slice the pork, and fry it brown; then remove it from the pan, put the chicken into the fat, fry it until brown, and then place it in the soup-kettle. Wash the okra carefully and cut it into slices. Cut the onion fine, and cook in the frying-pan for two minutes; then put in the okra, and after the mixture has cooked for ten minutes, transfer it to the soup-kettle. Put the butter and flour in the frying-pan, and stir them until brown. Pour two quarts of boiling water into the kettle, stir in the browned flour, add the tomatoes and seasoning, cover the soup and let it simmer for two and one-half hours. At the end of that time remove the bones of the fowl, and serve the soup without straining.

OX-TAIL SOUP—This is an inexpensive and good soup: two ox-tails; four quarts of water; one bouquet soup greens; one onion (sliced); two carrots; one stalk of celery; two sprigs of parsley; one slice of pork; three cloves; salt and pepper to suit. Wash and unjoint the tails, and crack the bones, if possible. Slice the vegetables, and, mincing the pork, place it in a stewpan to heat. When hot, add the onion to brown. Fry the tails also in this fat for a short time, and place them in the soup-kettle with the water. Simmer four hours, add the other vegetables, and when these are very tender, the soup has cooked sufficiently. Now strain the soup, and having chosen a number of the joints, one for each plate, trim them nicely and set the whole away. The next day remove the fat from the soup, season with salt, pepper, and catsup or worcestershire sauce, as preferred, and return the joints saved for the purpose.

MOCK-TURTLE SOUP—Clean thoroughly one calf's head. Cover with cold water and let soak for an hour, then put into three quarts of boiling water seasoned with one-third cup each of diced carrots and onions and cook slowly until perfectly tender. Remove the calf's head and continue to boil the stock until it is reduced to a little more than a quart. Strain and add one-fourth cup of butter blended with one-half cup of browned flour. Add two cups of brown stock and the cheeks of the calf cut in dice. Royal custard cut in dice, or egg-balls may be used as preferred. Just before serving add juice of one-half lemon, a glassful of Madeira wine and pepper and salt to taste.

GIBLET SOUP—Cut the giblets into small pieces and cook in

one pint of water until they are tender; then add one-half onion, a small bunch of soup herbs, two or three cloves and a few black peppercorns. Set three pints of good and highly seasoned stock over the fire and heat. Stir two dessertspoons of flour into a little of the stock until it is like cream in consistency; pour it into the rest of the stock and stir thoroughly; then leave it to thicken on the fire. Add also one glass of white wine, a little worcestershire sauce, a pinch or two of cayenne rubbed smooth in a little stock, and salt to taste. Now let the seasoned stock boil, and skim off any scum that rises; strain into it the giblet liquor, also putting into it all the good pieces of the giblets.

CREOLE SOUP—Cook three tablespoons of chopped green peppers and two tablespoons of chopped onion in one-fourth cup of butter for five minutes. Add a heaping tablespoon of flour, one quart of stock, a pint of tomatoes and simmer fifteen minutes. Rub through a sieve and season with salt and pepper. Just before serving add two tablespoons of grated horseradish and one teaspoon of vinegar.

ICED CLEAR SOUP—Many of the clear soups are delicious flavored with a little sherry or Madeira wine and served ice cold. Cold soups are always served in cups, never in soup plates.

JELLIED SOUP—Stiffen a clear soup with a little gelatine so that when chilled it will be sufficiently firm to hold the outline of a spoon. Serve two large tablespoons in each cup.

SOUPS WITHOUT STOCK

ANY vegetable at hand may be used as a foundation for these soups. Stewed turnips, salsify, celery, artichokes, asparagus, beets, peas, lima beans, etc., may be used in this way.

CREAM OF CELERY SOUP—One quart of crisp celery cut in inch lengths; one and one-half pints of cold water; one pint of milk; two tablespoons of flour; one tablespoon of butter; one-half teaspoon of chopped onion; one bay leaf. Salt to season. Add the cold water, the onion and the bay leaf to the celery, cover closely and stew in a gentle heat for three hours, when there should be one pint of liquid; add a little water when cooking if the liquid reduces too much. Strain through a sieve or cheesecloth, crushing the celery; but not pressing it through. This part of the work

may be done at any time, the celery stock being set away until needed. When ready to serve, rub the butter and the flour together until very smooth; warm the milk, add one spoonful to the flour mixture, stirring carefully; when smooth add more milk to further thin the flour mixture; then stir it all into the milk and add the milk to the celery stock. Cook for ten minutes in a double boiler. This formula will suffice for making a cream soup with corn, turnips, beans, peas and squash.

CREAM OF SORREL—This is an excellent spring soup. One quart of sorrel; three tablespoons of butter; two tablespoons of flour; one and one-half teaspoons of salt; one-fourth teaspoon of pepper; one teaspoon of sugar; one-half onion; one-half cup of water; one pint of milk; one pint of cream. Wash the sorrel, put in the cold water and stew ten minutes. Drain the sorrel and chop very fine. Cut the onion into very small pieces and fry in the butter, slowly, five minutes; then add the flour and stir till frothy and smooth. Now add the sorrel, sugar, salt and pepper, stir for three minutes and then gradually pour in the cold milk. Simmer five minutes, meanwhile heating the cream boiling hot. Strain the soup, pour in the cream, and serve at once.

CREAM OF PEA SOUP—One pint of peas (shelled); three cups of milk; one tablespoon of butter; three tablespoons of flour; one cup of cream, salt and pepper to taste. Measure the peas after shelling, cover with cold water, and cook until tender. When the peas are tender, take out half of them, and pass the remainder through a sieve along with the water in which they were cooked. Scald the milk, rub the butter and flour together, and add the paste to the milk with the peas that have been passed through the sieve. Stir until the soup thickens and, just before taking it from the fire, add the rest of the peas and the cup of cream. Season with salt and pepper.

CREAM OF SPINACH SOUP—Blend one tablespoon of butter with one of flour and add slowly two cups of cold milk. Stir until all is smooth and creamy. Add two cups of spinach pulp. Serve with whipped cream in each plate.

CREAM OF POTATO SOUP—Pare three potatoes of medium size, cut in quarters, drop them into enough salted boiling water to cover, and cook quickly. While they are boiling, place one pint of milk in a double boiler with one whole onion, and have the milk well heated by the time the potatoes are done. Drain the latter

when cooked, mash them fine, and slowly add the hot milk, from which the onion has been removed. Season with one saltspoon each of celery salt, salt and white pepper or paprika, and add one tablespoon of butter and one tablespoon of flour dissolved in a little milk. Cook the soup for five minutes, pour it through a soup-strainer, return to the fire to heat, but not to boil, and serve. This soup may be made very rich by first placing two thoroughly beaten eggs in the tureen and pouring the hot liquid over them, stirring very rapidly meanwhile.

TOMATO CREAM SOUP—One quart of tomatoes; one-half cup of rice; one quart of water; one pint of milk; one saltspoon of pepper; two teaspoons of salt; one tablespoon of butter; two tablespoons of flour; one saltspoon of soda. Place the rice, tomato, water, salt and pepper together in a granite pan, and cook until the rice is tender but not broken. Rub the butter and flour together and stir into the above mixture. When it thickens and has cooked for three or four minutes, add the soda dissolved in a little cold water, then the milk, which has been heated to the boiling point in a separate saucepan. Serve at once without more heating, as if boiled with the tomato there is always danger of the milk curdling.

TOMATO SOUP—One can tomatoes; one bay leaf; one small onion; one pint of water; one tablespoon of butter; two tablespoons cornstarch; one-fourth teaspoon soda; one teaspoon sugar; little parsley; salt and pepper to taste. Put the tomatoes, bay leaf, parsley, onion and water on to boil for a few minutes, then strain through a colander; rub the cornstarch and butter together and when smooth, stir into the boiling soup. When smooth, add soda, salt, pepper and sugar.

SPLIT PEA SOUP (Without Stock)—Soak a large cup of split peas all night, then put them over the fire with two quarts of water and bring to a boil. Cook slowly, until the peas are soft. Rub through a sieve, heat and thicken with a tablespoon of flour rubbed into two of butter. Season with pepper, celery salt and onion juice. Stir to a smooth purée, and serve with dice of fried bread.

ONION CREAM SOUP—Into a pint of white or mutton stock slice three large onions and allow to simmer for an hour. Press through a sieve, replace over the fire and thicken with two tablespoons of flour rubbed to a paste with the same quantity of butter.

Heat a pint of milk to the boiling point and add to the soup. Season with white pepper, salt and a tablespoon of minced parsley.

ONION AND POTATO SOUP—Slice two or three (large) onions. Fry them in a tablespoon of butter or drippings until they are soft and red. Then add two tablespoons of flour and stir until it is a little cooked. To this add slowly a pint of boiling water, stirring all the time so it will be smooth. Boil and mash three good-sized potatoes. Add to them slowly a quart of scalded milk, stirring well. Add the potato mixture to the onion mixture. Season with salt and pepper. Let it get very hot and strain into a hot tureen. Sprinkle parsley over the top and serve with croutons.

CREAM OF ASPARAGUS SOUP—Wash, tie up and boil one bunch of asparagus for three-fourths hour. Cut off the tips and set aside till wanted. Put one quart of milk (or one pint of milk and one pint of white stock) on to scald in a double boiler, then press the asparagus stalks through a sieve and add them to the milk.

Cook one tablespoon of butter and two tablespoons of flour together and combine with the scalded milk or stock, stir and cook until it thickens, season, add the asparagus tips and serve. Canned asparagus may be used for this soup but it must be well scalded and drained before mixing with the other ingredients.

BAKED BEAN SOUP—Take one large can of baked beans (without the tomato sauce), add one and one-half times the quantity of cold water, and three or four slices of bacon. Let them simmer until the beans are soft, then rub through a strainer. Place on the fire and add a little more water, as the soup must not be too thick. Season with a heaping tablespoon of butter, one and one-half teaspoon of salt, a dash of paprika and one-fourth teaspoon of pepper.

CREAM OF CORN SOUP—One can corn; one quart and one-half pint of milk; three tablespoons of butter; two tablespoons of flour; one teaspoon salt; one-fourth teaspoon pepper; yolks of two eggs. Put the corn in a bowl and mash it fine as possible, then put in a double boiler with one quart of milk and cook for twenty minutes; put the butter in a frying pan and cook slowly for five minutes, then add the flour, cook until it becomes frothy, but do not burn; then add to the milk and corn; add salt and pepper and cook five minutes. Rub the soup through a strainer, beat the yolks of the eggs well and add to them one-half pint of cold milk; stir this mixture into the soup, cook for a minute or two, stirring constantly.

BLACK BEAN SOUP—Soak one pint of black beans over night. The next morning drain and cover with cold water. Add one sliced onion which has been browned in a tablespoon of butter; also two stalks of celery broken into inch pieces. Simmer until beans are soft, adding more water from time to time. Press through a sieve, again bring to the boiling point, and then add seasoning of one-fourth teaspoon of mustard, pepper, salt and paprika to taste. Thicken with one and one-half tablespoons each of butter and flour well blended before adding. This prevents the soup from separating. Cut two hard boiled eggs in thin slices also a lemon and add these to the strained soup just before serving.

SOUP WITH FISH STOCK

BOUILLABAISSE—This famous fish mixture calls for two varieties of fresh fish, together with either oysters or clams. Put one-half cup of olive oil into a large fish-kettle and cook in this, until brown, two finely chopped onions. Add one and one-half pound of haddock and one and one-half pound of either fresh cod or halibut, cut in slices, a couple of slices of lemon, a bay leaf and one large tomato, peeled and cut into quarters. Pour a quart of boiling water over this mixture after it has simmered for ten minutes and let all boil for another ten minutes. Skim, add a dozen small oysters or clams and one tablespoon of chopped parsley. Now put in the meat of a boiled lobster, cut in large pieces, and a teaspoon of caramel, a teaspoon of salt, and half the quantity of pepper. In serving, each portion should include a large crouton, perhaps two inches square, a piece of each kind of fish, a piece of lobster and a couple of oysters.

COURT BOUILLON—Wash four pounds of fresh cod. Cover with three quarts of water, add one bay leaf, four cloves, six whole peppercorns, one small clove of garlic and teaspoon of celery seed and cook for one hour; then add one quart of tomatoes and two teaspoons of salt; cook for fifteen minutes, strain and clarify. Reheat, add one teaspoon of lemon juice and one teaspoon of very finely chopped parsley. The soup should be clear and red. Serve with croutons.

CLAM BROTH—Purchase twelve large clams in the shells. Scrub them thoroughly with a brush, place them in a kettle with one pint of cold water, and cover. As soon as the shells have opened re-

move them from the broth, and take out the clams, to be served next day in any form desired. Let the broth settle, strain, reheat it, add a little red pepper or paprika (the latter is delicious), and serve hot. Twelve good-sized clams should make enough broth for six persons, but if there does not seem to be sufficient, add a little boiling milk or water. Clam broth seldom needs added salt. Water wafers heated in the oven, or divided Boston crackers toasted upon their broken surfaces, buttered and heated for a few minutes in the oven, are generally served with clam broth.

CLAM BROTH WITH WHIPPED CREAM, IN CUPS—(Hot or Cold). For four persons select ten very large clams. Scrub the shells with a brush and cold water, and place them in a kettle with one-half pint of boiling water. Cover closely and in ten or twelve minutes the clams will have opened and their liquor dripped into the kettle. Remove the shells, pour the broth into a vessel, and strain. Add a little white pepper; and if the broth is too salty, put in more water. When needed, bring the broth to a boil, pour into cups, and upon the center of each cup lay a heaping teaspoon of whipped cream into which has been beaten a little salt and pepper. The cream adds much richness to the flavor of the soup and greatly increases its nourishing properties.

BISQUE OF CLAMS—Open two dozen clams, wash them in their own liquor, and chop very fine. Strain the liquor through two thicknesses of cheesecloth and add it to one quart of water. Put it to boil, adding one tablespoon of chopped celery, one teaspoon of pepper and one teaspoon of parsley. Cook ten minutes, add the clams, and cook five minutes longer. Rub one tablespoon of flour in one tablespoon of butter, add to the bisque, cook three minutes, then press through a purée sieve. Return to the fire, boil up once, and add one pint of thin cream. Serve with small crackers.

BISQUE OF OYSTERS—One pint of water; one quart of oysters; one pint of rich cream; one pint of milk; one pint of stale bread; one slice of onion; one bay leaf; one stick of celery; one sprig of parsley; two teaspoons of butter; one tablespoon of flour; one-eighth teaspoon of cayenne; one generous teaspoon of salt. Chop the oysters, and put them in a stewpan with their liquor, one-half pint of water, the vegetables, herbs, salt, pepper and nutmeg; cook for thirty minutes on a rather cool part of the stove. Take one-half pint of water, and put it in a

stewpan with the bread crumbs; cover the stewpan, and cook slowly for twenty minutes; at the end of that time rub through a fine sieve; strain the oyster mixture on this, pressing out every particle of moisture; return it to the stove, and add the hot milk, as well as the flour and butter, which should be beaten together. Let this mixture simmer for ten minutes, and rub it through a fine sieve once more; return it to the fire, and add the cream; cook for just one minute, stirring all the time, and serve immediately.

One pint of white stock may be used instead of the pint of rich cream used in both the preceding recipes.

OYSTER SOUP (à la Parloa)—Use one quart of oysters for every six or eight people; one quart of milk; one pint of cold water; three tablespoons of flour; four of butter; one-half teaspoon of white pepper; a piece of onion the size of a half-dollar; a bit of mace and salt to taste. Put the oysters in a colander over a bowl; pour the cold water over them and stir with a spoon until all the liquid has drained into the bowl. Place the oysters in a bowl and set in a cold place. Put the water and oyster liquid into a stewpan and heat very slowly to prevent scorching. When the boiling point is reached skim carefully and set back where it will keep hot. At the time the oyster water is put on to heat, put one and one-half pint of the milk, the onion and mace on the fire in a double-boiler; stir the flour in the remainder of the cold milk and stir into the boiling milk; cook fifteen minutes. Now remove the onion and mace, let the oyster water boil up once and then stir in the thickened milk; put in the oysters, butter, salt and pepper, boil up once more and serve at once.

PLAIN OYSTER STEW—Place one quart of oysters in a colander and pour over them a cup of cold water. Look them over carefully and remove any bits of shell. Rub together a tablespoon of butter and the same quantity of flour, and add, gradually, one pint of warm milk. When hot, add the oysters and cook until the edges begin to ruffle. Season with salt, white pepper and celery salt.

CRAB SOUP—Boil six crabs. Fry the meat with one tablespoon of butter, and one small onion (the onion should be fried quite brown). Add a tablespoon of flour, salt and pepper, cook a little longer, then add one quart of water and one teaspoon of minced parsley. Boil slowly for one hour, add one pint of rich milk, reheat and serve.

BISQUE OF LOBSTER—Remove meat from two small or one large freshly boiled lobster. Allow one cup of cold water to every pound of lobster also two cups of milk and a tablespoon each of butter and flour. For two pounds of lobster meat, therefore, put two cups of cold water into the fish-kettle, then add the shell, claws, etc., cut in pieces. Bring to the boiling point and let simmer for twenty minutes. Drain, and thicken the liquor thus obtained with one-fourth cup of flour and same quantity of butter cooked together. Chop the tail meat of the lobster very fine and let it become heated in four cups of milk. Then strain, and add to liquor. Now add the lobster meat cut in dice, salt, pepper and cayenne. Just before serving add the coral mashed to a paste, with the green part, which is the fat of the lobster, and, when all is thoroughly mixed serve with two inch squares of sautéd bread.

FISH SOUP—Rub one cup of cold boiled fish through a sieve. Heat one pint of milk in which has been sliced a small onion. Add the fish and thicken with one and one-half tablespoon each of flour and butter rubbed together. Add salt, pepper and paprika to taste.

CHOWDERS

FISH CHOWDER—Fry three or four pieces of salt pork in a deep kettle; when crisp, remove and put into kettle a layer of sliced potatoes, then one of fish, until all is used. Add two onions cut fine, pour in boiling water enough to cover all; boil half hour, add half a pint of milk and cook five minutes longer. Season as desired. The best fish for chowder is haddock.

CLAM CHOWDER—Put fifty clams, with their own liquor, into a graniteware saucepan and when they have come to a boil skim out the clams and return the liquor to the fire. Cut into thin slices six ounces of salt pork, chop one medium sized onion and fry both together until brown. Stir in two tablespoons of flour, and, when the flour is cooked, slowly add the clam liquor. Flavor with one teaspoon salt, one-half teaspoon of white pepper and a saltspoon of thyme. Add three parboiled potatoes which have been cut into small cubes and cook this mixture until the potatoes are tender. Just before serving add a pint of rich milk, the clams cut into pieces and three large pilot biscuit or a larger number of hard water crackers, as preferred. If liked thicker, blend one

tablespoon of butter with the same of flour, and add gradually. To make Rhode Island Clam Chowder add tomatoes either canned or fresh.

CORN CHOWDER—Cut into small pieces a little fat salt pork and try it out. In this cook a sliced onion. Strain the fat into another receptacle and put into the fat so strained, enough sliced boiled potatoes to fill three cups. Add two and one-half cups of boiling water, one can of corn and four cups of hot milk. Season with salt and white pepper, bring to the boiling point, and serve with a moistened cracker on each soup plate.

OYSTER CHOWDER—One quart of oysters; six potatoes; one and one-half pint of milk; three pilot biscuits; one tablespoon of flour; one tablespoon of butter; one onion; salt and pepper to taste. Drain the oysters, and run each through the fingers to remove any particles of shell. Strain the liquor through a fine wire sieve. Thinly slice the potatoes and onion, and boil them in the oyster liquor until tender. Wet the flour in a little of the milk, and stir it into the scalding milk adding also the butter, salt and pepper. Cook about one minute, put in the oysters and boil two minutes. Then turn into the milk the potatoes and onion, and the liquor in which they have been boiled. Place the pilot biscuits in the tureen. Pour the chowder over them.

COLD FRUIT PURÉES—In hot weather cold fruit purées are sometimes preferred to hot soups. They are always served in cups,—usually of glass—and with a few pieces of the fruit floating on the surface.

SWEDISH STRAWBERRY PURÉE—This is really more like a sherbet, and is more refreshing than hot soup. Hull one quart of strawberries, setting aside one cup of the finest ones. Sprinkle the rest with two cups of sugar and add a cup of water and the juice of a lemon. Mash fine and let stand for two hours. Rub through a fine sieve and add a quart of Rhine wine. Set on the ice for three hours, or till ready to serve. Add the whole berries and serve in sherbet glasses.

RASPBERRY PURÉE—Boil in six cups of water one-half cup of sago and one-half cup of currant juice. When the sago is transparent, add two cups of raspberries and sugar to taste. Set aside to cool. Serve in sherbet glasses with cracked ice.

COLD CHERRY PURÉE—Heat the juice from a quart of canned, tart cherries. Add two level tablespoons of arrowroot moistened

with cold water, stirring the mixture rapidly to prevent the forming of lumps. Flavor with the grated rind of a lemon. Place on ice and serve very cold with a whole cherry floating on each portion.

ORANGE PURÉE—Place in an agateware kettle two cups of orange juice, and, when it is thoroughly heated, add one teaspoon of cornstarch dissolved in a little cold water. Cook slowly until clear. Add one-half cup sugar and a tablespoon of good sherry or brandy. Place on ice until needed and serve ice cold in glass sherbet cups.

CHAPTER III—SOUP ACCESSORIES

SOUP may be served with many accompaniments, such as crisped crackers, cheese sticks, pulled bread, not to mention the many varieties of croutons, force-meat balls, noodles and vegetable pastes which may placed in the soup itself. Grated Parmesan cheese is also passed with many kinds of soup, a spoonful merely, being sprinkled on each portion when served.

Some of the best liked accompaniments for soup are the following:

CROUTONS—Cut stale bread into slices of about one-third of an inch and remove all crust. Spread with butter, cut in cubes and bake in oven until delicately browned. These cubes of bread may also be fried in deep fat or sautéd in just enough butter to keep them from burning. Put in soup at time of serving.

MOCK ALMONDS—Cut stale bread in thin slices and shape to represent almonds. Proceed as with croutons, and use in the same way.

CHEESE STICKS—Cut stale bread in long, narrow strips, spread with butter and then with a thick coating of grated cheese. Place in the oven until brown. Crackers may be treated in a similar manner. These should be passed when the soup is served.

HOT CRISPED CRACKERS—Thin wafers or crackers should be toasted for three minutes in a hot oven. If Boston crackers are preferred, split them, arrange the halves rough side up on a plate, lay a bit of butter on each, and brown them in the oven.

CRISPED BREAD—See chapter on Bread.

PULLED BREAD—See chapter on Bread.

BREAD STICKS—See chapter on Bread.

EGG BALLS—Five eggs; one teaspoon of salt; a little pepper. Boil four of the eggs twenty minutes and mash the yolks to a smooth paste in a bowl; then add the salt and pepper, and the

other egg well beaten. Shape the mass into tiny balls, roll them in flour, and fry brown in the frying-pan with a little butter, tossing them about while frying to prevent their sticking to the pan. They may be made some time before needed.

NOODLES—Stir sufficient flour into a slightly beaten egg to make a very stiff dough. Add salt, knead, and roll as thin as possible. It should be of almost paperlike thinness. Cover the molding board on which it is spread with a towel and let the dough remain untouched for a half hour. Then cut in fancy small shapes using a French vegetable cutter. Dry, and, when needed, place in boiling water and let cook rapidly for fifteen minutes. This dough may also be rolled, cut into threads and used like macaroni in soup.

NOODLE BALLS—Roll the noodle paste as directed above, fold it double and with a tin cutter make circles about one-fourth inch in diameter. Toss these balls into hot fat, using a wire frying basket. In about a minute they will turn a delicate brown and puff into balls. Drain on soft paper and serve with soup. As these soften quickly, it is better not to put them in a tureen, but pass them after soup has been served.

PÂTÉ À CHOUX—Heat one-half teaspoon each of lard and butter and two and one-half tablespoons of milk. When at the boiling point add one-fourth of a cup of flour and a pinch of salt. Stir constantly, remove from fire and stir in an egg, unbeaten, and continue stirring until the egg is well mixed with the other ingredients. When cool, drop small pieces from tip of teaspoon into deep, boiling fat. When brown and crisp, drain on brown paper. If desired, two tablespoons of grated Parmesan cheese may be added to this recipe.

CUSTARD ROYALE—Beat slightly the yolks of two eggs and then beat into the yolks one entire egg. Add one-half cup of beef stock, a little salt, pepper and a few grains of cayenne. Pour the mixture into a shallow pan or dish so that the mixture will be about one-half inch deep. Set this pan into another holding boiling water and place both in a moderate oven, as the custard should set without bubbling and without forming a brown crust on top. When cold, cut in fancy shapes with vegetable cutter. Use care in placing these in the soup that they do not break. When used in consommé, they give the name "Consommé Royale" to the soup.

GREEN PEA CUSTARD—One-half cup of mashed green peas,

one tablespoon of beef stock and the slightly beaten whites of three eggs. Season with salt, pepper and paprika. Beat thoroughly, place in shallow dish and bake as directed for Custard Royale. When cool, cut into cubes and place in soup without breaking. If a more decided green shade is desired, color with a little parsley or spinach coloring.

TOMATO BLOCKS—Select the most solid portions of a can of tomatoes, or use firm, fresh ones. Heat until soft, press through a sieve and then return to the fire and allow to simmer until it is reduced to a thick paste. To a half-cup of this paste add the whites of two eggs, slightly beaten, one-fourth saltspoon of salt and the same of paprika. A little tabasco may be added if liked. Pour this mixture into a shallow pan or earthware pie plate, place in hot water and bake in the oven until firm. When cool, cut into fancy shapes and serve several of these blocks in each portion of soup. These are especially good in plain consommé.

SPINACH BLOCKS—Press thoroughly cooked and chopped spinach through a sieve, add one egg slightly beaten and a little beef stock. Season to taste and proceed to bake in a shallow tin surrounded by water, as described in the preceding recipes.

HARLEQUIN SLICES—Select cold boiled carrots, turnips and string beans. Cut in dice and place in an earthernware pie plate. Over these vegetables pour Custard Royale (see above recipe) and bake in an outer dish of hot water. When cool, cut in slices just thick enough to prevent breaking when placed in the soup.

MARROW BALLS—Strain through cheesecloth two tablespoons of melted marrow, beat until creamy and then add a beaten egg. Season with pepper, salt and paprika, and add a little moistened bread so that balls may be formed. Poach these little balls in boiling water and add to the soup when served.

CARAMEL FOR SOUPS AND SAUCES—Stir a cup of granulated sugar over the fire in a baking-pan that is not valued for its brightness, until it is very near burning. While smoking, pour into it a cup of cold water and stir for five minutes, or until the sugar is melted. When cool, cork in a bottle and keep in a cool, dark place for browning consommé, sauces, gravies and bouillon.

COLORING FOR SOUPS—To color brown, use browned flour or a little burnt sugar. Spinach leaves give a fine green color. Pound the leaves, tie them in a cloth, squeeze out all the juice and add this to the soup five minutes before serving. This is also used to

give color to mock-turtle soup. Color soup red by putting in the strained juice of tomatoes or the whole tomato if it is run through a sieve. Grated carrot gives a fine amber color. Okra imparts a pale-green tinge.

CHICKEN FORCEMEAT—Chop, pound and rub through a purée sieve the uncooked breasts of two chickens. This should give a full half-pint of meat. Mix with the latter one-half tablespoon of salt, and one-eighth teaspoon of pepper. Boil together one gill of stale bread crumbs (no crusts), one-half pint of cream and one-half blade of mace until cooked to a smooth paste—say ten minutes; remove from the fire, put in three tablespoons of butter and then add the seasoned meat and the well-beaten whites of three eggs. Stir all the ingredients until thoroughly blended. To make dark chicken forcemeat, use dark meat instead of light and the yolks of the eggs in place of the whites. Chicken livers may also be used for forcemeat.

OYSTER FORCEMEAT—Chop fine one dozen oysters and add to them one large pint of stale bread crumbs; three tablespoons of butter; one tablespoon of salt; one-eighth tablespoon of cayenne; one teaspoon of minced parsley; one tablespoon of lemon juice; three of oyster juice; the yolks of two raw eggs and a grating of nutmeg; pound to a smooth paste and rub through a purée sieve; add more salt if necessary. This is a fine forcemeat for timbales, or for stuffing poultry or fish. It may also be made into balls dipped in beaten egg yolks, then in bread crumbs and fried, or rolled into very small balls; dipped in egg yolks, then in bread crumbs and fried; or rolled into very small balls, dipped in egg yolks and browned in the oven to use in soups.

FISH FORCEMEAT—Free any kind of delicate fish from skin, fat and bone. Pound, strain, use one-half pint of the fish and proceed as for chicken forcemeat.

CHAPTER IV—GARNISHES

FOOD is now more attractively garnished than ever before. The following are a few suggestions for meat and fish dishes:

A border of very cold, sliced tomatoes, with a teaspoon of tartare sauce in the center of each slice.

Small, smooth, stuffed tomatoes.

Rings of the whites of cold boiled eggs with an unbroken, boiled yolk in each.

The whites of the eggs chopped and the yolks rubbed through a sieve, making mounds of the whites and capping them with the yellow.

Baked sweet bell peppers, filled with cooked rice or plain force-meat.

Large, mild onions, stuffed and roasted.

Ribbons of sweet red peppers or green peppers, cut with scissors.

Baskets made of lemons, filled with tartare sauce.

Tomato baskets filled with chopped dressed celery.

Triangles or circles of fried hominy or mush (garnish for game).

Roulettes of chestnuts or rice, piled like cannon balls. See Chapter on Entrées.

Croustades of bread or rice filled with a vegetable.

Parsley arranged in little mounds with sliced lemon between them; also, a border of lettuce leaves with a sliced radish and a teaspoon of mayonnaise on each (nice for fried or boiled fish); celery salad around fried oysters, or a reverse arrangement with the salad in the center; a border of parsley or celery or parsley leaves and lemon slices; small squares of fried Boston brown bread and sprigs of parsley. Potato balls seasoned with salt, pepper and chopped parsley are nice around fillets of fish. Chopped boiled eggs, (whites and yolks separately) chopped pickles, capers, etc., are good garnishes for cold fish.

RICE BORDER (or Casserole)—Cook one cup of well-washed rice in three of white stock for one-half hour; then add one level

tablespoon of salt and two of butter and cook slowly twenty minutes more; beat the yolks of four eggs with three tablespoons of cream or milk and stir in; butter a border mold, pack the rice into it, let it stand eight or ten minutes in a warm (not hot) place, and turn out on a hot platter. Fill the center with any meat preparation warmed in a sauce.

POTATO BORDER (or Casserole)—Mash nine good-sized boiled potatoes; add two tablespoons of butter, one good cup of boiling milk, one generous tablespoon of salt and the well-beaten yolks of two eggs; beat till very light. Pack into a well buttered border mould and let it stand, away from the heat, eight minutes. Beat the whites of the eggs to a froth and add one-fourth teaspoon of salt; turn the border on a warm platter, cover it with the beaten white and brown in a moderate oven. Put meat or fish, heated in sauce, in the center.

CROUSTADES OF BREAD—With a cooky cutter, shape stale bread into circles, diamonds or squares, having them one and one-half inches high. Remove the centers, leaving cavities sufficient to hold about two tablespoons of any suitable mixture. Fry these cases in deep fat or, if preferred, brush over with melted butter and set in the oven to brown. When prepared, these may be filled with creamed meat, fish, game or vegetables.

RICE CROUSTADES—Cook one cup of well washed rice in white stock instead of water. When thoroughly cooked, and cool, mix with a thick white sauce and spread in a shallow pan to the depth of about two inches. Cover with oiled paper and place weights on top so that the mixture may become very compact when cold. When perfectly firm, cut in circles, make a cavity in the center of each, dip the case thus made in bread crumbs, then in egg, and again in crumbs, and fry in deep fat. These rice cases or croustades, filled with creamed fish or chicken, make delicious entrées.

BOUCHÉES—Pastry shells or cases, filled with creamed meat or game are called bouchées and are much in vogue for entrées. They provide an excellent way of utilizing left-overs of chicken, sweetbreads, fish, etc. Paper cases, bought at the confectioner's, may also be used instead of the pastry shells.

CHAPTER V—FISH

RAW oysters are served either on the half shell packed in crushed ice, on oyster plates, or in a block of ice. Allow to each person five or six oysters and one-fourth of a lemon and also pass with them thin slices of delicately buttered brown or graham bread.

OYSTER COCKTAIL, No. 1—Oyster cocktails are served in ice shells made for this purpose or in cases made from green pepper shells, in halves of grapefruit, or in large claret glasses. Put five small oysters into each glass. For twelve cocktails allow even teaspoons each of prepared horseradish, tomato catsup and vinegar, ten teaspoons of lemon juice and one of tabasco sauce. Thoroughly mix this dressing and put an equal quantity into each glass. Both oysters and dressing should be very cold.

OYSTER COCKTAIL, No. 2—Where fresh oysters are obtainable, they are always served on the half shell, on a plate of crushed ice, around a glass placed in the center of the dish holding the cocktail mixture.

PANNED OYSTERS—Take one-half pint of large oysters; lay them in a shallow dripping-pan, and throw over them a small quantity of oyster juice, but not sufficient to raise or float them. Place the dish carefully in a hot oven and just heat the oysters through thoroughly, being sure not to bake them. Moisten some toast with the hot juice from the oysters and serve.

LITTLE PIGS IN BLANKETS—Season large oysters with salt and pepper; cut fat bacon in very thin slices; wrap one oyster in each slice and fasten with toothpicks; heat frying-pan and put in the little pigs; cook just long enough to crisp the bacon, about five minutes; place on slices of toast, cut small, and serve immediately garnished with parsley.

CREAMED OYSTERS—Twenty-five oysters; one pint of cream or rich milk; one tablespoon of butter; one tablespoon of

flour; salt and pepper to taste. Boil the oysters in their own liquor and then drain. Heat the cream until it boils, add the flour and butter rubbed together, and stir until the mixture thickens. Then add the seasoning, next the oysters, and serve.

OYSTERS FRIED IN BATTER—Scald the oysters in their own liquor, and drain them thoroughly on a cloth. For one-half pint of oysters take one-half pint of milk, two eggs, and sufficient flour to make the batter, pepper and salt, and a little nutmeg if liked. Mix the batter in the usual way and put the oysters in it. Then drop them, one at a time, in hot lard, fry a light brown, drain and serve.

OYSTER BUNDLES—Cut nice, even slices of the breast of either boiled or roast turkey; spread over each piece a thin slice of bacon and put on top of each piece of bacon a large oyster; roll each slice of turkey, with the bacon and oyster inside so as to form a little bundle, tie each of these securely, place in a baking-pan and bake them long enough to cook the bacon, basting frequently with a little melted butter. Serve in a dish garnished with parsley.

BAKED OYSTERS—Select large oysters and wash their shells thoroughly by scrubbing with a brush. Place the oysters in a baking pan in a very hot oven, bake until the shells open, remove the upper shells, add a little butter, salt and pepper to each oyster, and serve in the under shells.

ROAST OYSTERS (Fulton Market Style)—This is a famous New York way of serving oysters on the shell. For one person six oysters are usually served. Wash and dry them, place on a broiler, with the deep shell undermost, and roast in a moderate oven. They will be done two minutes after their shells open. Save the juice, keep it hot and serve in a cup with the oysters. Season with butter and pepper.

OYSTERS EN BROCHETTE—Take three dozen large oysters, three ounces of bacon cut into three dozen small, thin squares; also prepare six slices of toast. Long, slender, steel skewers—six or eight of them—will also be needed. String the oysters and bacon squares alternately on the skewers, being careful to run the latter through the hard part of the oysters. Place the skewers across a shallow baking-tin so that the oysters will hang down but not touch the bottom of the tin; leave spaces between the skewers so that the heat will extend evenly among them. Cook in a very

hot oven five minutes. Place a skewer on each slice of toast. Pour the juice in the pan over the toast and serve immediately.

BROILED OYSTERS—Dry large oysters on a towel; sprinkle them with salt and pepper and lay them in an oyster broiler. Brown on both sides, serve on a hot plate with melted butter poured over them.

The oysters may be rolled in bread crumbs before broiling, if preferred.

OYSTERS WITH MUSHROOMS—Drain two dozen oysters; put them in a hot pan. Cook in one teaspoon of butter until the edges begin to curl; then remove to a hot dish. Make a sauce by adding to the oyster liquor the juice from one-half pint of mushrooms, and enough milk to make a pint. Thicken this with one tablespoon of flour blended with one tablespoon of butter and cook two minutes. Add one-half cup of chopped mushrooms, one teaspoon of onion juice, one-half teaspoon of lemon juice and a little salt.

Beat the yolks of two eggs and stir in. Then add the oysters. Let the mixture come to a boil, and serve at once.

STEWED OYSTERS—Drain a quart of oysters and put the liquor on the stove with a half teacup boiling water, a little salt and pepper and let boil up once. Then add the oysters, a piece of butter size of an egg, a half pint of boiling milk and let it come to a boil. Serve while hot and if too thin add a little flour for thickening. Serve cold slaw and crackers with this dish.

OYSTERS SAUTÉED—Drain the oysters well, season with salt and pepper and roll them in fine bread, or cracker crumbs. Place clear fat in a frying-pan and when it becomes very hot drop in enough oysters to cover the bottom of the pan. When one side is browned, turn the oysters carefully to brown the other side. The iron pan-cake griddle is often used for this purpose, as in this way many oysters may be cooked at one time. Serve very hot on toast.

OYSTERS STEAMED IN THE SHELL—Carefully wash and place them in an air-tight pan or dish with their upper shells downward, so that the deep shell will hold their juice as they open. Place the dish over a pot of boiling water so that the steam will reach them and keep the water boiling rapidly until the shells open. Fifteen or twenty minutes will be sufficient,. Serve at once in the shells, using butter, salt and pepper to season them.

BAKED OYSTERS WITH SPAGHETTI—One-fourth pound of spa-

ghetti; twenty-five oysters; one pint of milk; two tablespoons of cornstarch; one-half tablespoon of butter; one cup of bread crumbs; salt and pepper. Break the spaghetti into small pieces, boil it in plenty of salted boiling water for one-half an hour or until it is quite tender, and then drain. Scald the oysters in their own liquor, and drain. Butter a baking-dish, put in a layer of the spaghetti and then a layer of the oysters, season with salt and pepper, and repeat the layers until all the material is used, finishing with a layer of spaghetti. Scald all the milk but a small quantity, which use to wet the cornstarch; then add the cornstarch to the milk, stir well, and when the liquid has thickened, add the butter. Pour this mixture over the layers in the dish, make a layer of the bread crumbs, and bake in a quick oven just long enough to brown the crumbs—about ten minutes.

ESCALLOPED OYSTERS—Butter a baking-dish, then having ready a dish of bread crumbs, put first a layer of crumbs, then a layer of oysters, butter in little pieces, salt and pepper; repeat until the dish is full, being careful to have the crumbs on top, with small pieces of butter. Moisten with milk and a little of the oyster liquor. Bake until a good brown, in a hot oven and serve in the same dish.

GUMBO OYSTERS—Sauté a few dices of salt pork with a tablespoon of minced onion until nicely browned; add a tablespoon of flour, and when it is well blended, put in a cup of chicken broth, a teaspoon of minced green peppers and a cup each of cooked okra and tomatoes. Season with salt and pepper and strain in the liquor from a pint of fresh oysters. Lastly put in the oysters, and as soon as they are plump, pour over hot Boston crackers, split and buttered.

DEVILLED OYSTERS—Twenty-five oysters; one-half pint of cream; one tablespoon of butter; two tablespoons of flour; two eggs (yolks only); one tablespoon of chopped parsley; salt and pepper to taste. Drain the oysters, chop them coarsely, and again drain. Heat the cream until it boils, add the butter and flour stirred to a cream, and when the liquid thickens, remove from the fire, and add the beaten yolks, the salt, pepper and parsley, and then the oysters. Wash the oyster shells very carefully, fill them, or scallop shells, with mixture, sprinkle lightly with bread crumbs, arrange in a baking-pan, and brown (about seven minutes) in a quick oven.

OYSTERS Ā LA POULETTE—Set a solid quart of oysters on the stove to heat in their own liquor. As soon as they begin to boil, skim carefully and turn them into a strainer. When they have been well drained, set them aside. Place one-half pint of the oyster liquor in a saucepan, and when it begins to boil stir into it one heaping teaspoon of flour mixed with three tablespoons of cold water and let it boil gently for five minutes longer. Pour one pint of cream into a double boiler and when it begins to boil add the thickened oyster liquor, and season with salt, pepper, a slight grating of nutmeg and a grain of cayenne. Have at hand the well-beaten yolks of four eggs and add to them one-half cup of cold cream. Place the oysters in the cooking mixture, together with one tablespoon of butter and then add the egg mixture. Cook for three miuutes, stirring all the time, remove from the fire immediately, and serve with a border of puff paste cakes. If liked, a tablespoon of lemon juice may be added just as the oysters are taken from the fire.

OYSTER PIE—Butter a deep pie-plate and line it with paste. Roll out more paste for the top or cover. Fold a clean towel and place in the pie-dish to support the cover and add the latter. Bake well, take off the cover and remove the towel. The top crust may be baked on another pie-plate if preferred. Have prepared sufficient oysters, taking care that there are no bits of shells among them. Drain off the liquor; put it in an ordinary pan or basin and the oysters in a saucepan with just enough of the liquor to keep them from burning; also salt, pepper and butter. Put in a little sweet cream or milk and *simmer*—not boil—to keep them plump. Fill the pie-dish with the fricassee, put on the cover and serve hot.

PICKLED OYSTERS—Take two quarts of oysters; one teaspoon of cloves; two teaspoons of allspice, one teaspoon of mace; one teaspoon of pepper; one teaspoon of cinnamon; two teaspoons of salt; some vinegar. Place the oysters over the fire in their own liquor, and cook just long enough to "plump" them; then skim out, and rinse them in cold water. Add the seasoning to the liquor in the stewpan, and gently simmer for fifteen minutes. Remove the liquor from the fire, and when it is cold add sufficient vinegar to make the whole quite acid. Place the oysters in a three-quart jar, turn over them the spiced vinegar, and cover tightly. They will be ready for use in twenty-four hours.

FISH

CLAMS

LITTLE NECK CLAMS are served raw on the half shell just as raw oysters are.

CLAM COCKTAIL—See recipe for Oyster Cocktail.

STEAMED CLAMS—The soft-shell clam is the variety used. Pour boiling water into a large covered saucepan in which has been placed a brick or other similar foundation. Place the clams in a smaller dish and set this on the brick in the pan, letting the water come up around it. Cover the saucepan and cook about seven minutes. While the fish is steaming, prepare the following sauce: two tablespoons of melted butter; juice of one-half lemon, salt and pepper. Lay a napkin upon a hot platter and place the clams in their shells on this; cover with a second napkin and serve. In eating, remove the clam from the shell and dip it in the sauce.

CLAMS ROASTED OR BAKED IN THE OVEN—Wash the shells well with a brush and cold water. Put them in a pan in a hot oven, and bake until the shell opens. Remove the top shell so as not to lose the liquor. Arrange them on plates and on each clam place a piece of butter and a little pepper and salt.

CLAM-BAKE ROAST—Wash clams in sea water. Roast by laying them on hot stones upon a thin layer of seaweed. A piece of heavy canvas spread over the clams is the best way of keeping the steam in.

CREAMED CLAMS—Scald the clams in their own liquor. If opened by steaming save the liquor to use. Chop the clams into dice and to each cup of clams add one cup of white sauce made as usual except that only half of the ordinary quantity of milk is used, the strained clam liquor being substituted for the other half. Serve on toast and garnish with parsley.

DEVILLED CLAMS—Take twenty-five clams; one cup of cream or milk; one tablespoon of butter; two tablespoons of flour; two tablespoons of dry bread crumbs; two eggs (yolks, raw); one tablespoon of chopped parsley; pepper to taste. Drain the clams, and pour one cup of cold water over them to rinse them. Scald the milk or cream, add the flour and butter as in the above recipe, and when the liquid thickens put in the crumbs, the

raw yolks and the parsley. Remove from the fire, add the chopped clams, pepper to taste, and salt if needed, fill scallop or clam shells with the mixture, brush them over with beaten yolk of egg, sprinkle with bread crumbs, and brown in a hot oven.

FRIED CLAMS—Wash soft clams and drain them upon a soft cloth, wiping dry; then, dip each clam first in beaten egg and next in bread crumbs, and again in the egg and crumbs if much breading is liked. One dipping, however, is generally sufficient. Have a frying-pan containing hot fat an inch deep ready for the frying. Test the fat by dropping in a bit of crumb; it should color to a golden hue at once. Lay the clams in the fat one at a time but as quickly as possible and cook them on both sides until brown—not longer than five minutes, however, as this delicate shell-fish, like the oyster, requires but little cooking. Care must be taken that the fat is not too hot, else the clams will burst and not be as fine as they should. Cover the pan in cooking, leaving an open space at one side to allow the escape of steam. Serve very hot.

SCALLOPED CLAMS—There will be needed thirty-six opened, soft clams, and twelve large ones in the shell. Have the latter opened carefully, so as not to injure the shells, which are to be used in scalloping the clams. Clean the shells well with a brush and water. Lay two clams in each half shell, dust with white pepper and one-half teaspoon of minced celery, and add four very small dice of fat bacon; cover with a very thin layer of cracker dust, put a piece of butter on top and bake in the oven until brown.

Clams and oysters are incorporated in fritters, croquettes, patties, cutlets (see entrées, fritters, etc.), and are also served à la Newburg. See Chapter on Chafing-dish Recipes.

SHRIMPS

CREAMED SHRIMPS—One pint of shrimps shelled and rinsed; one tablespoon of butter; two tablespoons of flour; two cups of milk. Place the butter in the pan and when melted add the flour, mix until smooth, and add the milk. Place the upper dish in the hot-water dish and when the milk is as thick as cream add the shrimps. When thoroughly heated, add salt and pepper and serve.

ESCALLOPED SHRIMPS—One and one-half pint of shelled shrimps; one pint of boiling water; one-half pint of grated bread crumbs; three tablespoons of butter; one generous teaspoon of salt; one-eighth teaspoon of cayenne; one teaspoon of mustard; one teaspoon of lemon juice; two tablespoons of flour. Put the butter in a saucepan and beat it to a cream. Add the flour and mustard and beat until light. Gradually pour the hot liquid on this. Place the saucepan on a fire, and stir the contents until they begin to boil. Now add the lemon juice and half the salt and pepper and cook for six minutes, after which stir in the shrimps. Turn the mixture into a shallow escallop dish that will hold about one quart; cover with the grated bread crumbs and dot with the half tablespoon of butter broken into little bits. Bake for twenty minutes in a rather hot oven.

SHRIMPS IN PEPPERS—One quart of shelled shrimps; one dozen green bell peppers; one teacup of bread crumbs (grated); two tablespoons of butter; one teaspoon of mixed mustard one-fourth of a teaspoon of pepper; one-eighth of a teaspoon of celery seed; a dash of grated nutmeg; one egg; and some salt if the shrimps are not salty. Cream the butter by beating and then also beat into it the seasonings and egg. Then add the crumbs, mixing the ingredients well, and finally stirring in the shrimp. Cut off the stem ends or tops of the peppers, and remove the seeds and veins, and, while mixing the stuffing just described, soak the peppers in cold water for one-half an hour; then drain them and fill with the prepared stuffing. Set them in a pan, open side up and bake in a hot oven for twenty minutes.

CROUSTADE OF SHRIMPS—Follow the recipe for Creamed Shrimps and serve the dish in individual cases or croustades of rice.

TERRAPIN

TO CLEAN AND PREPARE TERRAPIN FOR USE—If the large southern variety is used, cut off the head and let the terrapin lie in cold water one-half an hour, then drop it into boiling water and cook for ten minutes. Pour off the water, and cover the terrapin with cold water, letting it stand until cool enough to handle easily; then take it up, and with a towel rub the nails and black skin from the legs. Wash the terrapin carefully, place it in a stew-

pan with boiling water to cover, and cook until the flesh is tender, which will be when the joints of the legs can be broken with a slight pressure, and the shell separates easily. Remove from the water, and after it has cooled a little, place the terrapin on its back, with the head away from you, and loosen and remove the under shell. The liver, gall-bladder and sand-bag will be found near the head end, the gall being attached to the left side of the liver. Take out the gall as you would that of a chicken, being careful not to break it. All that remains is used for food. Take out the eggs, if there are any, remove the slight membrane around them, and drop into cold water. Cut all the meat very fine, saving any water that may collect in the shells. The terrapin is now ready to use in a stew or in other ways. It is commonly served stewed.

TERRAPIN À LA MARYLAND—Mash the yolks of six hard boiled eggs and mix them with two tablespoons of butter. Put one pint of cream in a double boiler; when it is scalded, stir in the egg and butter till smooth; season with salt, cayenne, a speck of all-spice and nutmeg. Add two terrapins finely cut and simmer for ten minutes. Just at the moment of serving add two tablespoons of sherry or Madeira; serve very hot. Terrapin is often served in individual metal cups or saucepans with covers.

TERRAPIN WITH MUSHROOMS—To one pint of white sauce add one-half terrapin cut in inch pieces and one-half pint of chopped mushrooms. Cook in double boiler for twenty minutes or until thoroughly hot. Serve on toast.

TERRAPIN À LA NEWBERG—Use recipe for Lobster à la Newberg given in Chapter on Chafing-dish Recipes.

SCALLOPS

FRIED SCALLOPS—Wash the scallops, drain them and dry thoroughly. Season fine cracker crumbs with salt and pepper, dip the scallops in beaten egg, then in the crumbs, and fry in hot fat. Or they may be simply seasoned and rolled in flour and then fried. Serve with sauce tartare.

BROILED SCALLOPS—Use recipe for Broiled Oysters.

STEWED SCALLOPS—Wash and drain a pint of scallops. Make a pint of thin white sauce, add the scallops and simmer about fifteen minutes in a double boiler.

SCALLOPS À LA NEWBERG—See Chapter on Chafing-dish Recipes.

MUSSELS

PANNED MUSSELS—Wash shells with a brush in cold water. Place in a pan over the fire until the shells open; remove the shells and add a piece of butter, salt, pepper,cayenne, and a dash of lemon juice. Thicken with a little flour and just bring to the boiling point, as mussels, like oysters, are rendered tough by too much cooking.

FRIED MUSSELS—Use recipe for cooking Fried Oysters.

STEWED MUSSELS—Open the mussels, and to one quart of meat allow: two tablespoons of butter; one tablespoon of flour; six whole peppercorns; one-half cup of cream; two eggs (yolks only); salt and pepper to taste. Stew the mussels five minutes in their own liquor, and then add the flour rubbed well into the butter, and the peppercorns. Stew ten minutes, and pour in the heated cream. Set back on the range, and stir in the yolks of the eggs, which will have been thinned with a tablespoon of water or milk. Season with salt and pepper and serve.

CRABS (Hard Shell)

TO boil crabs, put them head first into hot water. After five minutes add one tablespoon of salt and boil for thirty minutes. When cold, remove the shells, the stomach, which is just under the head, the gills, and the intestine. Take out the meat carefully. The common expression "crab flakes" simply means the meat from boiled hard shell crabs, which has been removed in flakes with a fork. It may also be found among the canned articles and comes in several good brands, accompanied by crab shells into which the prepared flakes are often placed for serving.

DEVILLED CRABS—Twelve heavy crabs (hard shell); one-half pint of cream; one tablespoon of flour; four tablespoons of butter; one tablespoon of chopped parsley; one tablespoon of lemon juice; one-fourth of a nutmeg, grated; one teaspoon of mustard; one and one-half pint of grated bread crumbs; one-fourth of a teaspoon of pepper; two teaspoons of salt. Boil the crabs thirty minutes. Drain and open them, pick out all the meat, and wash and wipe the shells. Heat the cream in a small saucepan; thoroughly mix the flour and mustard and two table-

spoons of the butter, and stir the mixture into the boiling cream. Boil two minutes, remove from the fire, and add the crab meat and seasoning. Mix well, and put the mixture in the crab shell. Sprinkle with the crumbs, and place the remainder of the butter, cut in small pieces, on top of the crumbs. Cook in a hot oven until the crumbs are brown, first placing the grate of the oven under the pan, so the heat will not be too great at the bottom. Serve on a bed of parsley, arranging the claws on it.

CREAMED CRABS—To one cup of white sauce add the meat from one dozen crabs and season with salt, pepper and cayenne. Serve very hot in individual cases, pâté shells, or on toast.

CRABS Ā LA NEWBERG—Use recipe for Lobster à la Newberg. See Chapter on Chafing-dish Recipes.

SCALLOPED CRABS IN SHELLS OR RAMEKINS—Make one pint of thin white sauce; add a little chopped parsley, a teaspoon of onion juice, pepper and salt.

Mix with this one and one-half cups of crab meat and one-half cup of stale bread crumbs. Fill the shells or ramekins, place buttered crumbs on top and brown in the oven.

CRABS (Soft Shell)

CRABS should be vigorously alive when purchased, or the meat is not good; and they should not be dressed until just before they are wanted. To dress crabs is not difficult if the directions are carefully followed. The back of the crab at each side tapers to a point. Lay the crab on its face, take one of these points between the thumb and forefinger of the left hand, press the back with the second finger, bending the shell back about half way. There will thus be exposed a spongy substance, all of which must be pulled off. Repeat the operation at the other point on the opposite side. The apron, a small, loose sort of tail running to a point at the middle of the under shell and closely lapping it, should be pulled off. The sand-bags are found just under the eyes. Cut an opening in the crab just back of the eyes and extract these two bags. Wash the crabs in cold water and they are ready for cooking.

BAKED SOFT-SHELL CRABS—Season with salt and pepper, dip in melted butter, dust with flour, and bake in a very quick oven for ten minutes. Serve with mustard sauce. See Chapter on Sauces for Fish, Poultry and Game.

BROILED SOFT-SHELL CRABS—Clean eight crabs and season them with salt and pepper. In a deep plate melt one-half cup of butter and add two tablespoons of lemon juice and one-fourth of a teaspoon of cayenne. Roll the crabs first in this mixture, then in dry flour. Place them in a double broiler and broil over hot coals eight minutes.

FRIED SOFT-SHELL CRABS—Dip the crabs in beaten egg, then in rolled bread dust seasoned with salt and pepper. Have the frying-pan hot and enough butter in it to keep the fish from burning. Fry as quickly as possible. All shell fish require rapid cooking, else the juice escapes and the food will be tough. They should cook in from eight to ten minutes and be of a deep red color when done.

FRIED OYSTER CRABS—Place crabs in sieve and hold under a cold water faucet. Drain, roll in flour and fry in deep fat using a frying basket. Drain on paper and serve on a napkin laid on a platter garnished with four lemon baskets holding sauce tartare, two baskets being at the end of the latter and two on the sides.

OYSTER CRABS IN BOUCHÉE CASES—Wash crabs by placing under running cold water, drain, roll in flour, dip in milk and then in fine bread crumbs. Fry in deep fat and drain on paper. Fill pastry or paper cases with the fried oyster crabs and serve very hot.

OYSTER CRABS AND WHITE-BAIT—Mix equal quantities of oyster crabs and white-bait, both of which have been previously washed, drained and rolled in flour, and fry in deep fat.

Sauce tartare is almost invariably served with all crab dishes.

LOBSTER

TO BOIL LOBSTER—To boil a live lobster, fill the kettle with water and when this is warm place the fish in it head downward. Add one tablespoon of salt, cover the kettle and place it on a quick fire. A medium-sized lobster will cook in about twenty minutes. Plunge in cold water when done, and when cool enough to handle take the meat from the shell as follows: First break off the claws and remove the tail. Then split the body through the center and take out the soft, green, creamy mass which constitutes the liver, and the coral, saving both. The stomach is under the head and this is thrown away. Cut the tail shell open and take out its meat in one piece. Split this meat open and the

intestinal canal which runs its entire length will be found. This canal, the stomach and the spongy portions between the body and shell are not used. Crack all the claws and remove their meat.

In cutting up the meat of cooked lobster always use a silver knife, if possible, as a steel knife discolors or darkens the meat.

COLD LOBSTER EN COQUILLE, WITH MAYONNAISE—This is simply cold boiled lobster, served in the shell, in individual portions, a spoonful of mayonnaise colored red with the coral of the lobster being laid on top of the lobster meat.

BROILED LIVE LOBSTER—Kill the fish by inserting a sharp knife in its back between the body and tail shells, severing the spinal cord. Split the shell the entire length of the back, remove the stomach and intestinal canal, crack the large claws and lay the fish as flat as possible. Brush the meat with melted butter, season with salt and pepper, place in a broiler, with the shell side down, cover and broil slowly until of a delicate brown, twenty minutes usually sufficing. Turn the broiler and broil for ten minutes longer. Serve hot, passing melted butter with the lobster.

BAKED LIVE LOBSTER—Prepare as for broiling. Lay the lobster in a baking-pan, shell side down, season with salt, pepper and butter. Bake about forty minutes in a hot oven, basting it twice with melted butter.

CREAMED LOBSTER—Put on one pint of milk to heat and cut in small pieces one pound of boiled lobster. Gradually melt two tablespoons of butter, and stir into it, when perfectly soft, two tablespoons of flour, one-half teaspoon of salt, one saltspoon of white pepper or paprika, and the juice of one-fourth lemon or one teaspoon of white vinegar. As soon as the mixture is thoroughly blended, add a little of the boiling milk to thin it; stir thoroughly, pour the mixture into the rest of boiling milk, and let the whole cook slowly for five minutes, stirring continually. Then add the lobster, and cook five minutes longer. Some persons prefer a little more salt and pepper in creamed lobster, and to others a level tablespoon of curry-powder will prove an agreeable addition. Sometimes this preparation is placed in buttered scallop shells, sprinkled with fine seasoned and buttered bread and cracker crumbs, and nicely browned in the oven.

STEWED LOBSTER—Cut the meat fine and put it in a small frying-pan with milk enough to nearly cover it; when the milk boils, make into a cream with a little cornstarch wet with milk,

seasoning with salt, pepper and butter. Serve on toasted bread laid on a hot platter.

LOBSTER FARCI—Two cups of lobster meat; three hard boiled eggs (yolks); one-half pint of milk; one-fourth of a nutmeg, grated; one tablespoon of chopped parsley; one tablespoon of butter; two tablespoons of bread crumbs; one tablespoon of flour; salt and pepper to taste. Cut the lobster into small pieces. Two lobsters will be required for this quantity. Put the milk on to boil in the double boiler, and when hot, stir into it the butter and flour, rubbed well together. Stir until smooth, and cook three minutes; then remove from the fire, and add the crumbs, parsley, lobster, salt and pepper, and the yolks of the eggs mashed very fine. Mix all well together. In opening the lobster for the stuffing, be careful not to break the body or tail shells. Wash them and wipe dry, and with a pair of scissors cut off the under part of the tail shells, using the tails of both lobsters. Join the large ends of the tail shells to the body shell, with the ends of the tails sticking out, thus forming a boat-shaped shell. Put the stuffing into this boat, brush over the top with beaten egg, sprinkle lightly with bread crumbs, and bake in a quick oven for fifteen minutes.

LOBSTER Ã LA NEWBERG—See Chapter on Chafing-dish Recipes.

LOBSTER PATTIES AND CROQUETTES—See Chapter on Entrées and Croquettes.

LOBSTER CHOPS—Two cups of boiled lobster; two eggs (yolks only); one cup of cream or milk; three tablespoons of flour; two tablespoons of butter; salt and pepper to taste. Put the butter in a stewpan, and when it bubbles, stir in the flour. Cook this paste, slowly stirring all the time; then pour in the cream, and add the lobster cut into small dice. Stir until scalding hot, take from the fire, and when slightly cooled, stir in the yolks of the eggs, well beaten, and the salt and pepper. Return to the fire and cook two minutes, stirring all the time. Butter a platter, and on it spread the mixture half an inch deep. When the mass is cold form it in the shape of chops that are pointed at one end, roll the chops in beaten egg and then in bread or cracker crumbs, place them in the frying basket, and plunge them into boiling hot fat until they are of a nice brown color. The frying should not take longer than three minutes. Drain well, and thrust the end of a small claw into each chop to represent the bone. Serve on a napkin, placing the

chops so they overlap one another, and garnishing with parsley. Suitable for teas, luncheons, and evening parties.

LOBSTER CREAM—Pour one-half pint of hot, boiled milk over a small cup of bread crumbs; when nearly cold add three beaten eggs, the lobster chopped fine, two teaspoons of anchovy sauce and a large pinch of cayenne. Stir well and mix in two or three tablespoons of cream. Pour into a buttered mold, cover with buttered paper and steam one hour. Serve with anchovy or any other good fish sauce.

DEVILLED LOBSTER—One pint of lobster; one cup of bread crumbs; two hard boiled eggs; one-half lemon; one pint of cream sauce. Cook the lobster for ten minutes in a little water, then drain, and when cold cut into dice. Add the bread crumbs, the egg chopped very fine and the juice of the lemon. For seasoning use generously of salt and cayenne pepper and a grating of nutmeg. Add enough of the cream sauce (see Sauces for Fish, etc.) to make a paste. Fill scallop shells with the mixture, smooth the tops, sprinkle with bread crumbs and brown in a very hot oven.

SCALLOPED LOBSTER—To one pint of thin white sauce well seasoned with salt, pepper, cayenne and a little lemon juice, add one and one-half cup of flaked lobster meat and one-half cup of stale bread crumbs. Fill lobster shells or ramekins with the mixture, place buttered crumbs on top and brown in the oven.

FISH

TO DRESS FISH—Fish is ordinarily cleaned in market. Wash it thoroughly in cold water not allowing it to soak at all. Wipe it with a clean, dry towel, and place on a plate, skin side down, in the ice-box.

TO BOIL FISH—A fish-kettle with strainer, is requisite for boiling a fish whole, but a plate held in a fish-cloth (a piece of coarse muslin or cheesecloth, kept for this purpose) is used for small pieces.

The fish must not be put into cold water as that extracts the flavor, nor into boiling water, as that breaks the skin, but into warm water, which may then be quickly brought to the boiling point. After this, draw the kettle to the side of the range where it will simmer until done. Use enough water to entirely cover the fish; add one teaspoon of salt and one tablespoon of vinegar to every two quarts of water; these whiten and harden the meat

as well as season it. Allow ten minutes to the pound after the water begins to simmer.

If you wish to serve a whole boiled or baked fish upright, as if swimming, place a carrot inside the fish to retain its form, and arrange the garnishing so that it will keep its position on the platter. Bind the fish to the strainer with twine when cooking.

Boiled fish needs a rich creamy sauce, such as egg sauce, Hollandaise, Béchamel, or drawn butter.

Court Bouillon is used for boiling fresh water fish or others without much flavor. It may be prepared beforehand and used several times. See Chapter on Soups.

TO BAKE FISH—Dress and stuff the fish and sew up the opening with a trussing needle; then cut three slits in its sides and insert strips of salt pork, in each. In order to have the fish cook evenly it is better to keep it upright by passing a piece of twine through the head, the middle of the body, and the tail, and thus drawing the fish into the shape of a letter S which gives it a broader base.

Place a fish-cloth in the bottom of a baking-pan, strew upon it minced salt pork, a few slices of onion and tomato, then the fish itself. Dredge with salt, pepper, and flour and lay on more salt pork; place in a hot oven, add a cup of boiling water, and cover.

Cook ten to fifteen minutes to each pound, basting frequently and adding more water after each basting.

TO BROIL FISH—Split fish down the back, dry thoroughly, sprinkle with salt, pepper, and lemon juice. Place fish, flesh side down, on a well-greased wire broiler. Turn and broil on skin side just enough to crisp the skin. Serve with lemon and parsley. Large fish are cut into slices one inch thick, and broiled on both sides evenly.

TO FRY FISH—Dry fish, sprinkle with salt and pepper, dip in fine bread crumbs, in egg, then in crumbs again, and fry in deep fat.

Small fish are cooked in this way.

TO PAN FISH—Dry fish, rub in flour which has been seasoned with salt and pepper, and fry in a frying-pan in a small amount of fat.

TO PLANK FISH—Split the fish down the back, wash and wipe dry as usual. Prepare a plank of oak or hickory about one and one-half inch thick, and put it in the oven to heat. If using a gas stove, place it directly under the gas in the broiler, having the side which is to hold the fish nearest the flame. Rub the fish all over with oil, salt, and pepper.

Lay it skin side down on the plank, and put the plank on the upper grate of the oven; use the broiler of a gas stove, and cook about one-half hour, spreading melted butter over the fish while it is in the oven if there is any tendency to dryness. Have ready freshly made mashed potato, and form a border of this by pressing it through a pastry bag.

Set the plank into the oven until the potato has browned, then send to table on the plank, garnished with lemon and parsley.

The size of the plank used will depend upon the size of the oven, but it must be at least three inches wider than the fish.

FILLETS—A piece of fish, either large or small, from which skin and bones have been removed, is called a fillet. Care should be taken to have the pieces of uniform size as they will appear more attractive when served. Large fish, such as halibut, haddock, and flounder are the most often used for fillets. The last named, when prepared in fillets, is served as "fillet of sole," the flounder greatly resembling the English sole. Fish containing many bones should never be prepared in fillets. Fillets are frequently rolled and held in place with small skewers or toothpicks. They are then called turbans. Fillets may be dipped in salted milk, rolled in flour, then in egg and bread crumbs, and fried in deep fat or they may be sautéd. To serve fillets, arrange on platter in an overlapping row, decorating either with parsley or with a border of vegetables cut in fancy shapes.

STUFFING FOR FISH

CRACKER STUFFING, No. 1—Mix thoroughly one cup cracker crumbs, a saltspoon of salt, the same of pepper, a teaspoon each of chopped onions, parsley, capers and pickles, and one-fourth of a cup of melted butter. This makes a dry, crumbly stuffing.

CRACKER STUFFING, No. 2—One cup of cracker crumbs; two-thirds cup of water or milk; one teaspoon of salt; one-fourth teaspoon of pepper; one teaspoon of chopped parsley; one teaspoon of chopped onion; one tablespoon of capers; two tablespoons of butter; one tablespoon of lemon juice. Rub the butter into the cracker crumbs, add all the seasoning, and then stir in the water or milk.

STALE BREAD STUFFING, No. 1—For a moist stuffing use stale bread crumbs, not dried, and moisten them with an egg slightly beaten and sufficient melted butter to make of the proper consistency.

STALE BREAD STUFFING, No. 2—One and one-half cup of grated bread crumbs; one-half cup of milk; one tablespoon of chopped onion; one tablespoon of butter; one teaspoon of salt; one-fourth teaspoon of pepper. Add the seasoning and butter to the crumbs, and beat in the milk last.

OYSTER STUFFING—For an oyster stuffing, use a pint of oysters, and a cup of buttered bread crumbs, well seasoned. Each oyster must be rolled in crumbs separately in order to become thoroughly coated. Stuff the fish with the oysters and sprinkle the remainder of the crumbs over the oysters.

The sauces mentioned in the following fish recipes are to be found in the chapter on Sauces for Meats, Fish, Poultry and Game.

BOILED FRESH CODFISH—Boil as directed, allowing ten minutes to each pound. Serve with oyster sauce, or drawn butter.

BOILED HADDOCK—Allow same length of time as for cod, and serve with egg sauce. Garnish with parsley.

BOILED SALMON—Salmon requires from ten to twenty minutes for each pound in boiling. Hollandaise sauce is generally served with it.

BOILED RED SNAPPER—Allow from ten to fifteen minutes for each pound; serve with tomato or mushroom sauce.

BOILED HALIBUT—Allow fifteen minutes to each pound in boiling; turn it over in the fish-cloth when half done. Serve any creamy sauce with it.

BOILED BLACK BASS—Cook this fish whole, allowing twelve minutes to each pound. Boil in the water with it, one onion, eight peppers, and a blade of mace. Make a cream gravy by blending one tablespoon each of flour and butter, adding one cup of the water in which the bass was boiled. Season with salt, pepper, and celery salt and add one gill of cream in which a pinch of soda has been dissolved. Bring to the boiling point and serve.

PICKLED SALMON—Clean a fine salmon cut into large pieces and boil in salted water in the usual way. Drain, wrap in a dry cloth and set in a cold place to be used next day. For the pickle: To one quart of the water in which the salmon was boiled allow two quarts of the best vinegar; one ounce of whole black pepper; one grated nutmeg and a dozen blades of mace. Boil in a kettle closely

covered to prevent evaporation of the flavor. When quite cold pour over the salmon; then pour in the top one tablespoon of sweet oil to preserve it longer. Cover closely and place in a dry cool place. This pickle will keep many months.

SHEEPSHEAD, DRAWN BUTTER SAUCE—Clean a medium-sized fish thoroughly, rub a little salt over it, wrap in a cloth and lay in a steamer. Boil whole in fish kettle for one hour. Lay it whole on a platter and garnish with parsley sprigs and lemon slices. Serve with the following sauce: Roll two ounces of butter into small balls and dredge them with flour; put one-fourth of them into a saucepan, and, as they begin to melt, whisk them; add the remainder one at a time until thoroughly smooth; and, while stirring mix in one tablespoon of lemon juice, and one-half tablespoon of chopped parsley.

BONED HERRINGS—Select fish with roes. Split, wash, scrape and remove heads and roes and also the backbone. Sprinkle generously with pepper, salt and finely minced parsley; then roll each piece tightly, beginning with the head, and tie with a string. Put into boiling water that is seasoned with pepper, salt and vinegar and simmer ten or fifteen minutes. Cut the roes in pieces and fry. Place the fish and roes on buttered toast, garnish with cress and serve.

BAKED FISH

BAKED SHAD—Stuff with bread crumbs, salt, pepper and parsley mixed with the beaten yolk of egg. Sew the fish up or tie it round with string. Pour a little water and butter over it. and bake one hour or one and one-fourth hour, basting often. Garnish with parsley and lemon slices. Boil up the gravy the fish was baked in, putting in one large tablespoon of catsup, one tablespoon of brown flour mixed in cold water, the juice of one lemon and one glass of sherry or Madeira, and serve this sauce in a boat.

BAKED SHAD ROE—Drop the roe gently into salted boiling water, and let it boil twenty minutes, but not rapidly. Drain, and lay it on a buttered tin plate. Dredge the roe well with pepper and salt, spread soft butter over it, and lastly dredge plentifully with flour. Bake in the oven thirty minutes, during which time baste frequently with salt, pepper, water and butter, always dredging with flour after each basting.

BAKED BLUEFISH—Stuff, and bake as directed. Serve with cream gravy given under recipe for Boiled Bass.

This fish need not be larded as it is sufficiently rich itself.

BAKED HALIBUT STEAK—Rub slices well with butter, pepper, and salt. Lay in a baking-pan and pour over it a cup of milk. Baste often until all the milk is used. Serve with mushroom sauce.

BAKED STURGEON—Take a piece of sturgeon, about four pounds, wash and parboil for fifteen minutes; then put in a pan with a little water and bake about an hour, basting with butter occasionally. Serve with drawn butter.

BAKED WHITEFISH—Wash carefully, dry, and stuff with bread crumbs well seasoned; sew up with twine and put in a pan, with enough water to keep from scorching; baste frequently with butter and water, and serve with egg sauce.

HADDOCK SOUFFLÉ—One cup of cold baked haddock and one of mashed potatoes mixed together, one-half cup of milk, add, gradually, salt and pepper; stir in one egg, well beaten; put in a buttered mold or dish and set in the oven until hot; then beat the white of another egg stiff and stir into it the yolk beaten with salt and pepper; heap over the fish and brown.

HALIBUT (à la Créole)—Four pounds of fish; one cup of water; one pint of stewed tomatoes; one slice of onion; three cloves; two tablespoons of butter; one tablespoon of flour; one teaspoon of salt; one-fourth teaspoon of pepper. Put the tomatoes, water, cloves and onion on the stove in a stewpan to boil. Mix the butter and flour together, stir them into the sauce when it boils, and add the salt and pepper. Cook ten minutes, and strain into a bowl. Pour into a deep plate boiling water to the depth of one-half an inch, and lay the fish in it for one minute, skin side down; on removing the fish from the water the black skin can be easily taken off. Wash the fish in cold water, season with salt and pepper and lay it on the baking sheet in a dripping-pan; then pour half the tomato sauce around the fish, and bake in a hot oven forty-five minutes, basting three times with the remainder of the tomato sauce. Serve with the sauce remaining in the bottom of the pan poured around the dish.

BROILED HALIBUT—Procure a slice of fish one and one-half inch thick, cut or pull off the skin, rub with salt and pepper, and brush with table oil or melted butter. Then broil in a double wire gridiron from six to ten minutes, according to the heat, turning

the gridiron frequently. Lay the fish when done upon a hot platter, and turn oyster sauce over it.

BROILED SALMON—Cut slices one and one-half inch thick and season with salt and pepper; lay each slice on a buttered piece of white paper, envelop it and twist the ends of the paper. Broil over a clear fire, gently, and serve with anchovy or caper sauce. A few chopped herbs and a little spice may be used if higher seasoning is desired. Or, cut slices one or one and one-half inch thick, dry in a cloth, salt, pepper and dredge them with flour and broil on a gridiron rubbed with suet.

BROILED SHAD—Prepare, season with salt and pepper, and broil on a well-greased gridiron over a bed of clear, bright coals, for fifteen minutes or more. Keep the gridiron covered with a dripping pan while broiling to give a more delicious flavor. Butter well and serve.

BROILED SMELTS—Smelts are not split open and cleaned, but the entrails are squeezed out carefully so as not to bruise the fish, and the heads are left on. For a dozen large smelts put three tablespoons of butter, one of lemon juice, one of salt and one-half teaspoon of pepper in a deep plate on the back of the stove where the butter will slowly melt. On another plate place three tablespoons of flour. Wash and wipe the fish and roll each first in the melted, seasoned butter, and then lightly in the flour. Arrange them on a double broiler and cook four or five minutes over clear coals. Serve on a warm dish with remoulade sauce.

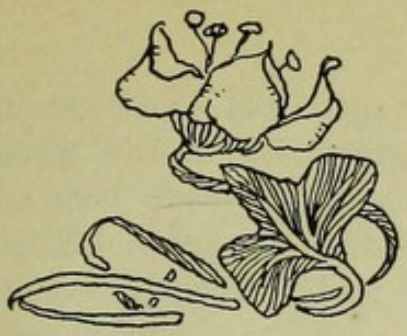
BROILED SPANISH MACKEREL—Split the mackerel down the back, season with salt and pepper, rub it all over with oil or melted butter and broil on a gridiron over a moderate fire. When one side is browned, turn, and brown the other. If the fish is very large one-half of it may be broiled at a time. Serve, after strewing butter, parsley and lemon juice over it, with lemon sauce. Flounder may be similarly broiled.

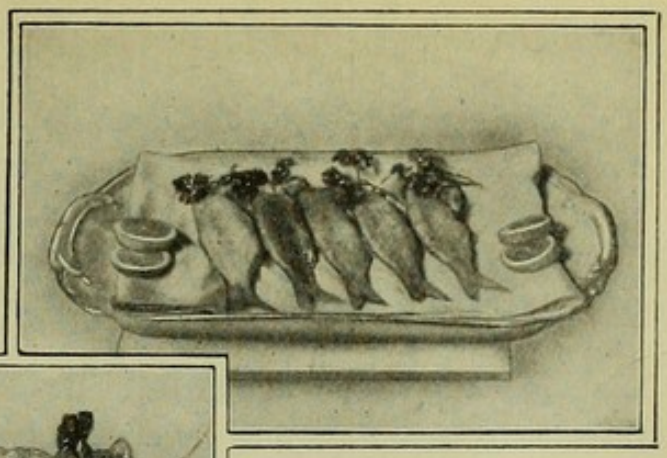
BROILED POMPANO—This is a southern fish and very delicate. Broil in the usual way. Serve with cucumbers or green salad.

BROILED SWORDFISH—Rub slices well with butter, pepper, and salt; broil on each side.

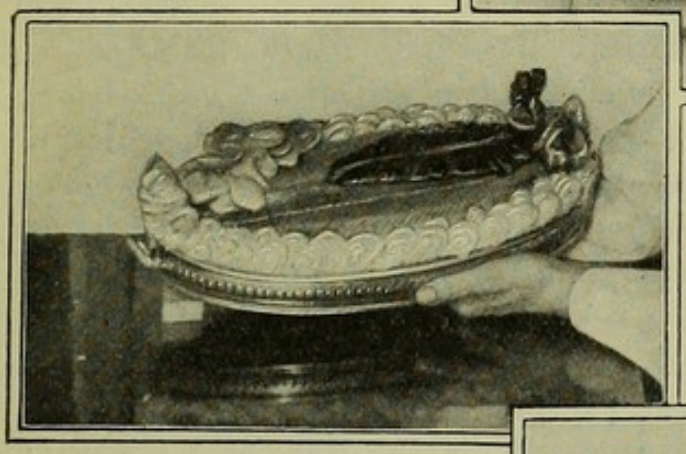
PLANKED WHITEFISH—This is one of the most satisfactory fishes for planking. Choose one weighing about two and one-half or three pounds, and follow directions given previously.

PLANKED SHAD AND ROE—Prepare the fish in the usual way,

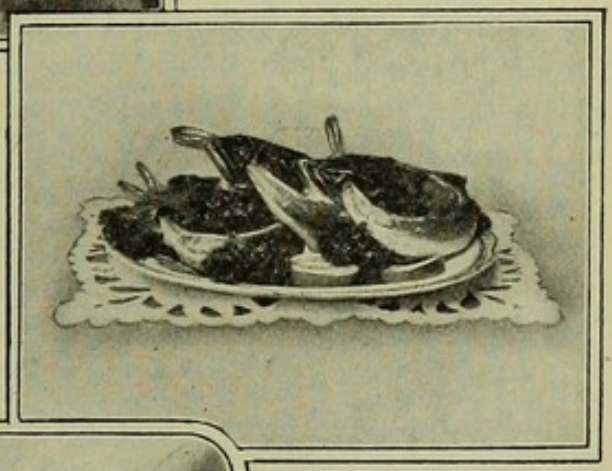




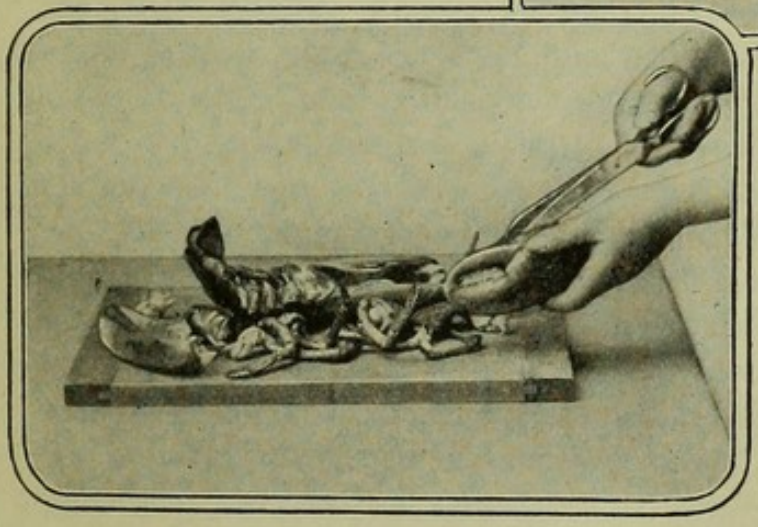
A SUGGESTION FOR SERVING SMALL FISH



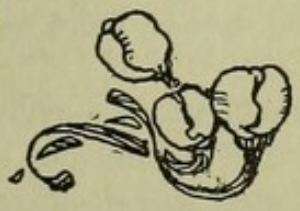
PLANKED SHAD READY TO SERVE



FRIED FISH GARNISHED WITH LEMON AND PARSLEY



LOBSTER MAY BE CUT UP WITH SHEARS



placing the roe beside the fish on the plank, or the roe can be boiled, mixed with a little white sauce well seasoned, and spread over the shad where the flesh is thinnest. This latter should be done just before the fish is finished; the dressed roe being covered with buttered crumbs. These will be sufficiently browned when the fish itself is done.

CREAMED FISH, OR FISH TIMBALE—One and one-half pound of any delicate fish, such as halibut, white-fish, cusk or salmon, will prove ample for six persons. Remove the bones and skin, and pound the meat very fine so it may be rubbed through a soup-strainer. One-half teacup of mushrooms beaten with the fish before it is strained will greatly improve its flavor. Cook one-half pint of stale bread crumbs ten minutes in a pint of sweet cream, and add a scanty cup of butter, three scanty teaspoons of salt, a heaping saltspoon of pepper or paprika and a few gratings of nutmeg. When this mixture is cold, add the fish, beat the whole thoroughly, and then add four eggs, also well beaten, and place the mass in a nicely buttered form. Set the form in a deep baking-pan, place it in the oven, and pour in water until it reaches to within one inch of the top of the form. Cover the form with buttered paper, and cook for three-quarters of an hour, leaving the oven door slightly open. Hollandaise and tomato sauces are both fine served with a fish timbale.

SALMON PUFFS—Remove the skin and bones from one pound of canned salmon, chop the meat fine, and add one tablespoon of melted butter, one saltspoon of salt, the same of white pepper or paprika, one-half a cup of fine soft bread crumbs, one tablespoon of lemon juice or fine vinegar, and three well beaten eggs. Mix thoroughly, and pack the mass in six or eight cups, filling each cup even full. Set the cups at once in a pan containing hot water that does not reach their tops by nearly an inch, and bake for one-half an hour. If the oven is very hot, lay a sheet of thick paper over the cups. Turn out upon a hot platter, into the center of each puff thrust a sprig of parsley or celery or a clove, and pour about them any good fish sauce.

SALMON AU GRATIN—One cup of cold boiled salmon, flaked; mix with one-half cup of drawn butter; pepper and salt. Fill little earthen dishes with the mixture covered with fine bread crumbs. and brown.

KEDGEREE (a Breakfast Dish)—One-half pound of cold flaked

fish free from skin and bone; three ounces of boiled rice; two hard boiled eggs. Melt two ounces of butter in a saucepan, add the fish and stir gently. Put in the rice, the whites of the eggs chopped, and season to taste. Move gently about over the fire until thoroughly hot, and serve on a flat dish with the yolks of the eggs pressed through a ricer over the top.

FRIED SMELTS—Sprinkle with salt, dip in crumbs, egg, and crumbs again. Fry in deep fat. Serve with sauce tartare.

FRIED EELS—Cut skinned eels into four-inch lengths, and season with salt and pepper. Then roll them in salted corn meal or flour, and fry.

FRIED FLOUNDERS—Clean, dry, and score across but do not cut them in pieces. Roll in flour, drop in very hot lard or bacon fat and cook till brown. Serve with anchovy or tartare sauce.

FRIED FROGS' LEGS—Skin and wash the legs in cold water, and dry them well on a towel or napkin. Season with salt, pepper and lemon juice. For six legs, thoroughly beat up one egg, and season it with salt and pepper; dip the legs into the egg, then into dried bread crumbs or fine cracker crumbs, plunge them into boiling fat, and fry for five minutes. Use the wire frying basket for them, if you have one. Frogs' legs are served for breakfast or luncheon and for the latter they are accompanied by tartare sauce.

FRIED HALIBUT—Carefully wash and dry firm slices of the fish and remove the skin. Salt and pepper each slice and dip in beaten egg and then in cracker dust or crumbs. Add a little butter to a pan half full of boiling lard to make the fish brown nicely. Drop in the slices and fry till done, turning so as to brown both sides. Or, wash, dry and season the slices as directed, then dredge with flour and fry in hot pork-drippings, the latter made by frying brown thin slices of pork.

FRIED ROE—Cook the roe ten minutes in boiling salted water to which one tablespoon of vinegar has been added. Drain, roll it in beaten egg and then in cracker crumbs—season with salt and pepper, and fry until brown in hot fat.

WHITE-BAIT—Place the fish in a wire basket, dip for a moment in a pan of clear, cold water, shake to drain well and turn out on a soft cloth to absorb partly the moisture. Sprinkle with flour or fine white corn meal until quite covered. Have ready a kettle of boiling hot fat, place a quantity of the fish in a frying basket and immerse them in the fat. They take but a moment to brown. Stir

them in the basket while cooking, so they will not adhere to each other. Drain on soft yellow paper and keep very hot. See Sauces for Fish, etc. Serve with tartare sauce.

WHITING—Whitings are usually served skinned, egged and bread-crumbed, with tail in mouth and fried in hot fat. Serve on a napkin with fried parsley and anchovy sauce separately.

FRESH HERRINGS—Very carefully scale and clean, but leave the roes in. Dry in a cloth, roll them in flour and fry eight to ten minutes, until a nice brown. If preferred, the heads, tails and backbones may be removed before frying.

PERCH, FRIED—As scales are difficult to remove from perch, dip the fish for a moment or so in scalding water and scale at once. Wash, dry, dip in egg and then in crumbs or flour, and fry in hot fat for ten minutes. Or, they may be stewed in a gravy made of a little stock and a tablespoon of sherry with a seasoning of pepper and salt.

PORGIES—Should be in salted water for ten or fifteen minutes, then the heads and tails should be cut off, and the fish rolled in flour or cracker meal, and cooked in a frying-pan in which slices of salt pork have been fried crisply until of a delicate brown.

FRIED FRESH COD—Wash the steaks carefully, season, dip in egg, roll in bread or cracker crumbs, and fry in a hot batter.

BROOK TROUT—Wash, dry, flour, salt and pepper them, and place in a hot pan in which there are hot pork drippings or lard. If lard is used put in a small piece of butter to prevent their sticking to the pan. Fry, turning the fish when one side is browned to the the other, and serve with slices of lemon.

HALIBUT, WITH CUCUMBER SAUCE—Cut a slice of halibut into three-inch squares. Dip each in beaten egg, then in cracker dust that has been seasoned with salt and pepper, and fry to a delicate brown. Serve with cucumber sauce.

SCALLOPED ROE—Boil as for fried roe, drain, and break the roe up lightly with a fork. Make a white sauce. Sprinkle a layer of roe in a baking-dish; add one-half the yolk of an egg, well beaten, dropping it over the top of the roe; next sprinkle lightly with finely chopped parsley; salt and pepper to taste and a few drops of lemon juice, and then add a layer of the white sauce. Repeat the layers of roe, egg, seasoning and sauce, cover with bread crumbs and bits of butter, and bake until brown. If a large dish is required, use with the roe any cold flaked fish left from a former meal. Various kinds of roe may be prepared the same as shad roe.

SCALLOPED FISH—Cold cooked fish makes a very attractive dish when prepared by the following recipe: one pint of fish; one pint of milk; two tablespoons of cornstarch; one-half cup of mashed potatoes; two hard boiled eggs; one tablespoon of butter; one cup of bread crumbs; salt and pepper to taste. Wet the cornstarch in one-half a cup of the milk, scald the balance of the milk, and add the cornstarch, and also the salt, pepper and butter, and cook until smooth and thickened. Rub the yolks of the eggs smooth, and add them to the sauce, and then the whites after they have been passed through a sieve. Flake the fish, add the potatoes, and season with salt and pepper. Grease a pudding-dish, put in a layer of the fish mixture, cover with sauce, add another layer of fish, then more sauce, and so on until all is used. Cover the top with the bread crumbs, strew with fragments of butter, and bake for fifteen minutes in a quick oven.

FILLETS OF FLOUNDER (au Gratin)—Five pounds of fish before cutting. Fillet and cut into pieces four inches long by three wide. Spread two tablespoons of soft butter over a baking or gratin dish and lay the fillets in it. Sprinkle salt and pepper over them and set in a cool place until needed. Now make a sauce thus: Rub together one tablespoon of flour and three of butter; add a slice of onion, one bay leaf, one pint of chicken stock, and salt and pepper as needed. Simmer gently twenty minutes and then add one tablespoon of lemon juice, strain the sauce and pour over the fish. Season lightly with salt and pepper, and sprinkle one teacup of fine dried bread crumbs over the sauce and fish. Bake twenty minutes in a hot oven and serve at once in the same dish.

FILLETED SOLES—A large sole will make four fillets. Roll each fillet up, dip in egg, then in crumbs and fry in boiling lard. Or, gently simmer half of the fillets in salted water from six to ten minutes and then serve with the fried ones on the center of the dish with the boiled ones and a white sauce all round them.

SALT FISH

CREAMED CODFISH—One and one-half cups of salt fish; one tablespoon of butter; on etablespoon of flour; one and one-half cup of milk; one egg. Separate the fish into very small pieces and leave in cold water for three hours, changing the water three times. Heat the milk in a double boiler.

Add the codfish, well drained, and cook for ten minutes. Mix the butter with the flour until a smooth paste is formed, then stir it into the milk. When smooth and cream-like, take the dish from the heat, add the beaten egg, stir well and serve without further cooking, adding a sprinkling of pepper just before dishing. If cooked after the egg is added, the milk is liable to curdle.

CODFISH Ã LA MODE—Pick up very fine and freshen one teacup of salt codfish; mix with two cups of mashed potatoes, one pint of cream or milk, two well-beaten eggs, one-half cup of butter, and a little salt and pepper. Bake in an earthen dish twenty or twenty-five minutes.

CODFISH BALLS—One quart of raw sliced potatoes; one large cup of salt fish; one egg; two tablespoons of cream or milk; two tablespoons of butter; salt and pepper to taste. Pick all the bones from the fish, shredding the latter finely, and slowly boil the fish and the sliced potatoes together in plenty of water, until the potatoes are soft. Mash both together, and beat until fine and light; then add the seasoning, butter and milk, and the egg well beaten, mixing all thoroughly with a spoon. Fry in a frying basket, in deep fat.

SALT CODFISH SOUFFLÉ—To one pint of pared and quartered potatoes allow one cup of salt codfish broken into half-inch pieces. Place the fish and potatoes together in enough boiling water to cover them, and let them boil until the potatoes are done. Drain thoroughly, mash the potatoes and fish, and beat them well with a fork, adding one-half saltspoon of white pepper, one scant tablespoon of butter and two tablespoons of cream or rich sweet milk. The mass should be made light with vigorous stirring. Then beat in the well-stirred yolks of two eggs, and, lastly, put in the well-whipped whites without much stirring. Arrange the soufflé on a buttered fire-proof plate, and bake it brown. This will require about twenty minutes. Serve with cucumber pickles, pickled peppers, horseradish, or fresh cucumbers.

SALT FISH AND EGGS—Pick up one pint of salt fish and soak over night in one pint of cold water. Next morning set this dish in another of hot water over the stove and let the fish cook twenty or thirty minutes. Now put the eggs—half a dozen—in a basin of boiling water, cover them and allow them to stand for ten minutes where the water will keep hot but not boil. In the meantime place one pint of milk in a saucepan over the stove; stir two

full tablepoons of butter and one of flour together and mix it in with the milk when it begins to boil; season with salt and pepper, and set the pan back where the milk will just bubble, for two minutes. Drain the fish, put it into the milk and cook five minutes more. During this time put the eggs into cold water, carefully shell them, and keep them warm under a napkin. Pour the fish on a warm platter, put the eggs in a circle on top and serve at once.

SALT MACKEREL—Clean the fish by scraping off any rusty-looking portions and the thin black membrane found on the inside, and lay it over night in plenty of cold water, with the skin side up. In the morning place the fish in a frying-pan on the fire, cover with fresh water, and slowly heat to the boiling point. Drain off this water, add just enough fresh water to cook the fish, and boil slowly until tender. Lift the mackerel out carefully (a pancake turner will be found most convenient for such work), and place it on the serving dish in the oven to keep hot while the gravy is being prepared. This is made as follows: drain off the water left in the frying-pan after the removal of the fish, until there is one-half pint remaining, then pour into the pan one pint of milk. When the liquid boils, add three tablespoons of flour stirred to a paste with two tablespoons of butter, and seasoned with salt and pepper. Let the gravy boil slowly three or four minutes stirring constantly until smooth; then pour it over the mackerel.

BAKED SALT MACKEREL—Wash a salt mackerel well and soak it over night in three quarts of cold water, laying it with the skin side upward. In the morning lay the fish on its back in a shallow baking-tin not too large for the fish, and pour over it one pint of milk. Bake twenty minutes in a hot oven, stirring into the milk at the end of fifteen minutes one tablespoon each of flour and butter, and a sprinkling of pepper, all rubbed together into a smooth paste. Serve with the thickened milk poured around the fish. This makes a very palatable breakfast dish.

BROILED SALT SALMON OR OTHER SALT FISH—Soak in tepid water twenty-four hours, changing water several times. At the hour wanted, broil; season to taste, covering with butter. This recipe answers for all kinds of salt fish.

FINNAN HADDIE—Soak fish in cold water for three-quarters of an hour, then lay in boiling water for five minutes. Wipe very dry, rub butter and lemon juice into the fish and broil over a clear fire for fifteen minutes. Serve with a hot butter sauce.

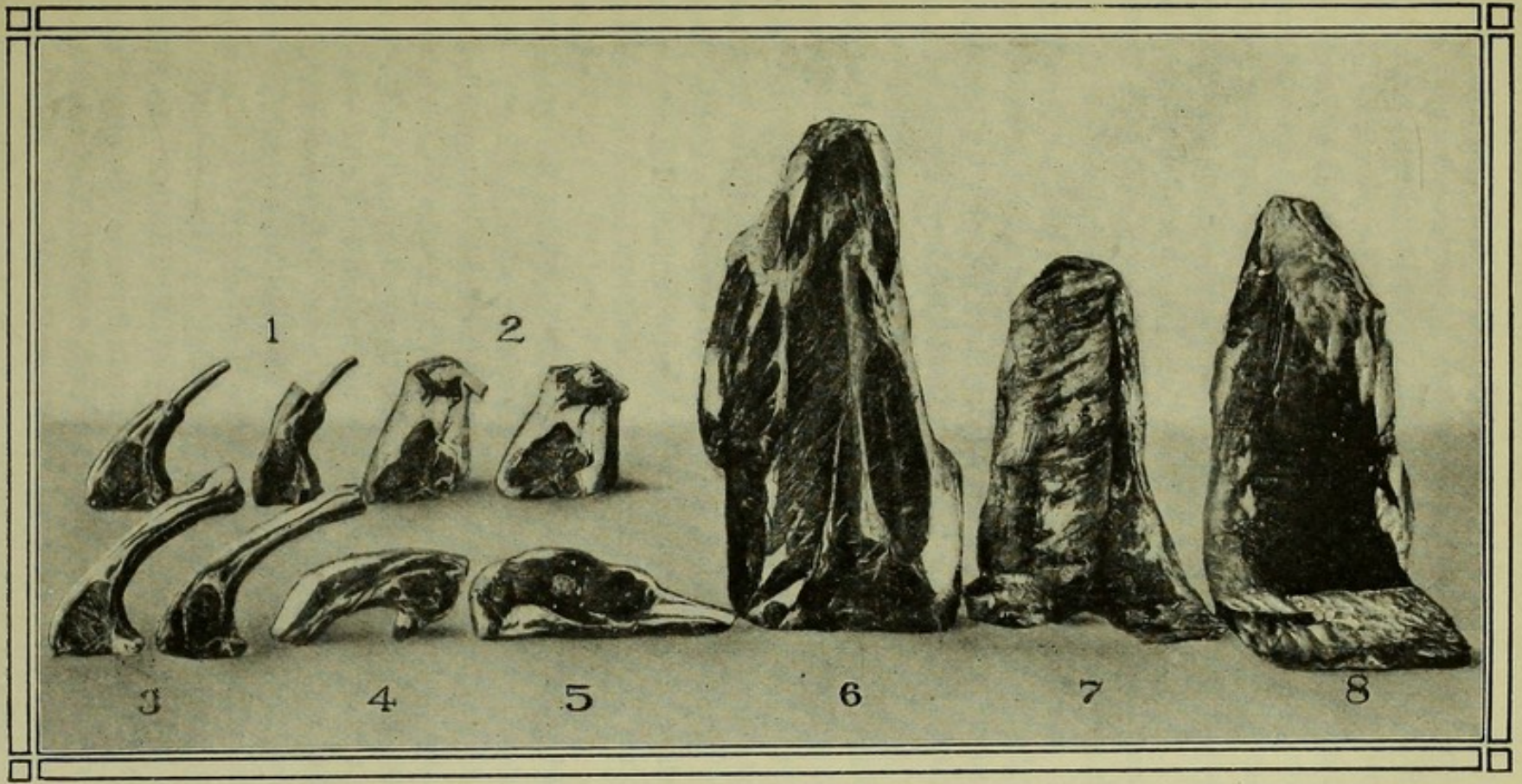
CREAMED FINNAN HADDIE—Put fish in a baking-pan, cover with cold water, and after soaking twenty minutes, bring the water to a boil. Set on the back of the range to simmer for one-half hour. Drain, rinse, and with a fork separate the fish into flakes. To one cup of fish, add one cup of white sauce. Bring to a boil; season with salt, pepper, and a liberal quantity of paprika.

CHAPTER VI—MEATS

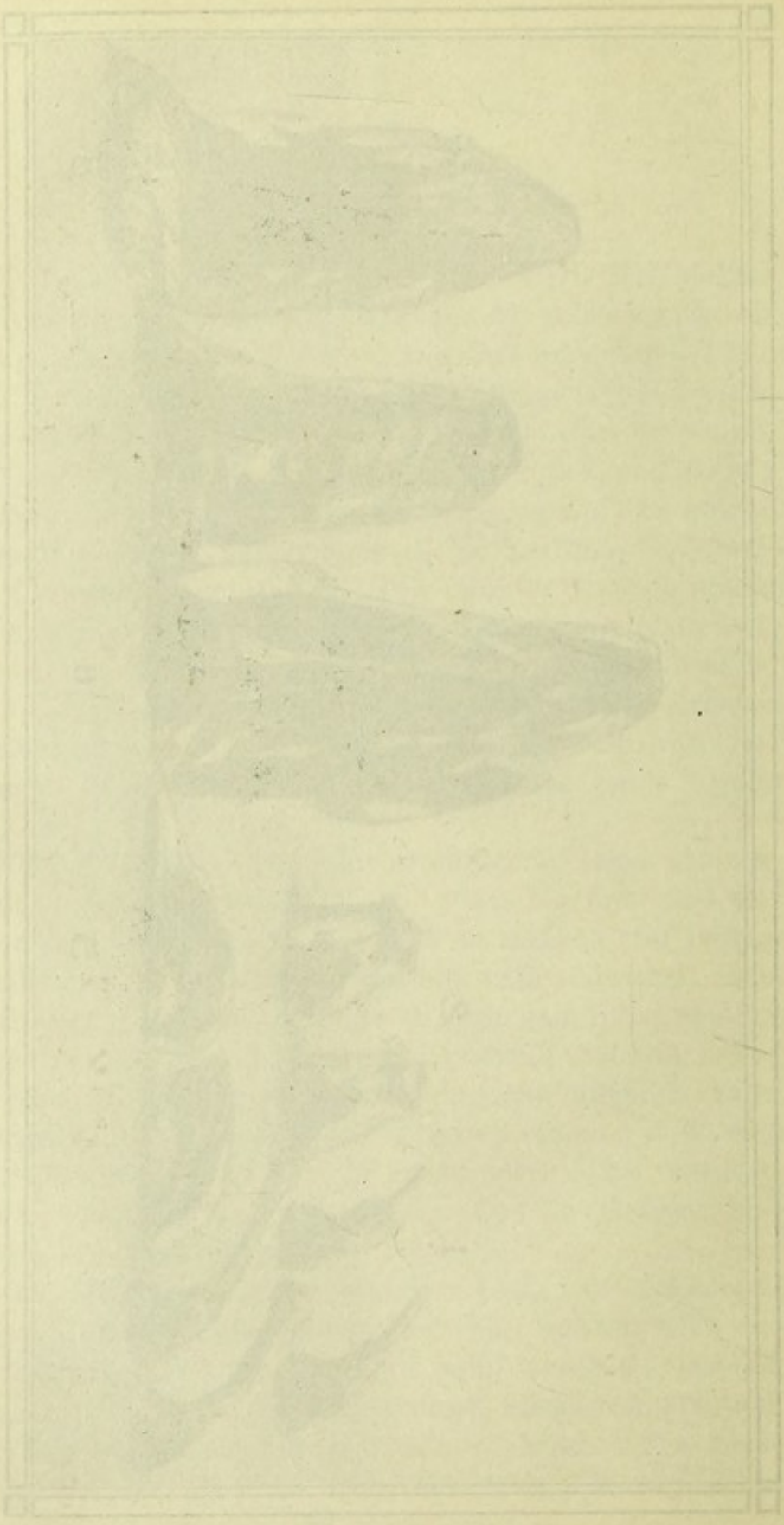
ROAST BEEF WITH YORKSHIRE PUDDDING—Beef for roasting should be carefully trimmed, rubbed with salt and pepper, and then skewered and tied into shape. The lean parts should be rubbed with drippings and the whole well dredged with flour. The roast should then be placed, lean slide upward, in a pan on a trivet or rack, and set in a hot oven to sear quickly and thus prevent an escape of the juices. When the meat has been lightly crusted, the heat may be moderated and the roasting continued. Ten minutes to each pound of beef is a sufficient allowance of time if a rare roast is desired; if the meat is liked well done, twelve minutes or more should be allowed to a pound. Half a hour before the meat is done, if Yorkshire pudding is to be served with it, pour out all drippings, return the meat to the pan, and have the pudding ready to put in.

YORKSHIRE PUDDING—One pint of milk; two eggs; one teaspoon of salt; five tablespoons of flour. Place the flour and salt together in a pan and add sufficient milk to make a stiff batter. Then gradually add the remainder of the milk until all is used. Beat the eggs until light, add them, stirring well, then pour into a shallow tin that has been well oiled. Bake for one-half hour in a hot oven, then place the pudding under the meat for fifteen minutes to catch the gravy that flows from it. The best roasting is done on a small rack of wire held up by four strong legs. This makes it easy to lay the pudding under the meat. Cut the pudding into small squares and serve with the beef.

BEEF Ã LA MODE—Take two pounds of beef; two tablespoons of beef or pork drippings; one onion, sliced thin; one bay leaf; one lemon cut in slices; two teaspoons of salt; one-half teaspoon of pepper; one-fourth teaspoon of ground allspice; one-fourth teaspoon of cloves; one-eighth teaspoon of mace. The meat used for this purpose may be from the round or any other



1—RIB LAMB CHOPS (FRENCHED)
2—LOIN LAMB CHOPS
3—RIB LAMB CHOPS
4—BLADE SHOULDER CHOP
5—ROUND BONE SHOULDER CHOP
6—CHUCK STEAK
7—SKIRT STEAK
8—FLANK STEAK



part that is lean. Cut it into pieces of about three ounces weight, and dredge well with flour. Put the beef drippings and the sliced onion in a large saucepan, and when hot put in the meat and stir constantly for ten minutes. Dredge in more flour until the mixture is well thickened, adding the bay leaf, which should be broken, and sprinkling in the spices, which should be well mixed together; add also the salt and pepper and sliced lemon. When these have been well stirred together, pour in gradually, still stirring, enough water to cover the meat. Place the cover on the saucepan and simmer gently for four hours.

POT ROAST—A tough piece of meat may be made very tender by this mode of cooking. Wipe the meat with a damp cloth, and put it into an iron pot with a little hot fat or butter. Place the latter over a moderate heat, and brown the meat slowly, turning it frequently; this will usually take about twenty minutes. When the roast is well browned, season with salt and pepper, put in one-half pint of boiling water, cover closely, and set the pot back where the meat will cook slowly. As the water steams away add a little more, one-fourth pint at a time. Allow about twenty-five minutes to each pound for a piece of meat that is not tough, but a very tough roast will require twice that time. Take up the meat, and add a small quantity of water to the juices in the kettle. Thicken the gravy with a little flour stirred to a thin paste with a little water, and serve in a separate dish. Boiled rice is generally served with a pot roast.

FILLET OF BEEF, WITH MUSHROOM SAUCE (Fillet Mignon)—The fillet is the under side of the loin of beef—the tenderloin. The skin and fat should be removed with a sharp knife, and also every shred of muscle and ligament. If the fillet is not then of a good, round shape, skewer it until it is so. Lard the upper surface. Rub over with soft butter, dredge well with salt, pepper and flour, and place it without water in a small pan. Put in a hot oven for thirty minutes, leaving it the first ten minutes on the lower part of the oven, and then placing it on the grating for the remainder of the time. See Chapter on Sauces for Fish, Meats, Poultry and Game.

BOILED CORNED BEEF—Soak one hour in cold water. Put into a kettle with a carrot and one onion, using enough cold water to cover well. Add to each quart of water one teaspoon of vinegar. Cook slowly, twenty to twenty-five minutes to the pound being a fair allowance. Let it lie in its liquor twenty minutes or so after

it is done. Then drain and serve. Butter rubbed over the meat just before serving is a great improvement.

OLD-FASHIONED BOILED DINENR—Procure a brisket of corned beef; put into the pot over a brisk fire with enough cold water to cover it; let it come to a boil in one-half hour, then remove the scum, set the pot back on the fire and boil slowly until tender. About three-fourths of an hour before dishing skim the liquor free from fat; put a portion of it into another kettle with one cabbage cleaned and cut into four quarters, one-half dozen peeled white turnips of a medium size, cut in halves, and four scraped carrots and the same number of parsnips each cut into four pieces; boil till tender. One-half hour before serving pour more boiling water into the kettle containing the meat and put in medium-sized peeled potatoes. Serve all together, meat and vegetables, from one dish. Boiled beets, cooked separately, and sliced hot, with vinegar over them should also be served as a side dish. Cooking the cabbage in another kettle prevents the meat from tasting of this vegetable when cold.

BROILED BEEFSTEAK—Rub the broiler with suet before you lay the steak upon it. The fire should be clear and hot. Turn swiftly to keep the smoke from it, and the juices *in*. Try with the point of a knife at the end of ten minutes. If the center of the steak be red, and not purple, and the outside of a fine brown, it is done. Remove to a hot platter, pepper, salt and butter well on both sides. Fit a close cover on the dish and set in the open oven for five minutes to draw the juices to the surface.

BEEFSTEAK AND ONIONS—Heat a frying-pan until quite hot, and place the steak in it, adding no fat at all. (Or, broil it over a clear fire.) Cook until the meat is either rare or well done, as may be preferred. If the finer cuts are used, care must be taken that the meat is not cooked too long, but the round will need to be fairly well cooked to make it juicy and tender. Remove the steak to the serving dish. Slice the onions thin and turn them into the pan in which the steak is cooked. (Or, if the steak is broiled, put them in a pan of some kind using beef drippings and cooking until nicely browned.) Cover the pan, and cook the onions slowly in the juices from the steak until they are tender; then lift them out and place them on top of the steak. Add a litle water to the juices in the pan, and thicken the gravy with a little flour or cornstarch wet in a little water. Season with salt and pepper, cook a fine brown, and pour over the onions and steak.

BEEFSTEAK AND OYSTERS—Broil a nice steak in the usual way. Set one quart of oysters with a very little of their juice over the fire; when they come to a boil, remove any scum and stir in three tablespoons of butter in which one tablespoon of sifted flour has been rubbed. Boil one minute, pour over the steak, and serve at once.

STEAK WITH CANNED MUSHROOMS—Mix one tablespoon of butter with one tablespoon of flour and stir in, gradually, one half pint of brown stock. When at the boiling point, add a teaspoon of caramel, salt, pepper, a tablespoon of some standard brand of mushroom catsup and a large cup of button mushrooms. Keep this sauce hot while steak is being broiled. Place steak on large platter, pour over the mushroom sauce and garnish the dish with French fried potatoes.

BAKED HAMBURG STEAK—Finely chop one and one-half pounds of raw fresh meat; add two cups of bread soaked in milk, one small minced onion, salt, pepper and ginger to taste, and two eggs; then roll the mass into a square. Boil four eggs until hard, arrange them end to end across the middle of the meat, and roll the latter about them. Place the roll in a baking-pan, pour over it a sauce composed of tomatoes, onions, a large piece of butter and a little water, and bake, basting frequently. Slice the roll crosswise for serving.

HAMBURG STEAK (Broiled)—Have the butcher chop very fine two pounds of the round of beef, and a little suet. Press it into a flat steak about three-fourths of an inch thick, sprinkle with salt, pepper, a little onion juice, if liked, and flour, lay it in a fine wire broiler, and broil the same as beefsteak. Spread with butter and serve on a hot dish. This steak is sometimes shaped into small, thin, flat cakes and fried in a frying-pan, a little pork-fat or butter being used to keep the meat from sticking to the pan. A gravy is then made by thickening the juices in the pan, a little water being added before the thickening.

PLANKED STEAK—Select a steak almost two inches thick, trim off fat and make the outline of the steak good. Sear it on both sides on a hot griddle or pan, using no fat of any kind. Butter a plank of the correct size, arrange a border of Duchess potatoes and place the steak on the plank. Also have on hand various kinds of cooked vegetables such as stuffed tomatoes or green peppers, small boiled onions, peas, string beans and cubes of carrot or turnip. Ar-

range these around the steak so that the board is entirely concealed. Place in the oven until the potato border is nicely browned and all the vegetables re-heated. On removing it from the oven, spread at once with butter into which has been rubbed finely chopped parsley, salt and paprika. Send to table upon the plank.

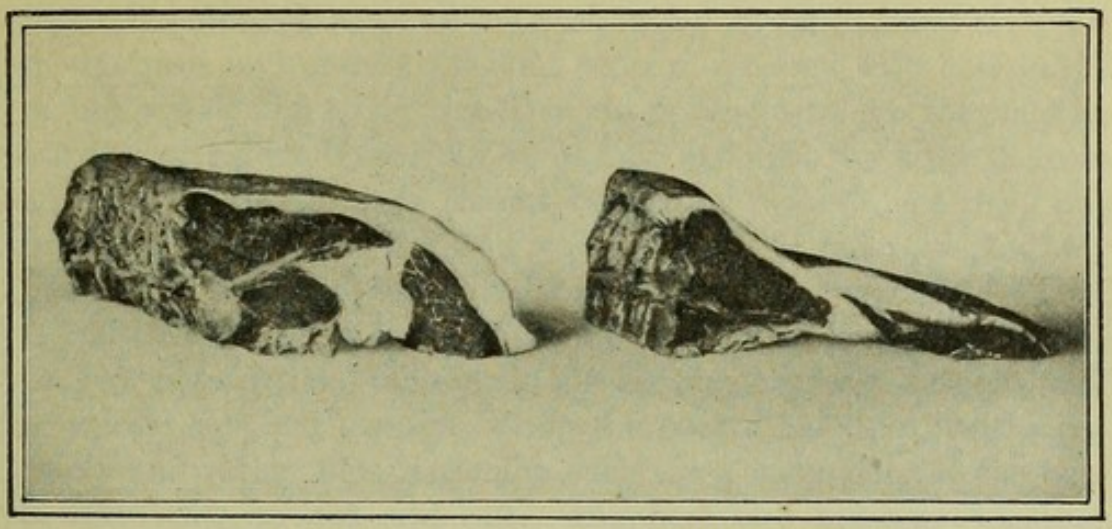
FRICASSEE OF BEEF—One and one-half pints of cold meat; one pint of water; three tablespoons of butter; one and one-half teaspoons of salt; one-third teaspoon of pepper; two tablespoons of flour; one teaspoon of onion juice. Have the meat cut in generous slices. Season it with one teaspoon of salt and half that much pepper. Put the butter in a frying-pan and set on the fire; when it becomes hot add the flour and stir until smooth and brown; then draw back to a cooler place and gradually add the water, stirring all the time. Put the pan back on the hot part of the stove and season the sauce with the remaining salt, pepper and the onion juice. Simmer for five minutes; then add the cold meat and cook gently for three minutes, if it be rare beef, mutton or game; but if the meat be veal or poultry, it may cook longer. Serve on a hot dish with a border of rice, mashed potatoes or toast.

BEEF LOAF—Mix thoroughly four pounds of chopped round steak with two unbeaten eggs, one pint of bread crumbs, two tablespoons of chopped parsley, a saltspoon of pepper and two teaspoons of salt. Place in a bread pan and press firmly until it is molded to the shape of the pan. Run a sharp, thin knife blade around the loaf, turn it out into a roasting-pan, place in a moderate oven and bake for about two hours, basting every quarter of an hour with hot stock. Cut in thin slices, and serve cold, with horseradish.

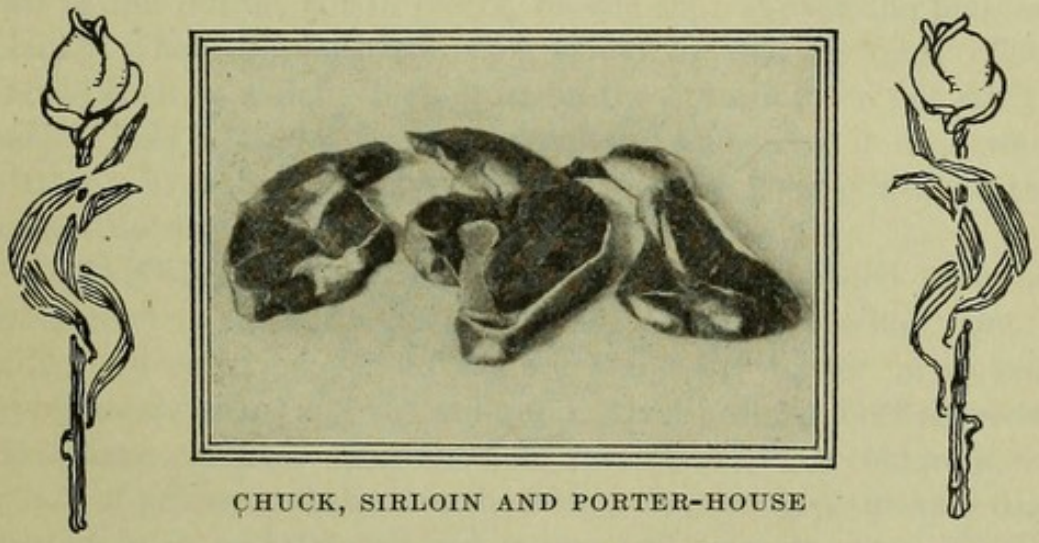
A hard boiled egg may be molded in the center of the loaf to show prettily when sliced.

BEEFSTEAK PIE—Cut rump or flank steak into strips two inches long by one wide. Put them, with the bone, into just enough water to cover them and stew until partly done. Line a baking dish with pie paste; put in a layer of meat with a little thinly sliced onion, salt and pepper; next a layer of sliced boiled potatoes with a bit of butter on each slice. Now alternate the steak and potato layers until the dish is full. Thicken the gravy with browned flour and pour in; put on a top crust, brush it with beaten egg and bake until quite brown.

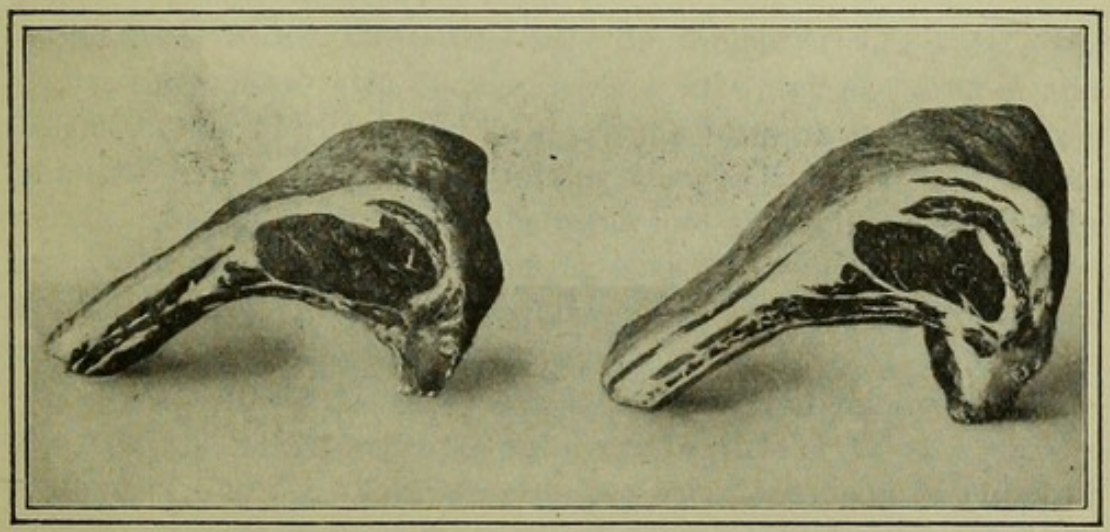
BEEF HASH—Chop, not too fine, cold steak or roast beef and twice the quantity of cold boiled potatoes. Put a piece of butter



PORTER-HOUSE AND DELMONICO STEAKS



ÇHUCK, SIRLOIN AND PORTER-HOUSE



FIRST AND SECOND CUTS, PRIME RIB ROAST

large enough to season well the hash into a frying-pan and then put in the meat and potato, salt and pepper; moisten with beef gravy or hot water, and cover; let it steam or heat through thoroughly, stirring occasionally to mix it evenly and also to keep it from sticking. When done it should be neither watery nor dry, but just firm enough to stand well when dished. If onion is liked, fry two or three slices in the butter before the hash is added.

CORNED-BEEF HASH—One pint of chopped beef; one pint of cooked potato; one tablespoon of butter; one-half cup of milk or water; salt and pepper. Chop the potato and the meat separately and rather fine, seasoning each when chopped. If the beef is very salt, do not add salt. Mix beef and potatoes together lightly. Pour the milk in a frying-pan with half the butter, and when warm, turn in the hash, spreading it evenly, and placing the rest of the butter, cut in pieces, on the top. Cover the pan, and place it where the hash will cook slowly for half an hour. There should then be a rich, thick crust on the bottom. Do not stir the hash. Fold it the same as an omelette, and place it on a warm platter. This slow process of heating the hash gives it a flavor that cannot be obtained by hurried cooking.

CREAMED DRIED BEEF—One-half pound of dried beef; one tablespoon of butter; one tablespoon of flour; one-half pint of milk; two eggs; pepper to taste. Place the butter in a small frying or stewpan, add the milk and, when hot, the beef shredded. Cook three minutes. Rub the flour smooth in a little cold milk, add a dash of pepper and stir into the beef. As soon as it thickens draw the pan back, add the well beaten eggs and serve at once. The hot gravy will cook the eggs sufficiently.

SMOKED BEEF TONGUE—Soak the tongue in cold water over night; then place it in enough fresh cold water to cover it and boil slowly for five hours. Drain, lay in cold water for two or three minutes, remove the skin, trimming the thick end of the tongue neatly, and again place it in hot water for a few moments. Drain and lay on the serving dish, pouring over the meat one-half pint of Spanish sauce. Add a sherry-glass of sherry and ten chopped mushrooms just before serving.

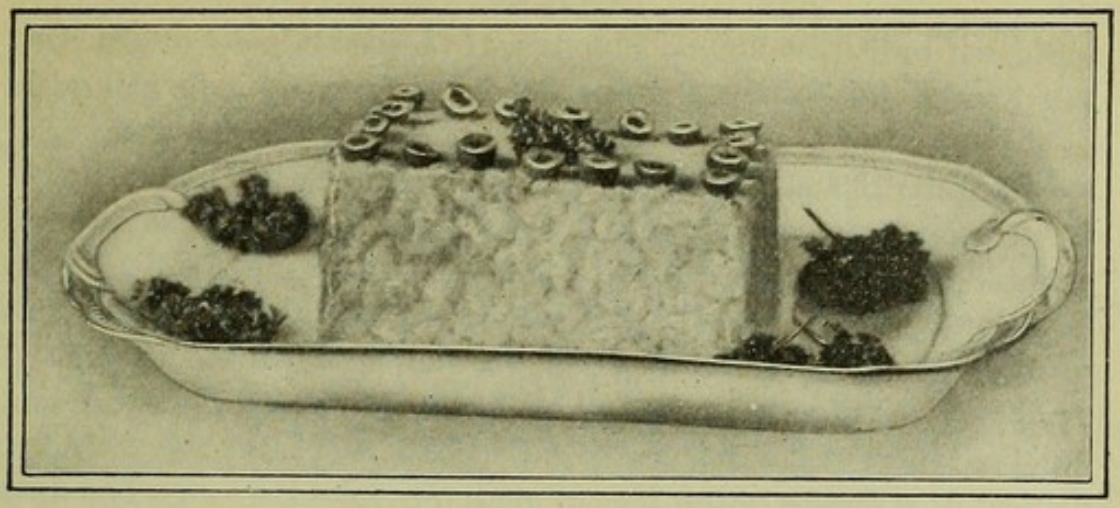
STEWED BEEF HEART—Wash the heart well, remove the muscles from the inside, and take out every particle of blood. Make a stuffing of one cup of bread crumbs; one tablespoon of chopped onion; one tablespoon of chopped celery; one tablespoon of butter;

salt and pepper to taste. Mix these ingredients well together and stuff the cavity of the heart with them. Tie the heart about with twine, and wrap it in a cloth, sewing the ends together to keep the stuffing in. Place in a small stewpan, with the point of the heart down, and nearly cover with water, boiling hot. Place the lid on the pan, and simmer gently for three hours. When done there should be about one pint of water in the pan. Remove the cloth and place the heart on a platter. Add a little water to the pan, thicken the juices with a small quantity of flour or cornstarch wet in a little water, and season with salt and pepper. Pour the gravy over and around the heart.

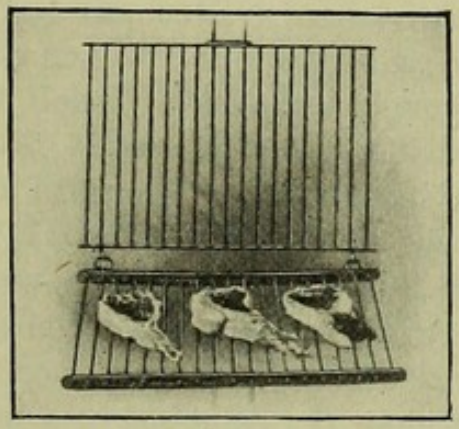
STUFFED BEEF—The meat is cut one inch thick from the entire round, both upper and under cut. Lay this slice of meat on a baking board, sprinkle over it a cup of chopped suet, and add a layer of plain, dry stuffing made of grated or crumbed bread seasoned with butter, salt, pepper and a bit of chopped onion. Roll tightly and tie with wrapping twine. This part of the work may be done on the previous day, the meat being set in a cold place. When ready to cook, place a flat-bottomed iron kettle on the stove add one-half cup of suet, and when very hot flour the meat thickly and lay the roll in the kettle to brown. Turn from side to side until well browned, then add hot water nearly to cover, and stew slowly for three hours. This browning process crusts over the meat and keeps in the juices. Cover the kettle while the meat is cooking. When done, lift out the meat, thicken the juices in the bottom of the kettle, pour over the meat and serve. This meat may be baked in the oven, browning in the baking-pan, then adding the water and baking. If a braising pan is at hand, use it, as the meat will then need but little attention. If such a pan is not used, baste often during the cooking. Make a gravy and pour over.

LAMB

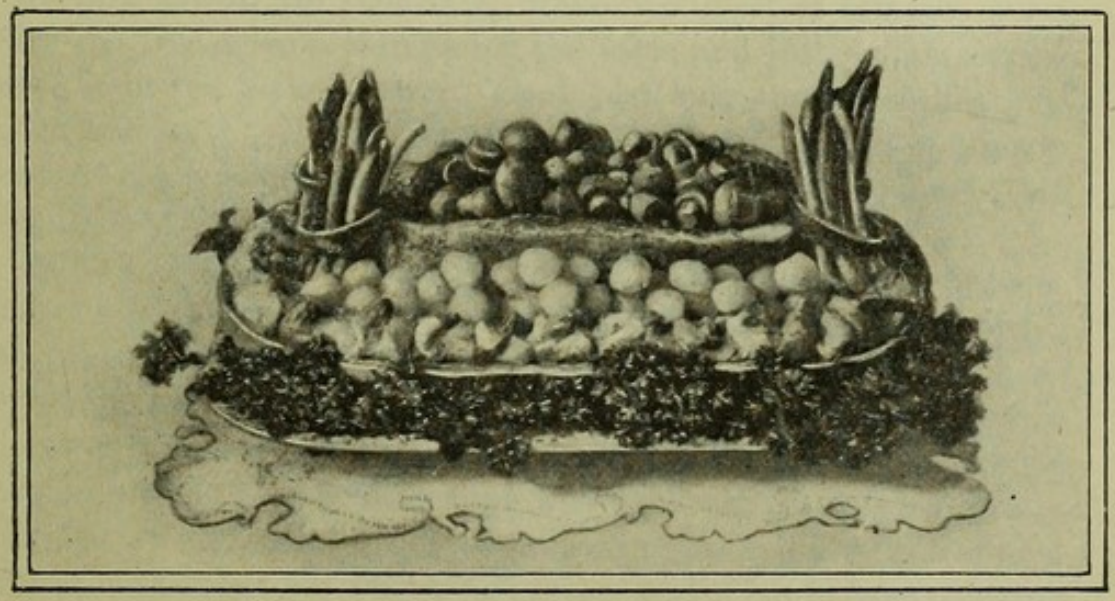
BROILED BREAST OF LAMB—This is a very delicious dish, but the broiling must be done carefully. The fire should not be too bright or the meat will soon scorch. Lay the inside of the meat toward the fire first and broil very moderately, turning the meat often. When done, butter slightly, and season with salt and pepper. The breast of lamb is sold in most markets



MOLD OF RICE FILLED WITH CHOPPED MEAT



ALL READY TO BROIL



BROILED STEAK À LA MODE

with the fore-leg attached; this should be cut off before the piece is broiled, for, being so thick in comparison with the rest of the piece, it is difficult to cook it sufficiently.

FRENCH CHOPS—These are cut from the ribs and trimmed by the butcher, who removes all the fat and scrapes the bones clean for a little distance from the end. Broil over a quick fire, adding salt, pepper and butter before serving. They may also be cooked by frying, in which case they are first seasoned with salt and pepper and dipped in beaten egg and then in cracker crumbs.

LAMB OR MUTTON CUTLETS—Take the cutlets from the loin, trim and remove the fat; dip them in cold water, season with pepper and sprinkle flour also, on both sides. Wet the inside of a thick saucepan with cold water, leaving about two tablespoons of the latter in the pan. Lay the cutlets in flat, place over a gentle fire and simmer slowly and carefully for one hour or more, turning the cutlets when half done. Unless cooked slowly the cutlets will not be tender or good. There should be sufficient gravy to serve with them. If not, a little more water should be added.

ROAST LAMB, WITH MINT SAUCE—If the roast is from the breast, make a stuffing as directed for a rolled shoulder of mutton and fill the place made for the stuffing. Wipe the meat, dredge with salt, pepper and flour, and roast on a rack, basting often and allowing fifteen minutes to a pound. If more fat is required for basting, use butter. Serve hot on a platter with mint sauce. See Chapter on Sauces for Fish, Meats, Poultry and Game.

ROAST LAMB IN TOMATO—Make one quart of tomato sauce. Slice cold roast lamb thin as for the table and just before serving place it in the boiling sauce. Cook just long enough to heat the meat, and serve. The secret of making an inviting dish of already cooked meat is in not forgetting that it is cooked enough. It should only be heated through.

ROAST CROWN OF LAMB, OR MUTTON—Have your butcher pick out two loins containing ribs and have him arrange the "Crown" for you by scraping the meat from the bone between the ribs, as far as the lean portion, and trim off the backbone. Shape the two pieces so that they will meet in a circle or "Crown" having ribs outside. The two pieces forming this circle should be sewn firmly together at the ends. Ends of projecting bone must be trimmed evenly and not left too long. To prevent end of bones from charring while roasting, cap each one with a cube of fat salt pork covered

with a twist of oiled paper—these to be removed with the cubes of salt pork before serving. Dissolve a teaspoon of salt in a half cup of water and pour over the roast when in the pan. Roast for about one hour. Serve on platter, border with green peas and fill the center of the "Crown" with mashed potatoes.

BAKED LEG OF MUTTON—Wipe the mutton with a damp cloth, sprinkle it with salt, pepper and flour, and place on a meat-rack in a roasting-pan; roast in a hot oven, allowing fifteen minutes to a pound. Baste every fifteen minutes, dredging with a slight sprinkle of flour, salt and pepper at each basting. When done place on a platter. Place the dripping-pan upon the top of the stove, and drain off all but one tablespoon of the fat. Add a little flour and stir until a nice brown, after which add boiling water, stirring constantly, until the gravy is of the desired consistency. Strain and send to table in a sauceboat. Serve with currant or other tart jelly.

BOILED LEG OF MUTTON, WITH CAPER SAUCE—Put the mutton in a kettle, pour over it hot water sufficient to cover and add a cup of well washed rice, which will render the mutton whiter and more tender. When the water boils, skim it carefully, and allow it to boil rapidly fifteen minutes; then set the kettle where the boiling will be gentle but constant, and allow fifteen minutes to each pound, if the meat is desired rare. Serve with caper sauce.

MUTTON CHOPS—Mutton chops should not be less than one inch thick. They should be oiled on both sides and broiled, being turned very often. Have them slightly underdone, and serve on a hot chop dish, garnishing with French fried potatoes and sprigs of parsley.

FRIED MUTTON CHOPS—Have some chops without much fat, dip them in egg, roll them in cracker crumbs, and fry them in hot lard and butter mixed. For the gravy, mix one tablespoon of flour in a little cold water until free from lumps, stir into the gravy and pour over the chops, or serve with tomato sauce.

SADDLE OF MUTTON, OR LAMB—This cut of meat should always be prepared at the butcher's. Before cooking, wipe thoroughly, sprinkle with salt and pepper and at last moment dredge with flour. Sprinkle flour on bottom of dripping-pan, place the saddle on rack and bake in hot oven an hour or more, according to size, basting every fifteen minutes. Serve with mint sauce or currant jelly. Do not use a made gravy for this dish.

SCALLOPED MUTTON—One pint of cold, chopped meat; one-fourth teaspoon of pepper; one teaspoon of salt; one tablespoon of butter; one teaspoon of flour; one cup of water. Chop the meat rather coarsely, and add the salt and pepper. Heat the butter, and stir in the flour; when richly browned, add the water, and season the gravy thus made with salt and pepper. Arrange alternate layers of meat and gravy in a baking-dish, using three layers of gravy and two of mutton, thus ending with gravy. Cover the top with a slight sprinkling of bread crumbs, and bake twenty minutes in a hot oven. This dish may be prepared the day before, if needed for breakfast, and set in a cold place.

HAGGIS—To make haggis, the famous Scotch dish, proceed as follows: Carefully wash a lamb's head, heart, liver, kidneys and sweetbreads. Place the head, heart and liver in a kettle, cover with cold water, let them simmer for two hours, and set aside to cool. When they are cold, remove all fat and bones, and chop the meat rather fine. Parboil the sweetbreads, remove the tubes from the kidneys and add the breads to the hash; then add one grated onion, two tablespoons of chopped parsley, and salt and pepper to taste. Heat the mixture over a moderate fire, being careful not to stir too much. When ready to serve, add one gill of good cream, and turn out the preparation upon the center of a platter. Place the sweetbreads, browned in butter, on top, and serve with brown bread.

CURRIED MUTTON—Prepare one pound of cold tender mutton, by cutting it in small square pieces. Heat two tablespoons of butter boiling hot and in it brown lightly two ounces of finely minced onion; add one ounce of curry powder and one saltspoonful of salt and stir all thoroughly together over the fire. Now add the mutton and just enough stock or broth to soften but not to liquify the mass. Stir gently ten or fifteen minutes, pile it on a dish, surround it with rice and serve.

HASH PIQUANTE—Make a sauce as follows: Peel and slice two onions and fry in two tablespoons of butter till well browned. Now add one-half pint of good stock, one dessertspoon of worcestershire sauce, one of tarragon vinegar, and one heaping teaspoon of curry powder, a little sugar and salt and pepper. Let the mixture come to a boil, and then simmer, stirring occasionally, for one-half hour. Thicken it with one tablespoon of flour mixed to a smooth cream in just sufficient cold stock to moisten, letting it boil well.

Put into this sauce one pound of cold mutton, sliced and freed from all fat, skin, etc., and just heat through. Serve with potatoes or round croutons of toast.

MUTTON STEW—Take three pounds of shoulder of mutton; one-half pound of salt pork; one large onion; one cup of milk; two tablespoons of flour; salt and pepper. The inferior parts of the sheep will do well for this dish, which makes an economical dinner. Trim the mutton of every particle of fat, and cut it into pieces one-half the size of a teacup; nearly cover with hot water, place it on the fire and let it simmer slowly, closely covered, for one-half hour. Then add the pork and onion, season to taste with salt and pepper, and stew slowly until the meat is tender. Lift the meat out with a skimmer, place it on the serving dish, and add the milk to the gravy in the kettle. When the gravy is hot, add the flour stirred to a paste with a little cold milk. When these are well cooked together, taste the gravy, and add more seasoning if necessary; then pour it over the mutton, and serve. If green corn is in season, add the grains from six ears one-half hour before the stew is done.

IRISH STEW—For Irish stew, take the following: two pounds of potatoes; two pounds of neck of mutton; four onions; one-half pint of hot water; pepper and salt. Cut the mutton into pieces, and arrange in a stewpan in alternation with the potatoes and the sliced onions. Sprinkle with salt and pepper, and add the hot water. Cover closely, and let the stew cook gently for two hours, shaking the pan occasionally. Serve very hot.

VEAL

ROAST VEAL—Wipe the meat, dredge with salt, pepper and flour, and place it in a pan, with some butter or slices of salt pork or bacon, to provide basting fat. Roast, allowing from twenty to thirty minutes for every pound of veal. Baste every twenty minutes, using the liquid in the bottom of the pan for basting, as soon as there is sufficient. Make a gravy the same as for any roast, using the liquid in the pan.

STUFFED BREAST OF VEAL—Make an incision between the ribs and the meat to form a cavity, in which to place the stuffing. The butcher will, however, prepare the veal for stuffing, if ordered to do so. Use for the dressing one cup of bread crumbs; one-fourth

pound of fat salt pork; one teaspoon of sweet marjoram; one teaspoon of thyme; one teaspoon of salt; one-fourth teaspoon of pepper. The pork should be chopped very fine and should make about a large tablespoon when chopped. Butter may be used in its place, if preferred. Roast the same as plain veal.

BRAISED VEAL—Select about five pounds of shoulder; remove the bone and tie the meat together to make it firm. Heat hot, in a kettle or stone crock, butter the size of half an egg and a few shavings of onion. Then season the veal with salt and pepper, put it into the kettle and cover tightly. Cook over a medium fire until the meat is well browned all over, turning it occasionally. Now set the kettle back where the contents will simmer slowly for two and one-half hours; but before doing so, should there not be enough gravy from the meat, add about two tablespoons of hot water. Serve hot with the hot meat. When cold the gravy will form a jelly to serve with the cold meat.

FRICANDEAU OF VEAL—This is a thick piece of lean meat cut from the top of the leg. It is always trimmed high in the center, and thin at the outside, making really a little mound of meat. Lard the top, and braise it in a braising pan the same as braised beef. When done, dish the meat, slightly thicken the juices in the bottom of the pan, strain, and turn the gravy over the fricandeau.

ROLLED VEAL (Loin)—About six or eight pounds of veal is the proper quantity for this dish. Have the kidney end of the loin cut into a long shape like a flap, and carefully boned. Line it with slices of boiled ham and two sliced hard boiled eggs. Remove all the skin and fat from the kidney, chop fine and mix with two handfuls of fine bread crumbs, a small quantity of finely chopped thyme and parsley, the grated rind of a lemon, pepper, salt and a little mace. Bind together with an egg and spread it over the veal on top of the sliced ham and eggs. Roll the piece and fasten tightly with skewers or in any convenient way. Roast in a moderate oven for one hour or so, basting with plenty of fat or dripping to prevent its drying. Then put some good stock in the pan with the veal (a couple of inches in depth) cover the pan and allow the veal to stew gently two or three hours. Serve with a rich brown gravy or sauce. Rolled veal is also good cold.

VEAL CUTLETS WITH CREAM GRAVY—Wipe the cutlets, sprinkle them with salt and pepper, dip them first in beaten egg and

then in fine bread or cracker crumbs, and fry in drippings until brown. The cutlets should be thoroughly browned on both sides. Place them on a platter, add cream to the gravy in the pan, and thicken slightly with one tablespoon of flour wet in a little water.

VEAL CUTLETS WITH BACON—Neatly trim the cutlets so that they will be of one size and shape and then beat them with the rolling-pin until they are a little more than a quarter of an inch in thickness. Dip each cutlet into beaten egg and then into fine dry bread crumbs seasoned with salt and pepper. Place them in a pan, well greased. Fry gently until done on one side; turn and fry the other side. When done serve with slices of bacon.

BREADED VEAL CUTLETS WITH TOMATO SAUCE—Roll the cutlets in fine crumbs, salted and peppered; dip into beaten egg, then again in crumbs. Set on ice until firm, and fry. Cook slowly after the first five minutes. Underdone veal is unwholesome and unpalatable. Serve with tomato sauce.

VEAL STEW, OR POT PIE, WITH DUMPLINGS—The ends of the ribs, the neck and the knuckle may be utilized for a stew. Take three pounds of veal; two small onions; five potatoes; one tablespoon of butter; one cup of milk; salt and pepper. Cut the meat into pieces the size of a teacup, and place them in a kettle with the onion, salt and pepper and enough water just to cover them. Simmer gently until the meat is tender, about an hour being generally sufficient. Strips of salt pork are sometimes cooked in with the veal and add much to the flavor. Half an hour before serving add the potatoes, cut in halves, and boil them with the meat. Use for the dumplings; one pint of flour; one-half a large tablespoon of lard; one teaspoon of baking-powder; one teaspoon of salt; milk to moisten. Stir the baking-powder and salt into the flour, and rub in the lard with a spoon until the whole is thoroughly mixed. Add enough milk to moisten the flour, and make a dough, taking care not to make the mixture too wet. Flour the baking-board, roll the dough out an inch thick, and cut out as for biscuit. Put the pieces on a plate, set the plate in a steamer over the steam, and steam twenty minutes. When the dumplings are done, place them on a platter, and with a skimmer lift the meat and potato from the kettle and lay them on the platter. Add the milk and butter to the gravy in the kettle, and thicken with a little flour stirred to a thin, smooth paste with water. Pour the gravy over meat and dumplings. If the stew should seem quite boiled down, the dump-

lings should be steamed over a separate kettle of boiling water, as the rapid boiling necessary for their cooking reduces the stew very much. Another mode of cooking the dumplings is to boil them in with the stew; but they are very apt to be heavy unless served the moment they are done. Steamed dumplings can always be relied upon to be light.

VEAL COLLOPS—Cut veal in pieces size of an oyster, dip in egg, roll in cracker crumbs, and season with salt and pepper. Fry as you do oysters in hot lard or butter.

VEAL LOAF—This dish may be served cold, or hot, with the sauce given below; two and one-half pounds of veal; one-half pound of salt pork; two teaspoons of salt; one-half teaspoon of pepper; one teaspoon of chopped onion; one-half cup of cracker crumbs; one-fourth cup of water or stock; one egg; two tablespoons of butter; one-half teaspoon of sage. Chop the veal and pork very fine and add all the other ingredients, except the butter. Mix all well together with the hands. Butter a small pan or deep pie tin, and press the mixture into it like a loaf, making it about three inches high. Cook for two hours in a rather hot oven, basting with another half cup of water or stock in which the butter has been melted. Serve with the following sauce: two tablespoons of butter; two tablespoons of flour; one cup of milk; salt and pepper to taste. Heat the butter hot and stir in the flour. When well browned, draw the pan back and slowly add the milk. Boil for three minutes stirring all the time; add salt and pepper and set back to keep hot. Pour into the sauce the gravy that remains in the pan after baking the loaf, and having stirred the sauce well, turn it over the loaf and serve.

VEAL AND HAM—These are often dressed together. Heat the frying-pan hot, and fry the ham, using no fat unless the meat is unusually lean. When the ham is cooked, place it on the serving dish, and cook the veal in the juices left from the ham, frying without covering until it is a deep brown. After the veal is done, add a little water to the gravy, season with pepper and salt if needed, and pour it without thickening over the meat.

STEWED VEAL KIDNEYS—Beef kidney may also be used. Cut out the hard, white substance and fat inside the kidneys, wash them well and soak them three or four hours in cold water, changing the water as soon as it becomes cloudy. Then set the kidneys upon the fire in a granite pan, add enough cold water to cover them and

heat slowly. When just at the boiling point pour off the hot water and again just cover them with cold water, once more heating slowly and again changing the water when hot. Change the water in this way three times and after the third changing cook slowly for twenty minutes if the small kidneys are used—forty minutes if using a beef kidney—then set away to cool. If the stew is to be used for a breakfast dish, this preliminary cooking must be done the day before. When ready to prepare, separate all the cords and veins from the kidneys, leaving only the lean part. Cut this into small pieces and for every three cups of meat allow the following: two cups of water; two bay leaves; two teaspoons of butter; two tablespoons of flour; four slices of lemon; salt and pepper to taste. Place the chopped kidneys in a granite pan, add the bay leaves, the water and the slices of lemon and stew gently for twenty minutes. When ready to serve remove the bay leaves, add the flour, rubbed smooth in the butter, season with salt and pepper, and when thickened to the consistency of cream serve on a hot dish.

VEAL PIE—Put small pieces or slices of veal in a stewpan and cover with hot water; throw in a tablespoon of salt and set the pan over the fire; remove the scum as it rises and when the meat is tender put it on a platter to cool. Take out all the bones and lay enough meat in an earthen pudding dish lined with pie paste to half fill it; scatter bits of butter as large as hickory nuts over the meat; add, generously, some pepper, then dredge with flour until white; now fill nearly to the top with some of the meat liquor. Roll out a cover of puff paste, nearly one-half an inch thick add, slash at the center and sides, and bake one hour in a quick oven. If one-half pound of good corned pork or sweet ham is cut in thin slices and parboiled with the veal a nice flavor is added and very little, if any, butter need then be used, nor is any other salt necessary. Hard boiled eggs cut in slices and arranged in layers on the veal and ham are an addition to this dish.

CALF'S LIVER AND BACON—Cut the bacon in very thin slices, place them in a hot frying-pan, and turn constantly until all are crisp; then take them up and keep hot. Cut the liver one-fourth of an inch thick, wash it in cold water, and dry on a napkin. Place the frying-pan where the heat will not be so great as when the bacon was cooked, and fry the liver ten minutes, turning it frequently. Place the liver in the center of the platter, with the bacon around

it as a garnish. Stir a tablespoon of flour into the hot fat in the pan and stir until brown. Set the pan back and gradually add enough boiling water to make the gravy. Season with pepper and salt, and pour the gravy over the liver and bacon. Slow cooking spoils bacon, and rapid cooking hardens and toughens liver.

BAKED CALF'S LIVER, WITH STUFFING—Wash the liver well in cold, salted water. Make an incision in the thickest part with a long, narrow, sharp knife, enlarging the aperture where the blade enters as little as possible, but moving the point of the knife to and fro to increase the size of the cavity inside. Fill with the following stuffing: One pint of bread crumbs; one tablespoon of butter; one teaspoon of salt; one-fourth of a teaspoon of pepper; one-half a small onion; sage, celery and parsley, if at hand. Chop the onion fine, place it in a bowl, and pour scalding water on it. Let it stand only one-half a minute, then pour the water off; this takes away the very rank taste of onion. Rub the butter well into the crumbs, using the hands; this should be done at least one-half hour before the stuffing is needed, as the flavor will be greatly improved by the butter and crumbs remaining together for a time. Add one teaspoon of each of the herbs, if they are available, and also the onion, salt and pepper; the stuffing is then ready to use. After filling the liver with stuffing, season with salt and pepper, and flour it. Place it in a roasting-pan, adding a little water, and lay strips of fat pork over the liver. Roast for one hour. Baste every twenty minutes, the first time with one-half pint of water in which has been placed a tablespoon of butter, and afterward with the gravy in the pan. When the liver is done, place it on a hot platter, thicken the gravy in the pan the same as for any roast and pour it around and over the liver.

BOILED CALF'S FEET—Bone two calf's feet as far as the first joint and soak in warm water two hours. Now put into a stewpan two slices of bacon, two tablespoons of butter, two of lemon juice, some salt and whole pepper, one onion, one bunch of savory herbs, four cloves and one blade of mace; lay the feet in and add just enough water to cover. Stew gently for about three hours, remove the feet, and serve them covered with parsley and butter. The stock from the feet should be strained and reserved for use. It will prove a good addition to gravies, etc.

CALF'S HEAD CHEESE—One calf's head; one teaspoon of salt;

one teaspoon of summer savory; one tablespoon of chopped parsley; one teaspoon of chopped onion; one teaspoon of sweet marjoram; one-fourth teaspoon of pepper; one teaspoon of sage. Place the head in enough hot water to cover it, and simmer until the meat will leave the bone. Take out the head very carefully on a skimmer, remove the bones, chop the meat, and add the seasoning. Have ready a small bag made of cheesecloth, pack the mixture into it, tie the bag tightly, and hang it away to cool. When cold, turn the bag wrong side out, off the meat. Cut the cheese into thin slices and serve.

BAKED CALF'S HEAD—Clean and boil a calf's head until tender, cut it in two and temporarily set aside the best half. Remove the meat from the other half, cutting it into uniform pieces about the size of an oyster. Over the uncut half, place bits of butter as large as hickory nuts; sprinkle with pepper and then dredge with flour until it is white. Now place it in a dripping-pan on bars or muffin rings, pour in a cup of water, put it into a hot oven, turn occasionally so that it will brown evenly, basting once or twice. In the meantime dip the cut pieces in flour or batter and fry a delicate brown in hot lard or beef dripping; season with salt, pepper and slices of lemon, if liked. Remove the roast to a hot dish, lay the fried pieces around it and cover with a tin to keep it warm. Put the gravy from the dripping-pan into the pan the pieces were fried in, add the lemon slices and one tablespoon of browned flour; also, if needed, a little hot water. Boil up once, strain and serve with the meat.

STEWED HEART—This breakfast dish is cheap and delicious. Small hearts are used in its making. One calf's heart will be enough for four persons. Wash the hearts, place them in a kettle with enough boiling water to cover them, and let them cook slowly for one and one-half hours; then take them from the fire, remove all the fat, and set aside to cool. When the dish is intended for breakfast, this boiling must obviously be done the day before. In the morning cut the hearts into small pieces, removing all the cords and artery cases, and using only the lean portions. To one heart which will make about one and one-half cups of meat when cut) allow the following: One-half teacup of water; one bay leaf; one teaspoon of butter; one tablespoon of flour; three slices of lemon; salt and pepper to taste. Place the chopped heart in a granite-ware stewpan, add the water and bay leaf and a dusting of salt

and pepper, and stew gently for ten minutes. Rub the flour and butter together, add them with the lemon, stir thoroughly for five minutes, and serve at once.

SWEETBREADS

THE treatment of sweetbreads when first received from the market is of the utmost importance and is always the same. Parboil in salted water for twenty minutes, never allowing them really to boil. Immerse in cold water in which has been poured a little vinegar or lemon juice. In an hour the sweetbreads will be perfectly firm and ready to be prepared in any of the following ways, first, however, removing the little strings and membranes which are easily detached after parboiling.

BROILED SWEETBREADS—Soak in tepid water one-half hour; throw into hot water to harden and whiten; then draw off the outer casing, remove the little pipes and cut into thin slices, roll in beaten egg, then in cracker crumbs and broil. Or, drop them in hot fat or butter and fry.

FRIED SWEETBREADS—Parboil and cut in even-sized pieces; sprinkle with salt and pepper, dip them first in beaten egg and then in bread or cracker crumbs, and fry in hot lard. When well browned on both sides, place them on a platter. Turn out part of the fat in which they were fried, leaving in the pan only one tablespoonful. Stir into this hot fat one tablespoon of flour, and stir well until frothy; then set the pan back a little and gradually add one cup of milk, stirring all the time. Season with salt and pepper, and cook about two minutes. Strain and pour over the sweetbreads. Fried sweetbreads are served in many ways. They are often dished with green peas, cooked rather dry and placed in a mound or little hill in the center of the platter, the sweetbreads being laid around. Macaroni may be boiled very tender and laid on the platter and the sweetbreads placed in the center, the pipes of the macaroni being laid about them like a little nest.

CREAMED SWEETBREADS—Parboil and cut two pairs of sweet breads into dice. Cook together in a saucepan two tablespoons, each, of butter and flour, and pour upon them a pint of cream. Stir to a smooth sauce, add the sweetbreads and cook, stirring steadily until very hot. Season with salt, pepper, and a teaspoon of minced parsley.

LARDED SWEETBREADS (Roasted)—Prepare sweetbreads as usual. Lard them with salt pork letting the ends of the strips curl over the edge of the sweetbreads. Lay in a roasting pan, pour over them one pint of seasoned stock. Cover and cook for one hour. Serve on toast. Thicken the gravy in the pan and pour around them.

MOCK TURTLE Ã LA MARION HARLAND—Boil and blanch a calf's head, take out the bones and let the meat and tongue get cold in the liquor. Do not let it remain long enough to jelly. As soon as the meat is firm take it from the stock, wipe dry, and cut with the tongue into neat dice an inch long, and half as wide. Make a gravy of a large cup of the pot liquor, thickened with butter rolled in browned flour and seasoned with lemon and onion juice, a teaspoon of caramel, a little salt and paprika. Put in the meat, and simmer fifteen minutes.

Have ready a sauce made by heating a cup of cream (adding a pinch of soda) and pour it, stirring all the time, upon the beaten yolks of three eggs. Stir and beat for one minute, and add to the meat and gravy. Now add a glass of sherry and pour all into a deep dish, in which you have laid a pile of turtle eggs made by rubbing together the yolks of three hard boiled eggs and the boiled brains of the calf, binding them with a raw egg and a little browned flour. They should be made into little marbles with floured hands and cooked in boiling butter for two minutes, then fished out and drained in a colander.

PORK

ROAST LEG OF PORK—Score the skin in squares, or in parallel lines running from side to side. Sprinkle the meat with salt and pepper, dredge lightly with flour, and roast slowly, twenty-five minutes to a pound. Pour off all but two tablespoons of the fat. Place the pan on top of the stove, and when hot, stir in two tablespoons of flour. Cook one minute, and add one pint of hot water, stirring constantly. Let the gravy cook three minutes, and season with salt and pepper. Those who do not object to a hint of onion in flavoring will find it a great addition to place a small onion in the pan while the meat is roasting. This, of course, is removed before the gravy is made; but it takes off the extreme "pig" flavor that is so disagreeable and noticeable in old pork.

ROAST SPARE RIB—Trim off the ends neatly, crack the ribs across the middle, and sprinkle with salt and pepper. When the meat is first put in to roast, cover it with greased paper until half done; then remove the paper and dredge with flour. In ten minutes baste once with butter and afterward every fifteen minutes with the gravy. This is a necessity, for the spare-rib is a very dry piece. Just before taking the pork from the oven, strew its surface with bread crumbs seasoned with a little powdered sage, salt and pepper, and a bit of onion minced as fine as possible. Cook five minutes, and baste once more. Make the gravy as directed for a roast leg of pork; strain, and pour it over the meat or serve in a gravy dish, as may be preferred.

Spare-ribs may be filled with the stuffing given for a little roast pig, half the quantity specified being used. The ribs are cracked crosswise the entire length in two places, the stuffing is placed in the center and the two ends folded over and tied.

ROAST LITTLE PIG—The pig should be about three weeks old. The butcher draws and scrapes it, but the cook must clean it. Cover the point of a wooden skewer with a piece of soft cloth, and work the skewer into the ears to clean them. Cleanse the nostrils in the same way, and also the vent near the tail. Scrape the tongue, lips and gums with a sharp knife, wipe them with a soft cloth, and take out the eyes. Wash the pig well with cold water, wipe dry, and rub a tablespoon of salt on the inside. Make the following stuffing: Three pints of bread crumbs; three teaspoons of salt; one-half teaspoon of pepper; one tablespoon of powdered sage; three tablespoons of butter; one chopped onion.

Mix well together, first rubbing the butter into the crumbs, and then adding the seasoning; and fill the body with the stuffing. Press the fore feet forward and the hind feet backward, and skewer them to position. Force the mouth open, and place a small block of wood between the teeth. Butter two sheets of paper and pin them about the ears. Sprinkle the pig with salt, rub it all over with soft butter, and dredge with flour. Then place it in the roasting-pan, and cook at least three and one-half hours, basting every fifteen minutes with butter or salad oil, and sprinkling lightly with salt and flour after each basting. Water should not be used, if the surface of the meat is desired crisp. Remove the paper from the ears during the last half hour. When ready to serve, remove the block from the mouth, inserting in its place a small ear of corn

or a small lemon. Serve apple sauce with this dish. In carving a roast pig, the head is cut off first, the meat split down the back, the hams and shoulders taken off and the ribs separated.

CROWN OR CORONET ROAST OF PORK—Select ribs of a young pig and have the butcher arrange and cut them as described in "Crown Roast of Lamb or Mutton" so that a ring will be formed with the scraped bones showing above the meat. Cover the tip of each bone with paper while roasting to prevent burning. When serving remove these papers and substitute a large cranberry as a finish to each bone, or a frill of paper may be used instead.

Roast as you would ordinary spare-rib and serve with mashed potatoes inside the "Crown" and a border of bright red steamed apples as a garnish. The apples should be of uniform size and steamed, rather than baked, to preserve their color.

ROAST CHINE—Although you cannot generally find the whole chine in the Northern markets, you can purchase a fair substitute in half a chine. The spine has been split and the cut has a one-sided look, but it makes an excellent roast. Lay the meat in your baking-pan, brush it over with raw egg, strew thickly with cracker crumbs, which you have seasoned well with pepper and salt, and bake in a good hot oven. When the meat is heated through, baste it with butter and water. The basting after that, which should be tolerably frequent, may be done with the gravy from the meat. After you take up the meat, set the gravy in cold water and remove the fat which rises to the top. Thicken the gravy which is left with browned flour, boil at once, season with catsup or worcestershire sauce and send to the table in a gravy boat.

FRIED PORK CHOPS—The pork chops are fried the same as mutton chops, and some cooks sprinkle a little powdered sage over them, also salt and pepper; then add a little flour to the gravy and pour over them. Fried apples are delicious served with the fried pork chops, also tomato sauce.

FRIED PORK POT-PIE—Take off the fat and crack all the bones of a spare rib; boil till tender, removing the scum as it rises, and then season with salt and pepper. Thicken the gravy about one-half hour before serving. Put into another kettle all the bones and most of the gravy leaving just enough in the first pot to reach one-half inch above the rim on which the pot rests; put the crust or dough in, cover tightly to prevent any steam escaping and keep

boiling continuously for three-fourths of an hour. Serve meat and crust from one dish with the gravy. To make the crust work into light dough a very small piece of butter; roll it out thin, cut into squares and leave on the molding board until very light.

PORK PIE—Cut two or three pounds of the thick end of a loin of pork into very thick slices three inches long by two wide. Put a layer on the bottom of a pie dish and sprinkle chopped parsley and onion, and salt and pepper over it; next another layer of pork and one of seasoning as before. Repeat till the dish is full, and then pour in a cup of stock or water and one or two tablespoons of catsup. Have ready a good plain paste. Put a strip of it around the edge of the dish, put on a cover of the same and set the pie in a rather hot oven. When the crust rises and begins to color, place the pie in the bottom of the oven, put a piece of paper over it and bake fully two hours. Some partly cook the meat before putting on the crust.

FRIED SALT PORK, WITH CREAM GRAVY—Cut the slices thin, and place them in a cold water. After they have soaked one hour, drain well and dry them on a napkin. Heat the frying-pan very hot. Place one-half cup of flour on a plate, and, dipping each piece of meat in it fry until crisp. Drain off all but two tablespoons of the fat and stir two tablespoons of flour into that remaining in the pan. Cook two minutes, stirring well; then draw the pan back on the range, and slowly add one pint of milk. When the gravy is smooth and well mixed together, cook only one minute, and add pepper, and salt also if needed. Turn the gravy over the meat and serve.

GRILLED SALT PORK—Cut thin slices from the thick, fat part of side pork. The slices should be clear white and thinly streaked with lean. Hold each on a toasting fork before a hot fire, immersing it frequently in cold water thus to remove the extra fat and make it delicate. Cover the slices, as cooked, in a warm pan and serve them hot when all are grilled.

SCRAPPLE—Scrape and thoroughly clean a hog's head; then split it and take out the eyes and brain. The butcher will, of course, do this for you if so directed. Clean the ears and scrape them well. Put all on to boil in plenty of cold water, and simmer gently for four hours, or until the bones will easily slip from the meat. Lift out the meat and bones into a colander, remove the bones and chop the meat fine. Skim off every particle of grease from the water in

which the meat was boiled, and return the chopped meat to the kettle and water. Season highly with pepper and salt and such powdered herbs as may be preferred. Now take a large wooden spoon and stir constantly, meanwhile adding enough corn meal and buckwheat flour, in equal quantities, to make a soft mush. Cook slowly one hour, stirring constantly, as the mush will scorch easily. Pour the mixture into dishes and keep it in a cool place, slicing it as needed.

SOUSE, OR PIG'S FEET—Clean the feet carefully, and pour over them hot water sufficient to cover. Boil slowly until the meat will separate from the bones; then take them up carefully on a skimmer, and place them in a stone jar, taking out the largest bones. Set the water aside in a cool place to be used later.

Allow one quart of strong vinegar to four good-sized feet and uppers (which are always sold with the feet). Place the vinegar on the fire, adding four bay leaves; one tablespoon of whole cloves; one tablespoon of broken cinnamon; one-fourth of a teacup of salt; two teaspoons of pepper; one-half onion, cut in eighths; one blade of mace.

Steep all these slowly in the vinegar for forty-five minutes, being careful that the vinegar does not boil rapidly at any time. Remove from the water in which the feet were boiled all the fat, which by this time will have formed in a cake on the top, and save it for cooking purposes. Add one quart of the water to the vinegar unless the latter is not very strong, in which case less water must be added, so that the vinegar will not become too much diluted. Strain the liquid through a sieve to remove the spice, etc., and pour it over the meat in the jar, helping it through the meat with a knife and fork, until the whole is thoroughly mixed together. Set the jar in a cold place for two days, when the souse will be ready for use.

PIG'S FEET—To prepare pigs' feet for any kind of cooking: scrape and wash them thoroughly and tie each separately in a piece of cheesecloth. Put them into a kettle or stewpan, cover with boiling water and add two tablespoons of salt for every eight feet. Let the water boil up once, then set back on the fire, simmer for six hours, then set off to cool. When cold, drain, but do not take off the cloth, and place the feet on a platter. The next day they will be ready for broiling, frying, or pickling.

To Broil Them: Split each foot, dredge with salt, pepper and

flour and broil over clear coals for ten minutes. Serve on a warm platter, seasoning them with butter, salt and pepper.

To Fry Them: Split and season well with salt, pepper and lemon juice; dip in beaten egg, then in bread crumbs and fry five minutes in boiling fat. Drain and serve immediately.

HEAD-CHEESE—Head-cheese (pork) is usually made of the head, ears and tongue. Clean the meat with the utmost care, and boil both the meat and bones in salted water until the former is very tender. Take out the head, place it in a colander to drain, and remove all the bones with a knife. Cut the ears in very thin slices and place them with the head meat. Season the whole to taste with salt, pepper, sage, sweet marjoram and any other herbs that may be available, also a little powdered cloves. Mix the mass well together, and pack it tightly in a bowl, interspersing layers of the mixture with slices of the boiled tongue. Press the whole into a compact shape, and cover it with a plate on which is placed a sufficiently heavy weight. The head-cheese will be ready to use in two or three days. It may be cut in thin slices and served with vinegar, and mustard, if liked; or it may be cut in slices, dipped in egg and cracker crumbs and fried.

BOILED TRIPE—Wash the tripe well through several boiling waters; then put it in cold water, and let it soak over night. Scrape again until white and clean. Tripe is usually sold in the city markets already cleaned. Boil the tripe in equal parts of milk and water for one-half hour, boiling at the same time and in the same water a couple of onions, which should be put in the water at least one-half hour before the tripe is put in to boil. Skim out the onions when perfectly tender, and make them into a sauce to pour over the tripe, as follows: Drain the cooked onions well and chop them very fine; then place them in one-half pint of hot milk, and season with butter, salt and pepper.

BROILED TRIPE—Cut honeycomb tripe into long pieces, and add a seasoning of salt and pepper; place in an oyster broiler and broil until of a nice brown. Lay on a serving platter and pour over it melted butter seasoned with the juice of a lemon and a sprinkling of chopped parsley.

FRIED TRIPE—Cut the tripe in squares, dip in beaten egg to which has been added a seasoning of salt and pepper, then dip in flour and fry in very hot lard. When of a light-brown, drain on soft paper and serve.

BAKED TRIPE—Cut honeycomb tripe into pieces about the size of a griddlecake. Spread each piece with a little bread and onion stuffing. Roll each and secure with a couple of wooden toothpicks. Dredge with flour and brush over with melted butter. Place in a dripping-pan and bake for a half hour, basting frequently with hot water in which has been melted a tablespoon of butter and which has been seasoned with salt, pepper and a little paprika. Squeeze a little lemon juice over the tripe just before serving.

TRIPE IN BATTER—Cut fresh or pickled honeycomb tripe in pieces for serving. Cover with boiling water and allow it to simmer for a quarter of an hour. Drain, and cover with equal parts of milk and water. When just beginning to boil, drain, wipe thoroughly, season with salt and pepper, brush with melted butter, dip into batter and fry in deep fat. The recipe for batter is as follows:

Into one-third of a cup of milk in which an egg has been beaten, stir a cup of sifted flour and one and one-half teaspoon of baking powder. Season with salt and pepper.

STEWED TRIPE WITH TOMATO SAUCE—One pound of tripe; one small onion; one pint of tomatoes; two tablespoons of flour; one-half tablespoon of butter; salt and pepper. Tripe as sold in the markets has been cleaned and partly cooked by steaming. Choose the honeycombed portions and the thick section. Wash the tripe carefully, cover with hot water, add the onion, cut in halves, cover the stewpan, and cook slowly for thirty-five minutes. The tripe will then be tender and soft, but long cooking will make it tough and hard. Place the tomatoes in a separate stewpan, cook them for ten minutes, strain through a flour sieve, and return to the pan. Wet the flour smooth in one-fourth cup of cold water, and when the strained tomatoes are boiling, add it, stirring all the time. This will thicken the liquid to a cream. Lastly, add salt and pepper to taste, and the butter. This sauce should be made while the tripe is cooking, and should be in readiness. When the tripe is cooked, drain well, place on a hot plate, and cut into slender strips. Then drain again, pressing the tripe gently between the back of a spoon and the plate to remove as much water as possible; and place it in the tomato sauce. Serve as soon as the sauce boils.

TRIPE À LA LYONNAISE—Cut two pounds of tripe into thin strips. Place in a frying-pan one ounce of butter, add a slice of onion and fry until colored. Then turn in the tripe, add a season-

ing of salt and pepper and a very little nutmeg. Stir and cook gently until all moisture is absorbed; then add two cups of strained tomatoes. To prepare the tomato, cook it for fifteen minutes in a small pan, then pass it through a fine sieve to remove the seeds. After adding the tomato, cook for five minutes, then turn on a platter, add a sprinkling of chopped parsley and serve.

BOILED HAM—Wash the ham thoroughly, put it on the stove in a kettle of cold water; let it come to a boil, then keep it boiling steadily until done; allow about twenty minutes to the pound; if it is to be served hot, peel off the skin and stick in a few whole cloves; if the ham is to be served cold, let it stand in the pot until the water becomes cold, then peel off and serve the same.

ROAST HAM—Boil the ham whole and when it is done, let it lie in the water until cold; then skin it, put in a pan, roll in egg and bread crumbs, and put in the oven to roast; when done, put on a platter, garnish the bone end with a paper frill or a vegetable cut like a rose and serve with champagne sauce.

BROILED HAM—Place on the broiler and turn the slices frequent ly. When it is done, put on a hot platter and pour melted butter over it. Some prefer to use boiled ham for broiling instead of raw.

FRIED HAM WITH CREAM GRAVY—Properly cured ham will not need freshening; but should the ham be too salt, place it in a frying-pan, cover with cold water, and set the pan on the range in a mild heat. When the steam commences to rise, pour off the water, and add more cold water. As soon as this water steams lift out the slices of meat and drain well before frying. Heat the pan for frying, and when very hot, cook the meat without the addition of fat, unless the ham is exceptionally lean, when a spoonful of pork drippings should be used. When the ham is nicely browned, place it on a platter, and add a cup of milk to the fat in the pan. When this boils, thicken it to a cream with one tablespoon of flour wet to a smooth paste in a little milk, adding pepper to season; then turn the gravy over the ham. A more simple gravy is made by adding a little hot water to the fat, etc., in the pan and pouring this over the meat.

FRIED HAM AND EGGS—Put a slice of ham in a hot spider and fry turning quickly, until both sides are nicely browned; break each egg separately in a saucer and slip into the ham fat in the frying-pan, pour the hot fat over them, and as soon as the color

changes, they are done; place them on top of the ham and send to the table hot.

POTTED HAM—Mince some cold cooked ham, mixing lean and fat together; pound in a mortar, seasoning at the same time with a little cayenne pepper, pounded mace and mustard. Put into a dish, and place in the oven for one-half an hour; afterward pack it into pots or little stone jars, covering with paraffine and paper. This is convenient for sandwiches.

DEVILLED HAM—Devilled ham is an excellent dish and affords a most satisfactory method of utilizing remnants of cold boiled ham. Allow one-third of fat to two-thirds of lean; chop the meat as finely as possible, and to every quart of it allow one tablespoon of white sugar; one teaspoon of dry mustard; one saltspoon of cayenne; one-half cup of vinegar. Mix the seasoning well with the meat, and press the whole in a bowl. It is ready to serve at once.

SAUSAGE—When cooking sausage in casings, prick the skins with a steel fork to prevent their bursting. If cooking it in bulk, shape sausage into balls with the hands. Place it in a hot frying-pan, and fry until brown, adding no fat, as there will generally be plenty in the meat. Remove the sausage, when done, to a platter, add one tablespoon of dry flour to the fat in the pan, and cook one minute, stirring all the time; then gradually add one cup of milk, still stirring. When the gravy is boiling and is of a creamy consistency, add salt and pepper to taste, pour the gravy over the sausage, and serve.

FRIED BACON—Cut the bacon very thin. Fry in its own fat and when crisp, place on brown paper to drain.

BACON AND EGGS—Fry lean strips of bacon until crisp, then take them out and lay on a platter; break the eggs separately, gently slide them into the bacon fat, and when they have set, turn the hot lard over them until they are done.

CHAPTER VII—POULTRY AND GAME

ROAST TURKEY—Wash, singe and draw a plump young turkey; rub it with salt and pepper inside and out, and stuff it with tender bread crumbs moistened only with melted butter or fat drawn from the fowl. The fat gives a better flavor and may be quickly melted. To one bowl of crumbs add one teaspoon of thyme or sweet marjoram, or both, one saltspoon of pepper and one teaspoon of salt. Chopped cooked onion maybe added, if liked, or half sausage meat and half bread crumbs may be substituted for the bread dressing. Mix the filling well, and after it has been pressed under the loose skin and into the body, skewer the fowl, draw the legs firmly against the body, fold the wings under the back, and tie all firmly to position with plenty of clean cotton cord. Now grease the turkey well with butter or olive-oil, dredge with flour, and place it on a trivet in a hot oven to sear quickly that its juices may not escape during the roasting proper. When the skin is well seared, lessen the heat, and baste the fowl frequently with equal parts of butter and hot water as soon as the flour upon the turkey has been nicely browned. An eight-pound turkey should be allowed three hours in a moderate oven, and it may be dredged with flour a second time about one hour before it is to be served. Serve with giblet sauce.

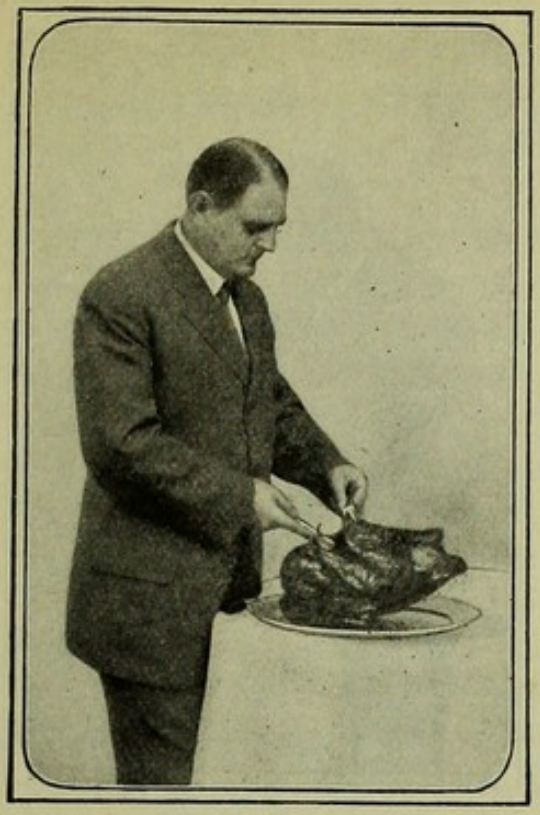
ROAST TURKEY WITH CHESTNUT STUFFING — Draw and clean the turkey and put in a chestnut stuffing. Truss and roast the fowl as usual. See Stuffings for Poultry in this chapter.

BOILED TURKEY WITH CELERY SAUCE—If a turkey dressed in this way is not well managed it will be quite tasteless. It should be well trussed and tied, or else the legs and wings will be disarranged during the process of boiling. When the turkey has been cleaned, fill it with celery stuffing the same as directed for a roast turkey, putting a little of the stuffing in the breast also; and sew it up very securely. Wring a large square of cotton cloth out of cold water, and dredge the cloth thickly with flour. Pin the turkey in

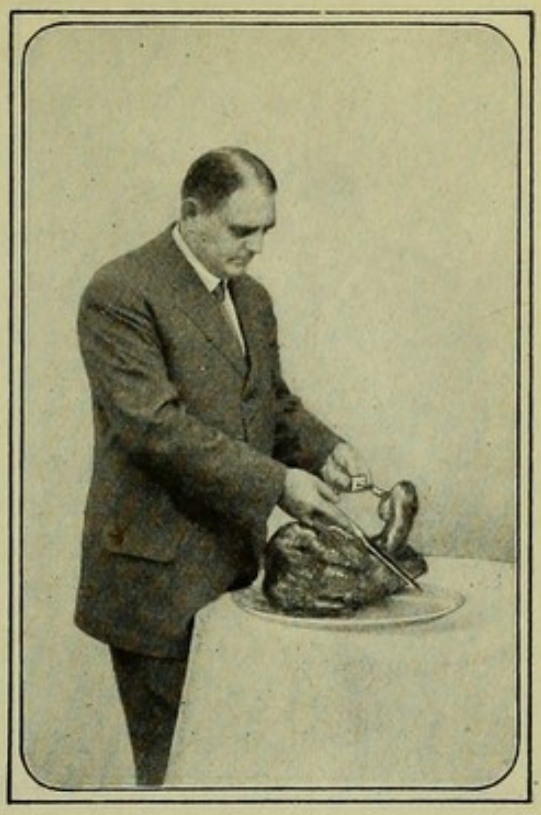
this cloth, and plunge it in boiling water. Allow twenty minutes boiling to every pound; boil rapidly the first fifteen minutes, and then gently simmer until tender. Place the turkey, when done, on a platter, remove the cloth and skewers, drain well, and serve with celery sauce.

BRAISED TURKEY—This is a very satisfactory way of cooking an old turkey that is unfit for roasting or boiling. Prepare a stuffing as for roast turkey, stuff the body and breast, and truss. Spread thin slices of salt pork over the breast and legs, and cover the turkey with a strong sheet of buttered paper, fastening the paper on by passing a string around the body. Spread in a braising pan large enough to hold the turkey the following: one-fourth pound of salt pork, sliced; one-fourth pint of chopped celery; one-fourth pint of chopped carrot; one-fourth pint of chopped onion; one-fourth pint of chopped turnip. Lay the turkey on this mixture, with the breast up, cover the pan tightly, and place in a moderate oven. At the end of thirty minutes add one quart of water, or stock, and baste the turkey every fifteen minutes with the gravy this will make, sprinkling once with salt and pepper. Allow twenty-five minutes to the pound. During the last half-hour take the cover from the pan, remove the paper and pork from the turkey, and thus permit the meat to brown slightly. When done, lift the turkey from the pan, untruss it, and lay it on a large platter. Serve with mushroom sauce, or with the gravy strained or thickened.

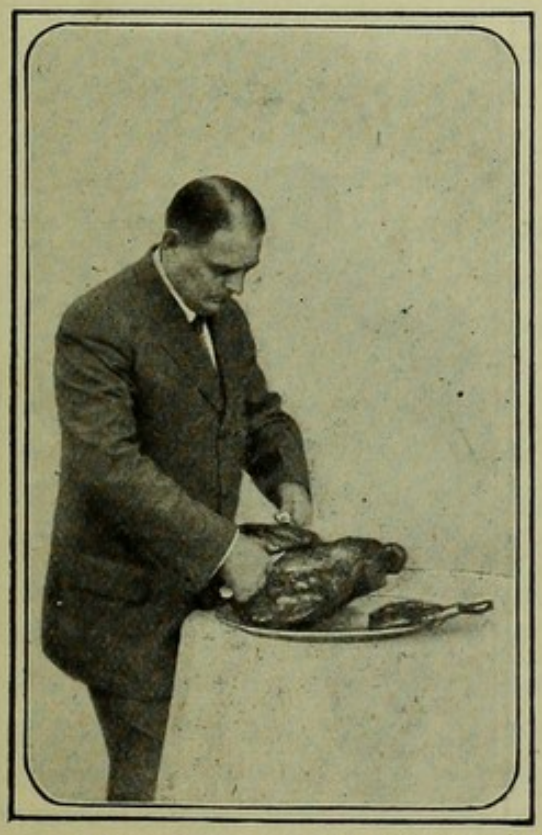
TO WARM OVER TURKEY—Cut the drumsticks and wings from the body, and take off all the meat remaining on the breast. Also use any pieces that may have remained on the platter when the turkey was first carved. Disjoint the back piece, called the rump, splitting it down the back and cutting each piece in two, thus making four pieces of the back. Place all these pieces in a kettle, add three tablespoons of the stuffing and any gravy that may have been left from the roast. Add water to half the height of the turkey in the kettle, cover the kettle tightly, and set it in a moderate heat. Cook at least forty-five minutes, stirring often, adding more water if it should seem necessary; there should be just enough at the last to keep the meat from sticking to the kettle. Season with salt and pepper, turn on a platter, and serve. It is a mistake to cut the meat from the bones, as the result is very unsatisfactory. The turkey should stew so slowly that it will be



PLACE THE TURKEY
ON ONE SIDE

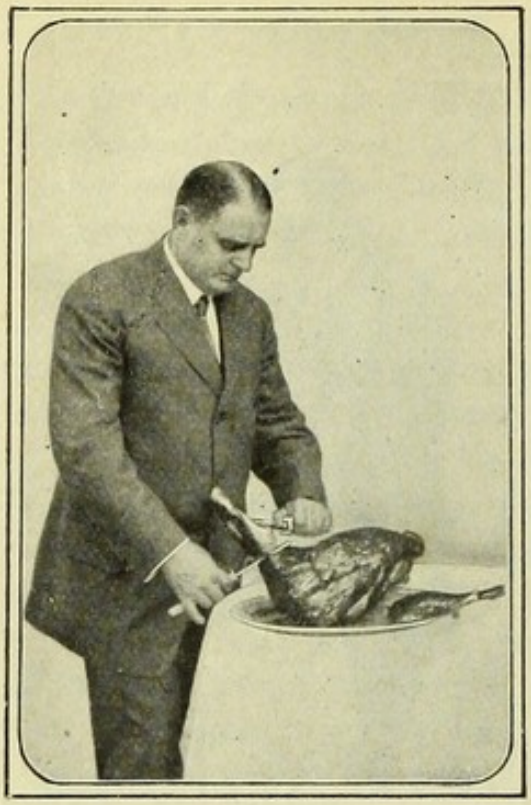


STRIKING THE JOINT

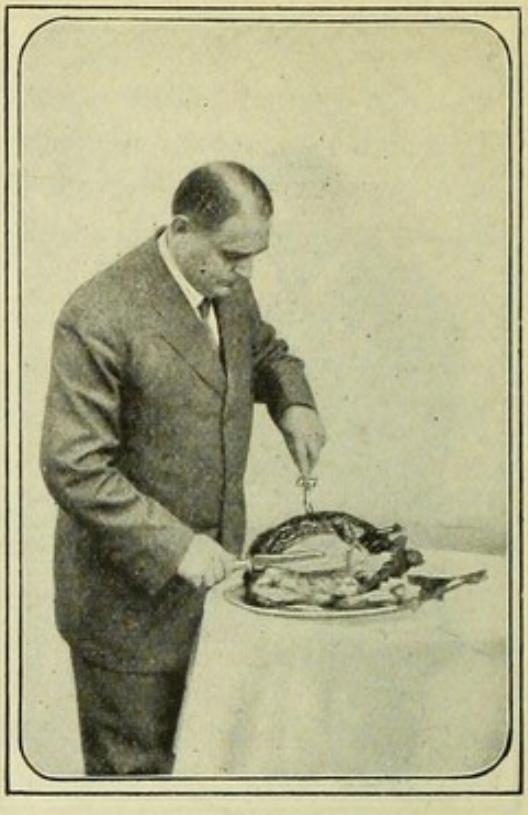


THE PROPER PLACING OF
THE KNIFE

THE taking off of the joints, according to Oscar of the Waldorf, is the most important part of the carving. A carver can spoil a dinner by not knowing his business. He must have science and patience and be a graceful subject or he will surely be a laughable one. If he will do as shown in these illustrations, there will be no more grumbling over "tough joints" or sawing and pulling at bones while blaming the tools. Women as well as men ought to know how to cut up a turkey, and they can not commence to learn too young.

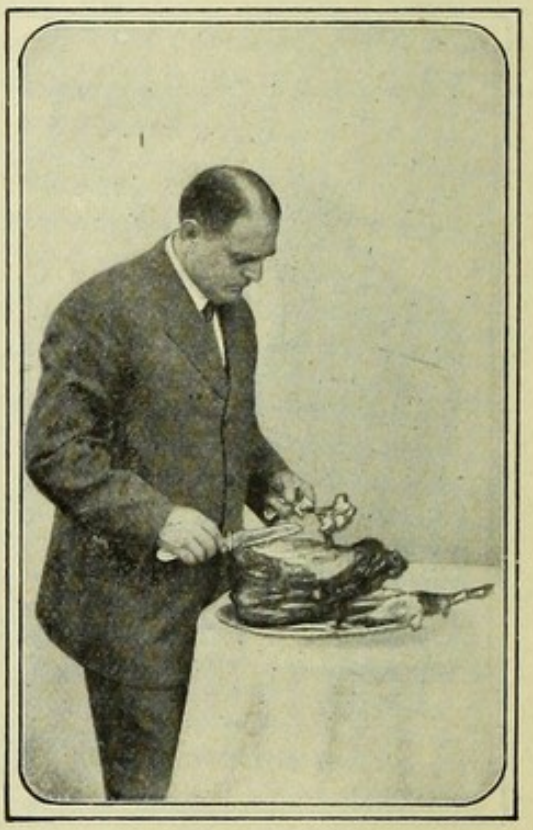


TAKING OFF THE WING



A CLEAN CUT

CARVING a bird is like everything else you want to do—if you want to do it at all—you ought to want to do it well, and faithful experimenting will make perfect. To carve well it is most important that no grease gets on the handles of the knife and fork. The fingers should never stray beyond the hilt. You hold the implements as you would a soft-bitted horse — tenderly and firmly. Hold them lightly but strongly, and let most of the movements be with the wrists. A responsive knife and fork are a necessity and a blessing to every household. OSCAR TSCHIRKY, Maître d'Hôtel, Waldorf-Astoria.



THE REAL TEST OF EVERY CARVER

thoroughly warmed, and it should in no case fall from the bones. The large body part of the turkey, is never used, except for soup.

FILLETS OF TURKEY WITH SOUP—Skin the breast of a plump turkey, and slice. The slices should be nearly half an inch thick, and as nearly uniform in size as possible. Dip in beaten egg, then in crumbs; again in the egg, and once more in the crumbs. Set on the ice while you cook the rice.

Put one cup of clear chicken stock into a saucepan; add a cup of rice, one-half teaspoon of onion juice, and the same of salt, and simmer slowly until the liquid is absorbed. When the rice is tender add two tablespoons of butter; one tablespoon of grated cheese, and season to taste. Cover and let it stand at the side of the fire until the fillets are ready. Heat five or six spoons of pure salad oil slowly in a frying-pan, and when it boils, cook the fillets to a nice brown. Mound the rice in the center of a hot dish and arrange the fillets about it.

BROILED YOUNG TURKEYS—Young turkeys may be broiled or panned, like chickens. A young turkey is easily distinguished by its smooth, black legs and white skin.

GOOSE

ROAST GOOSE WITH POTATO STUFFING—Singe the goose, wash it carefully in hot water, and wipe it dry before drawing. Then fill it with potato stuffing, stitch up the openings, and truss or tie the goose into shape. If it is not fat, lay thin slices of pork upon the breast, and bake in a hot oven forty-five minutes; but if the goose has considerable fat, omit the pork. Remove the goose from the oven, pour out all the fat, sprinkle the bird all over with salt and pepper, dredge it with flour, and bake again. When the flour is of an attractive color, pour one teacup of hot water into the pan, and baste the goose often, dredging it each time with a slight sifting of flour to absorb the fat. A small goose should bake at least two hours, if frequently basted; and a large one will require more time in proportion. Remove the goose from the pan, drain off most of the fat, add one-half pint of water, and thicken, if necessary, with browned flour; salt to taste. Garnish the goose with parsley, and serve the gravy in a boat. Apple sauce should always be served with roast goose.

Goslings may be roasted in the same way as geese, allowing, however, but fifteen minutes to the pound for cooking.

DEVILLED GOOSE—After cleaning the goose and wiping it well with a damp cloth, plunge it into a kettle of boiling water, and boil moderately for one hour. Take it from the kettle, drain well, and wipe it dry. Fill the body and neck with potato stuffing, truss and sew up the same as directed for roast turkey, and roast in a very hot oven, allowing fifteen minutes to the pound. Pour over it the following mixture and baste frequently: Four tablespoons of vinegar; one tablespoon of pepper; two tablespoons of made mustard. Boil the giblets, and make the gravy as directed in the chapter on Sauces for Fish, Meats, Poultry and Game. An old goose that can be cooked in no other way may be so dressed, two hours being allowed for the boiling instead of one hour.

ROAST GUINEA HEN—Roast the guinea fowl in the usual way, keeping it well basted and the breast covered with a slice of fat bacon, which may be removed five minutes before dishing. The oven should be very hot for the first ten minutes; allow thirty-five to forty-five minutes for a medium-sized bird. Serve in a bed of cress or lettuce strips (cut with scissors) which has been mixed with French dressing.

FRICASSEE OF GUINEA FOWL—Young guinea hens make a delicious fricassee. Clean them, and cut them in pieces the same as chickens. Place some slices of fat bacon in a frying-pan, and when these have fried long enough to extract some of the oil, add the pieces of fowl and brown them well. To every two fowls add to the pan two tablespoons of flour, stir until thoroughly mixed, and then add one pint of hot water, one teaspoon of salt and one-fourth of a teaspoon of pepper, stirring until the gravy boils. Cover well, and simmer in a gentle heat until the meat is tender, which is generally in one and one-half hours. Serve with the gravy from the bottom of the pan, adding more salt and pepper, if needed.

PEA FOWLS—These fowls are cooked the same as turkeys, or larded with shreds of bacon, trussed and roasted one and one-fourth hours.

BRAISED GOSLINGS Ã LA MARION HARLAND — Clean and truss without stuffing. Prepare a bed for them by slicing a carrot, an onion, a turnip, also a pared apple, and cutting a stalk of celery into bits. With these, cover the grating of your roaster; lay the birds upon them, dredge with salt, pepper and a little powdered

sage, when you have poured a little boiling water over them from the kettle. Cover, and roast slowly fifteen minutes to the pound. Brush with butter, dredge with flour and brown.

Take the goslings up and keep hot while you make the gravy. Rub vegetables and liquor through a colander into a bowl. Set this in cold water to throw up the grease. Skim, thicken with browned flour, adding two teaspoons of tomato catsup, boil up and serve.

Serve apple sauce and green peas, or Lima beans, with the goslings, which are most eatable when half-grown.

CHICKEN

ROAST CHICKEN, WITH GIBLET SAUCE—Prepare this the same as roast turkey, using but half the amount of stuffing, and allowing but fifteen minutes cooking to a pound. Baste well every ten minutes, else the chicken will be dry and disappointing. Chickens may be filled with chestnut stuffing the same as turkeys.

FRICASSEED CHICKEN—Cut a chicken into eleven pieces, brown in a pan with two tablespoons of butter or dripping. Cover with boiling water, add salt, pepper (a small bunch of herbs if liked) and a few slices of salt pork. Simmer until tender, (about an hour). Strain, skim the fat from the liquor, make a sauce with one tablespoon of butter, two of flour and one-pint of the liquor. When slightly cooled, add a cup of milk or cream, beaten with two yolks of eggs. Heat again until slightly thickened, pour over the chicken and serve with rice or dumplings.

FRIED SPRING CHICKEN—(**Southern Style**) Cut a small chicken in four or six pieces, dip each piece hastily in cold water, then sprinkle with salt and pepper, and roll the pieces in plenty of flour. Have some sweet lard heated very hot in a frying-pan, and fry the chicken until each piece is of a rich brown hue on both sides. Take up, drain well, and arrange the pieces on a warm platter, setting the dish in a hot place to keep the meat from cooling while the gravy is being made. Pour out of the pan all but a tablespoon of the fat, and stir into the pan a cup of milk. When the liquid is hot and well stirred, thicken to a rich cream with one tablespoon of flour rubbed smooth in one tablespoon of butter. Boil two or three minutes, stirring constantly, season with salt and pepper, and

pour the gravy over the chicken. A little chopped parsley is often added to the gravy. If butter is used in place of lard it is difficult to manage, as it burns so easily.

SCALLOPED CHICKEN—Chop as fine as dice the meat of a cooked fowl. Thicken the liquor in which it was boiled with butter and flour and season with pepper and salt. Fill a pudding dish with alternate layers of bread crumbs, chicken and sliced cooked potatoes. End with crumbs at the top. Then pour over the gravy (enough to moisten the dish), add a few bits of butter and bake till brown.

PANNED CHICKEN—Split the chicken down the back, and with a pointed knife sever the joints, but do not separate the parts. Slightly flatten the chicken with a rolling-pin, lay bits of butter upon it, and place it in a moderate oven. When it is nearly done remove from the oven, salt and pepper both sides, strew once more with bits of butter, dredge with flour, and return to the oven to brown slightly on both sides, the under side first. When the chicken is thoroughly done, place it on the platter with the skin side uppermost, cover, and set it where it will keep warm. Pour one cup of hot milk into the pan, and add one tablespoon of fine cracker crumbs or grated bread. Season with salt and pepper, if necessary, and add a few drops of onion juice or a teaspoon of chopped parsley or tarragon, as preferred. Stir the gravy vigorously, let it boil one minute, turn it over the chicken, garnish the latter with cress or parsley, and serve.

PLANKED CHICKEN—Make a savory butter by rubbing into one-quarter cup of butter one teaspoon each of finely chopped parsley, green pepper and onion. Flavor with a teaspoon of lemon juice and salt and pepper. Split broiler, sprinkle with salt and pepper and put in pan in oven. Pour over it a little olive oil and allow chicken to bake until nearly done. Prepare a plank of the proper size, butter it, garnish with a border of potatoes forced through pastry bag and tube; place the chicken in the center of plank, arrange around it sautéd mushrooms and spread over the chicken the savory butter. Place plank in a very hot oven to brown the potato border and to give the final cooking to the chicken. Planked dishes are invariably served on the plank. They may be elaborately garnished with stuffed tomatoes, green peppers and fancifully cut vegetables.

BROILED CHICKEN—Clean and singe the chickens, picking out

all pin-feathers. Split each chicken down the back, and wipe with a damp towel. Even when you are quite certain the chickens are tender, it is wise to steam them before broiling. This is done thus: Set the dripping-pan in the oven, and nearly fill it with boiling water. Place two sticks across the pan, extending them from side to side, and upon them lay the chicken. Invert a tin pan over it, and, shutting the oven door let the chicken steam for thirty minutes. This process relaxes the muscles and renders the joints supple, besides preserving the juices that would be lost in parboiling. Transfer the chicken from this vapor bath to a wire broiler, and turn the inside of the chicken to the fire first. Cover the broiler with a tin pan, and broil until the fowl is tender and brown, turning it frequently and being careful the fire is not too hot. The chicken will finish cooking in twenty minutes or less if small. Lay it on a warmed platter, spread it with butter, sprinkle with salt and pepper, and serve.

BOILED CHICKEN—Chickens are boiled the same as turkeys. In winter there is no better way than to boil them whole and pour over them parsley sauce or oyster sauce when serving. The chicken should be well secured in a wet cloth that has been generously sprinkled with flour; it is then plunged in boiling water, which should then gently simmer until the chicken is done. Allow twenty minutes cooking to a pound. A large tough chicken may be made very palatable, if prepared in this way.

BONED CHICKEN—Pick and singe the chicken and cut off the head and feet, but do not draw it. With a sharp penknife slit the chicken down the back; then, keeping the knife close to the bones, scrape down the sides, and the bones will come out. Leave the drumsticks and wing bones in, but break them at the joints. Stuff the chicken with chopped cold, cooked ham, seasoned with salt and pepper, a teaspoon of summer savory, and the juice of one lemon; add two tablespoons of chopped salt pork. In stuffing, give the chicken, as far as possible, its original shape, and sew it up securely. Turn the ends of the wings under the back, tie or skewer them firmly, and tie the legs down close to the body, so that the top will present a plump surface to carve in slices across. Lard the chicken with two rows of fat pork on the top. Bake until done, basting often. Allow fifteen minutes to a pound in baking. Serve with aspic jelly.

BROWN FRICASSEE OF CHICKEN—Cut in pieces as directed

for fricassee of chicken. Place one-quarter of a pound of salt pork or two ounces of butter in a frying-pan, and when hot, put in the chicken, leaving plenty of room to turn the meat; cook until each piece is of a rich brown tint. Remove the chicken and keep warm. Add two tablespoons of flour to the fat in the pan, stir well and when it has cooked two minutes, add a pint of boiling water. When the gravy is smooth and boiling replace the chicken, season with salt and pepper, cover the pan, and simmer gently until the chicken is tender; then add a teaspoon of onion juice, if not objectionable, and dish at once. The gravy will be found thick enough, and if the pan has a tight cover it will not be diminished even after a long cooking.

CHICKEN PIE—Clean, singe and cut up two small chickens, the same as for a fricassee. Place them in a kettle, and add hot water enough to cover. Put the cover on the kettle, and stew slowly until the chicken is tender, adding a little more water, if needed. Use for the crust a good pie paste rolled a little thicker than for fruit pies or puff paste. Line the sides of a deep baking dish with crust; put in part of the chicken, and season with salt and pepper; then add the rest of the chicken, and season the same way. Put in the dish two cups of the broth in which the chicken was boiled, and cover the top with crust, making in the center of the crust a hole large enough to admit of adding more of the broth if necessary and covering the hole with a removable fancy ornament cut in paste. Most chicken pie is too dry, therefore the broth should be added plentifully. Bake one hour. Heat what broth remains, add enough flour to thicken it, wetting the flour to a paste with milk, and season with salt and pepper. Send to the table in a gravy dish to be served with the pie.

CHICKEN, MARYLAND STYLE—Clean and disjoint two spring chickens of medium size, leaving the breast whole. Put the neck and giblets into cold water and cook so as to obtain a cup of the stock for the gravy. Arrange the chicken in a pan being careful that no piece touches another. Sprinkle with salt and pepper, dredge with flour, and dot over with one-quarter cup of butter. Bake in a hot oven from one-half hour to forty minutes with one-quarter cup of butter melted in one-quarter cup of hot water. Take up the chicken when done and make a gravy from the fat left in the pan, stirring in two tablespoons of flour, one cup of milk or cream and the cup of stock made from the giblets. Add,

if convenient, a few button mushrooms. Serve the chicken with the gravy poured round it.

CREAMED CHICKEN—Take one-half pint of cream or milk; one pint of cooked chicken; one-half teaspoon of salt; one-half teaspoon of pepper; one-half tablespoon of butter; one tablespoon of flour; one tablespoon of chopped parsley; two eggs (yolks). Rub the butter and flour to a cream. Place the milk in a double boiler, and when scalding, add the flour and butter. Stir well, and cook three minutes. Add the parsley and chicken, and cook until the milk is thoroughly hot again. Beat the yolks well, adding to them two tablespoons of milk; and pour them into the chicken. Cook two minutes and serve in a border of potato or rice.

CURRY OF CHICKEN—Take a chicken weighing one and one-half or two pounds and cut up as for fricassee; put into a stewpan with sufficient water to cover it, and boil, closely covered, till tender; put in a large teaspoon of salt and cook a few minutes longer; remove from the fire, take the chicken out and pour the liquor into a bowl. Put into the stewpan two small onions with a piece of butter the size of an egg and fry till brown; then skim them out and put in the chicken; fry for three or four minutes and then sprinkle over it two teaspoons of curry powder. Next pour in the chicken liquor, stew five minutes longer, and stir in one tablespoon of sifted flour made thin with a little water; allow it to thicken, stir in the beaten yolk of one egg and serve with a border of hot boiled rice.

SMOTHERED CHICKEN—This is one of the most delicious ways of cooking chickens. Clean, take off the neck and split the chicken down the back, wiping it with a damp towel. Season inside and out with salt and pepper, and dredge on all sides with flour. Lay the chicken, with the inside down, in a small baking tin, adding a very little water. The pan should be but little larger than the chicken; otherwise the gravy will be too quickly evaporated. Cook slowly for one hour, basting every ten minutes after the first twenty minutes cooking. Should the chicken be decidedly lacking in fat, add a small tablespoon of butter. There will be plenty of gravy in the pan with which to baste, if the pan is small. When done, place the chicken on a hot platter, and thicken the gravy in the pan with a little flour, after adding another one-half cup of water. Should the chicken be quite fat, remove all but one tablespoon of the oil from the pan before making the gravy. Season with salt and pepper to taste, pour the gravy over the chicken, and

serve at once. Any small birds may he dressed in this way, with the most satisfactory results, the secret of success in this kind of roasting lying in very frequent basting and in not having too hot an oven.

STEWED WHOLE SPRING CHICKEN—Prepare a full-grown spring chicken the same as for roasting; season inside and out with salt and pepper; stuff with whole, raw oysters and place it in a tin pail with a close-fitting cover. Set the pail in another vessel of fast boiling water and cook till the chicken is done; then place the chicken on a warm dish and make a gravy as follows: Pour the liquor in the tin pail in a saucepan, add one tablespoon of butter, one-half cup of cream or rich milk, three hard boiled eggs chopped fine, some minced herbs and one tablespoon of flour. Let all boil up; pour over the chicken and serve hot.

STEAMED CHICKEN OR FOWL—A chicken is more tender than a fowl and is to be preferred for light cooking; but a fat fowl a year or two old has a richer and finer flavor, and, if steamed properly, will be perfectly tender. Select a fowl that weighs five or more pounds, singe and wash it, draw it carefully, and wipe it dry inside and out. Rub it within and without with salt and pepper, place an onion and a bay leaf inside, and tie the fowl into shape the same as for roasting. Then flour a towel and wrap it about the fowl, pinning closely. Lay the chicken, back downward, in a steamer, and allow it to cook continuously for from two to three hours, according to its age and size. If properly steamed, it will be superior in taste to a roasted chicken. Serve with celery, oyster or parsley sauce.

CHICKEN Ã LA MARENGO—Make a savory sauce by melting one-quarter cup of butter and frying in it one tablespoon of chopped onion, a small carrot, diced and a slice of turnip cut in small pieces. Stir in one-quarter cup of flour and add gradually one cup of boiling water and one and one-half cup of tomato, previously stewed and strained. Season with pepper, salt and paprika.

Cut a chicken in pieces as for frying, dredge with flour and sauté in salt pork fat. Remove from the pan, place in a saucepan and cover with the savory sauce. Allow chicken to cook in this sauce until tender. At the last moment add a cup of button mushrooms and two tablespoons of chopped olives. Arrange the pieces of chicken on the center of the platter and pour the sauce around, garnishing with triangles of toast and stuffed olives.

CHICKEN POT-PIE—Cut the chicken into pieces, as for a fricassee. Place it in a pot with enough water to reach nearly to the top of the meat; cover the pot and simmer gently. An old fowl will require at least two hours' cooking, but a year-old chicken should be done in one and one-half hour. Remove the cover during the last half hour of boiling to reduce the gravy to about one and one-half pint when done. Three-quarters of an hour before dinner time make the crust as follows: One pint of flour; one-half tablespoon of lard; one teaspoon of baking-powder; one teaspoon of salt; sweet milk. Rub the flour and lard together until well mixed, having added the salt and baking-powder to the flour. Add enough milk to moisten the flour, roll out the dough an inch thick and cut out as for biscuit. Put the pieces of paste on a plate. Set the plate in a steamer over a kettle of boiling water, and steam for one-half hour. It is not wise to steam the paste over the chicken, as the rapid boiling required would reduce the gravy too much. When the balls of paste are done and ready to serve, add salt and pepper to the chicken, and thicken the gravy slightly with two and one-half tablespoons of flour stirred to a paste in one cup of milk. Skim out the chicken, lay it on a platter, strew with the paste balls, and pour over the whole, gravy from the kettle. To make the paste with sour milk omit the baking-powder, using instead a small teaspoon of soda. Dissolve the soda in a little cold water, add it to one cup of sour milk, and moisten the flour with this, adding more milk as needed. If very rich sour cream is to be used, omit the lard, adding the soda as for sour milk.

PRESSED CHICKEN—Clean and singe the chicken, and cut it in pieces as for a fricassee. Place it in a kettle with a little water, cover closely, and boil very gently until the meat will fall from the bones. Lift the meat from the kettle with a skimmer, and, separating the white meat from the dark, scrape all the meat from the bones, leaving out the skin pieces. Season with salt and pepper. Place the meat in the dish it is to be pressed in, laying the white and dark meat in alternate layers, as far as possible, and adding from time to time a little of the broth from the kettle, to moisten all well. When all the meat is in the dish lay a plate on top of it, place a heavy weight upon the plate, and set away in a cool place. This makes a pretty dish for luncheon, the meat being sliced for serving and garnished with parsley.

CAPON—Capons are easily distinguishable in the markets because

of head, tail and wing feathers being left intact. They are large and plump having been especially fatted for the table. They bring high prices and are considered luxuries. They are prepared for cooking the same as chickens. If stuffed, choose a delicate flavoring as oysters or chestnuts.

GAME

PHEASANTS, PARTRIDGES, QUAIL AND GROUSE—The methods of cooking all these birds are substantially the same. They should never be washed, but simply wiped with a damp towel, all shot being carefully picked out of the flesh with a sharp-pointed knife.

BROILED—Clean the birds and split them down the back. Sprinkle with salt and pepper, dust with flour to keep in the juices, and broil in a wire broiler, laying the inside to the fire first. When done, allowing about ten minutes for quail, twenty-five to forty for partridge and pheasant, lay them on a warm dish, butter them on both sides, and serve. During the broiling, if the breasts are quite thick, cover the broiler with a pan, and see that the fire is not too hot. Broiled quail are considered very nourishing food for invalids.

PANNED—Clean, and split the birds down the back. Dip them quickly in cold water, and sprinkle with salt, pepper and flour. The water causes the seasoning to adhere more thickly to the meat. Place the birds in a small baking-dish, with the inside of each upward; place a small piece of butter in each bird, add a cup of water, and roast in the oven, allowing fifteen to twenty minutes for quail and proportionately longer for larger birds, basting every five minutes after the first fifteen. Thicken the gravy, add salt and pepper, if necessary, and pour the gravy over the birds.

ROASTED—Clean, truss and stuff the birds the same as turkey, and bake until brown, basting often with butter and water. Thicken the gravy and pour it over the birds. Serve with hot crumbs and bread sauce.

Nearly all small birds are served with their heads on, these being skinned when the birds are cleaned. There is a difference of opinion among epicures as to the drawing of these birds, many cooking

them undrawn. The English do not draw woodcock, regarding the entrails as not the least delicious part of the bird; and some American housekeepers copy them in this respect.

Game should not be kept too long. Venison may be hung three weeks in cold weather, but birds should rarely be hung longer than one week. If birds are to be kept many days, draw but do not pick them, place a piece of charcoal in the body, and sift powdered charcoal into the feathers. A very important distinction must be made between white meat and dark meat in cooking game. Quail and partridge are white meat and, like chicken, must be thoroughly cooked but not dried. Duck, pigeons or squabs, grouse (prairie chicken), snipe and woodcock are dark meat and should be cooked rare and served very hot.

LARDED GROUSE—Grouse are rather dry birds and need to be larded to be palatable. Clean, rinse and wipe thoroughly. On each bird lay thin slices of bacon, covering the bird entirely and keeping in place with crossings of soft twine. Place in a roasting-pan and pour over them boiling water, sufficient to use for basting the birds while cooking. When done, remove the strips of bacon, brush the birds with olive oil or melted butter, dredge with flour and place in the oven again until a rich brown. The liquor in the pan may be thickened, seasoned, and used as gravy, adding a small glass of claret or Madeira wine. Arrange the birds on a platter and garnish with rings of sautéd green peppers and the strips of bacon used to cover the birds while roasting.

BROILED SQUAB—Prepare them the same as a spring chicken; split down the back, flatten the breast, wipe inside and out with a damp cloth. Put on a broiler, season with pepper and salt and when nicely broiled, pour melted butter over them. Serve on toast.

ROAST QUAIL—Dress, clean, and truss the bird. Stuff each with one large oyster. Lard breast and legs. Bake the same as Larded Grouse, allowing fifteen to twenty minutes for cooking.

BROILED QUAIL—Follow recipe for Broiled Chicken allowing eight minutes for cooking. Serve on toast with rice croquettes and currant jelly.

SALMI OF GAME—For salmi of game, partridges, etc., see chapter on Entrées.

GAME PIE—Clean thoroughly one dozen birds—quail, snipe,

woodcock, etc., and halve them; put into about two quarts of water and when it boils, remove the scum; next add salt, pepper, one bunch of minced parsley, one onion chopped fine, and three whole cloves; put in one-half pound of salt pork cut into dice and let boil till tender, carefully keeping the birds covered with water. Thicken with two tablespoons of browned flour and let it boil up. Stir in a piece of butter as large as an egg, remove from the fire and let cool. Have at hand one pint of potatoes cut into dice, also a rich crust. Put the crust around the sides of a buttered pudding-dish; lay in some of the birds, then some of the potatoes and so repeat till the dish is full. Pour in the gravy, put on the top crust slashed at the center and bake till done.

PIGEON AND MUSHROOM STEW—These birds if quite young are drawn, singed and roasted or broiled the same as chickens. Cut two pigeons into small portions and let them cook a short time in a tablespoon of butter in a stewpan, being careful not to brown them. Next add to the contents of the pan one pint of good thick stock or gravy, one tablespoon of mushroom catsup, and salt, pepper and cayenne to taste. Simmer for three-quarters of an hour, throw in a dozen or two of mushrooms, cook ten minutes more, and then stir in two tablespoons of cream. Add a little sherry if desired. Arrange the mushrooms around the pigeons on a hot platter and serve at once.

PIGEON PIE—Use one-half dozen pigeons; stuff each one with turkey stuffing; loosen the joints with a knife, but do not cut them through. Cook the birds in a stewpan with water enough to cover them until nearly tender, then season them with salt, pepper and butter. Thicken the gravy with flour and let it cool. Line the sides of a buttered pudding-dish with rich paste and cut some hard boiled eggs in slices. Alternate layers of egg, pigeon and gravy till the dish is filled, put on a cover of paste and bake till done.

POTTED PIGEONS—Place upright in a stewpan six pigeons that have been cleaned, stuffed with simple dressing, and trussed. Cut a carrot and an onion into dice also chop a little parsley to throw over them. Pour over enough stock or boiling water to cover. Cover the pot closely. Let them simmer from two to three hours until tender, adding boiling water or stock when necessary. Make a sauce with one-quarter cup each butter and flour cooked together and stock remaining in pan; there should be two cups.

Serve each pigeon on a thin piece of moistened toast, pour gravy over all. This dish is excellent when cooked in a casserole in the oven.

ROAST DUCK—Epicures prefer young ducks cooked rare, and when so prepared they are not stuffed. Should filling be preferred, use potato stuffing, putting it in very hot. Many who consider that ducks have a strong flavor lay apples in the body, having them cored and quartered. The apples absorb this flavor and are removed before the duck is sent to the table. Celery and onion are also placed inside the duck to season it and improve the flavor, two tablespoons of chopped onion being used to every cup of chopped celery, which may consist of the green stalks that are not desired for the table. This stuffing is also removed from the fowl before it is sent to the table. Truss the duck, sprinkle it with salt, pepper and flour, and roast thirty minutes, provided the duck is young and is desired rare. Full-grown domestic ducks should be roasted at least one hour and basted every ten minutes. Make a giblet gravy, and send apple sauce or grape or currant jelly to the table with the ducks. Green peas should also be served with roast duck.

ROAST WILD DUCK—Clean the same as turkey, wiping both inside and outside with a damp towel. Tuck back the wings and truss. Dust the fowls with salt, pepper and flour, put a piece of butter the size of a walnut in each, place them in a baking-pan, and add one cup of water. Bake from twenty-five to thirty-five minutes, basting frequently with butter. When done, serve with slices of lemon and a good gravy. Wild ducks are seldom stuffed when roasted.

Nearly all wild ducks are apt to have a fishy flavor, and when dressed by an inexperienced cook are often unfit to eat. This flavor may be much lessened by placing in each duck a small peeled carrot, plunging the fowls in boiling water and boiling them ten minutes before roasting. The carrot will absorb the unpleasant taste. An onion will have the same effect, but unless onion is used in the stuffing, the carrot is to be preferred. When there is an objection to parboiling (which there always should be when very young ducks are to be cooked), rub the ducks lightly with an onion cut in two, and put three or four uncooked cranberries in each before cooking.

BRAISED DUCK—Prepare a brace of young ducks as for roast-

ing; put them in a stewpan with two or three slices of bacon, one carrot, one onion stuck with two cloves and a little thyme and parsley; season with pepper, cover with broth to which one gill of white wine has been added. Simmer over a gentle fire until the ducks are tender, basting frequently; then remove the ducks from the pan. Now cut up a turnip and fry till brown in butter; then drain and cook till tender in the liquor in the pan; strain the liquor, thicken and pour the gravy thus made over the ducks; garnish with the pieces of turnip.

CANVAS-BACK DUCK (Delmonico Style)—As this bird feeds mainly on wild celery it requires no spices in cooking. Its flavor is best preserved by roasting quickly with a hot fire, leaving it a little underdone. Dress it in the usual way and wipe with a wet towel. Truss its head under the wing, place in a dripping-pan and roast one-half hour, or twenty minutes if liked underdone, basting often. Season with salt and pepper and pour over it the gravy in the baking-pan.

MALLARD WILD DUCK—These ducks are considered very dry when roasted in the usual way. They are sometimes stuffed with the common bread stuffing, then well sewed up, tied in shape and placed in a large kettle with a couple of slices of onion, a little thyme, and a small quantity of water. They are cooked slowly for one hour, being turned frequently. The water should be replenished, but only enough should be added to keep the ducks from burning. A gravy is made from the juices in the kettle by adding one cup of water to them and thickening with flour. This gravy is poured over the ducks when served. Dressed in this way all parts are equally good.

DUCK Ã LA CRÉOLE—Melt two tablespoons of butter and mix with it one tablespoon of flour. Stir into this two teaspoons each of finely chopped ham, onion, celery, sweet pepper and parsley. Season with salt, pepper and paprika. Stir for two minutes, add a cup of consommé or bouillon, a clove and a little mace. Simmer an hour. Strain and stir into it two cups of cold duck cut into cubes. Boil just long enough to heat all thoroughly. Serve with diamonds of fried hominy or mush.

VENISON—Venison is prepared and cooked the same as mutton. The roasting pieces are the saddle and leg. It should be cooked underdone, allowing ten to twelve minutes to the pound, and served with currant jelly and green salad.

ROAST LEG OF VENISON—Wipe carefully, draw off the dry skin. Lard the lean side of the leg; then soften one-quarter of a cup of butter, rub it over the meat, and dredge with salt, pepper, and flour. Lay the leg on the rack in the baking-pan, sprinkle the bottom of the pan with flour, place it in a very hot oven, and watch carefully until the flour in the pan is browned, which should be in five minutes. Add boiling water to cover the bottom of the pan, and after roasting fifteen minutes, baste the venison well, and repeat the basting every fifteen minutes until the meat is done, renewing the water in the pan as often as necessary. Should the meat be liked very rare, allow for a ten-pound roast, one and one-quarter hour of cooking; but most tastes require at least fifteen minutes longer than that. Serve with a gravy made from the juices in the bottom of the pan, the same as that for roast beef, sending the gravy to the table in a gravy-boat. Always serve currant jelly with venison. The oven must be very hot the first half hour, and after that the heat may be lessened somewhat.

SADDLE OF VENISON—See recipe for Saddle of Mutton.

BROILED VENISON STEAK—This requires about three minutes more time to broil than beefsteak. If doubtful, lay in olive oil and lemon juice for two hours before cooking. Drain without wiping, and broil over clear hot coals, turning often to avoid scorching.

Take up, lay upon a very hot dish, sprinkle with salt and paprika and spread on both sides a mixture of butter stirred up with currant jelly.

FRIED VENISON STEAK—Cut the steaks from the breast, rub them over with a mixture of salt and pepper, dip in wheat flour or rolled crackers and fry a rich brown on both sides in one-quarter pound of hot butter. Put them on a dish and place a tin cover over them to keep them warm. Dredge one heaping teaspoon of flour into the butter in the pan and stir till brown (but not burned); pour in a small teacup of boiling water with one tablespoon of currant jelly dissolved in it, stir a few minutes, strain the gravy and pour it over the meat.

VENISON PIE—Simmer until tender small pieces of fresh venison with slices of potato; season with salt and pepper. Put into a baking-dish and cover with a crust made from the drippings from a roast of venison, using twice as much flour as dripping.

TO SKIN A RABBIT OR HARE—Cut off the fore feet at the first joint; cut the skin around the first joint of the hind leg, loosen it and then with a sharp knife slit the skin on the under side of the leg to the tail. Loosen the skin and turn it back until it is removed from the hind legs. Tie the hind legs together and hang the rabbit to a hook by this fastening. Draw the skin down over the head, slipping out the fore legs when they are reached. Cut off the end of the nose and thus remove the entire skin. Wipe with a damp cloth, remove the entrails, saving the heart and liver, wipe carefully inside, and, if it requires washing, use water made acid with vinegar.

TO TRUSS A RABBIT OR HARE—Skewer the head firmly between the shoulders, draw the legs close to the body and fasten with skewers.

ROAST HARE—Hares and rabbits are hung and prepared much in the same way. Neither should be drawn before hanging, or they are liable to become musty. In the winter a dry place must be selected in which to hang them and they may then remain for some time. It is well to sprinkle a little pepper over the head of each after they have been skinned, cleaned, washed first in cold water then in warm and finally brushed over with vinegar. When wanted for cooking, if the animal proves too high, soak in tepid water for a time; if blood has settled in any part cut with the point of a knife where it is black and soak in warm water; this will draw out the blood. To prepare it for the oven, wipe dry, fill with good forcemeat, sew up and firmly truss it. It must be flavored well before putting into the oven, roasted slowly and basted well with beef dripping or butter, or the outside will dry up and become hard before the inside is cooked. A thin piece of beef-suet skin may be tied over the back for the first three-quarters of an hour and then removed. One and three-quarters hour is the full time for roasting. Serve with gravy and currant jelly.

BROILED RABBITS—Skin, clean, wipe dry, split down the back and pound flat; then wrap in well-buttered letter paper, place them on a buttered gridiron and broil over a clear, brisk fire,

turning them often. When cooked serve on a hot platter seasoning them with plenty of salt, pepper and butter, turning them over and over so that they will take up the butter.

FRIED RABBIT—Clean, wash and put into boiling water; boil ten minutes and drain; when cold cut into joints, dip into beaten egg, then in bread crumbs and season with salt and pepper. Fry brown in butter and lard over a moderate fire. Thicken the gravy with one tablespoon of flour and pour in one cup of milk or cream; boil up once and pour over the rabbit. Garnish with sliced lemon, and serve with any tasty sauce.

RABBIT SALMI—Place two rabbits in a baking-pan; add one slice of onion, one stalk of celery cut fine and one bay leaf; brush the game with melted butter, then cook for thirty minutes. Lift the meat from the pan, add to the pan two tablespoons of butter and the same of flour, and brown until dark. Add one pint of hot water, stir well, and when smooth add one teaspoon of salt, one tablespoon of worcestershire sauce, one tablespoon of capers and twelve stoned olives. Lay the rabbits again in the pan, cover closely and again simmer for thirty minutes. Dish the game, arrange the olives for a garnish, strain the sauce over the meat, sprinkle on finely chopped parsley and serve.

BRUNSWICK STEW—This is named from a county in Virginia and is a favorite dish in that section of the country. Two large squirrels; one quart of tomatoes, peeled and sliced; one pint of butter beans or limas; one and one-half teaspoon of pepper; two teaspoons of white sugar; one onion, minced small; six potatoes; six ears of corn, cut from the cob; one-half pound of butter; one-half pound of salt pork; one tablespoon of salt; four quarts of water. Cut the squirrel in pieces, as for a fricassee. Add the salt to the water, and boil five minutes. Put in the onion, beans, corn, pork, potato, pepper and the squirrels. Cover closely, and stew two hours; then add the sugar and tomato, and stew one hour more. Ten minutes before removing the stew from the fire, add the butter, cut into pieces the size of a walnut and rolled in flour. Boil up again, adding some salt and pepper if needed, and turn into a tureen. This is to be eaten from soup plates.

RABBIT PIE—After the rabbits have been thoroughly cleaned and washed, divide into conveniently sized pieces, cutting each back into three parts. Immerse in salted water for a half hour,

remove, wipe dry, and then rub with lemon juice, salt and pepper. In case the rabbit is very plump, gash the thickest part several times allowing the seasoning to penetrate. Proceed as in game pie.

ROAST SQUIRRELS—Clean the squirrels thoroughly, wash in several waters and lay for an hour on a platter covered with olive oil mixed with lemon juice or a little tarragon vinegar. Soak a cup of bread crumbs in just enough thick cream to moisten them, add a cup of button mushrooms cut in dice, pepper, salt and onion juice. Stuff each squirrel with this mixture, sew and truss as you would a fowl. Rub with butter, place in dripping-pan and nearly cover with brown stock diluted with a cup of boiling water. When the squirrels are well roasted, make a gravy out of the liquor in the pan, by adding a teaspoon of worcestershire sauce, and paprika, salt and lemon juice to taste.

STUFFING FOR POULTRY AND GAME

CHESTNUT STUFFING, No. 1—Shell and blanch fifty chestnuts and boil one-half hour in water enough to cover them; then drain. Do not chop or mash them; add to them three tablespoons of butter, one tablespoon of salt and one-half teaspoon of pepper. Mix and place in the turkey. The chestnuts may be pulverized after boiling if desired.

CHESTNUT STUFFING, No. 2—Prepare the same number of chestnuts and boil one-half hour, as above directed. Then add one pint of cooked veal, mutton or poultry, chopped fine, one tablespoon of salt, one-half teaspoon of pepper, one teaspoon of chopped parsley, one-half teaspoon of powdered thyme and three tablespoons of butter. Mix thoroughly.

CHESTNUT STUFFING, No. 3—Shell one quart of large French chestnuts, and cook them in boiling water until the skins are loosened. Remove the brown skins and again put the nuts into boiling water and cook until they are tender. While the nuts are still hot rub them through a very coarse sieve or colander. Mix with the sifted nuts a very few bread crumbs and two tablespoons of melted butter, and season with salt and pepper. Moisten with a little sweet cream.

ENGLISH STUFFING FOR DUCKS—Equal quantities of onions and bread crumbs, first boiling the onions about twenty minutes, then chopping them fine; one ounce of butter, one-half ounce of

sage minced fine and some salt and pepper. If preferred, only half as much onion as crumbs may be used.

PLAIN STUFFING FOR FOWLS—One cup of grated bread crumbs, one-half cup of milk, one tablespoon of chopped onion, one tablespoon of butter, one teaspoon of salt, one-quarter teaspoon of pepper. Add the seasoning and butter to the crumbs, and beat in the milk.

STUFFING FOR ROAST CAPON—Three cups of grated, stale bakers' bread; three tablespoons of butter broken into bits; two teaspoons of salt; one-half teaspoon of powdered thyme; one teaspoon of minced parsley and one-half cup of mushrooms chopped fine.

STUFFING FOR ROAST GOOSE AND DUCK (American)—Three pints of bread crumbs; six ounces of butter (or part butter and part salt pork); one teaspoon each of sage, black pepper and salt, and one chopped onion.

STUFFING FOR ROAST GOOSE (English)—Ingredients: Four onions, ten sage leaves, one-quarter pound of bread crumbs, one egg, one and one-half tablespoons of butter, salt and pepper to taste. As may be supposed, this recipe makes a highly seasoned stuffing.

STUFFING FOR TURKEY OR CHICKEN, No. 1—Ingredients: Three cups of grated stale bread, two tablespoons of butter, one tablespoon of chopped parsley, two teaspoons of salt, one-half teaspoon of pepper, one teaspoon of chopped onion. Rub the butter into the crumbs, and let them stand at least an hour, when the rest of the seasoning may be added. This makes a crumbly stuffing.

STUFFING FOR TURKEY OR CHICKEN, No. 2—Ingredients: One quart of grated bread, one cup of milk, one teaspoon of chopped parsley, one teaspoon of chopped onion, one-half teaspoon of summer savory, one tablespoon of salt, three tablespoons of butter, two eggs, one-half teaspoon of pepper, one-half teaspoon of thyme. Pour the milk on the crumbs, and cover tightly for an hour; then add the rest of the ingredients, omitting the onion if objectionable.

OYSTER STUFFING FOR FOWLS—Take two cups of bread crumbs; one tablespoon of butter; one tablespoon of chopped parsley; two teaspoons of salt; one-half teaspoon of pepper; twenty-five oysters. Rub the butter into the crumbs, add the seasoning, and put in the oysters last, leaving them whole.

POTATO STUFFING FOR GOOSE—Take six potatoes; one tea-

spoon of pepper; one teaspoon of sage; one tablespoon of salt; two tablespoons of butter; two tablespoons of onion juice. Pare and boil the potatoes, and mash them fine. Add the seasoning, mixing thoroughly.

CELERY STUFFING FOR BOILED TURKEY—Take one-half head of celery, one quart of bread crumbs, two eggs, two tablespoons of salt, two tablespoons of butter, one-half teaspoon of pepper. Chop the celery fine, and add the other ingredients after rubbing the butter into the crumbs.

SAUSAGE STUFFING—Mix one-half pound of sausage meat with an equal quantity of bread crumbs. Season with one tablespoon each of onion juice and minced parsley and a little salt and pepper.

RICE STUFFING FOR FOWLS—Brown one chopped onion in a tablespoon of butter and mix with it four cups of cold boiled rice and one cup of bread crumbs moistened in one cup of milk. Season with sage, parsley or other sweet herbs, as desired. Add half a pound of sausage meat and salt and pepper to taste.

CHAPTER VIII—SAUCES FOR FISH, MEAT, POULTRY AND GAME

SAUCES greatly improve the dishes they accompany, and, having learned how to make the principal, or foundation sauces, variations are not difficult.

The basis for the majority of sauces is butter and flour cooked together. This makes a roux, or thickening. When the flour and butter are allowed to brown, the result is "brown roux." When not browned, it is simply designated as "roux."

The first and most simple sauce is white sauce, which is used with all the many creamed dishes.

WHITE SAUCE—Put two tablespoons of butter in saucepan, stir until bubbling, add two tablespoons of flour, one-half teaspoon of salt and a little pepper. Stir thoroughly until blended. Pour on gradually two cups of warm milk, adding about one-third at a time, beating constantly until smooth and creamy. Most of the white sauces are simply variations of this recipe. A greater or less proportion of flour may be used according to the thickness of sauce desired.

BROWN SAUCE—Put into a saucepan a tablespoon of chopped onion and one of butter. When both are brown, add a tablespoon of flour and allow that to become brown also. Stir constantly. Pour in a cup of brown stock and cook until the sauce has thickened sufficiently. Strain to remove the particles of onion and season with pepper and salt.

BROWN SAUCE (Espagnole)—Put one-quarter cup of butter into a saucepan, add one slice of carrot, one of onion, a sprig of parsley, one of thyme and six peppercorns and cook until the butter is brown but not burned. Stir in five tablespoons of flour, and, when well browned, add gradually two cups of brown stock. When at the boiling point, remove, strain and season with pepper and salt.

MARINADE, COOKED—Two tablespoons of butter, two of chopped bacon, three each of chopped onion, carrot and celery;

one clove of garlic; one bay leaf, and one sprig each of thyme and parsley. Cook slowly twenty minutes; add three gills of vinegar, one of water, one teaspoon of salt and one-half teaspoon of pepper; simmer twenty minutes, strain and cool. Use to season game, poultry and fish either before or after cooking.

MARINADE, RAW—Three tablespoons of oil, six of vinegar, one teaspoon of salt, one-half teaspoon of pepper and one-half teaspoon of onion juice. (If for fish use three tablespoons of vinegar and three of lemon juice.) Mix thoroughly. This is suitable for cooked meat or fish to be served in a salad. The onion juice may be omitted if desired.

DRAWN BUTTER—Take flour and butter in the proportion of one teaspoon of flour to two ounces of butter; mix thoroughly, put into a small saucepan with three tablespoons of hot water, boil for a minute, stirring one way constantly. Milk used instead of water requires rather less butter.

DRAWN-BUTTER SAUCE—Two tablespoons of flour; one-half cup of butter; one pint of boiling water; one-half teaspoon of salt. Mix the butter and flour together until light and creamy, and then gradually add the boiling water, stirring constantly. Place the bowl in a saucepan containing boiling water, and stir well until the sauce comes to the boiling point. It should not be allowed to boil, but should be kept at the boiling point until it is thick enough, and then removed at once. Add the salt, and serve. A tablespoon of lemon juice or of chopped parsley will give the sauce an agreeable flavor.

GIBLET GRAVY OR SAUCE—Place the giblets (the liver, heart and gizzard) and the neck in a saucepan, and cover them with cold water. Simmer slowly, and when tender remove the neck and chop the giblets fine, saving the water in which they were cooked. When the turkey is lifted from the pan, pour off all but three small tablespoons of the oil, place the pan on the top of the stove, and when the gravy boils stir in two tablespoons of flour. Cook two minutes and add the water in which the giblets were cooked, pouring it in gradually so as not to thin the gravy too much. If the gravy seems too thick, add also a little hot water. Put in lastly the chopped giblets, and season to taste with salt and pepper. Serve in a gravy dish.

GLAZING FOR MEAT—Put a small quantity of jellied stock over the fire, add a little burnt sugar, and simmer until it is like

syrup. Use warm, putting it on with a brush. (If you have no jellied stock add one-quarter ounce of gelatine to liquid stock and proceed as above directed.) Glazing may also be made by boiling one quart of consommé down to one-half pint. Half-glaze is made by boiling consommé down to one-half. When wanted put in a small saucepan and melt in another of boiling water.

GRAVY FOR ROAST MEAT—When the drippings from the roast are smoking hot, stir in one tablespoon of flour, and cook well. Then add one cup of boiling water, mash all the lumps, and season to taste with salt and pepper. If liked, a spoon or two of catsup may be added, or a flavoring of worcestershire or other sauce.

GRAVY WITHOUT STOCK—Cut up two small onions and one carrot; place them with a little lean beef in a stewpan with a bit of butter and brown all together; next add enough water to cover the mass and stir slowly until the vegetables are cooked. Strain, thicken with flour and add pepper, salt and catsup. Color brown with caramel if necessary.

HOLLANDAISE SAUCE—This is one of the best sauces for fish: one-half cup of butter; one-half cup of boiling water; one-half lemon (juice only); one-fourth saltspoon of pepper; one saltspoon of salt; three eggs (yolks only). Beat the butter to a cream with a silver spoon, add the yolks of the eggs, one at a time, and beat well; then add the lemon juice, salt and pepper. About five minutes before serving, add the boiling water, a little at a time, stirring well. Place the bowl in a saucepan of boiling water, and stir rapidly until the sauce thickens like boiled custard.

ANCHOVY SAUCE—Melt one-half pint of good, fresh butter and stir in one and one-half dessertspoon of essence of anchovy, and a dash of cayenne pepper. Warm and stir thoroughly and serve with either boiled or fried fish.

BEARNAISE SAUCE—Four eggs (yolks only); four tablespoons of butter; one-half teaspoon of salt; one-half saltspoon of pepper; one tablespoon of tarragon vinegar; one teaspoon of chopped parsley; one teaspoon of chopped tarragon; one teaspoon of onion juice. Stir the butter in a hot cup until perfectly soft and creamy. Place the yolks and the salt and pepper in a small saucepan, and beat the eggs light with an egg-beater; then add one-third of the butter, and beat until smooth; add another third, and beat again; and then add the balance of the butter, and beat

until all is perfectly smooth. Lastly add the vinegar and onion juice, and beat again. Place the saucepan in another of boiling water, and cook for three minutes, beating all the time with the egg-beater. Remove from the fire, put in the chopped parsley and tarragon, and use immediately.

BÉCHAMEL SAUCE, No. 1—This is made of one ounce of butter; one ounce of flour; one pint of milk; one small onion; one-half ounce of lean raw ham; salt and pepper to suit. Slice the onion; place the butter in a saucepan and slightly color the onion in it; add the milk, stir until boiling, and set in a gentle heat to boil slowly for ten minutes. Strain and use.

BÉCHAMEL SAUCE, No. 2—For this use one-half pint of veal stock; one-half pint of cream; two eggs (yolks only); two tablespoons of butter; one tablespoon of flour; salt and pepper to taste. Heat the butter, and when bubbling, stir in the flour; mix until smooth, taking care it does not brown. Add the stock and cream gradually, and stir until the liquid boils. Take from the fire, and add the salt and pepper and the well-beaten yolks. Let it stand in a warm place on the range two minutes, but do not boil after the eggs are added.

BREAD SAUCE—This sauce to be served with small birds. Two cups of milk; one cup of stale bread crumbs; one-quarter of an onion; two tablespoons of butter; salt and pepper. The crumbs in bread sauce must be quite white. Sift the crumbs through a coarse sieve; place the fine ones that pass through in the milk, add the onion, and put the liquid in a stewpan on the fire to boil. Boil for twelve minutes; add one tablespoon of the butter, with salt and pepper to taste; and remove the onion. Place the remaining spoon of butter on the fire in a frying-pan, add the coarse bread crumbs, and fry them brown, being careful to have the butter very hot before putting in the crumbs. Stir vigorously for two or three minutes, taking care that the crumbs do not burn. Serve the sauce in a gravy dish and the browned crumbs on a very hot plate or small dish.

BEURRE NOIR—This sauce is poured over fried fish or boiled fish just before serving. Two tablespoons of butter; one tablespoon of vinegar; one tablespoon of chopped parsley; one teaspoon of lemon juice; one-half teaspoon of salt; one-fourth teaspoon of pepper. Place the butter in a frying-pan, and when it is hot, add the other ingredients. Boil up once, and serve.

BUTTER SAUCE Ā LA CRÉOLE—Take one cup of cold water, one tablespoon of butter and one of flour. Mix over the fire, stirring constantly. When the mixture boils, stir in quickly (for a large quantity) one-fourth pound of fresh butter and add, by degrees, another cup of cold water to keep the butter from oiling. Stir in the juice of a lemon and strain. It must be served at once and hot. It becomes oily if kept long. A spoon of chopped parsley may be added.

BROWNED BUTTER (Used for Coloring Gravies, Sauces, etc.)—Place a small piece of butter in a hot frying-pan and toss about until it turns brown. Stir browned flour into it until it is smooth and commences to boil.

BROWNED FLOUR (Used for Coloring and Thickening Many Dishes)—Spread flour on a tin platter and place on the stove or in a very hot oven. When it begins to color stir constantly until evenly browned throughout. Cork closely in jars.

CAPER SAUCE—Two tablespoons of flour; one tablespoon of lemon juice; three tablespoons of capers; one-half cup of butter; one pint of boiling water; one-eighth teaspoon of pepper; one-half teaspoon of salt. Beat the flour and butter to a cream, and add the boiling water. Set the mixture on the fire, and stir it constantly until heated to the boiling point; then put in seasoning, lemon juice and capers, and serve either in a separate dish or by pouring over the meat it is to accompany.

IMITATION CAPER SAUCE—Cut cucumber pickles into tiny cubes of a uniform size. Drain perfectly dry and stir into hot drawn butter. Boil for one minute. Eat with fish or chops.

CELERY SAUCE—One head of celery; one pint of milk; two tablespoons of flour; four tablespoons of butter; salt and pepper to taste. Cut the celery fine, and place it in a saucepan with just enough water to cover; then cover the pan, and simmer gently. When the celery has boiled an hour, mix the butter and flour together and add them to the celery, with the milk, salt and pepper. Boil ten minutes, stirring continually, and serve.

CHATEAUBRIAND SAUCE—One pint of Spanish sauce; one gill of sherry; three tablespoons of butter; one of lemon juice; one teaspoon of minced parsley; one saltspoon of salt and a pinch or two of pepper. Thoroughly whip the butter, lemon juice, salt and pepper together and add the parsley. When wanted, add all

this to the Spanish sauce, made hot, stir for a moment or so and serve.

CHESTNUT SAUCE—Chestnuts are very popular with the French, who use them in stuffing or in sauce for roast turkey. French chestnuts are twice as large as the American variety and are sold by many grocers and fruiterers. One pint of shelled nuts; one quart of stock; one-half a lemon peel; one tablespoon of flour; two tablespoons of butter; one cup of cream or milk; salt and pepper. Remove the outer shells from the nuts, and scald the kernels until the inner skins can be easily taken off. Place the kernels in a stewpan with the stock, the lemon peel and a little salt and pepper, and simmer gently until the kernels are quite soft. Remove the lemon peel, rub the nuts through a sieve, mash them very fine, and return them to the stock. Put the butter in a frying-pan, and when it is hot, add the flour. Cook until dark-brown, add the stock and nuts, and cook for two minutes; then add the cream, boil up once, and serve.

CIDER APPLE SAUCE—Reduce by boiling, four quarts of new cider to two quarts. Pare, quarter and put into the kettle enough apples to fill it and stew the cider and apples together over a moderate fire, four hours. Flavor with cinnamon if liked.

CUCUMBER SAUCE—Cut into very small pieces some peeled cucumbers. Stew gently until done, in a stewpan with a little stock, one-half tablespoon of vinegar, some salt, cayenne and a little celery essence. Celery salt may be used in place of plain salt if preferred. (A bit of boiled onion and a little butter may be added also, if desired.) Strain through a sieve.

CURRANT JELLY SAUCE FOR GAME—Three tablespoons of butter; one onion; one bay leaf; one stalk of celery; two tablespoons of vinegar; one-half cup of currant jelly; one tablespoon of flour; one pint of stock; salt and pepper to taste. Slice the onion and cook in the butter till it begins to color, then add the flour and herbs and stir until brown. Now add the stock and simmer twenty minutes. Strain, skim off all the fat; put in the jelly and stir until it is melted.

CURRY SAUCE—One tablespoon of butter; two teaspoons of chopped onion; one teaspoon of flour; one teaspoon of curry powder; one pint of beef broth or water; one-eighth saltspoon of salt. This sauce is used as a basis for many dishes. Cold meat or fish, canned salmon or lobster, shrimps or oysters, all may be

heated in this sauce and a great variety of dishes is thus made possible. Have the butter hot and fry in it the chopped onion until a delicate brown, then add the curry powder. Simmer for ten minutes and then stir into it the flour that has been rubbed smooth in a tablespoon of cold water. When thickened slightly, strain and it is ready to use. Shrimps, if using the canned fish, should be rinsed off with cold water and added to the sauce. Heat to boiling and season with three tablespoons of orange juice. For fish curry, add to the sauce any cooked fish, taking care that it does not break into small pieces, as this makes an unattractive-looking dish. Serve very hot.

ASPIC JELLY FOR COLD TURKEY OR MEAT—Put in the pot two pounds of beef; if you have veal or beef bones, break them and throw them in also, but they require longer boiling to dissolve the gelatine. Put in one-half pound of sweet ham or bacon, add all the sweet herbs, such as thyme, basil, parsley and marjoram; last of all, salt and pepper to taste. Boil for three or four hours. When it is sufficiently boiled, take off, strain, and put away to cool. Take off all the fat and sediment, and clarify by throwing into it the whites and shells of three eggs; add a cup of wine or two tablespoons of lemon juice. Place it again on the fire, let it boil a few minutes, and strain it through a jelly-bag.

SHRIMP SAUCE—Mix one pint of shelled fresh shrimps with one-half pint of melted butter in which some mace, cayenne and essence of anchovy have been stirred. Heat all together but do not boil. A little cream will greatly improve the sauce.

STEWED AND BAKED APPLES TO SERVE WITH ROAST PORK AND ROAST GOOSE—If apple sauce is desired, cook the apples until very soft and stir them perfectly smooth. Add sugar and a little gelatine dissolved in water, using one tablespoon to a pint of sauce. Pour into molds or bowls and when cold turn out on a plate the same as jelly. This is often preferred to plain sauce. If baked apples are preferred, select good, firm greenings, pare, halve and core them. Place on a shallow pan not touching each other, and cover them with boiling water in which has been stirred one cup of sugar to every six apples. Stew till tender and remove without breaking. Boil the syrup one-half hour longer, pour over the apples and serve cold. Lemon may be used as a flavoring, if desired.

SPANISH SAUCE, No. 1—This sauce is used with many French

dishes and is made of two ounces of butter; one and one-half ounce of lean raw ham; two ounces of flour; one carrot, one pint of stock or water; one onion; two cloves; one stalk of celery; salt and pepper. Heat the butter, add the flour and stir until of a rich brown; then add the stock, ham and other seasoning, cutting the vegetables into small pieces. Stir until it begins to boil, then remove the pan to the back of the range and let it simmer gently for one hour. Skim off the oil, strain and it is ready to use.

SPANISH SAUCE, No. 2—To make this finest of brown sauces, take one and one-quarter cups of consommé; four tablespoons of flour; four tablespoons of butter; two tablespoons of chopped onion; one tablespoon of chopped celery; one ounce of lean ham; one bay leaf; one sprig of parsley; two cloves; salt and pepper to taste. Cook the butter and the vegetables together for ten minutes, being careful not to let them burn; then add the flour and cook until brown, stirring all the while. Draw the saucepan back, and gradually add the consommé; boil for three minutes, stirring all the time; then add the herbs and spice, and put the mixture back where it will simmer. Skim off the fat, and strain. It is now ready to be served as a simple Spanish sauce or as the foundation for various fish and meat sauces.

TOMATO SAUCE, No. 1—One quart of canned tomatoes; two tablespoons of butter; two tablespoons of flour; eight cloves; one slice of onion; salt and pepper. Set the tomatoes, onion and cloves on the fire and cook for thirty minutes. Place the butter in a frying-pan, and when it is hot, add the flour, and cook until smooth and brown, stirring constantly. Add the tomatoes, cook for three minutes, season with salt and pepper, and pass through a strainer fine enough to hold the seeds.

TOMATO CREAM SAUCE—To one-half can of tomatoes add one stalk of celery, one slice of onion, one-half teaspoon salt, a few grains of cayenne and cook briskly twenty minutes. Rub through a strainer, add one-fourth teaspoon of soda and finally one cup of White Sauce, No. 1. Serve with baked fish or cutlets.

WINE SAUCE FOR COLD GAME—Beat together the yolks of two eggs, some salt, pepper and minced parsley and mix well with one teaspoon of sugar, two of salad oil and a saltspoon of salt, all made smooth before mixing with the egg. Next add one teaspoon of tarragon vinegar and also stir in one-half glass of white wine.

WINE SAUCE FOR VENISON OR OTHER GAME—Simmer together a few minutes one-half glass currant jelly, one-half glass of water, one tablespoon of cold butter, the juice of one-half lemon, one teaspoon of salt, a pinch of cayenne and three cloves. Strain and add one-half glass of port wine. A little gravy from the game may also be added to the sauce.

BENGAL CHUTNEY—One pound of brown sugar; one-half pound of salt; two ounces of garlic and six of onions; one ounce of cayenne; fifteen sour apples; one-fourth pound of bruised ginger; one-half pound of mustard seed; three pints of vinegar. Pound the onions and garlic thoroughly in a mortar, slice the apples, boil them in the vinegar till soft, bruise or mash them with a spoon and when cold mix them with the other ingredients. Seal in wide-mouthed bottles.

CHAUD-FROID SAUCE—Cook one tablespoon of butter and two of flour, and add one cup of liquid, either milk, white stock, or the two mixed in equal quantities. Soften one tablespoon of gelatine in a little cold water and when the first mixture is boiling, add the gelatine. When thoroughly dissolved in the hot mixture, strain and let it cool. The sauce should be highly seasoned with salt, pepper and paprika, as a cold mixture requires more seasoning than a hot one. Cold boiled fish, hard boiled eggs, or individual portions of cold, cooked fowl, are delicious masked in this cold sauce and may be decorated with truffles cut in fancy shapes or with red or green peppers.

HORSERADISH (To Prepare for Winter)—To one coffee-cup of grated horseradish add two tablespoons of white sugar, one-half teaspoon of salt and one and one-half pint of cold vinegar. Seal in bottles.

HORSERADISH SAUCE—Fresh horseradish sauce is made as follows: one teaspoon of mustard; three tablespoons of cream; one tablespoon of vinegar; a little salt. Mix and grate as much horseradish into it as is required to make it rather thick.

JELLY SAUCE—Turn a glass of currant or grape jelly out upon a deep plate, and beat it to a foam. Then add one level teaspoon of dry mustard and one saltspoon of salt, and beat again thoroughly.

LEMON SAUCE—Add one lemon sliced, and seeded, and the juice of another lemon to one-half pint of butter sauce and boil together for a few minutes.

LOBSTER SAUCE, No. 1—This may be served with all kinds of boiled fish. For it, use one lobster; two tablespoons of flour; four tablespoons of butter; two tablespoons of lemon juice; one pint of boiling water. Cut the meat into small pieces, and pound the coral together with a tablespoon of butter. Rub the flour and the rest of the butter to a smooth paste. Add the water to the coral and butter, and then the lemon juice, and simmer for four minutes. Strain the sauce over the lobster meat, place the whole on the fire and boil up once.

LOBSTER SAUCE, No. 2—This is also used with boiled fish. One lobster, one-half pint of drawn-butter sauce; salt and pepper to taste. Break up the coral of the lobster, and put it on a paper in a slow oven for thirty minutes. Then pound it in a mortar, and sprinkle it over the boiled fish when ready to serve. Chop the lobster meat, not too fine, and add it to the sauce, also putting in a pinch of the coral and the salt and pepper. The effect is spoiled if the lobster is cut too fine. The sauce should be like a creamy bed for the lobster.

LOBSTER BUTTER—This is used in lobster soups and sauces to give color and richness. Pound to a smooth paste the coral of a lobster with two tablespoons of butter; add three tablespoons of chopped lobster and one of butter and pound again until all is reduced to a smooth paste, and then rub through a fine sieve. If coral is not obtainable the small claws and butter may be pounded together and treated the same as shrimp butter.

MAITRE d' HÔTEL SAUCE—Two tablespoons of flour; one tablespoon of chopped parsley; one tablespoon of lemon juice; three-fourths cup of butter; one pint of boiling water; two eggs (yolks only); salt and pepper to taste. Prepare the same as drawn-butter sauce and when finished add the lemon juice and chopped parsley. Let it cool slightly, and add the beaten yolks of the eggs. Return to the range, and when well heated, but not to the boiling point, it is ready to use.

MINT SAUCE—Dissolve one tablespoon of powdered sugar in one-half cup of vinegar. Pour this over one-fourth cup of finely chopped mint leaves and stand for one-half hour on back of stove to infuse. If vinegar is very strong, dilute with water.

MUSHROOM BROWN SAUCE—For a pint and a half of sauce use a quart of rich consomme, one-half pound of fresh mushrooms, a baked sour apple, six tablespoons of butter, five of flour, a slight

grating of nutmeg, two level teaspoons of salt and one-half teaspoon of pepper. Put the butter into a stewpan and place it on the fire; when it begins to brown, add the flour and stir until the mixture is dark-brown. Draw the stewpan back to a cool place, stir until the contents are slightly cooled, and then gradually add the stock. Stir until it boils, put in the seasoning, the baked apple and one-half cup of chopped mushrooms, and set back where the sauce will just bubble at one side of the stewpan, for two hours. At the end of that time skim off the butter, and strain the sauce into another stewpan. Add the remainder of the mushrooms and three tablespoons of consommé. The mushrooms should be nicely pared and cut into small pieces, and they should simmer for ten minutes in the hot sauce.

MUSHROOM SAUCE—This sauce is a very popular one for any kind of roasted, broiled or braised meat, being particularly favored for beef. One can of French mushrooms; one tablespoon of flour; two cups of stock; four tablespoons of butter; salt and pepper to taste. Heat the butter, add the flour, and stir until of a very dark-brown hue. Gradually add the stock, and when it boils, pour in the liquor from the mushrooms. Season with salt and pepper, and simmer gently for twenty minutes, skimming off any fat that rises. Add the mushrooms, cook for four minutes, and serve. If mushrooms are not very gently treated they will quickly become tough. Too much cooking ruins them, three or four minutes being quite sufficient.

MUSTARD SAUCE—Take four spoons of dry mustard, one-half teaspoon sugar, one saltspoon of salt and one tablespoon melted butter; mix well with boiling vinegar or water.

OLD-TIME APPLE SAUCE—Take one dozen medium-sized apples; pare, chop and place in a deep pudding dish; sprinkle a heaping coffee-cup of sugar, and one of water over them. Bake in the oven, slowly, two hours or more, until they are of a rich red-brown. Serve with goose, pork, game, etc.

CHAMPAGNE SAUCE—Simmer two cups of brown sauce until reduced to one and one-half cup. Add one-half cup of champagne and a tablespoon of sugar. Serve with ham.

CRANBERRY SAUCE—Wash one quart of cranberries in cold water, put them into a porcelain or agate kettle, add one pint of cold water, cover and bring to a boil, keeping berries closely covered until they are broken to pieces. Rub through a colander, add two

cups of granulated sugar, stir over the fire just a moment until sugar is thoroughly melted, then turn out to cool.

VELOUTÉ SAUCE—Cook together in a saucepan two tablespoons butter and two tablespoons of flour. Pour on gradually one cup of heated white stock. Season with salt, pepper and cayenne.

CLARET OR BORDELAISE SAUCE—If this is to be made for roasted meat, use the fat in the pan in which the meat was roasted or baked. To each two tablespoons of this, allow one tablespoon of browned flour and one-half pint of brown stock. Put the flour in the pan, mix with fat, then add the stock all at once. Add one teaspoon of caramel, season with onion juice, salt and pepper. Boil one minute, pour in a wine-glass of claret, heat for one-half minute more and serve.

OLIVE SAUCE—This sauce is used for roast duck and other game. Two dozen olives; one pint of stock; one lemon; two tablespoons of salad oil; one tablespoon of flour; one slice of onion; salt and pepper. Place the olives in an earthenware bowl, pour over them enough hot water to cover and let them remain for half an hour to draw out the brine. Place the oil in a frying-pan, and add the onion; when this commences to color, add the flour. Stir until smooth; after it has cooked for two minutes, add the stock, and place in a gentle heat to simmer. Pare the olives round and round the same as though paring an apple, leaving the pulp in a single strip. If this is done carefully, the olives will retain their shape. Place the olives in the sauce, add the seasoning, and simmer for twenty minutes. Skim carefully, and serve.

OYSTER SAUCE, No. 1—Use one pint of small oysters; one-third cup of butter; three tablespoons of flour; one cup of milk; salt and pepper to taste. Heat the oysters in their own liquor to boiling point. Remove them from the fire after they have boiled one-half minute, skim them, and drain off the liquor into another stewpan. Rub the butter and the flour to a cream. Add the milk to the oyster liquor, and when heated to the boiling point, stir in the creamed butter and flour. Let the liquid boil up once, season with salt and pepper, add the oysters, and serve as soon as the latter are heated through.

OYSTER SAUCE, No. 2—Lay twenty-five medium-sized oysters in a hot saucepan, and move them about until they are plumped and curled. Remove them, and to the liquor which has exuded

add enough sweet milk to make one pint of liquid. If milk is not abundant, the oyster liquor may be used wholly or in part. Mix two tablespoons of flour with a little milk, thicken the sauce, and let it boil for ten minutes, with proper stirring. Add one-half teaspoon of salt and one-half saltspoon of white pepper or nearly as much paprika; return the oysters to the pan, bring the sauce to a boil, remove from the fire, and stir in one or two spoons of butter. When this has melted and become thoroughly blended with the sauce, turn the latter over the dish, garnish with cress or parsley, and serve.

PARSLEY BUTTER—Beat three tablespoons of butter to a cream, and then add one tablespoon of lemon juice, one of chopped parsley, one-half teaspoon of salt, and one-eighth teaspoon of pepper. Beat these ingredients into the butter, and it will be ready for use. It is nice to spread upon fried or boiled fish, and also over potato balls. When intended for the latter, however, one-half tablespoon of lemon juice will be enough.

RAVIGOTE SAUCE—Four tablespoons of butter; three scant tablespoons of flour; three peppercorns; one-half good-sized onion; a slice of carrot; a bit of mace; a bay leaf; a sprig of parsley; a sprig of thyme; one cup of cream; two cups of chicken stock; one tablespoon of chopped parsley; a slight grating of nutmeg, and salt and pepper. Rub together the flour and three tablespoons of the butter, and add all the other ingredients except the cream, chopped parsley, and the remainder of the butter. Simmer for one-half hour, being careful that there is no burning. In the meantime pound the spoon of butter and the chopped parsley in a mortar, and when the mixture looks rather smooth and green, scrape all of it from the mortar and add it to the sauce. Then add the cream; and if there be not seasoning enough, put in a little more salt and pepper. When the sauce boils up, strain it, and it will be ready for use. This is a delicious sauce for all kinds of delicate fish and meats.

REMOULADE SAUCE—Yolks of two hard boiled eggs, the yolk of one raw egg; a scant pint of olive oil; three tablespoons of tarragon vinegar; three of ordinary vinegar; one teaspoon of mustard; one-half teaspoon of salt; one-third teaspoon of white pepper and one teaspoon of chopped parsley. With a fork, work the cooked yolks of egg on a plate until smooth and then put them in a dish with the raw yolk and the seasoning. Add two tablespoons of the vinegar and beat thoroughly five minutes. Next

add the oil—one teaspoon at a time—beating the mixture two or three minutes at a time after each addition of oil. When five teaspoons have thus been added the rest of the oil may be put in in larger quantities—three or four teaspoons at a time. When the sauce is so thick that the beater turns hard, put in one-half tablespoon of vinegar. When all the oil and vinegar have been used, add the parsley. This sauce may be used for meat or for salads.

SAUCE PIQUANTE—To make sauce piquante, put a large spoon of sweet butter in a stewpan, slice into it two onions, two carrots, a little thyme, two cloves, two shallots and a bunch of parsley; add, if liked, a clove of garlic. Let them cook until the carrot is soft, then shake in a little flour; let it cook for five minutes more, and add a cup of beef or veal stock and one-half cup of strong vinegar; skim and strain through a sieve. Add salt and pepper when boiling.

SAUCE ROBERT—Shred down one-half dozen onions and fry them with butter in a small saucepan until they are finely browned; then add a little flour, say a tablespoon, a tablespoon of mushroom catsup, one-half pint of strong stock, pepper, salt and mustard to taste, and a little lemon juice. This is a favorite sauce with some people for both cold and hot meats.

SAUCE SUPRÊME—Three tablespoons of butter; one tablespoon of flour; one-half pint of chicken gravy; one lemon; one teaspoon of chopped parsley. Place two tablespoons of the butter in a frying-pan over the fire, and when it is hot, add the flour. Stir well, and when turning brown, add the chicken gravy or broth, and boil for four minutes, stirring constantly. Then add the juice of the lemon, the parsley, and the remaining spoon of butter. After the sauce has boiled up once it is ready to serve.

SAUCE TARTARE—One cup of mayonnaise dressing; one tablespoon of chopped cucumber pickle; one tablespoon of capers; one teaspoon of onion juice. Make the mayonnaise rather more sour and with a little more mustard than for salad, and mix into it the capers and pickle. Grate one-half onion to secure the juice and add the amount required. Set on the ice until needed. The sauce should be quite thick when served.

CHAPTER IX—ENTRÉES

N ENTRÉE is often merely a somewhat elaborate way of serving a left-over. It should always be made as attractive and palatable as possible and served as a separate course. Patties, timbales, croquettes and fritters are among the best known entrées, while choice vegetables such as artichokes, asparagus, mushrooms, etc. are quite as often used. Ramekins, paper cases, pastry shells, etc., are invaluable in the serving of entrées.

INDIVIDUAL ENTRÉE CASES (Timbale Cases)—These little cases are made by immersing a heated timbale iron in cold batter and then in hot fat. The resulting case should be of a delicate brown color and as crisp as a cracker. The batter is made as follows: Mix one teaspoon of sugar, one-half teaspoon salt and three-fourths of a cup of sifted flour. Add to these dry ingredients one well-beaten egg, one tablespoon of olive oil and one-half cup milk. Beat with an egg-beater until perfectly smooth, and, if the result is not satisfactory, strain. This batter should be made an hour before needed and set aside to cool. Pour this batter into a deep cup otherwise it would soon be too low to cover the timbale iron. Have ready a kettle of hot fat at a temperature to brown a piece of bread while counting forty. Also have a sheet of absorbent paper on which to drain the cases when cooked. Immerse the iron in hot fat until thoroughly heated. The fat should be deep enough to more than cover the mold end of the iron. Remove, and drop into batter until iron is covered to three-fourths of its height. This is necessary to allow for the rise of the batter in cooking. If only a thin layer of batter adheres to the mold, dip into batter again until mold is covered with a smooth layer of the partially cooked batter. Dip quickly into hot fat for about twelve seconds. Remove, hold the iron with mold end up to allow fat to drain from the case. When properly cooked the cooked batter should slip easily from the mold. Place the finished case on

absorbent paper and continue the operation until batter is exhausted. A fluted timbale iron is easier to work with as the case does not slip off until thoroughly cooked. If cases are not crisp it shows that batter is too thick and should be diluted with milk.

After skill has been gained in making these cases they may be used with great variety. They may be filled with a choice vegetable served in cream sauce, or with creamed oysters, chicken, sweetbreads, etc. They may also be filled with fresh or cooked fruit, topped with whipped cream or powdered sugar, and served as a sweet course.

VOL AU VENTS—A *vol au vent* is a large kind of patty; the name signifies, in French, something that will fly away in the wind. Roll out some puff paste one and one-half inch in thickness. Cut a circle six to six and one-half inches in diameter, using a plate or regular cutter to measure by. Place on a baking tin and cut a smaller circle around the top, about one and one-half inch from edge to the depth of about an inch. Bake in a large flat pan, in a hot oven for thirty minutes. When cooked, take off the cover, remove the uncooked paste and it is ready to be filled. They may be filled with oysters (stewed); cold lobster or chicken, or any kind of delicate meat or fish chopped and seasoned with salt and pepper, and heated in béchamel, white, brown or mushroom sauce. In using fish always add one teaspoon of lemon juice after the mixture is taken from the fire. Sweetmeats of any kind, or fresh berries sweetened may also be used.

CHICKEN PATTIES—Roll puff paste, made as directed under "Pastry," to the thickness of one-fourth of an inch and with a cooky cutter shape into circles about the size of a silver dollar. Remove centers from one-half these circles, using a much smaller cutter for the purpose. Brush the edges of the uncut circles and fit on to them the rings, forming a little wall and leaving a cavity in the center. Chill thoroughly before baking in a very hot oven. These shells may be prepared the day before and re-heated when needed. The small centers removed from the puff paste circles should also be baked and used as lids to the patties when finished.

For the filling use equal quantities of button mushrooms and diced cold chicken (previously cooked) moistened with white sauce.

OYSTER PATTIES—Follow the preceding directions, substituting creamed oysters for the chicken and mushroom mixture.

SWEETBREAD PATTIES—Use a half can of button mushrooms to every pair of sweetbreads and moisten with white sauce, as previously directed.

LOBSTER PATTIES—Make as above, substituting creamed lobster.

CLAM PATTIES—Use recipe for creamed clams to fill these patties.

CHICKEN MOUSSE—Pound one-half the breast of a raw chicken and press it through a purée strainer, adding to it the white of an egg, slightly beaten, one-half cup of cream, and salt, pepper and paprika to taste. Combine this with another mixture made of a cup of cooked chicken meat, rubbed through a sieve, the white of an egg slightly beaten and one-half cup of thick cream beaten stiff. When these two mixtures are well blended, turn into one large mold, or several individual ones, set in pan of hot water, cover with oiled paper and bake until firm. The mold may be decorated with truffles, capers or pimentoes before turning in the mixture. When serving, turn out on platter and surround with Béchamel sauce.

HAM MOUSSE—Follow the above directions substituting cooked ham in every instance where previous recipe calls for chicken. Chopped mushrooms are a delicious addition to this dish and mushrooms may be mixed with the sauce when served and also used as decorations.

CHICKEN AND RICE CURRY—Take one tablespoon of butter; one tablespoon of flour; three-fourths cup of chopped chicken; one cup of milk; two-thirds teaspoon of curry powder; one-fourth cup of boiled rice. Melt the butter, taking care that it does not brown; add the flour and when smooth stir into it the milk; when it thickens add the curry powder, the chicken meat and the rice, and when thoroughly heated, serve at once.

CHICKEN SOUFFLÉ—To the white meat of a cold fowl add one-fourth as much butter and pound together in a mortar; season with salt, pepper and a trifle of mace, and stir well into the mixture a small teacup of cream or white sauce, setting the dish in a gentle heat while mixing. When nearly cold add first the well-beaten yolks of two eggs and then the whites beaten to a froth. (More eggs will make the soufflé richer and lighter.) Put immediately into paper soufflé cases or a soufflé tin and bake from ten to fifteen minutes, according as the paper or tin is used.

TURKISH PILAFF—Cook one-half cup rice in boiling salted water. When soft, drain and rinse by pouring hot water over it. Place three tablespoons butter in an omelet pan and as soon as the butter begins to melt, add the rice. Cook for three or four minutes, add one-half cup canned or fresh tomatoes, one-half cup of cold chicken cut into dice and just enough white stock to moisten to a paste. Add a little more butter if a richer mixture is preferred. Season highly and serve on toast, garnishing the dish with points of toast.

MINCED CHICKEN, WITH MUSHROOMS—Chop moderately fine one pound of canned or cooked chicken. Cut one-half pint of mushrooms into small pieces, let them boil in their liquor, and stir for five minutes; then skim out the mushrooms, and set them aside to keep hot. Add, if needful, enough milk to produce a coffee-cup of liquid. Beat one tablespoon of flour in a little milk, and add to it a saltspoon of salt, one-half saltspoon, scanty, of white pepper and a tablespoon of butter. Stir this mixture into the liquid, and when the whole has boiled three minutes, add the mushrooms and chopped chicken, and cook three minutes longer, stirring continually.

VEAL SWEETBREAD AND OYSTER PIE—Boil the sweetbread until tender, season it with butter, pepper and salt and then add two dozen oysters, thickening their juice with one cup of cream, one tablespoon of butter, the yolks of two hard boiled eggs and one tablespoon of flour. Pour all into a deep pan, lay on a cover of paste and bake. If there is too much liquid set it aside and serve with the pie, should the latter prove too dry when baked.

VIRGINIA BEEF TONGUE—Stew a large fresh beef tongue in water enough to cover it until done and then remove the skin. Take one teacup of the liquor in which the tongue was cooked and add to it one teacup of brown sugar, one of stewed cranberries, one-half teacup of the best butter, one tablespoon of whole cloves and one-half lemon, sliced. Simmer the tongue in this mixture for one-fourth hour before serving. Place the tongue on a dish with the sauce, garnish with slices of lemon and sprigs of parsley and serve.

SCOTCH WOODCOCK—For six people use five hard boiled eggs; one tablespoon of anchovy paste; a speck of cayenne; one-half teaspoon of salt; two tablespoons of butter; one of flour; one cup of milk and six small slices of bread. Chop the eggs quite fine.

Put the milk on to heat. Beat the flour and butter to a cream in another saucepan and when the milk heats pour it over the mixture, put the pan over the fire and stir until the contents begin to boil; then add the other ingredients and simmer three minutes. Have the bread toasted and lay it on a hot dish. Pour the hot mixture over it and serve immediately.

SALMI OF GAME—This can be made from remains of roasted game, but to have it in perfection the birds should be only half roasted. Carve them very neatly and remove every bit of skin and fat from the legs, wings and breasts; bruise the bodies well and put them with the skin and trimmings into a stewpan, add two sliced onions, one bay leaf, one small blade of mace and a few peppercorns. Pour over these ingredients a full pint of veal gravy, broth or stock and boil sharply until reduced almost half; now strain the gravy, skim off the fat, add a little cayenne and lemon juice and in it heat very gradually, but do not boil, the game. Border a dish with fried bread, put the birds in the center, boil the gravy up once and pour over the birds.

RISSOLES—These are practically little turnovers, filled with a highly seasoned mixture of chopped chicken and ham, moistened with white sauce. Roll puff paste very thin and cut in circles. Place a teaspoon of the mixture in the center of each circle, moisten half the circumference with cold water, and fold the other half over, pressing the edges closely together. Dip in slightly beaten egg mixed with a tablespoon of water, which produces the desired glazed effect. Fry in deep fat and drain thoroughly.

CHICKEN TAMALES—Boil two pounds of corn and a handful of lime in water enough to cover, until the skins of the corn are loosened; then wash the lime from the corn, and grind the latter very fine. Boil a large chicken (or a little more than three pounds of beef), and mix the resulting liquid with the ground corn, adding a scanty pound of firm lard, and salt to taste. Having boiled one pound of red peppers until soft, remove the seeds and skins and grind the peppers fine; add three or four pieces of garlic (chopped), a small quantity of sliced tomato, and one-half pound of ground chilis. Mix this preparation with the chicken or beef; then fry for a few minutes, and add salt to taste. Spread wet corn-husks with the prepared corn meal, put in the chicken mixture, and then boiled eggs, olives, and cucumber, if desired. Then put on another corn-husk spread with meal, and boil for from three-

fourths of an hour to one hour in one gallon of water. When all are half done, turn the top ones over. The above directions are calculated to make one dozen tamales.

BRAISED TONGUE WITH ASPIC JELLY—Boil the tongue until tender, then place it in a stewpan with two onions, one head of celery, four cloves and salt and pepper; cover it with the liquor it was boiled in; add one glass of brandy, one teaspoon of sugar, one blade of mace, one bunch of thyme and one bunch of parsley. Let it simmer gently for two hours. Take out the tongue, strain the liquor it was boiled in, and add to it one box of gelatine which has been soaked in one glass of cold water. Heat it and pour over the tongue. Serve cold.

EGG TIMBALES—See chapter on Egg Dishes.

ASPARAGUS TIMBALES—Cut the points from the asparagus as far as they are perfectly tender, cutting in bits about one-half inch long. Wash thoroughly, and put them into boiling water with one teaspoon of salt to each two quarts of water. Boil rapidly for ten minutes and drain thoroughly. In the meantime cover one pint of bread crumbs with one gill of hot milk. Let this stand until the crumbs are soft, then beat with a fork until free from lumps. Add three eggs, one at a time, and mix well together. Stir in one saltspoon of salt, a dash of cayenne, three tablespoons of melted butter, and one tablespoon of onion juice. When well mixed stir in carefully one pint of asparagus tips. Butter small timbale molds holding about one gill, sprinkle with finely minced parsley and two-thirds fill the molds. Set in a baking-pan of boiling water, not enough, however, to reach the top. Cover with a sheet of buttered paper and cook in the oven for twenty minutes. Invert on a heated platter, garnish with parsley and serve with a white sauce.

CURRY OF RICE—Curry of rice is appropriate with any kind of fish or meat that has been prepared with a sauce. For a family of six persons allow one cup of rice; two and one-half cups of boiling water; two tablespoons of butter; two teaspoons of salt; two teaspoons of curry powder; one-fourth teaspoon of pepper; one teaspoon of minced onion. Wash the rice well, and soak it for two hours in fresh water; then drain. Place the butter and onion in a stewpan and cook them until the onion is yellow; add the rice and stir the whole over a hot fire for five minutes. Draw the pan out of the heat, season with the powder, salt and pepper·

stir well and pour in the boiling water. Cover the stewpan and boil rapidly for ten minutes, after which set in a very slow heat to cook for forty minutes, when the curry is ready to serve.

CHAUD-FROID OF EGGS (Cold)—Hard boil a half dozen eggs and cut in halves lengthwise. Remove yolks and mash to a paste with a little melted butter, pepper, salt, paprika, and chopped olives or pickles. Mask in Chaud-Froid Sauce. (See chapter on Sauces for Fish, Meats, Poultry and Game.) Garnish each with a star cut from a truffle or from a green or red pepper. These should be served at luncheon or supper.

PEPPERS WITH MACARONI—Cut the tops from green peppers, remove seeds and let stand for ten minutes in boiling water. Chop cooked macaroni into small pieces and mix with a thin cream sauce. Drain the peppers, fill them with the macaroni, adding to each a generous spoon of grated cheese. Bake in a granite dish with very little water until the peppers are tender. If covered they will not be dry when cooked.

SWEETBREADS IN PEPPER CASES—Parboil the sweetbreads, chill and cut in dice, using sufficient to fill a cup. Prepare a sauce by blending two tablespoons with the same quantity of flour and gradually pouring on a half cup of chicken stock and two tablespoons of thick cream. When thoroughly mixed, stir in the diced sweetbreads and a half cup of button mushrooms cut into small pieces. Season with salt, worcestershire sauce and paprika or a little cayenne. Parboil six peppers from which the inner fibre and white seeds have been removed. Cut a slice from the stem end when partially cool and fill with the prepared sweetbread and mushroom mixture, cover with buttered crumbs and bake until a delicate brown. A mushroom sauce may be served around each pepper. See chapter on Sauces for Fish, Meat, Poultry and Game.

BRAISED SWEETBREADS Ā LA PARLOA—Three pairs of sweetbreads; two tablespoons of butter; one level tablespoon of flour; one-half pint of water; one teaspoon of minced carrot; two teaspoons of minced onion; one teaspoon of salt; one-fourth teaspoon of pepper; one-half teaspoon of beef; one bay leaf; one small sprig of parsley; one small teaspoon of lemon juice. Clean the sweetbreads, and let them soak for one hour in two quarts of cold water into which two tablespoons of salt have been stirred. On taking them from the salt water drop them into a bowl of boiling water for two minutes; then arrange them in a deep baking-pan.

Put the butter, herbs and vegetables in a frying-pan and set them on the stove. Cook slowly for fifteen minutes; then add the flour, and stir until the mixture becomes frothy. Add the water gradually, stirring all the time. When this liquid boils stir in the meat extract, salt, pepper and lemon juice. Cook for five minutes and strain over the sweetbreads. Cover the pan and put in a moderately hot oven. Cook for one hour, basting every fifteen minutes with the gravy in the pan. Arrange the sweetbreads on a warm dish, and pour brown mushroom sauce round them.

CREAMED SWEETBREADS—Take one pair of sweetbreads; one tablespoon of butter; one tablespoon of flour; one cup of cream; one tablespoon of parsley; salt and pepper. Parboil the sweetbreads and when they are cold enough to handle, remove all the membrane and break them into small pieces. Melt the butter, add the flour, mix until smooth, and then add the cream, and stir until the preparation thickens, placing the whole in a graniteware pan set in another containing boiling water. When the liquid has thickened add the sweetbreads, and as soon as they are heated, season with salt, pepper and the chopped parsley.

BREADED CALVES' BRAINS—Soak the brains of two calves in cold water one-half hour, and then remove the thin membrane covering them and see that they are perfectly white and bloodless. Divide each brain into six portions—twelve in all—and tie each up in a small piece of muslin. Put them into enough boiling water to cover them and boil gently one-half hour; then take them up, change the hot water for cold and put them back. When they are cool take off the muslin and season them generously with salt and pepper. Dip them in beaten egg also seasoned with salt and pepper then into fine bread crumbs; put them into a frying basket and cook in boiling fat two minutes. Serve with ravigote or cream sauce.

RICE Ã LA CRÉOLE—Chop one large onion and a slice of cooked ham very fine. Put this into a saucepan with one tablespoon of butter and one cup of boiled rice. To this add three-fourths of a can of tomatoes which have been thoroughly cooked and seasoned with salt and paprika. Mix all thoroughly, put in a baking-dish, cover with bread crumbs and bake for fifteen minutes.

KIDNEYS EN BROCHETTE—Split the kidneys, put over the fire in cold water and bring to the boiling point rapidly. Drain, wipe and slice each half. Arrange these slices on small skewers

alternating each with a slice of fat bacon the same size. Broil quickly and serve on toast, keeping the skewer in.

RICE FAN-TAN—Cook a half-cup of well-washed rice in a pint of milk until very soft. Stir in a heaping tablespoon of sugar and one well-beaten egg and remove at once from the fire. Mix in a half-cup of assorted candied fruits—cherries, apricots, and pineapple—and turn into a shallow, well-buttered pan to cool. When firm cut into strips about an inch and a half wide and three inches long; dip in egg and bread crumbs and brown delicately on both sides in butter. Drain, dust with powdered sugar, and serve hot.

DEVILLED BONES, No. 1—Score deep, with a knife, the legs, back or wings of a turkey or other fowl, rub over with melted butter, cover them thickly with a paste made of two tablespoons of salad oil, a little cayenne, salt, one heaping tablespoon of mustard and one-half teaspoon of white pepper; dredge with flour, broil and serve hot.

DEVILLED BONES, No. 2—Take the legs or any other bones of cold turkey, chicken, geese, etc., and butter them; mix together one dessertspoon of made mustard, chutney and curry powder and cover the bones thickly with the mixture; then broil them lightly. Now make a sauce of one teacup of gravy, one teaspoon of pulverized or sifted loaf sugar, one-fourth teaspoon of cayenne, the juice of one lemon, one-half glass of sherry and two or three teaspoons of catsup; mix all together over the fire, put the bones in the sauce for five minutes and serve very hot.

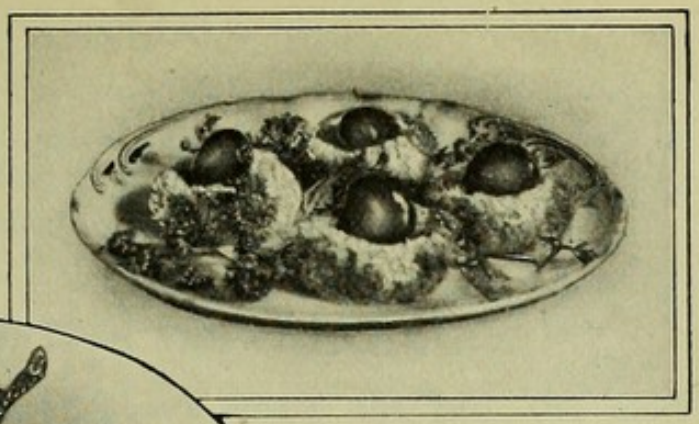
PÂTÉ DE FOIE GRAS (Imitation)—An excellent imitation of pâté de foie gras may be made as follows: Carefully clean, cook and finely chop a number of chicken livers, and mash them to a paste with a wooden spoon. Try out whatever fat is left from the chicken, and in it fry one-fourth of an onion finely chopped. Place the livers and the fat (with the onion) in a cup, and season with pepper and salt, and either mustard or celery salt according to taste. Place at once on ice. This makes excellent sandwiches, and may also be attractively served on toast.

CHESTNUT ROULETTES—One cup cooked chestnut pulp, yolks of two eggs slightly beaten, two tablespoons cream, one tablespoon sugar, one tablespoon cider, a little salt. After the mixture is cold, put in the stiffly beaten whites of the eggs. Mold into small balls, dip in egg and crumbs and fry in deep fat.

FRESH BEEF TONGUE WITH SAUCE PIQUANTE—Wash the tongue carefully, cover with boiling water and cook gently for one hour. Take some strips of larding pork, roll them in a mixture of chopped parsley, salt, pepper and a grating of nutmeg, then lard the tongue and lay it in a saucepan. Add soup stock or water to cover, and this seasoning: One carrot, sliced; two small onions, sliced; five branches of thyme; six cloves; six peppercorns; four bay leaves. Simmer for four hours, then lift the tongue to the serving dish, strain the juice in the saucepan, return the juice to the pan and thicken to a cream with flour made smooth in cold water. Add one-half cup of chopped pickles, then pour over the tongue and serve.

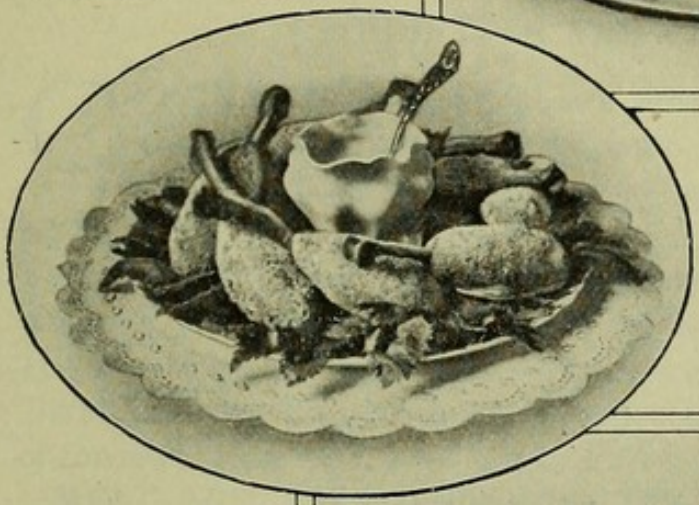
KIDNEY À LA FRANÇAISE—Soak a beef kidney in cold water for one hour, changing the water two or three times as it colors; then place on the fire in cold water and gently heat to the boiling point. Drain this water from the meat and put on fresh cold water for a second heating. Again heat and again change the water. In the third water gently simmer the kidney for ten minutes. Then remove it from the fire, and when cool enough to handle cut out most of the center fat and the cords. Slice thin, dip each piece in flour and fry in butter until brown. Remove the meat from the stewpan, add one tablespoon of flour to the oil and brown thoroughly. Return the meat to the pan, add boiling water to nearly cover, stirring until a smooth sauce is formed. Add one bay leaf, salt and pepper and a one-fourth-inch slice of lemon from which the peel has been removed. Stew gently for one hour with the pan covered, adding more water if it reduces too much. There should be only enough water to form a rich sauce. When ready to serve, remove the bay leaf and dish on a heated platter.

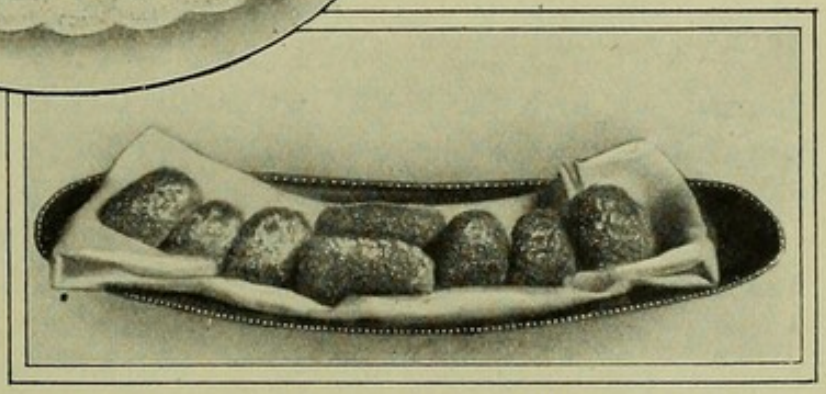
MARROW BONES—Have the bones cut two or four inches long and wash and wipe them. Make a stiff dough of flour and water and roll it out to one-fourth inch in thickness. Put a piece about two inches square over each end of the bones and tie in a piece of cloth; lay them in a stewpan, cover with boiling water and boil one hour; then remove the cloth and paste. Serve very hot. If the four-inch bones are used small fringed napkins must be pinned around them and long-handled small spoons must be provided with which to take out the marrow. The latter is usually seasoned with cayenne, and the bones are passed with little squares



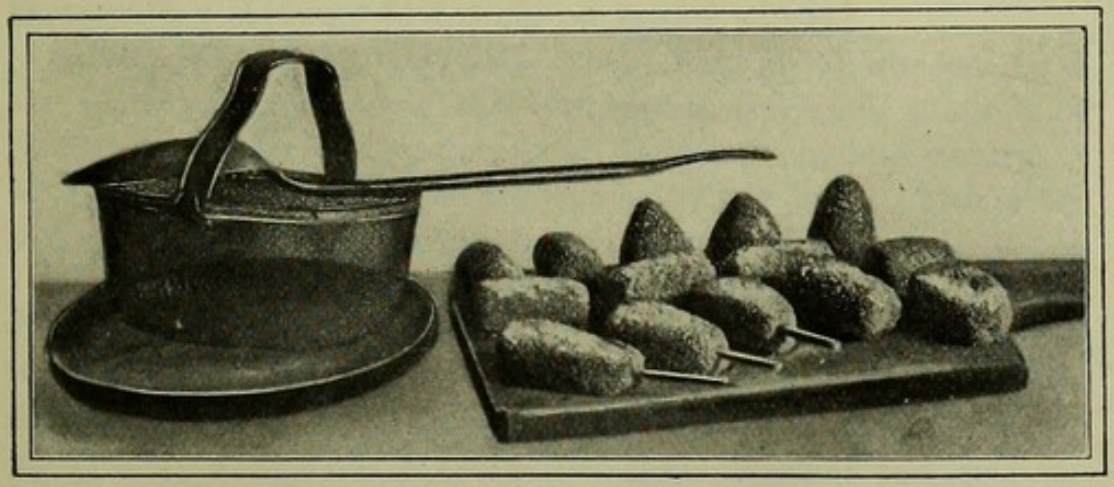
RICE CROQUETTES WITH A GARNISH OF JELLY

CHICKEN CROQUETTES





CROQUETTES SERVED IN FOLDED NAPKIN



ANOTHER SUGGESTION FOR SHAPING CROQUETTES

of buttered toast. Or, the two-inch bones may be served, one on a small slice of toast to each guest. Or, the marrow may be removed and spread on hot toast and thus served. Marrow bones are often served with broiled tenderloin steak.

CROQUETTES AND CUTLETS

CROQUETTES and cutlets are among the best and most easily made entrées and the same mixtures may be used for both purposes, the difference being in the shaping and serving.

The mixture must be well seasoned before it is set to cool as when it becomes firm, in cooling, seasoning cannot be added. The mixture should be quite cold before shaping is undertaken. Divide the mixture evenly that each cutlet or croquette may be of the same size.

MEAT AND POTATO CROQUETTES—Cold rice or hominy may be substituted for potato in making these croquettes; and fish may be used in place of meat. Mince a slice of onion fine and put into a stewpan with one tablespoon of butter; when it simmers add one level tablespoon of sifted flour; stir until smooth and frothy and then add one-half cup of milk and salt and pepper; let it boil, stirring all the time. Next add one cup of finely chopped cold meat and the same quantity of cold or hot mashed potato, and spread on a plate to cool. When cool enough, form it into little rolls or balls, dip them in beaten egg, roll in crumbs, and fry in hot lard about two minutes—until of a delicate brown. Remove them with a skimmer and drain on brown paper.

PLAIN BEEF CROQUETTES—Chop fine in a wooden bowl some cold roast or corned beef and mix in twice the quantity of well-seasoned hot mashed potatoes. Beat one egg and work it in with the mass and shape the mixture into little cakes. Roll either in flour or egg and cracker crumbs and fry in deep fat.

SWEETBREAD CROQUETTES—Take two pairs of sweetbreads; one-half pint of cream; one-third teaspoon of pepper; one-half teaspoon of parsley; four tablespoons of mushrooms; two tablespoons of butter; one tablespoon of flour; one tablespoon of lemon juice; one tablespoon of salt; two eggs. Parboil and cool the sweetbreads and chop them rather fine; then add the chopped mushrooms, and also the seasoning. Put the cream on the fire, and heat

slowly. Rub the flour and butter well together, and stir them into the cream when it boils, stirring until smooth. Now add the sweetbread mixture, stir well and simmer for three minutes. Next put into the boiling mass the well-beaten eggs, stir quickly, and remove from the fire at once Pour this mixture on a platter and set it away to cool, allowing at least two hours for the purpose. Shape into cylinders with the hands, roll them in beaten egg and then in bread or cracker crumbs, and fry in plenty of hot lard, using the frying basket. Serve with béchamel sauce.

VEAL CROQUETTES—Make a cream sauce of one tablespoon of butter; two tablespoons of flour; one cup of cream or milk; one teaspoon of onion juice; a little salt; pepper and paprika; one beaten egg may be stirred in, the pan left one minute and removed from the fire. Add to this two cups of minced veal, a little ham, chopped mushrooms, sweetbreads or truffles. When the mixture is cold, form into small cylinder or pyramid shapes, egg and crumb them and fry in boiling hot fat.

HAM CROQUETTES—One teacup cooked ham chopped fine; two teacups mashed potatoes; yolks of three eggs; one tablespoon butter; cayenne to taste; mix potatoes, butter, yolks of two eggs and cayenne, beat until smooth, then set to cool; chop the ham, mix with the other yolk, set on stove a moment, then turn out to cool. When thoroughly cool, take a tablespoon of the potato mixture, make a hole, then put a large teaspoon of the ham inside, shape into a ball; after dipping in egg, and rolling in crumbs fry in deep fat.

SHAD ROE CROQUETTES—Two shad roes; one teacup cream; yolks of two eggs; one tablespoon butter; two tablespoons flour; one teaspoon lemon juice; one tablespoon parsley chopped fine; quarter of a nutmeg grated; cayenne pepper and salt to taste. Wash the shad roes, then put them on the stove, in a saucepan of boiling water; add a teaspoon of salt, cover and let simmer slowly a few minutes; then remove the skin and mash them; heat the cream, rub the butter and flour together, add to the cream while boiling, stir until thick. Then add yolks, remove from the stove, add all other ingredients, thoroughly mix, and turn in an earthen dish to cool; when cold form into croquettes, cone shape, or rolls, dip in beaten egg, roll in bread crumbs, and fry in boiling lard.

CHEESE CROQUETTES—Two kinds of cheese are necessary for these croquettes—fresh, mild cheese cut in small cubes and

also grated Parmesan or Gruyère cheese. Make a thick cream sauce composed of three tablespoons each of butter and flour, two-thirds of a cup of milk and the yolks of two eggs. Into this sauce stir one-half cup of grated cheese, and, as soon as it melts, stir in one cup of the mild cheese cut in small cubes. Season with paprika and salt. Pour into a shallow pan to cool. When perfectly firm, cut in any shape desired, either circles, squares or strips, dip in crumbs, egg, and then again in crumbs, fry in deep fat and drain on brown paper.

SALMON CROQUETTES—Put two and one-half tablespoons butter in saucepan, stir until melted and bubbling, add one-third cup flour and blend thoroughly. Pour in gradually one cup scalded milk adding about one-third at a time till mixture is smooth and glossy. Add one-fourth teaspoon of salt and a few grains of white pepper, also a little cayenne. To this cream foundation add one and three-fourths cup of cold flaked salmon (either fresh or canned) and one teaspoon of lemon juice. Spread on a plate to cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat.

LOBSTER CROQUETTES—To one cup of the cream foundation used in preceding recipe add two cups of chopped lobster meat which has been seasoned with one teaspoon lemon juice and one-fourth teaspoon of mustard. Cool, mold and cook as before. Serve with a Tomato Cream Sauce. See chapter on Sauces for Fish, Meat, Poultry and Game.

CHICKEN CROQUETTES—Season one and three-fourths cup of cold cooked fowl with one-half teaspoon salt, one-fourth teaspoon celery salt, a few grains of cayenne, one teaspoon of lemon juice, a few drops of onion juice, and one teaspoon of finely chopped parsley. Add to one cup of the cream foundation described in Salmon Croquettes and fry as before. White meat of fowl absorbs more sauce than dark meat.

POTATO CROQUETTES—To four teacups of finely mashed hot potatoes add two tablespoons of sweet cream or milk, one tablespoon of salt, a saltspoon of white pepper and a speck of red pepper. Mix well, beat the potatoes until light, and when they have cooled a little, add the thoroughly whipped yolks of two eggs. Shape the mass into oblong or pear-shaped croquettes, roll them in fine bread crumbs, dip them in beaten egg, and again roll in crumbs. Fry at once, until of a fine brown hue, in smoking hot lard. The croquettes may be rendered more dainty by rubbing the potato

mixture through a sieve before adding the eggs; and their flavor may be improved to some tastes by putting in a tablespoon of chopped parsley, a few drops of onion juice or four or five gratings of nutmeg with the egg. Indeed, those who like French flavorings use all three of these seasonings. Short, leafless stalks of parsley thrust into pear-shaped croquettes after the manner of stems will render them very ornamental.

HOMINY CROQUETTES—Make precisely as you would potato croquettes, beating vigorously until the mixture is free from lumps.

CHESTNUT CROQUETTES—Mash enough large French chestnuts to make one cupful. Moisten with two tablespoons of thick cream, beat in the yolks of two eggs, a teaspoon of sugar and a little lemon juice. Mix all these ingredients thoroughly, shape in little pyramids or in balls, dip in crumbs, egg, and then again in crumbs, and fry in deep fat. Drain on blotting paper.

RICE CROQUETTES—One cup of cold boiled rice, a half teacup of sweet milk, one tablespoon of sugar, one teaspoon salt, a little lemon peel grated, one egg; let it get cold, then shape in oval balls; dip in egg, then in bread crumbs, or rolled crackers, and fry a rich brown in boiling lard.

FISH CUTLETS—Mince cold boiled haddock, cod, or any other firm-fleshed fish. Season to taste and mix well with a little rich drawn butter, made quite thick with cornstarch. Spread upon a broad platter, and, when stiff, mold into cutlets. Roll in fine crumbs, then in egg and in cracker crumbs again; leave on the ice to get firm, and fry in deep, boiling fat which has been heated slowly.

SALMON CUTLETS—Add one cup of hot mashed potato to one cup of cold flaked salmon. Season with salt, pepper and lemon juice. Shape into cutlets and fry as croquettes.

CRAB OR LOBSTER CUTLETS—To the recipe for lobster croquettes add the yolk of one egg and one teaspoon of chopped parsley. Cool. Shape into cutlets and fry as croquettes.

OYSTER CUTLETS—Drain off the liquor and wash the oysters well. Put them into a saucepan over the fire and heat until the edges curl, being careful to stir all the time. Strain the liquor and chop the oysters. Rub together one tablespoon of butter and one heaping tablespoon of flour for each pint of chopped oysters. Add the oyster liquor and cook until quite thick. Then add the chopped oysters and the yolk of one egg, beaten well. After taking from

the fire add one teaspoon of salt, one tablespoon of minced parsley and the juice of one-half lemon. Let stand until perfectly cold, and when stiff, mold into desired shape. Dip in crumbs, egg and crumbs again, then fry in deep fat. Serve with horseradish sauce.

CHICKEN CUTLETS—For eighteen cutlets. One full pint of cold chicken chopped rather coarsely; one cup of sweet cream; three tablespoons of butter; one tablespoon of flour; one of salt; four even ones of mushrooms chopped fine; four eggs; one pint of sifted bread crumbs; one-half teaspoon of pepper; one-half teaspoon onion juice; one tablespoon of lemon juice; one teaspoon chopped parsley. Mix the chicken, mushrooms, salt, pepper, parsley and onion and lemon juice. Pour the cream into a large frying-pan and when it begins to boil stir into it the flour and butter smoothly beaten together. Stir constantly until the mixture boils again; next add the chicken and cook for three minutes. Stir into the boiling mass two of the eggs beaten until light. Take from the fire immediately and pour the contents of the pan into a flat dish and set it in a cold place for an hour or so. The colder the mixture becomes the better it may be handled. Shape into cutlets—either in a mold or with a knife and sprinkle both sides of each with crumbs. Beat the other two eggs in a deep plate. Dip the cutlets in the egg, then in crumbs, put them in a frying basket, not crowding them and cook in boiling fat for two minutes. Serve with béchamel or mushroom sauce.

MUTTON CUTLETS OF FORCEMEAT—Use cutlets from the neck. Trim neatly and stew them very gently in sauce, broth or stock seasoned with sweet herbs and a trifle of salt. Remove the cutlets from the broth, take off the fat, strain, put back the broth into the pan and boil until of glazing consistency. Dip the cutlets in to glaze them, then set them aside to cool. Mince finely together a little cold veal, a bit of beef suet, or butter, two hard boiled eggs, parsley, onion, mushrooms, cayenne and salt and make a paste by adding a little cream. Roll the cutlets in this forcemeat, then in beaten egg, dip them in bread crumbs and fry, or, brown them in the oven on a tin; add mushrooms to the gravy and serve.

CHEESE CUTLETS—To the well-beaten yolks of three eggs add one tablespoon of cream and one ounce of grated Parmesan cheese and season with mace and cayenne. Beat until very light and add one tablespoon of thick white sauce. Pour into a buttered pan and

steam over hot water until firm. When cold cut in shapes with a fancy cutter, dredge with grated cheese and fry in boiling fat to a delicate brown. Serve at once on fried bread. Add a few drops of worcestershire sauce if liked.

FRITTERS

WITH a good fritter batter many excellent entrées, as well as desserts are possible, which, if properly fried and drained may be entirely free from grease. They may be varied almost infinitely by sauces and offer limitless methods of change in shape and ornamentation. All fresh fruits and canned fruits drained from their syrup may be dipped in batter and used for fritters.

FRITTER BATTER—Sift one and one-half cups flour with one-fourth teaspoon of salt and two teaspoons of baking powder, and add gradually two-thirds cup of milk and one egg well beaten. For sweet fritters add two tablespoons of powdered sugar. A tablespoon of sherry or brandy is also liked by some. The batter when made should be thick enough to completely coat the article it is intended to cover. If too thin add more flour. If too thick, add the white of another egg.

CORN FRITTERS, No. 1—One pint of grated corn; one-half cup of milk; two-thirds teaspoon of salt; one-eighth teaspoon of pepper; one egg; one teaspoon of melted butter; two teaspoons of baking powder and flour to thicken. Grate the corn, add the salt, pepper and melted butter, then the beaten egg and the milk. Add flour until the track made by the spoon in stirring is not lost in the batter, then add the baking powder and fry by the spoonful in boiling hot fat. Drain on paper and serve hot.

CORN FRITTERS, No. 2—One can of corn; one egg; one-half cup of milk; one teaspoon of salt; two cups of flour; one teaspoon of butter (melted); one teaspoon of baking powder; one-eighth teaspoon of pepper. Chop the corn up very fine in a chopping bowl, add the salt and pepper, then the egg beaten well, then the butter, milk and flour. When smooth add the baking powder and fry by the spoonful in a frying-pan in plenty of boiling hot fat. The fat should be quite ready to use before the baking powder is added.

OYSTER FRITTERS—Chop thirty oysters. Make a batter of two well-beaten eggs, a half pint of milk and a pint of flour sifted,

one teaspoon baking powder and one-half teaspoon salt. If the batter is too stiff add more milk. Stir the oysters into the batter and drop by the spoonful into deep, boiling fat. Turn the fritters over so that they shall brown nicely on both sides. Drain in a hot colander. They should be a golden brown when properly fried.

CLAM FRITTERS—Make a batter of a pint of sifted flour, an even teaspoon of baking powder, one-half teaspoon salt, one cup of milk, half a cup of clam liquor and two well-beaten eggs. Chop two dozen soft clams, season with salt and pepper, add to the batter and with a tablespoon drop into deep, boiling fat.

FRENCH FRITTERS—Take two cups of milk, add pinch of soda, and heat in double boiler. Moisten two tablespoons of corn-starch with a little cold milk, and, when dissolved, turn it into the hot milk. Stir until thick. Remove from fire, beat in a tablespoon of melted butter, three beaten eggs and a teaspoon of vanilla. Pour into a pan and set aside until cool. Cut the mixture into small triangles, dip in batter and fry in deep fat. Sprinkle with powdered sugar.

APPLE FRITTERS—Make a batter of one cup of milk; two cups of flour; one and one-half heaping teaspoon of baking powder; two eggs beaten separately; pinch of salt; and a tablespoon of sugar. Warm the milk, add the yolks well-beaten, and the sugar, then the flour with the baking powder sifted in, and the beaten whites.

Stir well and add slices of sour apples, being careful to get the batter all over them. Drop by spoonfuls in hot lard and fry.

BANANA FRITTERS—Pare six bananas, cut each in two, and split each half. Place the pieces in a bowl with two tablespoons of sugar and three tablespoons of orange juice or wine, and let this preparation stand for one hour. Then make a batter, and cook the same as apple fritters.

PEACH FRITTERS—Peel the peaches, split in two, remove the stones, sprinkle powdered sugar over them, dip each piece in batter and fry in hot lard.

CREAM FRITTERS—One cup of cream; whites of five eggs well-beaten; two cups of flour; pinch of salt; flavor with nutmeg; stir with whites into the cream, add the flour, nutmeg and salt, and beat thoroughly a few minutes. This makes a thick batter. Drop a spoonful at a time in hot fat. Drain and serve with jelly or sauce.

RASPBERRY FRITTERS—Put one cup of flour into a bowl, then

add the beaten yolks of three eggs and a gill of cold water. Beat till light, and add one teaspoon salt. Beat one pint of raspberries with an egg-beater until thoroughly broken, then beat the whites of two eggs to a stiff froth, add them to the batter, then add the fruit and one and one-half teaspoon of baking powder. Have ready your hot lard, drop a spoonful at a time, drain on brown paper, and dredge with powdered sugar.

PARSNIP FRITTERS—Take three large parsnips; three tablespoons of flour; one tablespoon of butter (melted); two eggs; one cup of milk; one teaspoon of salt. Boil the parsnips until tender, grate fine or mash them well, and pick out all the fibrous parts. Beat the eggs light, and stir them into the parsnips, beating hard until the whole is well mixed. Then add the butter, which should be measured after it is melted, and then the milk, salt and flour. Fry in deep fat.

CHAPTER X—VEGETABLES

LL vegetables should be thoroughly washed in cold water to remove dust and possible insects. If at all wilted, let them stand for an hour or more in cold water. In using canned vegetables, empty the can as soon as opened and allow contents to stand an hour before using, in order to become re-oxygenated. Vegetables like peas, asparagus and string beans should be at once turned from the can into a colander and cold water from the faucet run over them to remove any possible taste of the tin.

Many of the choicer vegetables, or those elaborately prepared, are considered as entrées, and are served as a separate course. Artichokes, asparagus, green corn on the cob, mushrooms, green peppers and stuffed tomatoes are among the vegetables often used as entrées.

ASPARAGUS (Canned)—Drain liquor from asparagus and throw it away. Rinse the stalks thoroughly in cold water, place carefully in a shallow saucepan with a little boiling water and heat thoroughly, but do not allow it to boil. Remove carefully so as not to break the pieces and serve on toast with melted butter or sauce Hollandaise.

ASPARAGUS (Fresh)—Trim stalks to uniform length, wash, and retie with soft string. Cook in boiling salted water until tender, keeping the tips above the water for the first ten minutes. Drain, untie, and serve with melted butter, white sauce, or sauce Hollandaise. Many persons prefer cutting asparagus in inch pieces before cooking in which case the stalks are put in the boiling water five minutes or more before the tender tips are added.

ARTICHOKES BOILED—When small and tender, the artichoke may be served raw as a salad. It consists of three parts, the bottom, leaves and choke. The choke is not eaten and may be removed or not, as preferred. If it is to be removed, cut

out the stem and save it; then with the point of a sharp knife cut around the base of the choke and draw the latter out. Cut across the top of the artichoke to trim it. Then wash it and soak it for half an hour in salted water, using one tablespoon of salt to two quarts of water. It will then be ready to cook. After removing the choke and soaking as directed, press the stem back into the head, lay the whole head downward in a kettle and cover with boiling water, adding one teaspoon of salt and two of lemon juice for every two quarts of water. Boil gently for half an hour, if the vegetable is young—ten minutes longer, if old. Then take the artichoke from the water and drain. Serve hot with béchamel sauce or sauce Hollandaise, or cold with a French dressing.

BANANAS, FRIED—Peel and split the fruit, put some butter in a pan, and when boiling place the fruit in it. When brown on both sides remove them, place on kitchen paper to drain, sprinkle with powdered sugar and serve very hot. Serve with beefsteak.

BANANAS, BAKED—This fruit as a vegetable in place of sweet potatoes or peas, is served at formal or informal dinners with roast lamb, broiled chops, broiled breast of chicken, etc. Peel and cut in half lengthwise as many bananas as desired, half of one usually being enough for a single helping. For each half melt one teaspoon of butter in one tablespoon of hot water. Arrange the slices in a flat earthen dish and pour this mixture over them. Sprinkle with granulated sugar and a tiny bit of salt. Over this squeeze a little lemon juice with perhaps a dash of nutmeg or a little allspice. Bake twenty-five minutes, or until brown, and place around the meat.

BOSTON BAKED BEANS, No. 1—Much of the excellence of this dish depends upon the kind of bean pot used. It should be of earthenware, with a narrow mouth and bulging sides. Soak one quart of pea beans in cold water over night; in the morning place them in fresh water, and simmer gently until soft enough to pierce with a pin, being careful that they do not boil long enough to break. If desired, a small onion may be boiled with the beans. When they are soft, turn them into a colander, pour cold water through them, and place them, when well drained, in the bean pot. Pour boiling water over a quarter of a pound of salt pork that is part fat and part lean. Scrape the rind until

white, cut it in half-inch strips, and bury the meat in the beans, leaving only the rind exposed. Mix together one teaspoon of salt, one teaspoon of dry mustard and a fourth of a cup of molasses. Place these in a cup, fill the cup with hot water, stir until well mixed, and pour the liquid over the beans and pork. Add enough water to cover the beans, and bake eight hours, adding water to keep them covered, until the last hour, when the pork should be raised to the surface to crisp. If pork is disliked, it may be omitted; more salt must then be used, together with one-third of a cup of butter; or half a pound of fat and lean corned beef may be substituted.

BOSTON BAKED BEANS, No. 2—This recipe has been used most successfully for many years, and the work is quickly done. Do not soak the beans over night. Place one quart of pea beans over the fire, cover them with cold water, and slowly bring the water to a boil; then set the kettle where the beans will just bubble, but will at no time boil hard. When they have cooked in this way for fifteen minutes, add a four-inch square of salt pork to the kettle, and simmer gently with the beans until they may be pierced with a pin, but are not at all broken; then turn the beans into a colander to drain. Place together in a coffee-cup two large tablespoons of molasses, one teaspoon of salt and one-fourth of a teaspoon of pepper, and fill with some of the hot water in which the beans were boiled. Place the beans in the bean pot, turn over them the cup of seasoning, and stir well until thoroughly mixed. Cut the rind of the pork in small squares, sink the meat in the beans, leaving only the rind exposed; add more bean water until the rind is covered, and bake two hours, raising the pork during the last three-quarters of an hour, to brown and crisp the top. More baking may be allowed if there is time for it before serving.

LIMA BEANS, BOILED—If the green beans are used, put one pint of them into just enough boiling salted water to cover, and boil slowly until tender. Drain off the water, and add one cup of milk or cream, a small piece of butter and salt and pepper to taste; or, omit the milk. Let the beans simmer a moment in the milk, and serve. If dried limas are used they should be soaked twelve hours in plenty of cold water; and when boiled, half a teaspoon of soda should be added to the water.

STRING BEANS (Canned)—Open the cans carefully, turn

the beans into a wide, shallow pan, and let them stand thus for half an hour or so, that they may recover their fresh flavor. Cook them for not more than five minutes in fresh boiling water, add pepper, salt and butter, heat once more, and send to table.

STRING BEANS (Fresh)—The beans should be turned into a colander and rinsed with cold water, then placed in a saucepan with boiling water and one teaspoon of salt. A few strips of salt pork may be cooked with them, and also served, if liked. They should be cooked gently until tender and then drained. Season with butter, salt and pepper.

BEETS, BOILED—Wash thoroughly and remove the leaves, being very careful not to break off the little fibres and rootlets which retain the juices and coloring matter. Use plenty of water in cooking. Should the beets be tough and withered, soak them for twenty-four hours in plenty of cold water before trying to cook them. Boil the beets two hours if young, four to six hours if old. Try with a fork and when tender remove, drop them into a pan of cold water and slip off the skin with the hands. Slice those to be used immediately, place in a dish seasoning with salt, pepper and butter. A teaspoon of sugar may also be added if the beets are not naturally sweet enough. Set them over boiling water to heat thoroughly and serve hot, with or without vinegar. The cold beets left over may be covered with vinegar and used as pickles.

BEET GREENS—Carefully wash and clean young beets. Leave roots and tops together, cutting off only tips of leaves. Put them into a kettle half filled with salted, boiling water, and allow them to cook for half or three-quarters of an hour. Drain as dry as possible in a colander. Serve hot with butter, salt and pepper, or with vinegar. They may also be cooked and chopped fine like spinach.

BRUSSELS-SPROUTS—Pick off the dead leaves from the sprouts, soak the latter in cold water for one-half hour, wash them, and put them on the fire in plenty of slightly salted boiling water. Boil rapidly in an uncovered saucepan until tender, fifteen to twenty minutes being usually long enough. Drain in a colander. Put the saucepan back on the stove with a little butter. When hot put in the sprouts, season with salt and pepper and serve very hot.

CABBAGE WITH CORNED BEEF—Cut the cabbage, if large, into quarters, and soak it one hour in cold water. Add it to the boiling corned beef one and one-quarter hour before serving time, and

let both boil very slowly. When tender, lift out the cabbage with a skimmer into a colander, to drain; remove the stump of the cabbage, and with a knife slightly chop the leaves. Add pepper, and salt also if the beef is not too salt. Press out all the water possible from the cabbage, and serve in a warm dish or around the corned beef, as may be desired.

CABBAGE HOT SLAW—Chop the cabbage fine after soaking it one hour in cold water; then place it in an iron kettle with a cup of vinegar. Cover the kettle and set it where the cabbage will slowly stew for two hours, stirring often, and adding a little more vinegar as that in the kettle evaporates, but keeping only enough moisture in the kettle to prevent the cabbage from burning. Should the vinegar be very strong, weaken it with a little water. When the cabbage is tender, add a little butter, salt and pepper, and serve hot. The slaw, when cooked, should be of a delicate pinkish shade. It requires constant attention while cooking.

CABBAGE IN MILK—Chop the cabbage fine, having soaked it for one hour before chopping. Boil until tender in plenty of water, usually twenty-five minutes if the boiling is slow. Drain well, cover with milk, and when hot, thicken to a cream with a little flour rubbed to a smooth paste with a small spoon of butter. Boil one minute, stirring well; add salt and pepper, and serve. This is the most delicate way of cooking cabbage.

CARROTS, OLD—Scrape and wash the carrots and cut them in slices. Boil them one hour in plenty of water; then drain off all but a half cup of the water, and add to the carrots one teaspoon of sugar, and one of salt. Boil rapidly until the water is all evaporated. Cover the carrots with milk, and thicken this to a cream with a little flour wet to a smooth paste with cold milk. Add butter, salt and pepper to taste, and serve hot. Carrots may also be cooked the same as beets, adding butter, salt and pepper after draining off the water, and serving them after thorough heating. Or they may be boiled whole with corned beef, and served as a garnish around the meat. It improves their appearance to cut them into half-inch slices and then shape them with tin cutters.

CARROTS, YOUNG—Young carrots are appetizing when boiled, drained dry and serve with butter. The French make a delicious mixture of carrots, peas and beans, boiling them together, draining quite dry and serving with a *sauce blanche* poured over it.

ESCALLOPED CAULIFLOWER—Boil the cauliflower until per-

fectly tender, then drain and chop into small pieces. Put into a buttered baking-dish with layers of chopped hard boiled eggs and add the following cream dressing: Put into a hot saucepan two tablespoons of flour and two of butter, mix and add one-half pint of milk. Stir until thick, seasoning to taste. After pouring the sauce over the cauliflower, put grated bread crumbs over the top and bake until brown in a hot oven.

CAULIFLOWER, WITH WHITE SAUCE—Remove the green and imperfect leaves from the cauliflower, and place it, top downward in a dish of cold, salted water, to draw out dust and other impurities. Now wrap it in a piece of cheesecloth or in a twine net made for such purposes, drop it, stem downward, into hot, salted water, and boil twenty minutes. Lift it out very carefully and allow it to drain in a warm place. Pour over the cauliflower, or send to table with it in a sauce-boat, a cream sauce. Sometimes hot boiled cauliflower is sprinkled with grated cheese and then with buttered cracker or bread crumbs, after which it is baked to a light brown.

CELERY, STEWED—Wash the stalks clean, cut them into inch-long pieces, and soak an hour in cold water. Drain, and place the celery in a stewpan, with boiling water to cover and let it simmer slowly one-half hour or until tender, by which time the water should be so reduced as to measure not quite one-half cup. Add a cup of cream or milk, and when the liquid boils, thicken it to a cream with a little flour rubbed smooth in a tablespoon of butter. Add salt and pepper and serve.

CORN, BAKED—For this dish allow one can of corn, one-half cup of milk, one-half teaspoon of salt and two teaspoons of butter. Place these ingredients in a baking-dish, cutting the butter into small pieces. If the corn is very dry, more milk will be required, as the mixture should be rather thin before baking. Cook forty minutes.

CORN, BOILED—To have this delicious vegetable in perfection, the husks should be left on until just before cooking and then, when husked, the corn should be plunged into boiling water. Cook from five to eight minutes, according to the size of the corn. Do not salt the cooking water, as this toughens the corn. Lay one-half table napkin or a corn napkin on the serving plate. Pile the corn up on this in a pyramid, enwrap it with the remaining length of the napkin and send it to the table. When boiled in the husk, drain the corn well before serving, and break each cob from the

stem; send to the table in the napkin, but do not remove the husks.

DEVILED CORN—Melt four tablespoons butter; add five tablespoons flour; one and one-half cups milk; one and one-half teaspoons salt; three-quarters teaspoon mustard, and a little paprika; cook until thickened, add one can corn, one egg, three teaspoons table sauce; fill buttered scallop shells, cover with buttered cracker crumbs, and bake until crumbs are brown.

MOCK OYSTERS—These are made of corn, which must be young and tender. They taste very much like fried oysters. Grate from the cob with a coarse grater into a batter dish and allow one egg to one-half pint of pulp. Beat the yolks and whites separately and add to the grated corn, together with one tablespoon of wheat flour, one of butter, a teaspoon of salt and pepper, as desired. Drop spoons of the batter into hot butter and lard mixed, and fry light brown.

CORN PUDDING,—Chop one can or ten ears of lightly-boiled green corn until each kernel has been divided into about four pieces; add one heaping teaspoon of sugar; a level teaspoon of salt; a saltspoon of white pepper; a pint of milk; a tablespoon of melted butter and three beaten eggs. Mix all well together, pour the preparation into a buttered dish that can go to the table, cover, and bake in a moderate oven for about forty minutes, taking off the cover ten minutes before removing from the oven.

CORN (Green, Stewed)—Husk, and boil for ten minutes. As soon as it has cooled enough to handle, draw a sharp knife down each row of kernels, press the pulp from the hulls with the back of the knife, place it in a stewpan, and to every pint add one-half teaspoon of salt, one-half teaspoon of sugar, one-fourth teaspoon of pepper, one tablespoon of butter and three-fourths cup of cream or milk. Let the whole simmer for ten minutes, and serve very hot. Any corn that may be left over from some other meal may be cut from the cob and cooked in this way.

CORN AND TOMATOES, BAKED—Use equal quantities of cooked corn cut from the cob, and raw tomatoes peeled and sliced, adding to a pint of each, one tablespoon of salt, three tablespoons of butter, one-half pint of bread crumbs, one-half teaspoon of pepper and one teaspoon of sugar. Mix the seasoning with the corn and tomatoes, and pour all into a baking-dish. Spread the crumbs over the top, dot them with the butter, and bake one-half hour. This is a satisfactory way of utilizing corn that has been left over.

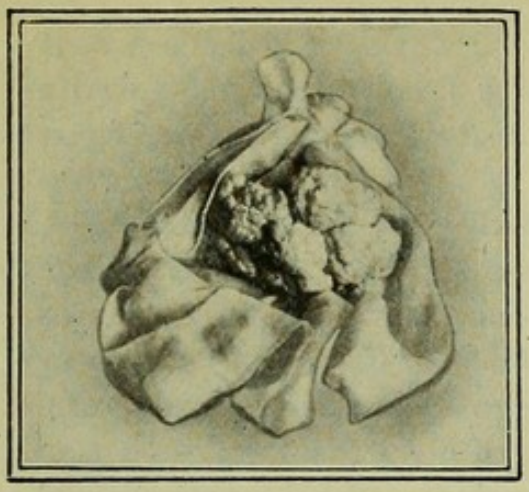
CUCUMBER CUPS—This makes a dainty dish for luncheon. The vegetable unpeeled is cut into sections two inches long and cooked until tender in boiling salted water. The center is then scooped out of each section, leaving one-half inch thickness all round the sides, as well as on the bottom, thus making pretty green cups of the vegetable. These cups are then filled with creamed chicken, sweetbreads, mushrooms or any delicate white filling which has for a foundation white sauce.

CUCUMBERS, SAUTÉ—Boil for three minutes only, pared and quartered cucumbers. Drain the pieces and season with salt and pepper. Roll in flour, cook in butter in a saucepan for twenty minutes, and sprinkle with minced parsley or chives about five minutes before the cooking is finished.

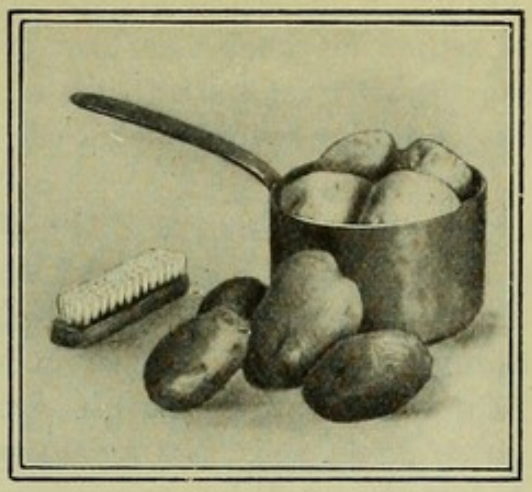
CUCUMBERS, STEWED—Select rather large cucumbers, peel them, cut them into halves lengthwise and then into quarters. Lay them in a shallow pan, cover with boiling salted water and stew gently for twenty minutes. When done, lay them carefully on toasted bread, and pour over them this sauce: Two tablespoons of butter; one-half pint of boiling water; one-half lemon; one tablespoon of flour; one-half teaspoon of salt and a dash of pepper. Place one-half of the butter in a stewpan and when melted add the flour. Cook, but do not brown, and when quite smooth add the boiling water. Simmer gently for about ten minutes, stirring all the time, then add the rest of the butter and the seasoning and serve at once.

DANDELION GREENS—Dandelions are not fit to eat after they blossom, as they then become bitter and stringy. Cut off the roots, pick the greens over carefully, and wash them well in several waters. Place them in a kettle, cover with boiling, salted water, and boil slowly for an hour. When done, lift them into a colander, press them to drain out all the water, and chop coarsely; then add one tablespoon of butter, salt and pepper to taste, and serve. Dandelions are sometimes boiled with corned beef or ham the same as cabbage.

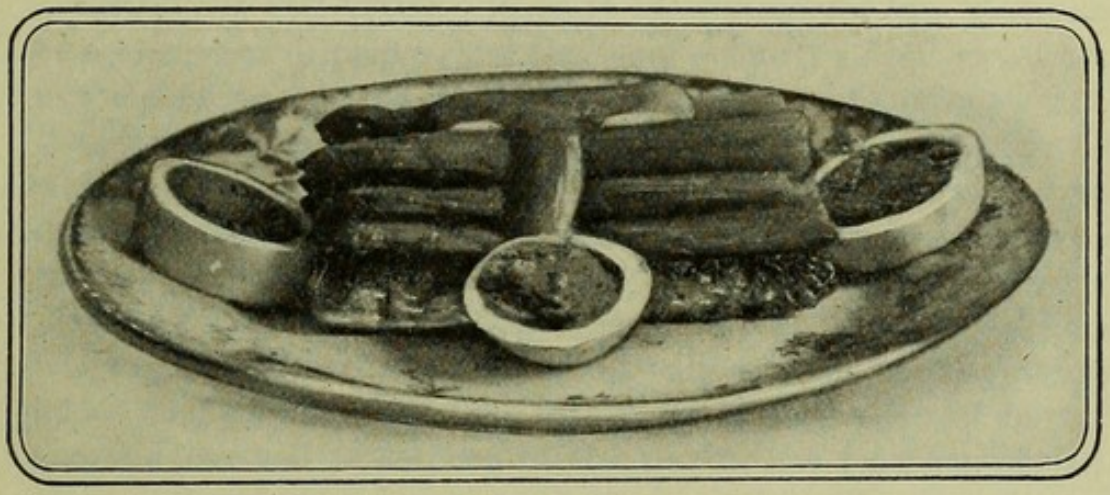
LENTILS, FRIED—Wash and soak over night a pint of lentils. In the morning drain, cover them with warm water in which has been placed one-half teaspoon of soda, and bring them quickly to a boil. Boil gently for one hour, drain, cover them again with fresh boiling soft water, and boil gently until tender, this generally requiring one and one-half hour longer. Test by mashing a lentil now and then; if it crushes quickly, they are done, and should be



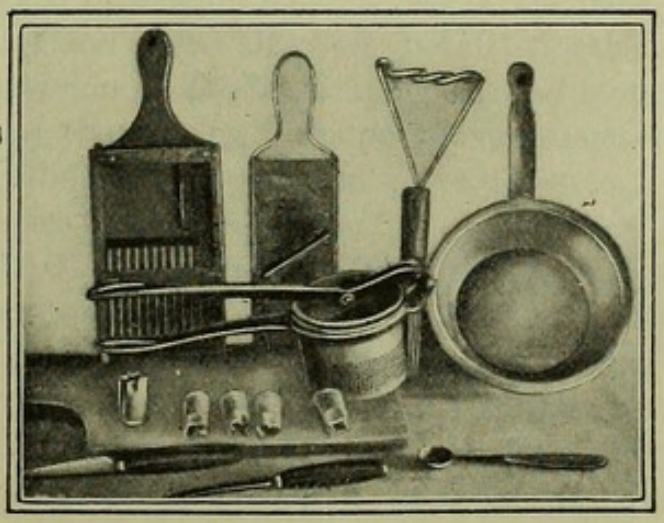
COOK CAULIFLOWER IN A BAG



SCRUB POTATOES WITH A BRUSH



AN ATTRACTIVE WAY TO SERVE ASPARAGUS



THE NECESSARY TOOLS FOR THE DAINTY PREPARATION OF VEGETABLES

then drained in a colander. Place two tablespoons of butter in a frying-pan, and when it is melted add the lentils, with salt and pepper to season; stir them over the fire for fifteen minutes, and serve.

MACEDOINE OF VEGETABLES—This is made of one can of mixed vegetables; one tablespoon of beef extract; one teaspoon of sugar; one teaspoon of salt; one-fourth teaspoon of pepper; two tablespoons of butter and one-half cup of water. Put the vegetables into a strainer, pour cold water over them and drain; then place in a stewpan with the other ingredients and cook eight or ten minutes over a hot fire, shaking the pan now and then. Serve hot. If beef extract is not convenient, use in place of it and the one-half cup of water, one-half cup of stock.

CHOPPED POTATOES—Place in the frying-pan two teaspoons of beef suet or drippings, and the same quantity of butter. Chop five medium-sized cold boiled potatoes in a chopping bowl until the pieces measure about one-half inch, and add them to the fat when it is very hot. Season with salt and pepper, and stir vigorously until the potatoes look yellow and are cooking well; then cover the pan, set it in a slow heat and serve in five minutes.

CREAMED NEW POTATOES—Small new potatoes are delicious when served with a cream sauce. For two dozen small potatoes allow one and one-half pint of milk; one tablespoon of butter; one and one-half tablespoon of cornstarch; one teaspoon of salt. Moisten the cornstarch in a one-half cup of the milk, place the rest of the milk on the fire and when scalding hot add the cornstarch mixture. Cook until again scalding, set on the back of the fire and add the butter and salt. Have the potatoes peeled perfectly with no speck of the thin skin to be seen, boiled until tender and drained. Place these in the serving dish, pour over them the sauce, dust with a sprinkling of pepper, and serve at once. This makes a particularly nice dish for luncheon.

CREAMED OLD POTATOES—Take four cooked potatoes of medium size; one and one-half cup of milk; two teaspoons of cornstarch; one-fourth teaspoon of salt; one teaspoon of butter. Wet the cornstarch with two tablespoons of the milk, place the balance of the milk in a graniteware kettle, and when it boils stir in the cornstarch, which will thicken it to a cream. Having cut the potatoes into small pieces, add them to the thickened milk, and let them cook gently for three or four minutes, stirring carefully

to prevent burning. Add the seasoning, pour the preparation into a serving dish, and dust lightly with pepper.

FRENCH FRIED POTATOES—Cut into oblong or other shapes, raw potatoes, dry each piece well on a napkin and cook ten or fifteen minutes in boiling hot fat, in a frying-basket. Drain, lay in the oven on paper until all are fried, sift salt over and serve in an uncovered dish.

FRIED POTATOES, No. 1—Cut cold boiled potatoes into slices one-fourth of an inch thick, and fry them in a frying-pan in a very little lard, browning both sides of the slices. Add more lard as needed, and season the potatoes with salt and pepper after frying.

FRIED POTATOES, No. 2—Cut one pint of uncooked potatoes into blocks measuring about three-fourths of an inch each way, and place them in boiling, salted water. Cook them until almost done, ten or eleven minutes being usually required; then drain off all the water, and allow five minutes for the escape of steam. Have in readiness a sufficient quantity of smoking-hot lard, and drop into it a dozen or so of the potato cubes; let them brown richly, skim them out, and lay them to drain upon brown butcher paper placed on a hot plate. Then put in another dozen cubes. Sift salt and pepper over the potatoes, and serve.

HASHED BROWNED POTATOES—Place a tablespoon of butter in a frying-pan and when hot add cold, boiled, finely chopped potatoes to the depth of one inch. Usually four good-sized potatoes will be sufficient. When chopping them add one teaspoon of salt and a dash of pepper. Press the potato down in the pan, packing it firmly with a limber knife. Cook slowly for six or seven minutes, when the potato should be brown. Do not stir it. Now begin at one side of the pan, and fold the potato over on the other like an omelet, packing it closely together. Turn it upside down on the serving platter, when ready to serve.

LYONNAISE POTATOES—Take one pint of cold potatoes; one tablespoon of butter; one tablespoon of minced onion; one tablespoon of chopped parsley; salt and pepper to taste. The potatoes should be rather underdone to produce the best results. Cut them into dice, and season with salt and pepper. Fry the onion in the butter until yellow, add the potato, and stir with a fork until both sides are of a nice brown, being careful not to break the potatoes. A little more butter may be required, as no vegetable absorbs so much butter as potatoes. When done, turn the

potatoes out upon a hot dish, sprinkle the parsley over the top, and serve hot.

POTATOES AU GRATIN—Take one quart of cold potatoes; two tablespoons of flour; one pint of milk; one teaspoon of chopped parsley; salt and pepper to taste. Heat the butter, and add the flour. When the mixture is smooth and frothy, draw the pan to a cooler part of the range, and add the milk gradually and then the salt and pepper. Butter a graniteware or stone china platter and spread upon it the cold potato cut into cubes. Season with salt and pepper, and sprinkle with parsley. Cover the potatoes with the cream sauce, sprinkle with fine, buttered bread crumbs, and bake in the oven for twelve minutes.

POTATO PUFF (or Soufflé)—To two teacups of salted, peppered and finely mashed potatoes add two tablespoons of melted butter, and beat to a white cream. Stir in thoroughly two yolks of eggs that have been beaten separately until very light, and then a teacup of sweet milk. When the whole is nicely blended, add the whites of the eggs, stir slightly, pile the mass at once upon a well-buttered dish, and bake about ten minutes.

POTATOES ROASTED WITH MEAT—The potatoes should not be small, else they will bake dry and crusty. Pare the potatoes, boil them fifteen minutes, and drain well. Then place them in the baking-pan with the roast, and cook for forty-five minutes, turning them often and basting with the gravy from the roast. Serve them arranged about the meat. Some cooks do not parboil the potatoes before putting them in the pan, but the result is not so successful, especially when beef is roasting, which requires so much less time for cooking than either veal, pork or mutton.

DUCHESS POTATOES—Mix two tablespoons of butter, the yolks of two eggs and a little salt and pepper with two cups of riced potato. Shape by means of pastry bag and tube, in pyramids, leaves, crowns, etc. Brush over with egg glaze, composed of beaten egg mixed with one teaspoon of water. Brown in hot oven.

GLAZED SWEET POTATOES—Boil the potatoes without peeling them, and when tender drain and strip off the skins. Cut each potato in half, if large, lay in a granite baking-pan and add to each piece a seasoning of salt, pepper, a dot of butter and a sprinkling of sugar. Bake twenty minutes in a quick oven, when the potatoes should be quite brown.

ESCALLOPED SWEET POTATOES—Twelve cold boiled sweet

potatoes; one-third cup of butter; one-fourth cup of boiling water; one teaspoon of salt; one-fourth teaspoon of pepper and three teaspoons of sugar. Slice the potato, and sprinkle with salt and pepper. Butter a large shallow dish and spread the potato in it, making a layer not more than an inch thick. Melt the butter in the water, and add the sugar. Sprinkle one-fourth of this liquid over the potato, and set the latter in a hot oven. In ten minutes sprinkle another one-fourth of the liquid over the potatoes, and repeat this twice more at intervals of ten minutes. After the last sprinkling, bake ten minutes (making forty in all), and serve hot.

SWEET POTATO PUFF—Put two cups of mashed potato over the fire with the beaten yolks of two eggs, one-half cup of cream, and a little salt; mix well; remove from the fire; add the stiffly beaten whites of the eggs, heap into a conical loaf on a buttered form, brush with white of egg, and brown in a hot oven.

SWEET POTATOES EN BROCHETTE—Pare the potatoes and cut into one-half-inch slices, making them as uniform in shape as possible. Arrange on skewers in groups of four, place in boiling water and parboil for ten minutes. Drain, brush over with melted butter, sprinkle with brown sugar and bake in dripping-pan until brown.

NEW POTATOES—Soak them one hour in cold water; then rub off the skin with a coarse cloth, put them on the fire to boil, and when tender remove from the fire and drain well. Then add to the potatoes enough milk nearly to cover them, and heat it to boiling. When the milk is hot, stir in one tablespoon of butter rubbed to a cream with one tablespoon of flour. Stir well to prevent the potatoes sticking to the stewpan, being careful not to break them; add salt and pepper, and more butter if desired. Serve hot in a deep dish.

MASHED POTATOES—Pare the potatoes carefully, and boil. If they are very mealy when done, drain the water from them and mash at once. If they do not seem mealy, set them for a moment with the cover off the kettle, and they will soon be ready for the mashing. Mash them well, and to every quart of potatoes add one tablespoon of butter; one tablespoon of salt; one-half teaspoon of pepper; hot milk or cream to moisten. Mash the potatoes in the kettle in which they were boiled, beat them with a fork or spoon until light and creamy and turn out lightly in the warmed serving

dish. Do not smooth the potatoes, as that will make them compact and heavy.

PRINCESS POTATOES—Take one pint of mashed potatoes; one tablespoon of melted butter; one egg, well beaten. Cut the potato into strips two inches long, one inch wide and one-half an inch thick; or, if hurried, the potatoes may be made into flat balls one-half an inch thick. Dip the strips or balls first into the melted butter and then into the egg, and lay them with a knife in a lightly buttered tin pan. Cook in a hot oven for twelve minutes, and serve.

SCALLOPED POTATOES—For this dish, peel raw potatoes and cut them into thin slices. Place in the baking-dish a layer of the potato one inch deep, season with salt and pepper and add a dusting of flour and a dot of butter here and there. Then add another layer of the potato and seasoning as before and so continue until the dish is full. Add milk enough to moisten (about one-half pint to every quart of the potato), cover and bake one and one-fourth hours, removing the cover during the last fifteen minutes to brown the top. Serve in the baking-dish, wrapping a napkin about the dish if it is unsightly.

STUFFED POTATOES—Select smooth potatoes and have them as near the same size as possible. Bake them thoroughly. Cut off an end from each, scoop out the potato and season it with butter, salt and pepper. Add also two tablespoons of milk to every six potatoes, beating well. Return the potato pulp to the shells, stand each on end, return to oven for five minutes.

POTATO BALLS, No. 1—Mix cold mashed potato with beaten egg yolk; make into balls; place on a buttered pan; make a depression in the top of each ball, put a bit of butter in the depression, and brown in the oven.

POTATO BALLS, No. 2—These are generally served with fish. With a vegetable scoop, cut two quarts of balls out of raw potatoes, boil them twelve minutes, and drain. Add to them one teaspoon of lemon juice; one-half teaspoon of salt; one-fourth teaspoon of pepper; one tablespoon of parsley; three tablespoons of butter. Chop the parsley fine, stir all the seasoning into the balls, and serve at once.

POTATO CHIPS or SARATOGA POTATOES—Pare the potatoes, shave them very thin, and soak them for one-half hour in cold salted water; then drain them in a colander, and spread upon a

dry towel. Fry a few at a time in very hot fat, one minute being usually sufficient to brown and cook them properly; and lay them on brown paper to drain. Sprinkle lightly with salt; and when needed at table, heat quickly in the oven. In cool weather enough potato chips may be cooked at one time to last a week or ten days. They should be kept in a cool, dry place.

POTATO DROPS—To one pound of mashed potato add two well-beaten eggs. After all is well mixed, the preparation is dropped by the spoonful into plenty of boiling fat and fried until a golden brown, then carefully drained on soft paper and served with a garnish of parsley. Each spoonful is made to retain the shape of the spoon by dipping the spoon in boiling water after every using.

BAKED POTATOES—Wash them well, place them in a baking-pan, and bake in a quick oven for from forty-five minutes to one hour. Shake the pan at the end of twenty minutes to turn the potatoes. Do not pierce them with a fork, but squeeze them with the hands to see if they are done. When soft, crack in one place and serve.

FRESH PEAS—Fresh peas should not be shelled until just before they are needed for cooking. Look them over carefully after shelling, taking out any tendrils that may have gotten in with them; place them in a kettle with just sufficient boiling salted water to cover, and boil slowly until tender. Young peas will cook in twenty minutes, but those that are more mature require twice that time. The water should not be drained from them when done; if nicely apportioned, there will be, when the cooking is finished, only enough to serve with the peas. Add butter, salt and pepper, and serve hot.

PEAS, FRENCH METHOD OF COOKING—Boil till tender in slightly salted water and drain perfectly dry. The most careful cooks lay them on a piece of thin cloth to rid them entirely of moisture. Butter is then placed in a saucepan and when hot, but not yet browning, the vegetable is placed in the pan and stirred and heated until thoroughly buttered. It is then served as hot as possible.

PEAS, BOILED WITH PODS—Having shelled a suitable quantity of crisp peas, set them in a cool place, wash the pods, and cook them in as little water as possible. After the pods have boiled one-half an hour, strain the water, boil the peas in it thirty minutes

(or less if they are very small), and season with salt and pepper, and either butter or sweet cream, as preferred.

PEAS, CANNED—Canned peas should be opened as soon as possible, one hour of exposure to the air being none too long to restore to them their natural flavor. Place one tablespoon of butter in a saucepan, with pepper and salt to taste; turn in the peas, and cook for five minutes, when, if of good quality, they will be thoroughly done.

EGG PLANT, FRIED—Some two hours before dinner-time peel the plant and slice it quite thin, sprinkle each slice with salt, lay slice upon slice and place a plate upon the top. The salt will draw out the disagreeably bitter flavor. Half an hour before serving wipe each slice dry, dip in beaten egg, then in cracker dust or bread crumbs, and fry each in plenty of hot fat. Lay a piece of soft brown wrapping paper in a colander; and upon it place the slices as they come crisp and brown from the frying-pan, keeping the whole hot. The paper will absorb the oil left by the frying. Serve on a hot platter, the slices overlapping each other.

EGG PLANT STUFFED—Cut the plant in two parts lengthwise and scoop out the meat, leaving the rind about one-half inch thick that the shape may be firm. Chop the pulp fine, season it with salt and pepper, add one tablespoon of butter, and cook in a frying-pan for ten minutes, stirring well; then add one scanty half-cup of water and one cup of bread crumbs. Sprinkle the interior of the shells with salt and pepper, and fill them with the mixture. Spread one cup of crumbs on the surface of the mixture, place the two pieces of plant in a baking-dish or deep pan, and pour enough hot water into the pan to come half-way up the sides of the plant. Bake one hour, and serve hot on a napkin. This dish will be found very delicate, and may be served as a vegetable or an entrée.

ENDIVE, CREAMED—Wash the endive carefully, and pick off the outer green leaves, leaving only the white part. Boil until tender, drain well, return it to the kettle, and nearly cover with milk. When the milk boils, thicken it with a little flour stirred to a paste with a small quantity of cold milk, season with butter, salt and pepper, and serve.

KALE—This is cooked and served the same as spinach; or it may be tied in a bundle, boiled like asparagus and served on toast with a generous allowance of butter. It may also be boiled in a bundle and drained well, after which milk will be added and thickened to a

cream with a little flour, the whole being seasoned with butter, salt and pepper.

MACARONI OR SPAGHETTI WITH TOMATO SAUCE— Break the macaroni into inch lengths, or the spaghetti into three-inch lengths; or place the ends of spaghetti in hot water and coil it as it softens; cover with plenty of water and boil until soft, about forty-five minutes generally being required. Stir often to prevent it from sticking to the kettle. Turn into a sieve and drain thoroughly. Place in the serving dish and cover with tomato sauce. Also serve grated Parmesan cheese with it. This cheese may also be mixed in with the tomato sauce.

MACARONI, STEWED—Boil the macaroni until soft, throw it into a colander, and drain well; then return it to the kettle, nearly cover with milk, and season with butter, salt and pepper to taste. Let all boil together for three minutes, and serve.

MACARONI, BAKED, WITH CHEESE—Do not wash the macaroni. Break it into inch lengths and throw it into salted boiling water. Stir frequently to prevent it from settling to the bottom, and boil rapidly with the pan uncovered; forty-five minutes is none too long to allow for its cooking. Turn it when done into a colander and drain well. Arrange a layer of macaroni in the bottom of a pudding dish, upon it strew some rich cheese (Parmesan is generally used) and scatter over this some bits of butter. Add a sprinkling of salt and pepper, then another layer of macaroni and cheese; fill the dish in this order, having macaroni at the top, buttered well but without cheese. Add a few spoons of milk and bake until of a golden-brown hue, one-half hour being usually sufficient. Serve in the dish in which it was baked.

STUFFED PEPPERS—Cut a slice from each stem end of six large green peppers. Remove seeds and parboil fifteen minutes. Mix one pint of finely chopped cooked meat (veal or chicken preferably) with one-half cup of moistened bread crumbs; add salt, pepper and one-half a grated onion. Stuff the peppers with this mixture and stand them in a dripping-pan into which has been put one tablespoon of butter, the remaining half onion sliced and a half pint of water or stock. Bake fifteen minutes basting frequently.

BOILED RADISHES—Wash large and strongly flavored radishes and trim at both ends. Boil until tender. Pour off some of the water in which they have been boiled and thicken the remainder with a little cornstarch blended with milk. Season with salt,

paprika and butter. The flavor is not unlike spicy turnips and they make a pleasant novelty, served with steak or chops.

FRIED TOMATOES—Hard, ripe tomatoes, fine bread crumbs, salt, pepper and butter; cut the tomatoes in slices half an inch thick, without peeling, mix salt and pepper with the crumbs, dip each piece of tomato in the crumbs, fry in the butter, which has been heated in a saucepan, and serve hot.

STEWED TOMATOES—Pour boiling water on fresh tomatoes, and after they have remained covered one minute, take them from this water and plunge them into cold water. With a knife remove the skins and the hard stem ends, and cut the tomatoes in pieces. Stew in a graniteware or porcelain-lined kettle for thirty minutes; then add to every quart one tablespoon of butter, one teaspoon of salt and a one-fourth of a teaspoon of pepper. Stew until of the desired thickness and serve. Some prefer to add bread crumbs or cracker crumbs for thickening, and to boil but thirty minutes. Canned tomatoes may be cooked in the same way.

BAKED TOMATOES—Peel the tomatoes and cut them in slices one-fourth of an inch thick. Place a layer of tomatoes in a pudding dish, and sprinkle over them a little salt and pepper. Make a stuffing of one cup of bread crumbs; one tablespoon of butter; one teaspoon of salt; one-fourth teaspoon of pepper; one teaspoon of sugar. Rub the butter into the crumbs, and add the salt, pepper and sugar. Spread the mixture thickly upon the tomatoes, using all of it, and add another layer of tomatoes. Dot the top with pieces of butter, dust with pepper and a little sugar, strew with dry crumbs, and bake covered for one-half an hour; then remove the lid, and bake until brown.

BROILED TOMATOES—Choose firm, round tomatoes, cut them into thick slices, dust each slice with salt and pepper, place in a greased broiler and broil over a moderate fire. Pour on melted butter when sending to the table, or add a cream sauce.

SCALLOPED TOMATOES—Skin fresh tomatoes and cut them into slices; if using the canned vegetables, drain off the juice, using only the pulp. Place a layer of the tomato in the baking-dish, add a seasoning of salt and pepper, then a thick layer of bread crumbs. Cut one teaspoon of butter into tiny pieces and lay on the bread crumbs, then add another layer of the tomato and so proceed until a sufficient quantity has been prepared, having the bread crumbs for the top layer. Dot this top with butter and

bake one hour in a moderate oven. Serve without removing from the dish. Cheese grated and added to these layers is sometimes liked.

TOMATOES Ã LA CRÊME—Peel and slice four tomatoes. Simmer in their own juice with butter, pepper, salt and a teaspoon of sugar. This will correct the acidity but not make them taste in the least sweet. Mix a tablespoon of flour and a cup of cream. Stir into the tomatoes a tiny bit of soda, then add the cream. When thickened pour over slices of toast and serve.

STUFFED TOMATOES—Tomatoes for baking or frying can scarcely be too firm, and should be smooth and of equal size. Cut a piece from the stem end of each tomato, and remove the seeds without breaking the walls or partitions. Make a stuffing, allowing as follows for six medium-sized tomatoes: One and one-half cups of bread crumbs; one and one-half teaspoons of salt; one-fourth of pepper; two tablespoons of melted butter. The bread should be soft and should be crumbled by rubbing it on a tin grater. Having mixed the stuffing well, place a dusting of salt and pepper in each tomato, fill the cavity with the stuffing, and place a small piece of butter on top. The stuffing should be packed in quite solidly. Arrange the tomatoes in a porcelain baking-dish, bake for forty minutes in a moderate heat, and serve hot in the baking-dish.

TURNIPS IN CREAM—Peel the turnips, cut them in small pieces, and boil until tender. Drain, add milk to nearly cover, and when the milk boils, thicken it to a cream with a little flour, stirred to a paste with cold milk. Add butter, salt and pepper, boil two minutes, and serve.

TURNIPS, MASHED—Peel the turnips, cut them in slices, and lay them in cold water for one-half hour; then place them in a stewpan, pour boiling water over them, and boil slowly until tender, at least forty-five minutes being required. Drain well, and mash the turnips in the stewpan; stand the pan ten minutes uncovered on the back of the range to dry the turnips well, stirring them frequently. Season with butter, salt and pepper. Turnips require more pepper than any other vegetable.

MUSHROOMS—To prepare mushrooms for cooking cut off the stalks and throw them away, unless they are very solid and tender, when they may be cooked. Pare the cups and drop them into a bowl of water, in which is the juice of one-half lemon to keep them from darkening.

MUSHROOMS UNDER GLASS—Cream two tablespoons of butter and add one-half tablespoon of lemon juice, drop by drop, salt, pepper and one-fourth teaspoon of finely chopped parsley. Cover the bottom of an individual baking-dish with a circular piece of toast three-eighths-inch thick wetting the underside with half the sauce already made. Pile mushroom caps cleaned and peeled on toast and pour over remainder of sauce and finally one-fourth cup of heavy cream. Cover with glass and bake about twenty-five minutes. A teaspoon of sherry may be added before serving, if desired.

These baking dishes with bell-shaped glass covers are now obtainable at most house-furnishing stores. They must be served with covers on.

BAKED MUSHROOMS—Peel the vegetables and cut off the woody stem. Grease a baking-dish with butter, put in the mushrooms, their upper sides down, and bake in a quick oven for fifteen minutes, basting twice with melted butter. Take out when done, season with salt and pepper, pour over the butter in the dish and serve.

CANNED MUSHROOMS—Canned mushrooms should not be boiled, as they are already cooked and a second boiling only toughens them. A dainty method of preparing them is as follows: To a can of mushrooms allow one egg (yolk only), one-half pint of milk, one tablespoon of butter, one tablespoon of flour and salt and pepper to taste. Put the butter in the stewpan, and when hot, add the flour, mix until smooth, and add the milk. Stir continually until the liquid boils; then add the mushrooms, salt and pepper, and stir until well heated. Take from the fire, add the beaten yolk, stir it well in, and serve.

STEWED MUSHROOMS—Take one quart of cleaned mushrooms; two tablespoons of butter; one tablespoon of flour; one teaspoon of salt; one-fourth teaspoon of pepper and one-half cup of water. Rub the flour to a smooth paste in the water. Put the mushrooms, flour and seasoning together in a stewpan, and boil gently for five minutes, stirring constantly. Serve very hot. When milk or cream is preferred in the cooking, use but half the quantity of water, adding a cup of milk; and after boiling five minutes, serve as above. If cream is used, allow half the quantity of butter as the mushrooms are very rich.

ROASTED MUSHROOMS—Place the mushrooms upside down

in a tin dish, sprinkle with salt and pepper and place a bit of butter in each cup. Use only those that have not lost all their plumpness and erectness and are truly little cups. Set the pan on the top of the stove, and cook for five minutes or so in a moderate heat. The cups will be filled with their own liquor and the gravy from the seasoning. Serve while very hot.

BOILED ONIONS—These should be as white as milk when served. In peeling them, remove all of the green leaves, boil for one hour in plenty of salted water, changing the water after the first fifteen minutes' boiling. This will make the vegetable more delicate in flavor. When done, drain well, place in the serving dish and pour over them a cream sauce.

CREAMED ONIONS—Peel the onions, and boil for one hour in plenty of salted water. Drain well and cut each onion into four, six or any desired number of pieces, over which pour a cream sauce.

BAKED ONIONS—Boil as directed in the preceding recipe, without peeling, and bake one hour, basting frequently with butter. When done, take them up carefully, peel, and lay them in the serving dish, which should be placed where it will keep warm. Set the pan upon the top of the stove, add to it a cup of milk, and, when this boils, stir in a tablespoon of flour wet with a little cold milk. When the whole is creamy, add salt and pepper, and more butter, if desired; pour the sauce over the onions and serve.

BOILED OKRA—The pods of okra are so sticky that especial care is needed to avoid breaking them while cleaning. They should be well washed before the stems are removed; then place them in boiling salted water sufficient to cover, and boil until tender. They should boil very slowly, as rapid boiling will break them in pieces. It requires an hour or more to cook this vegetable. When tender, throw the okra into a colander, and when drained, lay it in a dish. Heat together two tablespoons of butter, one tablespoon of vinegar and a little salt and pepper; mix well, and pour the sauce over the okra in the dish.

STEWED OKRA—Wash one pint of okra, cut it into pieces crosswise, place in a granite stewpan, cover with salted boiling water and simmer gently for one-half hour. Add two tomatoes that have been peeled and chopped and stew for ten minutes longer. Add a seasoning of butter, pepper, and salt, if more salt is needed.

CREAMED PARSNIPS—Scrape the parsnips, and boil them until tender. Drain and cut them into small pieces. Place these

in the kettle or stewpan in which the parsnips were boiled, add enough milk to cover, and when the milk boils, thicken it slightly with a little flour wet to a smooth paste with cold milk. When the liquid is like cream, add butter, salt and pepper, and serve hot.

FRIED PARSNIPS—Scrape the parsnips, and boil them gently until tender, usually an hour. Drain, and when cold, cut them in long, thin slices about one-third of an inch thick, and season each slice with salt and pepper; dip the slices in melted butter and then in flour, and fry in hot lard until both sides are thoroughly browned. Drain well, and serve.

BOILED RICE—Wash one-half cup of rice in at least three waters. Have a quart of water boiling violently and add rice so gradually that boiling is not checked. Leave the saucepan uncovered and do not stir the rice. Add more boiling water if necessary. When rice is soft, drain in coarse sieve, letting hot water run over it freely. Drain, place in hot dish, sprinkle with salt and set where it will keep hot and dry. The oven with door open, or back of range will serve the purpose. Each kernel should be distinct if properly cooked. Where there is time to allow for re-heating, rinsing the cooked rice with cold water is to be preferred, then placing where it will dry and re-heat.

RICE, BAKED—Wash a cup of rice, place it in a baking-dish with a quart of water and a teaspoon of salt, and bake very slowly from one and one-half hour to nearly two hours. Serve in the same dish.

SALSIFY, OR OYSTER PLANT—After washing and scraping white the salsify, keeping it under water as much as possible while doing it, throw it into weak lemon juice and water or vinegar and water for a few minutes to blanch. Drain carefully and cover with boiling water. Cook about forty minutes, adding a teaspoon of salt and a squeeze of lemon after the first twenty minutes. When tender, drain well, cut into short lengths, put into pan with white or cream sauce, shake over fire until very hot, and serve.

SALSIFY, FRIED—Boil, cut in short lengths, and fry like parsnips.

BOILED SQUASH—Choose the hard, yellow squash, cut it into pieces of medium size, peel the pieces, and remove the seeds and the soft mesh surrounding them. Boil gently in plenty of water for forty minutes or until the squash is tender. Then drain off

the water, return the squash to the kettle, let it stand for five minutes tightly covered, mash it fine and place it, uncovered, for ten minutes in a good heat to dry, stirring frequently, while drying. Season with butter, salt and pepper.

FRIED SQUASH—The white "button" squash about four inches in diameter are best when fried. Cut the vegetable into thin slices, dip in beaten egg, then in seasoned bread or cracker dust, and fry in hot fat. Place a colander in a granite saucepan; lay a soft yellow paper in the colander, and as the slices become brown place them on the paper; set the saucepan in the oven or in a warm place on the range. The paper will absorb all of the oil that may be left in the squash. Serve on a platter or other flat dish. Fried squash forms an excellent luncheon dish.

STEAMED SUMMER SQUASH—Unless the squash is very tender, pare it thinly, cutting away little but the outer rind. Cut it in slices, and if the seeds are young and small do not remove them; if at all large, however, take them out, lay the squash on a plate, set it in a steamer over a kettle of boiling water and steam until tender, usually from thirty to forty minutes. Take it from the steamer, drain off any water that may be upon it, place it in a stewpan, and mash well. Add butter, salt and pepper to taste, and set the stewpan on the back of the range for fifteen minutes, uncovered, for the squash to dry as much as possible, stirring it once or twice meanwhile. Reheat, and serve. This kind of squash may also be boiled and served in the same way, but it is rather more wet when boiled than when steamed.

WINTER SQUASH, BAKED—Winter squashes are cut in pieces and baked in the shell after the seeds have been removed. The soft part is then scraped out, mashed, seasoned as directed below and served hot.

WINTER SQUASH—When the shell is hard, split the squash, remove the seeds, and steam or boil until soft. Scrape out the soft part of the squash, and to every pint add a tablespoon of butter, one-half teaspoon of sugar and salt and pepper to taste.

SPINACH, AMERICAN STYLE—Wash the spinach until all trace of sand has disappeared. Then boil one-half hour in two cups of salted boiling water, turn it into a colander, and press out all the water possible. With a knife chop the spinach rather coarsely leaving it in the colander for this cutting. Now return it to the kettle in which it was boiled, add one tablespoon of butter, and

salt and pepper to taste, and stir until very hot; turn at once into the serving dish, shape the spinach into a round mound, and lay on the top slices of hard boiled eggs. Serve while hot.

SPINACH, CREAMED—Cook thoroughly washed spinach twenty minutes in salted water; drain well, and chop fine. Return to the fire, add one tablespoon of butter, salt and pepper, and stir until the butter is melted; then add two tablespoons of cream, the finely chopped yolks of two hard boiled eggs, and beat well.

SPINACH, FRENCH STYLE—Only the leaves are used. After washing them in several waters, they are placed on the fire in a saucepan and a small quantity of boiling water is added with a little salt. The dish is not covered, as this would darken the spinach. After boiling for twenty minutes the vegetable is turned into the colander and all the water is pressed out, the spinach being chopped during the process. Salt and pepper are then added, the spinach is returned to the saucepan, tightly covered and allowed to stand in a moderate heat for five minutes. Just before serving plenty of butter and two tablespoons white sauce for every pint of the vegetable are added although the sauce is as often omitted as used.

SPINACH SOUFFLÉ—This is a satisfactory way to dispose of left-over cooked spinach. To every cup, mix in the beaten yolk of one egg; place in a granite stewpan, heat and stir over the fire until the egg sets; then remove from the heat and when cold add the beaten whites of the eggs. Fill individual baking shells one-half full of this mixture, arrange the shells on a roasting-pan and bake in a hot oven for ten minutes, serving at once to prevent falling.

SPINACH IN EGGS—Cook spinach in salted water as for ordinary use. While this is cooking boil eggs in shells for twenty minutes. Cut in halves, and remove the yellows. Cut a bit from each end and stand them on a platter. Season the yolks with red pepper, mustard, butter and salt. When thoroughly mixed add enough vinegar to make it like soft mashed potatoes. Drain the spinach dry and season it. Fill the egg-cups high, and put the rest around them. Put the prepared yolks in a ricer, and squeeze over all.

SUCCOTASH—This is made of green corn and Lima beans, although string or butter beans may be used. Cut the corn carefully from the cob, and to each pint allow one pint of Lima beans,

one-half pint of cream or milk, one tablespoon of butter, salt and pepper to taste. Cover the beans with boiling water, and cook for thirty minutes. Drain off the water; add the corn and the milk or cream, and stew slowly for fifteen minutes, or longer, if the corn is old; then add the seasoning, and serve. In winter, if dried corn and beans are used, soak both separately over night. In the morning cover the beans with fresh water, and boil them very gently for two hours. Do not drain the water from the corn, but set the pan containing it on the back of the range where it will be well warmed without boiling, while the beans are cooking. When the beans are tender, drain and add them to the corn; both should then have only water enough to about cover them. Cook slowly for twenty minutes, and drain off some water until there is not more than two-thirds of a cup left; then add the milk and seasoning.

CHAPTER XI—SALADS AND SALAD DRESSING

FRESH green vegetables that are eaten raw and dressed with oils, acids, salt and pepper are classed as salads. Potatoes, string beans, beets, asparagus and many other vegetables which have been cooked are eaten cold with a salad dressing. Lobster, salmon and other kinds of cooked fish, eggs, chicken and delicate meats are combined with lettuce, cresses or celery and salad dressing, and furnish many appetizing dishes. The dressing should never be mixed with any salad until it is needed to serve, and both salad and dressing should be served on as cold a dish as possible.

Chives, mint, chervil, and similar small greens, may be finely minced and sprinkled over a green salad with excellent results.

Where the salad is served as a separate course, pass with it crackers which have been spread with butter or some tasty cheese, and crisped in the oven. If the buttered crackers are used serve cream cheese with them.

Bar-le-Duc, guava jelly, or strawberry jam may be passed with salads that are dressed with French dressing.

A Chapon is a small piece of bread rubbed with garlic. This, placed in a salad bowl, gives a most delicate flavor to the contents of the bowl.

A Marinade is a mixture of oil, vinegar, salt, lemon juice (and sometimes onion juice) in which vegetables may stand for an hour or so before being served as salad. Where several vegetables are to be used, each one should be marinated separately. These vegetables may then be removed, combined, and served on lettuce or in any other way preferred.

There are two kinds of dressings which are in very general use, the mayonnaise and the French dressing. Epicures prefer the simple French dressing for salads served without fish or fowl; and for chicken and fish salads and for some kinds of vegetables, such as tomatoes and cauliflower, they use mayonnaise.

FRENCH DRESSING—If the French dressing is made at table, a small china or glass tray, set with oil and vinegar cruets, salt cellar, peppercorn grinder, paprika shaker, bottle of worcestershire sauce, and a bottle of pearl onions, is passed to the person who serves the salad. Small silver stands for holding these ingredients, are now found in the shops.

The French always oil the bowl in which the salad dressing is made with a clove of garlic. Tarragon or estragon vinegar may be used instead of plain vinegar, or some leaves of tarragon, or Estragon, procurable at the large markets, may be cut in bits and sprinkled over the salad.

Ingredients: Three tablespoons of oil; one tablespoon of vinegar; one teaspoon of salt: one-fourth teaspoon of pepper. Mix the oil, salt and pepper together and slowly add the vinegar, stirring constantly. In dressing a salad at the table the dressing may be made in a separate bowl and then poured upon the vegetable, the latter being tossed lightly for a few seconds and then served, or it may be made in the following graceful way: Hold a salad spoon (or a tablespoon) over the salad, put into it the salt and pepper, and then fill with the oil the remaining space; mix with a fork and pour upon the vegetable, distributing well; add the remaining proportion of oil, a spoonful at a time, tossing the salad lightly; at the last add the vinegar, toss again and serve.

MAYONNAISE DRESSING, No. 1—Break the yolks of two eggs into a wide bowl, and set them on ice, or where they will become very cold; (the secret of a creamy mayonnaise dressing lies in keeping all the materials very cold, and taking care throughout the work); also chill one-half pint of oil. If a good egg-beater is at hand, the dressing may be made in a very short time. Beat the yolks thoroughly, add two saltspoons of salt and one of white pepper or paprika and beat again. Stir in drop by drop a little of the oil, and beat with a silver fork or wooden spoon; very gradually put in more oil, and beat always in one direction. When the mixture begins to thicken, add a little vinegar taken from two tablespoons; beat in more oil until the preparation again thickens; then add more vinegar; and so continue in alternation until all the material has been used, when the dressing should be thick and creamy. Should the mayonnaise curdle, begin with a third egg yolk, add a small quantity of oil to the egg, and then by very small quantities add the rest of the dressing. At times a

dressing may be quite firm when left, only to be found curdled and disappointing when the time comes to use it. This third egg process will, however, invariably restore it. The onion juice is obtained by grating the onion, holding the grater over the dressing and letting the juice drip into it. If preferred, lemon juice diluted with one-third water may be used instead of vinegar. Tarragon vinegar is sometimes used instead of the ordinary kind.

MAYONNAISE DRESSING, No. 2—To make this dressing, allow one-half cup of oil; two eggs (yolks only); vinegar to thin; one-half teaspoon of made mustard; one-half teaspoon of salt; one-fourth teaspoon of pepper; one-half teaspoon of sugar; six drops of worcestershire sauce. Boil one of the eggs ten minutes, and when cold, take out the yolk, place it in a bowl, and mash it finely with the back of a silver spoon or with a wooden salad masher. When the yolk is like powder, add the yolk of the other egg (*raw*), and stir until the mixture is smooth; then put in the sugar, salt, pepper, mustard and sauce. When the whole is well mixed, add the oil by degrees, stirring continually; and as soon as all is used thin with vinegar. Place on ice for one hour before using.

WHIPPED CREAM MAYONNAISE DRESSING—When the dressing is to be used within twenty-four hours add one-third of a cup of cream, beaten stiff, to either Mayonnaise No. 1 or No. 2.

MAYONNAISE, COLORED—Mayonnaise may be colored green in the following manner: Boil a double handful of spinach until tender, drain it, let it cool, and squeeze dry. Mash it thoroughly by pounding, adding one spoonful of the mayonnaise; pass the whole through a fine sieve, and mix with the dressing. A lighter shade may be obtained by boiling and mashing green peas and using them in the same way.

To produce a red tint for a lobster or fish salad, pound the coral of a lobster, pass it through a fine sieve, and add it to the dressing.

SOUR CREAM SALAD DRESSING—Take one cup of sour cream; one teaspoon of sugar; one tablespoon of lemon juice; one teaspoon of salt; one-eighth teaspoon of cayenne; two tablespoons of vinegar. This makes an excellent dressing for vegetable salads. Place the salt, sugar and pepper together in a bowl, mix well, and add the lemon juice, and then the vinegar. When the mixture is perfectly smooth, put in the cream, stir well, and set on the ice until needed.

COOKED CREAM SALAD DRESSING—Take three eggs (yolks); one tablespoon of thick, sweet cream; one tablespoon of butter; one tablespoon of lemon juice; one saltspoon of celery salt; one-eighth saltspoon of pepper; one teaspoon of made mustard; one teaspoon of sugar. Beat the eggs lightly, add the cream, the butter, melted (but not to an oil), and the rest of the ingredients, stirring all the time, and beating well after each addition. Set the bowl containing the dressing in a saucepan of hot water, and stir rapidly until the dressing thickens. Set it on the ice to cool thoroughly before using. Vinegar may be substituted for lemon juice.

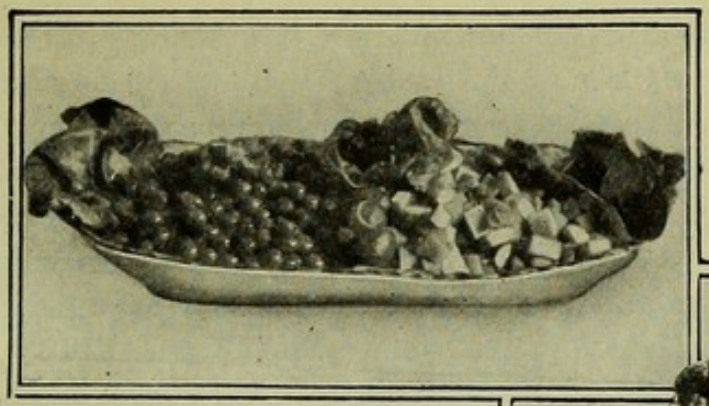
LETTUCE SALAD—Choose for this the crisp part of the lettuce, lay it in cold water for one hour, dry well, and arrange it in a salad bowl. Pour over the center of the dish any of the dressings given in the preceding pages; mayonnaise is frequently used, but after a heavy dinner the French dressing is much to be preferred to any other. The following vegetables may be used the same as lettuce: Endive, pepper-grass, water-cress, nasturtium blossoms, sorrel, dandelion, escarolle and Romaine.

ONION AND LETTUCE SALAD—Strip off and set aside for any other purpose desired, the green leaves of two heads of lettuce, wash the hearts and drop them into ice-water to crisp them. Peel one small Spanish onion, and cut it into thin shavings. Shake the lettuce in a colander or wire basket to free it from water. Fill the salad bowl with alternate layers of the heart leaves and onion slices, sprinkling on each layer a little French dressing.

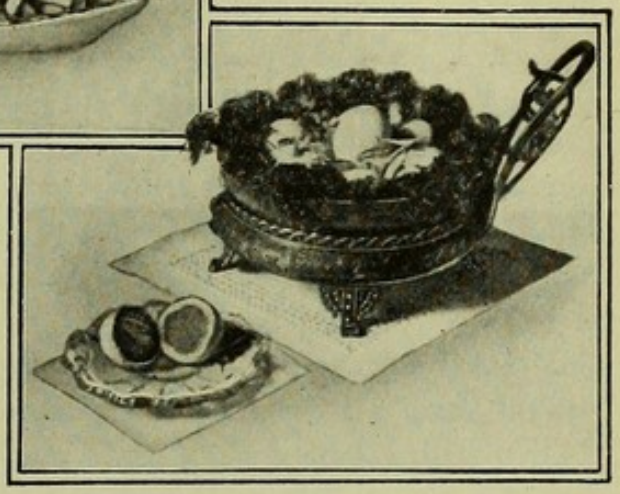
CARDINAL SALAD—Boil two large beets until tender; slice, cover with two tablespoons of vinegar and allow them to stand until the following day. Drain off the vinegar and use it in making a mayonnaise. Take one-half cup of white wax beans, one-half cup of peas, one-half cup of asparagus tips and mix with the red mayonnaise. Serve in little, rose-like nests of lettuce leaves and garnish with red radishes.

POTATO SALAD, No. 1—Take one quart of potatoes; two tablespoons of chopped parsley; two tablespoons of grated onion; moisten with French dressing. Slice the potatoes while hot, mix the other vegetables with them, add more French dressing, and set in a cool place for two hours before serving.

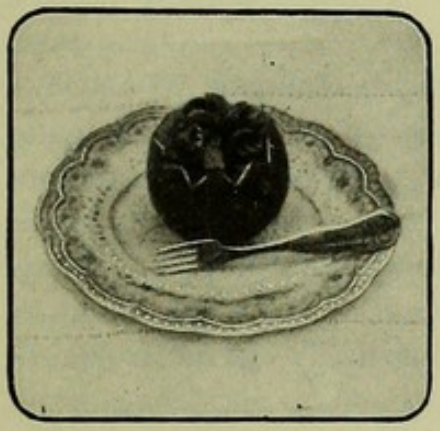
POTATO SALAD, No. 2—Delicious potato salad may be made by the following directions: Boil about three dozen small German



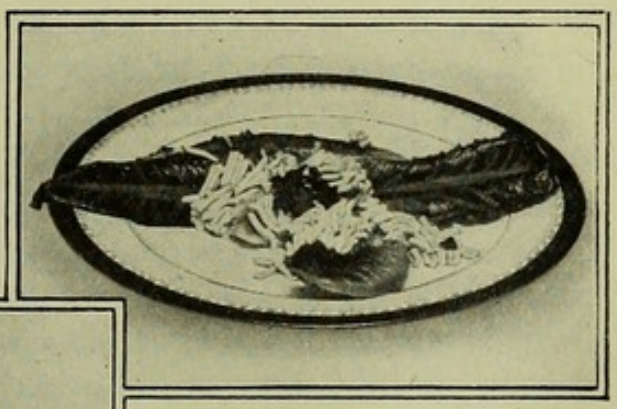
A SALAD FROM VEGETABLE LEFT-OVERS



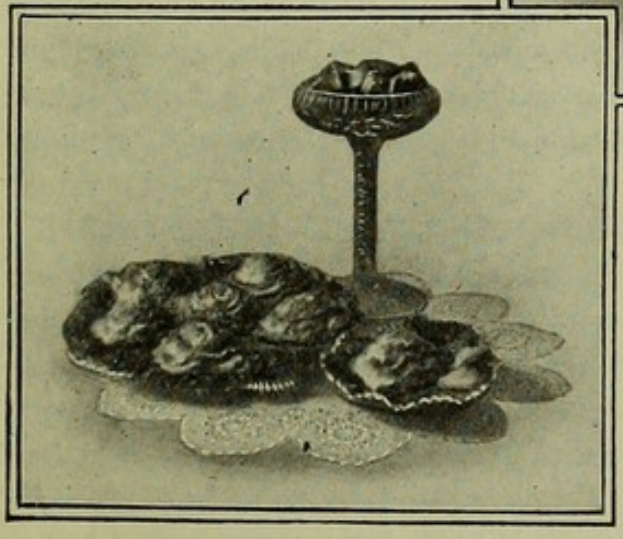
EGG SALAD



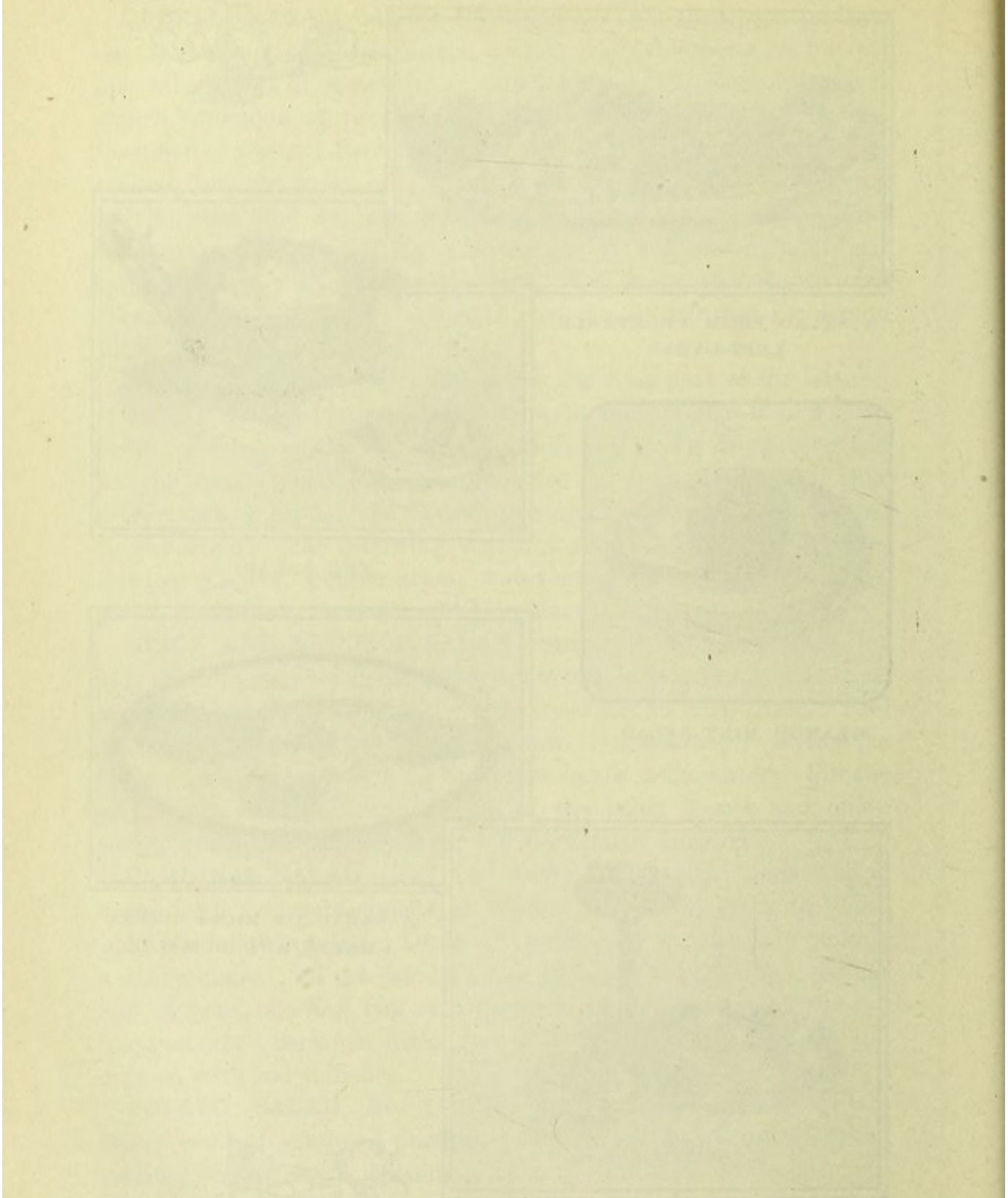
ORANGE MINT SALAD



A SALAD OF RICED CREAM CHEESE AND ROMAINE



ROSE SALAD



potatoes until well done but not too soft; slice them while hot, and add about two dessertspoons of oil and two tablespoons of vinegar. Chop one small onion and a little celery very fine, and add, together with two dessertspoons of capers, a little chopped parsley, and salt and pepper to taste. Pour a thin mayonnaise sauce over the potatoes, mixing thoroughly with a wooden spoon. Garnish with lettuce, a few pieces of lemon, and cut beets.

SPINACH SALAD—Place one pint of minced, cold boiled spinach on a dish. Chop separately with a silver knife (steel discolors) the whites and yolks of two hard boiled eggs and arrange them, mixed, in little mounds on the spinach; now pour over the salad a good French dressing. This salad may be served with roast meat or game.

TOMATO SALAD—Scald and remove the skins and set the tomatoes where they will become perfectly cold. Just before serving time divide them in halves, cutting them across their widest parts; drain out the juice, and place one piece with its cut side upwards on each serving plate with one or two leaves of white, crisp lettuce underneath. Pour over each portion a tablespoon of French dressing, which should be made of three times as much oil as vinegar.

TOMATOES WITH CELERY—Select firm tomatoes of a good size, cut a slice from the top of each, and scoop out all the seeds and soft pulp, being careful not to break the sides. Cut celery into small dice, mix it with a mayonnaise dressing, fill the shells with the mixture, place one teaspoon of the dressing on top of each tomato, and serve individually on a bed of lettuce leaves, placing three or four small leaves on each plate and the tomato in the center.

TOMATO AND CUCUMBER SALAD—Peel four good-sized tomatoes, set in a cold place, and slice when needed. Peel two small cucumbers, and slice them very thin. Make a bed of lettuce in a salad bowl, and lay upon it the tomatoes, and then the sliced cucumbers. Cut two small onions into thin slices, and add them, and also, if possible, four tarragon leaves. Pour over all a French dressing, and serve at once.

WATER-CRESS AND WALNUT SALAD—Crack walnuts and remove their meats as nearly as possible in unbroken halves. Squeeze over them the juice of one lemon, and leave them for several hours. Just before dinner pick over one full pint of water-

cress, wash it carefully and drain it on a napkin. At the last moment drench the cress with French dressing, spread the nuts over it, give them also a generous sprinkling of the dressing, and serve.

CELERY SALAD—After thoroughly freshening the celery and wiping it dry, cut it into inch lengths and then into strips, which place in a salad bowl, and add sufficient mayonnaise dressing to moisten the whole. Serve at once. Celery salad admits of a wide range of additions, any cold meat, fish or fowl left from a previous meal being most palatable when served in it.

FISH SALAD—Wrap in a fresh cloth one pound of solid fish (halibut preferred), and boil it for ten minutes in salted water. The remains of almost any cold fish may be used in this way very satisfactorily, but the salad is more successful when made of fish that will flake nicely, such as salmon, cod or haddock. Canned salmon will also make a very good salad. Remove the bones, pick the fish into fine bits while hot, turn over it two tablespoons of oil mixed with one tablespoon of vinegar or one-half tablespoon of lemon juice, and set away in a cold place. When about to serve, chop a head of white celery and stir it into the fish. Arrange crisp white leaves of lettuce in cup shapes on a platter, using one or two leaves for each; then lay one spoonful of the mixture in each cup and pour over it one spoonful of mayonnaise.

LOBSTER SALAD—Place a live lobster in boiling water, and let it cook for twenty minutes from the time it begins to boil, keeping it covered all the time. A hen lobster will usually be preferred on account of its eggs. Thick-shelled fish of medium size have the finest flavor. Remove the meat. Whatever creamy or green fat may be found on the body or cleaving to the shell should be properly reserved, together with the coral. If there are eggs on the tail fins save them also. Cut the meat not too small, and to it allow one-third as much tender white celery cut in pieces the same size. Sprinkle a very little vinegar over the lobster, but keep the celery crisp until it is time to make the salad. Then mix the meat and celery together, stir in enough mayonnaise to moisten and flavor the whole, and arrange the salad on the center of a bed of crisp white lettuce bordered with green lettuce-leaves laid under the outer edges. Pour on the remainder of the mayonnaise, and sprinkle over it the coral, well pounded, and, if liked, the eggs and a few capers or bits of beet.

Garnish with the claws. Sometimes lettuce leaves are arranged on a platter in cup-like clusters of two or three each, and the salad is divided equally among the clusters.

CRAB SALAD—Boil three dozen hard-shell crabs for one-half hour, and when they are cool, remove the top shell and tail of each. Divide what remains into four pieces, and with a nut-pick take out the meat, removing that contained in the large claws and the fat that clings to the top shell. Cut up an amount of celery equal to the crab meat, and mix both together; wetting with a few spoons of plain salad dressing. Place the mixture in the salad bowl, pour over the top a mayonnaise dressing, and garnish with crab claws and hard boiled eggs in alternation with tufts of green, such as parsley, the leaves of the celery, etc. Canned crabs make very good salad. If there is any oil in the can, drain it off before using the crabs, sprinkle the latter well with salt and vinegar, and drain again before adding the dressing.

FROZEN TOMATO SALAD—Take a can of tomatoes, season with salt, pepper and a tablespoon of sugar. Fill pound baking powder cans, pack in ice and salt and let stand for three hours. Turn out of the cans and slice. Serve on leaves of lettuce with French dressing or mayonnaise.

OYSTER SALAD—Take one quart of oysters; one-half cup of mayonnaise; one tablespoon of oil; one-half teaspoon of salt; one pint of celery; two tablespoons of vinegar; one tablespoon of lemon juice; one-eighth teaspoon of pepper. Place the oysters in a stewpan on the fire, adding no water; and when they are boiling, turn them into a colander to drain. Place them, when drained, in an earthenware dish, and add the oil, salt, pepper, vinegar and lemon juice; when cold, set the dish in the ice-box for at least two hours. Cut the white part of the celery into very thin slices, and place it in a bowl in the ice-box, adding a piece of ice to the celery to keep it crisp. When ready to serve, drain the celery, mix it with the oysters and half of the mayonnaise, turn the whole into a salad bowl, and pour over it the rest of the dressing. Garnish with tufts of white celery leaves, and serve at once.

If preferred, lettuce leaves may be arranged on a large platter in groups of two or three to form cups, and in each cup may be dropped four or five oysters and one spoonful of mayonnaise poured over them. A tiny spray of parsley may be thrust into the sauce at the center of each cup.

SALMON SALAD (Whole)—For a ceremonious supper this makes a very handsome dish. Choose a salmon weighing from five to ten pounds, rub with salt, wrap in a cloth, and steam or boil until tender. Pull off the skin while hot, and arrange fish at once upon a platter that it may retain its shape when cold. Just before serving time pour a rich mayonnaise over it, and sprinkle with capers, and, if obtainable, a small quantity of oyster crabs. Lettuce leaves may be prettily arranged about the edges of the platter, and slices or quarters of hard boiled eggs may be laid upon them. The lettuce and eggs are served with the salmon, which should be carved with a fish-knife; and a little more dressing may be added to each portion from a mayonnaise bowl.

CHICKEN SALAD—Fat fowls make the best salad. Rub the chicken with salt and pepper, place one small onion and one bay leaf inside, wrap with napkin, tie securely, and steam for three hours, or until a fork can be easily turned round in the meat. When the chicken is cold, cut the breast into not too small pieces with a knife, and sprinkle with French dressing. The dark meat should not be used if a pretty salad is desired. To two cups of chicken allow one of coarsely chopped celery, or more if liked, and keep the celery crisp until wanted. Make a mayonnaise dressing, stir part of it into the celery, and place the latter on a thin layer of lettuce, or else arrange it directly upon the salad dish, and dispose the tips of the celery prettily about the edge. Heap the chicken mixture in the center, pour over it the remainder of the mayonnaise, and garnish with white celery tops, beets cut in dice, capers, cold, hard boiled yolks of eggs that have been pressed through a colander, or any other ornament that pleases the fancy.

ALLIGATOR PEAR SALAD—Alligator pears are to be had at fancy fruiterers and one pear may be made to serve in three portions. Peel the pear, quarter and core it, and, if large, divide each quarter into fourths. This will give sixteen wedge-shaped pieces. Place on a bed made of hearts of lettuce and serve with either mayonnaise or French dressing.

TOMATO EN SURPRISE—Select perfect tomatoes of uniform size. Dip for a moment in boiling water and remove the skin without destroying the smoothness of the surface. Remove a piece from the stem end and scoop out most of the pulp, leaving the shell intact. To the pulp add diced celery, tart apples and pieces of finely minced green pepper shell. The bowl in which

this mixture is prepared should be rubbed with a slice of onion so that a faint flavor of it will be given to the mixture. Season with salt and pepper and pour over the prepared pulp a little French dressing. Fill the tomato shells with this mixture, put on each a spoonful of mayonnaise and decorate the top with a slice of truffle.

CREAM CHEESE AND NUT BALLS—Mix cream cheese with chopped celery and olives, form into balls about the size of a large hickory nut. Roll each ball in chopped nut meats, English walnuts being preferred. Arrange on lettuce leaves and serve with French dressing and guava jelly.

FRENCH FRUIT SALAD—Peel two oranges, and, with scissors, remove the thin skin from each section. Cut three bananas in quarter-inch slices and remove the skins and seeds from a half pound of white grapes. Break in small pieces (but not chop) the meats from a dozen English walnuts. Mix these ingredients thoroughly and place on ice. When ready to serve place on lettuce leaves and serve with French dressing. This salad is pretty served in an orange basket, or, by substituting grape fruit pulp for the orange, it may be properly served in the shell of a half grape fruit.

For other fruit salads see chapter on Cold Desserts.

SHRIMP OR PRAWN SALAD—Freshly cooked and shelled prawns are offered for sale in the best fish markets; but if they cannot be obtained in this way, drop them alive into boiling water, let them cook for six or seven minutes, and when they are cold, remove the heads and then the shells. Turn them whole over a layer of crisp lettuce, shredded celery or finely shaved cabbage, and cover well with a mayonnaise or other dressing. Canned shrimps are excellent for salads.

SWEETBREAD SALAD—To make enough for six persons, use a pair of large sweetbreads; one-half pint of thinly-sliced celery; six heart leaves of lettuce; one-half pint of mayonnaise; one tablespoon of vinegar; one-half tablespoon of oil; one saltspoon of salt and one-third a saltspoon of pepper. Clean the sweetbreads, boil in water for twenty minutes, let them cool, and cut them in cubes. Add the vinegar, oil, salt and pepper, and place the dish in the refrigerator for one hour. Prepare the lettuce and celery, and put them also on ice to chill. Just before serving time mix the celery and sweetbreads, and add half the dressing. Arrange the lettuce leaves on a flat dish, divide the sweetbread mixture into six parts, and place

one part on each leaf. Drop the remainder of the dressing, a teaspoon at a time, upon the salad and serve at once.

SALAD EGGS—Remove the shells from four cold, hard boiled eggs and cut a large piece from the top of each; take out the yolks and mix them to form a paste with butter, cream, mustard, red pepper, salt and anchovy paste; put this mixture back into the hollows and lay the eggs on a dish of lettuce or cress. Garnish with radishes and small onions.

CABBAGE SALAD—Take one-half cabbage; six eggs; one teacup of sugar; one teaspoon of salt; two teaspoons of melted butter; one teaspoon of mustard; one-half teacup of vinegar. Cut the cabbage in two parts, and wash it well. Remove all wilted or tough leaves, cut out the core and chop very fine with a sharp knife. Boil the eggs hard, chop five of them very fine, place the cabbage in a salad bowl, add the chopped eggs, and toss and mix lightly together. Mix the sugar, salt, mustard, butter and vinegar well together and pour this liquid over the cabbage and eggs. Toss again lightly with a fork held in each hand; arrange in a dish, and garnish with the remaining egg cut in slices.

COLD SLAW—Shred cabbage very fine, and place it in a salad dish. For every one and one-half pint of cabbage allow one-half cup of vinegar; one and one-half teaspoon of salt; one-fourth teaspoon of pepper; three teaspoons of sugar; one tablespoon of butter; two tablespoons of cream; three eggs. Place the vinegar and seasoning on the fire. Beat the eggs well, turn them into the vinegar, stir constantly until the mixture thickens, and then add the cream. Remove the dressing from the fire, and pour it while hot over the cabbage. Garnish with rings of hard boiled eggs, and serve when cold.

CRESS SALAD—Pick over the leaves of the water-cress carefully, removing all bruised or wilted ones, and with the fingers break into two-inch lengths. Lay the cress in a salad bowl, chop one young spring onion very fine, strew it over the cress, add a French dressing, and serve.

CRESS AND DANDELION SALAD—The dandelion should be fresh and young. Wash the leaves carefully, and drain well. Arrange them in a salad bowl with an equal quantity of cress. A few thin slices of onion will add much to the salad, over which should be poured a French dressing.

CUCUMBER SALAD—Cut about an inch off the point of each

cucumber, and pare carefully. Slice very thin, sprinkle with a little salt, and let stand ten minutes. Serve with French dressing.

DAISY SALAD—Cut the whites of eight hard boiled eggs into rings and mix the yolks with one pint of good mayonnaise dressing. On a platter arrange lettuce leaves in a circle so that every two will be in a round or cup-like shape. On these cups arrange the egg rings to simulate daisy petals and heap the yolks in the center.

ASPARAGUS À LA VINAGRETTE—Let asparagus which has been previously cooked, stand in French dressing, on the ice for at least one hour. It should be served alone and left whole.

ASPARAGUS SALAD—Prepare the asparagus as before, discard the lower part of the stalk, cut the remainder in inch pieces, and serve on lettuce, with either mayonnaise or French dressing. Some people consider that only the tips of the asparagus are suitable for this salad.

ORANGE SALAD—Cut oranges in halves, free the pulp entirely from the membrane in which it is encased, remove the seeds, and lay on a bed of lettuce leaves. Sprinkle with estragon, or minced green pepper. Serve with French dressing.

In preparing all sorts of fruit salads, in which the pulp must be removed from the thin white skin enclosing it, a thin, narrow knife, slightly curved at the tip, is indispensable.

WASHINGTON SALAD—Rub together one-half cup each of butter and grated cheese, one cup flour, and a little paprika and salt. Mix with ice water, roll out very thin and cut in straws. Bake in quick oven. When cool, pile in log cabin style on a large plate, leaving a center space sufficient to hold salad for the number of persons to be served. For the salad take equal parts of celery hearts, cooked hearts of artichokes, canned white cherries and diced grape fruit pulp. Mix well with French dressing and decorate with a large spoonful of mayonnaise. Serve two cheese straws with each portion of salad.

BANANA SALAD—Slice bananas with a silver knife upon lettuce, and pour Sour Cream dressing over them.

WALDORF SALAD—Cut in fine short strips equal quantities of apple and celery, add one-fourth the quantity of coarsely chopped English walnut meats, mix with French dressing and serve on lettuce leaves with mayonnaise.

TOMATO JELLY SALAD—Cook three cups of canned tomatoes with a slice of onion; a stalk of celery; one bay leaf; four cloves; a

small piece of green pepper pod; salt and one teaspoon of sugar. Add one-half box of gelatine which has been soaked in one-half cup of cold water. When the gelatine is dissolved, strain and pour into cups about the size of a tomato.

Make a nest of small green lettuce leaves for each mold when serving, and place one tablespoon of mayonnaise on top of each tomato.

Tomato jelly is often molded in a square pan, and cut in diamonds or cubes when it makes a very acceptable accessory to other salads and an attractive garnish.

CREAM CHEESE SALAD—Arrange crisp lettuce leaves on a salad dish, and press cream cheese through a potato ricer upon them. The cheese must be kept on the ice at least six hours bebefore making this salad, and it should be served immediately. Use French dressing. Pass Bar-le-Duc, or guava jelly or strawberry jam with it.

PINEAPPLE AND NUT SALAD IN TOMATO BASKETS—Mix one cup of shredded pineapple, either fresh or canned, with one cup of coarsely cut nut meats, and stand in French dressing on the ice. Peel, cut off all the top of the tomato except a strip to form a bail, scoop out the center, and fill with the pineapple and nuts. Place one dessertspoon of mayonnaise on top of each basket. This salad requires a liberal amount of salt.

GRAPE FRUIT SALAD—Follow the recipe for Orange Salad.

CUCUMBER AND GRAPE FRUIT SALAD— Prepare the grape fruit as for the preceding recipe, add an equal quantity of sliced cucumbers, marinate with French dressing, and serve in the shells which remain after removing the pulp from the halves of the fruit. Cut the edge of the shell in large notches, placing a raspberry in each depression. This makes an unusually attractive dish.

WHITE GRAPE SALAD—Peel one pound of white grapes, remove the seeds by cutting the grapes almost in two, with a thin sharp knife. Arrange on lettuce leaves, and serve with French dressing or mayonnaise.

CHAPTER XII—EGG DISHES AND OMELETS

EGG DISHES—The most healthful methods of preparing eggs are those by which they are not subjected to a temperature higher than that at which water boils.

To ascertain the freshness of an egg without breaking it, hold it before a strong light or toward the sun; if the yolk appears round and the white surrounding it clear, the chances are the egg is good. Another test for eggs is to lay them in a pan of cold water; the fresh ones will sink immediately, while those that float are doubtful. The shell of a fresh egg looks dull and porous.

BOILED EGGS—The following general rules for boiling eggs are useful:

Be sure the eggs are fresh beyond suspicion. Limed or cold storage eggs may be used in other ways but are not satisfactory boiled.

To Put Eggs to Boil—Have ready a saucepan or shallow kettle of boiling water; put each egg in gently with a spoon, allowing the spoon to touch the bottom of the pan before withdrawing it, so as to prevent the egg from dropping and cracking.

Time—For very soft boiled eggs, two minutes; soft boiled, three minutes; medium soft, three and three-fourths to four minutes; hard, six or seven minutes is the general time, but it is said that if boiled forty-five minutes the yolk of the egg will be mealy and perfectly digestible. Extra large eggs require an extra one-half minute. Eggs boiled for salad should be boiled fifteen minutes and then cooled in a basin of water to shrink the meat from the shell. Roll them on the table under the hand to crackle the shells which will then peel off very easily.

BOILED EGGS: MOST NUTRITIOUS METHODS—There are two methods of cooking eggs considered superior to the ordinary method of boiling. They are as follows:

First Method—Place the eggs in a saucepan of cold water and when the water boils the eggs are done; this will take about ten minutes.

Second Method—For six eggs use a vessel that will hold two quarts. Fill it with boiling water, cover it closely, and stand it in a warm place for ten minutes.

For one or two eggs keep in hot water for only five minutes.

In this way the eggs will be cooked equally well in every part. If the eggs are desired more thoroughly done, let them stand in the hot water ten or even twenty minutes longer, but not on the range. Serve in a folded napkin.

POACHED (OR DROPPED) EGGS—Break the eggs one at a time, into a saucer. Place water in a saucepan, salt it well, and when it is simmering, drop each egg lightly in, cooking but one egg at a time if the saucepan is small. More may be cooked at once by using a large frying-pan. Some cooks set muffin-rings in the water to give the egg an even shape, poaching them inside the rings. An egg-poacher is very convenient for this work. A spoonful of vinegar in the water will keep the eggs from spreading. With a small spoon throw the water carefully on the top of each egg to whiten it. The beauty of a poached egg is for the yolk to be seen blushing through the white, which should be just sufficiently hardened to form a veil for the yolk. When cooked enough, take out the egg with a perforated ladle, trim off the ragged edges, and slip it on a small, thin piece of buttered toast. When all the eggs are cooked and placed on their separate pieces of toast, place on each a bit of butter and sprinkle with salt and pepper.

Poached eggs are often placed in beef soup, one egg being prepared for each person at table. They are also served on thin slices of boiled ham, and also on a Welsh rarebit. Delmonico, when serving poached eggs on toast, sprinkles sorrel over the top.

FRIED EGGS—Use strained ham or bacon fat, or olive oil, as a frying medium, never butter or lard. When fat or oil is well heated in the frying-pan break in the eggs separately, putting in only one or two at a time, so that each may be kept separate. With a spoon baste each with the fat. Half a minute should be sufficient to allow for cooking.

SHIRRED EGGS—Use individual fireproof dishes which come especially for this purpose, though a fireproof china saucer will answer. Butter each dish, cover with bread or cracker crumbs, sprinkle with pepper and salt slip one or two eggs into each dish. Cover with seasoned buttered crumbs and set in oven until crumbs are brown. Serve in the dishes in which eggs are cooked.

BAKED EGGS OR "EGGS SUR LE PLAT,"—Use individual fireproof dishes, allowing one or two eggs to each service. Butter each dish, dust with salt and pepper, break in the eggs, sprinkle again with salt and pepper and place a tiny piece of butter on each. Place in the oven until eggs are set and serve in the dishes in which they are cooked.

BAKED EGGS AND BACON—Cut very thin slices of bacon, allowing two slices for each egg to be used. Fry the meat very crisp and brown, and arrange the slices in groups of two on a large, flat plate. Break one egg over each group, bake it in a hot oven, and serve. Individual dishes for baking eggs can now be procured at small cost, and the serving is more effective when they are used.

BAKED EGGS, WITH TOMATO SAUCE—This is a most attractive luncheon dish. Make a tomato sauce, No. 1 (See Chapter on Sauces for Fish, Meats, Poultry and Game), adding, however, three tablespoons of flour to make the purée thicker. Have ready some small fire-proof dishes and place in each a liberal spoonful of the thickened tomato, and upon it lay a neatly trimmed poached egg. Cover rather thickly with grated Parmesan cheese, and put in the oven for two or three minutes to brown the cheese. The oven must be very hot, as the cheese should be nicely colored while the eggs are still quite soft and creamy.

BUTTERED OR SCRAMBLED EGGS—Beat four eggs well; then take three tablespoons of cream or milk, three ounces of butter, salt and pepper and heat all together in a stewpan till quite hot; now add the beaten eggs, stirring constantly. Serve on buttered toast. A little onion juice and one teaspoon of finely chopped parsley add very much to this dish for some tastes. If preferred, the whites and yolks of the eggs may be separately beaten.

SCRAMBLED EGGS WITH GREEN PEPPERS—Place one tablespoon of butter in a frying-pan. Break six eggs in a bowl; add without breaking the eggs two tablespoons of cream, pepper and salt. Turn all into the hot butter and as the eggs begin to cook quickly add two finely chopped sweet peppers from which the seeds have been removed.

Stir incessantly in all directions until the mass is creamy.

Serve on toast.

SCRAMBLED EGGS WITH PIMENTOS—Use the above recipe substituting one-half cup of chopped canned pimentos for the peppers.

PLANKED EGGS—Prepare a mixture of one cup of finely chopped cold corned beef or ham, the same quantity of bread crumbs, and cream enough to make a paste. Spread this mixture on a plank of suitable size, make a border of Duchess potatoes, also several nests. Into each nest slip a poached egg and set in oven until potato border turns a delicate brown. Garnish with alternating slices of tomato and rings of green peppers.

SAVORY EGGS—Put two or three hard boiled eggs into cold water; when cool enough take off the shells and cut the eggs in two lengthwise; remove the yolks, powder and mix with cream, pepper, salt, butter and anchovy, chopped parsley or any other relish. Put the mixture back into the hollows, pour a good white sauce over the halves and serve them on buttered toast.

EGG TIMBALES—Make a white sauce by rubbing together one tablespoon each of butter and flour and adding two-thirds cup of scalded milk and the slightly beaten yolks of three eggs. Season with salt, pepper, one tablespoon chopped parsley and a few grains each of cayenne and celery salt. Beat the whites of the eggs very stiff and fold into the first mixture. Butter individual molds and fill with the mixture. Place in a dripping-pan of hot water and bake in a moderate oven until firm. Arrange on a platter and serve with Tomato Cream Sauce. See Chapter on Sauces for Fish, Meat, Poultry and Game.

DEVILLED EGGS, No. 1—Take twelve eggs; two heaping tablespoons of cold boiled ham; one tablespoon of olive oil; one teaspoon of mustard; salt and pepper to taste. Boil the eggs fifteen minutes and lay them in cold water for one-half an hour. Remove the shells and cut the eggs in halves lengthwise. Rub the yolks to a smooth paste with the oil and mustard, add the ham, finely chopped, and the salt and pepper; mix thoroughly, and fill the hollowed whites with the mixture. Serve in a bed of water-cress or salad.

For picnics, put the corresponding halves of each egg together and press them closely; then cut white oiled paper into pieces six inches square, roll one egg into each paper, and twist the ends the same as the coverings of bonbons are often arranged.

DEVILLED EGGS (Hot), No. 2—Roll six devilled eggs in the beaten white of an egg and then in cracker crumbs until they are well covered. Fry in one teaspoon of butter and one of lard until brown. Serve on lettuce leaves.

DEVILLED EGGS, No. 3—This is such a useful dish for an

emergency meal that it deserves special mention. Boil six eggs for fully fifteen minutes. Wet one tablespoon of flour in a little cold milk, and cook it in one coffee-cup of milk. Season with a scanty half teaspoon of salt, one-half saltspoon of white pepper and, if liked, one teaspoon of onion juice; or one teaspoon of celery salt may be used instead of plain salt. Halve the eggs, cut rings from the whites, and chop the solid ends. Stir the chopped portions into the white sauce, divide the halves of the yolks once more, and stir these pieces lightly into the sauce; pour the whole upon a wide dish, lay the rings upon the preparation, and serve. Half a can of divided small mushrooms will prove an agreeable addition to the sauce of devilled eggs, and when they are used no other flavor than salt is required. The juice of the mushrooms may be used to dissolve the flour instead of milk.

PICNIC EGGS—Boil a number of eggs hard and when cold cut each in two lengthwise. Take out the yolks, mash them with a fork, mix with butter and add minced potted ham and French mustard. The hollowed whites of the eggs should be filled with this mixture, the two halves of each being pressed together and then each egg wrapped in white oiled paper, the ends of which are twisted to keep the halves in place.

PICKLED EGGS—These make a nice accompaniment for broiled steak. Six eggs; one pint of vinegar; twenty-four whole cloves; one-half teaspoon of salt; one-half teaspoon of pepper; one-half teaspoon of ground mustard. Boil the eggs fifteen minutes, throw them into cold water. and when cool, remove the shells and stick four cloves into each egg. Put the vinegar on to boil, rub the mustard, salt and pepper to a paste with a tablespoon of the cold vinegar, and when the vinegar is boiling, add the paste to it and stir until the whole is well mixed. Put the eggs in a glass fruit-jar, pour the boiling vinegar over them, cover well and use after two weeks. For some tastes use half the quantity of cloves.

SCALLOPED EGGS—Slice twelve hard boiled eggs in thin rings. Butter well a baking-dish. Spread in a layer of grated bread crumbs, then one of the eggs, dot with bits of butter and sprinkle with pepper and salt; repeat in this order until the dish is full, having a layer of the crumbs on the top. Pour over the whole a large teacup of sweet cream or milk and brown in a moderately hot oven.

STUFFED EGGS—The following is a very fine recipe for stuffed eggs: Boil six eggs very hard, remove the shells, cut the eggs in two

crosswise, and slice off a piece from the round end of each half so it will stand firmly. Remove the yolks, mix with them a little chopped ham, and fill the cavities in the whites with this mixture, heaping it in cone fashion. Arrange the little filled "cups" on a flat dish, and pour about them a dressing made by the following recipe, which will be sufficient for eight "cups": Two eggs (yolks); one-half teaspoon of mustard; one-half teaspoon of salt; two tablespoons of vinegar; twelve tablespoons of salad oil. Beat the yolks light, and stir into them the salt and the mustard. Then add the salad oil very slowly; and as the mixture thickens, thin it with the vinegar.

CURRIED EGGS—Cook six eggs in boiling water twenty minutes, cool, remove the shells, cut into quarters and arrange on a warm dish. Pour over them the following sauce: Rub the bottom of a small frying-pan with onion, pour in one gill of stock and place over the fire. Mix one teaspoon of cornstarch and one-fourth teaspoon of curry powder with one gill of milk and stir into the boiling stock; season with one-third teaspoon of salt and a little pepper, simmer for five minutes and then add one teaspoon of butter.

EGGS Ã LA SUISSE—Cover the bottom of a baking dish with two ounces of fresh butter; overlay this with grated cheese, and on the cheese spread eight eggs taking care not to break the yolks; season with salt and cayenne; pour over the surface a little sweet cream and then strew two ounces of the grated cheese on the top; bake in a moderate oven fifteen minutes.

EGGS IN TOMATO—Take six eggs; one pint of tomato; one small onion; one teaspoon of salt; one-fourth teaspoon of pepper. Cut the onion into small pieces, place these with the tomato in a frying-pan, stew very slowly for ten minutes, and add the salt and pepper. Set the pan back, break the eggs and slip them on top of the tomato, taking care not to break the yolks. Return the pan to the heat, and cook slowly until the whites of the eggs are thoroughly set; then prick the yolks and let them mingle with the tomato and whites. The mixture should be quite soft, but the red tomatoes and the white and yellow of the eggs should be quite distinct. Serve at once on buttered toast.

EGG FARCI—Boil six eggs twenty minutes, cool, shell, cut an even slice from each end of every egg and then cut them in two. Mash the yolks until light and then add one-fourth teaspoon of pepper, one-half teaspoon of salt, one tablespoon of butter, four of milk, and three drops of onion juice; mix thoroughly and then

heap high in the hollows of the whites; set the latter on a tin plate or pan in the oven six minutes. Arrange the eggs on a warm dish and pour over them a cream, béchamel, tomato or curry sauce as preferred. See Chapter on Sauces for Fish, Meats, Poultry and Game.

EGG FRICASSEE—Cut three hard boiled eggs into slices. Put into one teacup of gravy or stock some minced parsley, a little chopped, cooked onion, a bit of butter and a little flour; simmer the mixture until thick, then add the sliced egg, one or two tablespoons of cream and salt and pepper to taste. Mix well, and serve very hot. This dish may be made richer by adding the beaten yolk of an egg to the cream, and, if preferred, the onion may be omitte.

SPANISH EGGS—Rub a slice of onion over the inside of the frying-pan; pare a tomato, cut it into bits, put it into the pan with one large tablespoon of butter and cook it five minutes, stirring now and then. Beat six eggs thoroughly and put them into the pan; season with one level teaspoon of salt and one-fourth teaspoon of pepper, and stir constantly until the eggs begin to thicken like scrambled eggs; then pour into a warm dish and serve immediately.

CREAMED EGGS—Take two tablespoons of butter; two tablespoons (scant) of flour; one pint of milk; four eggs; one teaspoon of salt; one-fourth teaspoon of pepper; one-half of a small onion; six slices of toast. Boil the eggs twenty minutes, and lay them in cold water; when cold, remove the shells and cut each egg into six pieces. Cut the onion fine. Place the butter in a small frying-pan and when it is hot, slowly cook the onion in it until of a light yellow hue, taking care, however, not to brown either the butter or the onion at all. Remove the onion, add the flour and stir until the paste is smooth and frothy, but do not let it brown in the least. Draw the pan back, gradually add the milk, return to the heat, and when the sauce boils, put in the salt, pepper and eggs. As soon as the eggs are well heated, turn all out upon buttered toast, and serve at once. A few drops of onion juice may be used instead of the onion, thus facilitating the work somewhat.

CUBAN EGGS—This recipe is for six persons. Use eight eggs; one teaspoon of minced onion; four tablespoons of sausage meat; one-half teaspoon of salt and one-eighth teaspoon of pepper. Cook the meat and onion together over a hot fire five minutes; beat the eggs thoroughly and add the seasoning; put the pan on a cooler

part of the stove and pour in the eggs; stir till the eggs become thick and creamy, then pour into a warm dish and serve at once with buttered toast. The eggs may be poured over the toast if desired.

EGG TOAST—Toast one slice of bread, moisten the edges with hot water and spread with butter. Separate the yolks and whites of two eggs; drop the yolks into boiling salted water for a minute and then remove and place them without breaking on the toast. Beat the whites very stiff, spread in a circle around the yolks, season with salt and pepper and put in the oven to brown. Serve hot.

EGGS Ã LA GOLDENROD—Boil three eggs for fifteen minutes. Separate yolks from whites, chop whites very fine and stir them into a white sauce made of one tablespoon of butter, one tablespoon of flour and a cup of milk. Season with salt, pepper and paprika. Cover the bottom of a platter with slices of toast, from which the crust has been trimmed. Pour over the toast the sauce and chopped whites of eggs, and then force the yolks through a potato ricer and sprinkle over the top. Cut two extra slices of toast into small triangles or "points" and on each lay a sprig of parsley.

EGGS IN BALL SHAPE—Heat some lard as for fried cakes, and then stir it round and round with a stick until it whirls like a whirlpool; drop the eggs in one at a time; they will be formed into balls by the motion of the lard. Eggs may also be poached in balls by stirring the boiling water in the same way.

EGGS IN BATTER—Poach four eggs in muffin-rings and then put them into cold water. Mix one tablespoon of chutney with a little vinegar and some finely chopped sweet herbs; put the eggs into this mixture for three-fourths of an hour and then drain and dip each egg in thick batter and fry a rich brown in boiling lard. Serve with spinach or parsley.

EGGS IN BROWN BUTTER—Cook six eggs in one tablespoon of butter until the whites are set, season with salt and pepper and place on a platter. Then brown two tablespoons of butter in the pan, add one teaspoon of vinegar and pour over the eggs.

EGGS AND CHEESE—Cover well with grated cheese a buttered flat dish and let the cheese soften in the oven. Break three or four eggs over it and return to the oven till the whites are set; now put on more grated cheese, then a sprinkling of pepper, then one of bread crumbs; brown and serve very hot.

EGGS IN FORCEMEAT—For six persons there will be needed four eggs; one cup of grated bread crumbs; one cup of any kind of finely-chopped cold meat; three gills of soup stock; two tablespoons of butter; one heaping teaspoon of flour; one teaspoon of salt; one-third teaspoon of pepper; one slice of onion; one teaspoon of lemon juice; one clove; one bay leaf; one sprig of parsley and a grating of nutmeg. Hard boil the eggs, shell and cut them in two and rub the yolks through a sieve or strainer. Now rub the flour and butter together, add the stock and seasoning, stew gently twelve minutes and then strain it over the bread crumbs and meat which must be well mixed. Fill the egg hollows with some of this mixture and spread the rest on a small platter. Stand the filled eggs on this bed of forcemeat and decorate them and it with little mounds of the sifted yolks. Bake in a moderate oven eight minutes. Serve with one-half pint of tomato, béchamel or brown sauce poured over the dish or in a separate dish. Nice for luncheon.

EGGS, AU GRATIN—Boil the eggs hard, peel and cut them in slices, and lay them in a deep dish in close circular rows. Make a sauce of a tablespoon of butter, the yolks of four eggs, a little grated cheese and one-half cup of sweet milk. Stir this over the fire until it thickens, pour it over the eggs, strew some bread crumbs on the top and bake for about ten minutes. Serve hot.

EGGS Ã LA LUCCHESE—Fry an onion nearly brown, add one-half pint of milk and six halved hard boiled eggs. Stir over a slow fire three or four minutes, and add the beaten yolks of two eggs, a dessertspoon of chopped parsley, an ounce of grated cheese and a pinch each of paprika, pepper and salt. Stir over a slow fire for six or eight minutes, squeeze lemon juice over the whole, and serve very hot.

CHAUD-FROID OF EGGS (Cold)—Hard boil the necessary number of eggs and when cool cut in halves lengthwise. Remove yolks and mash them to a paste with a little melted butter, pepper, salt, paprika and either chopped olives or pickles. Put the two halves together with a little moistened gelatine to hold them in place until masked in the Chaud-Froid Sauce (See Chapter on Sauces for Meat, Fish, Poultry and Game). These eggs may be made very ornamental by garnishing each one with a star or diamond cut from a pimento, a green pepper or a truffle, and should be served very cold as a luncheon or supper dish.

OMELETS

IN making an omelet the pan must be dry, hot and smooth; the least roughness will cause the omelet to stick. To make sure of these necessities heat a bit of lard or suet in a clean pan, simmer for a few minutes, then remove it, and wipe the pan dry with a towel. A great many dishes can be made from the simple, plain omelet, not only for breakfast uses but also for desserts at dinner. Most of the additions are made to the omelet just before it is folded and while the top is moist and readily receives the different ingredients.

PLAIN OMELET (Baked)—For a family of five, allow five eggs. Beat the whites to a stiff froth on a large plate; place the yolks in a good-sized earthenware cake bowl, and beat them well, adding a spoonful of the beaten whites to make them more frothy. Turn the whites into the bowl containing the yolks, adding one-half teaspoon of salt and a very little pepper, and mix all well together. Place a tablespoon of butter in a frying-pan, or an omelet pan, and when quite hot, so that the butter is commencing to brown, turn in the eggs. Do not keep them in this heat more than one minute; then set the pan on the top grate in a hot oven to finish the cooking. If the oven is at the right heat, the omelet should be done in five minutes. Take the pan out, slip a knife under the omelet to loosen it on all sides, fold one side upon the other, and send at once to the table.

PLAIN FRENCH OMELET—Beat three eggs enough to break them, add a small half teaspoon of salt and a dash of pepper. Heat a tablespoon of butter in the omelet pan, pour a little of it into the beaten eggs, and let the remainder get hot. Draw the pan to the hottest part of the stove, turn in the eggs, shaking the pan all the time. With a knife or fork make holes for the egg mixture on top to penetrate the cooked surface and let it also run under the sides. The work must be done very quickly. While the egg is still soft but slightly thickened, roll over with a knife, let it remain a few seconds to brown and turn on to a hot dish.

BREAD OMELET—Prepare one tablespoon of grated and sifted bread and soak it in milk, water, cream, white wine, gravy, lemon juice, brandy or rum, according to whether the omelet is to be sweet or savory. Thoroughly beat together four eggs with a

little pepper and salt; now add the bread and beat constantly (or the omelet will be crumbly) until the frying-pan is buttered and made thoroughly hot; pour in the omelet, cook till set; turn it on a dish, fold double and serve. For a sweet omelet stale sponge cake, grated biscuit or pound cake may be used in place of bread and lumps of currant jelly should decorate it. Sift granulated sugar over it when served.

CHICKEN OR TONGUE OMELET—Mince quite fine one cup of chicken or tongue; in one teacup of cream or milk mix and warm one tablespoon of butter, some salt and pepper and thicken with one large tablespoon of flour. Make a plain omelet and spread on this mixture just before folding it over. Superior to an omelet made with dry, minced chicken.

CREAM OMELET—Crumble and soak two slices of bread in a cup of milk while you are beating six eggs in a separate pan; then add a heaping teaspoon of butter. Pour the milk into the eggs and mix well, and season with salt, pepper and chopped onions or onion tops. Bake quickly in a biscuit-pan in a hot oven and when done roll the same as you would a jelly roll.

FISH OMELET—Add to one cup of any kind of cold fish, flaked fine, cream enough to moisten it, one tablespoon of butter and pepper and salt to taste. Make the omelet in the usual way, spreading on the fish mixture just before folding.

HAM OMELET—Scatter over the center of the omelet a few spoonfuls of finely chopped ham. Cheese, parsley and chicken are used in the same way.

LITTLE OMELETS—The following is an excellent method of making an omelet when the family come irregularly to breakfast, as the mixture will be perfectly satisfactory after it has stood for some time, provided it is again beaten thoroughly just before frying: Six eggs; one-half teaspoon of salt; one-fourth teaspoon of pepper; one cup of milk. Beat the eggs until light and foaming, and add the other ingredients. Fry a spoonful at a time in a hot frying-pan or on a pancake griddle that has been well buttered. Roll each omelet quickly, when done, like a French pancake, and serve.

MEAT OR FISH OMELETS—Take any kind of cold meat, fish, game or poultry that is free from skin, sinew and fat; mince it or pound to a paste in a mortar (use one tablespoon of meat to every four eggs); toss it in a buttered frying-pan over a good fire till it

begins to brown. Now, either pour beaten eggs upon it or beat it in with the eggs, or spread it on them after they have begun to set in the pan. Serve hot with or without a sauce and garnish with sprigs of crisp herbs, pickles or lemon slices. In beating the eggs a little milk, gravy, white wine or water may be added with advantage.

MUSHROOM OMELET, No. 1—Cut into bits one cup of fresh or canned mushrooms. Melt one tablespoon of butter in a stewpan; add the mushrooms, together with one-half cup of cream or milk, one teaspoon of salt and one-half teaspoon of pepper. Dissolve one teaspoon of flour in a little milk and stir it in for thickening if any is needed; boil ten minutes and set aside until a plain omelet is made. When the omelet is ready to fold, first spread over it the mushrooms; serve hot.

MUSHROOM OMELET, No. 2—Ingredients: Nine eggs; three-fourths cup of milk, and some salt. Beat yolks and whites separately, then mix them together with the milk and salt. Cook five minutes in an omelet pan in which a few slices of salt pork have been fried; then bake in the oven till done.

Make a sauce of one quart can of tomatoes, one onion, three teaspoonfuls of sugar, pepper and salt to taste, and one can of mushrooms. Strain the tomato, chop the onion and cook the two together, with the sugar, pepper and salt, until the onion is done; add the mushrooms sliced very thin. Pour a part of the mixture on the omelet, fold it over, pour on the remainder of the sauce and serve at once.

OMELETTE AUX FINES HERBES—An omelet made in the usual way with an admixture of parsley, thyme and sweet marjoram. A French favorite.

OMELETTE JARDINIÈRE—Stir into the beaten eggs before cooking, two tablespoons of mixed parsley, onion, chives, shallots, and a few leaves each of sorrel and chervil minced fine. Use more butter in frying than for the ordinary omelet. Another French favorite.

ASPARAGUS OMELET—Boil in salted water until half cooked, eight or ten stalks of asparagus. Cut the tips into small pieces. Make in the usual way, mixing the asparagus in with the beaten egg before pouring into the pan, or placing them while hot in the omelet before folding it.

ONION OMELET—Spread over a plain omelet, ready to turn, one

teaspoon of chopped onion and one of minced parsley, mixed, or the green part of an onion finely chopped, fold and serve. Or the mixture may be stirred into the beaten egg.

OYSTER OMELET, No. 1—Heat eighteen oysters in their own liquor, skim them carefully, and stir in with them one tablespoon of butter rubbed to a cream with one tablespoon of flour. Season with salt and pepper, boil up once, and spread the oysters on the omelet before folding.

OYSTER OMELET, No. 2—Chop twelve or fifteen large oysters; mix one heaping teaspoon of flour in one-half gill of rich cream, add two tablespoons of melted butter, six well-beaten eggs, and pepper and salt to taste. Stir in the oysters, and cook and fold the same as an ordinary omelet.

PARSLEY OMELET—Make in the usual way, mixing in with the uncooked eggs some minced parsley.

VEGETABLE PURÉE OMELETS—The most suitable vegetables are cucumbers, artichokes, onions, sorrel, green peas, tomatoes, lentils, mushrooms, asparagus, cauliflower, potatoes, truffles or turnips. Mash any of the vegetables into a purée, moistening it with a little milk, cream or gravy and adding some seasoning. Beat the eggs very light and pour them into a hot pan in the usual manner, first putting in it one tablespoon of butter. Spread the purée over the egg and when perfectly hot fold and serve.

CHEESE OMELET—Make a plain omelet, and when nearly done, strew powdered Parmesan cheese over it. Fold, transfer to a hot dish, strew more cheese on top, and serve.

SPANISH OMELET—If six eggs are to be used, peel one large tomato and place it in a chopping bowl with a green pepper, a small onion, a sprig or two of parsley, a stick of celery, stoned olives and mushrooms. Chop all fine and place the mixture in a stewpan with a little salt and let it simmer over the fire for about two minutes. Beat the eggs as for a plain omelet, put them in the omelet pan, and as soon as they begin to cook add the chopped vegetables.

TOMATO OMELET, No. 1—Peel and split into pieces two tomatoes; remove the seeds and cut the tomato into small dice; fry in a little butter until almost done. Make the omelet in the usual way, first stirring the tomatoes into the beaten egg.

TOMATO OMELET, No. 2—Make a plain omelet, spread with stewed tomatoes, fold and serve either with or without tomato sauce.

SWEET OMELET—Add a little sugar to the eggs, using no pepper and but one-half the quantity of salt. Make a plain omelet, and when ready to fold, put two or three tablespoons of any kind of preserves, marmalade or jelly upon the top. After the omelet is laid on the serving-dish, sprinkle sugar over it.

RUM OMELET—Put into a clean smooth pan a little fresh lard and be careful it does not burn or the color of the omelet will be spoiled. Whisk three eggs thoroughly until they are very light. Beat in one teaspoon of milk and beat continuously till the pan is hot and ready over a hot fire. Pour in and as soon as the omelet is set remove it from the hottest part of the fire; slip a knife under it to prevent it from sticking. When the center is almost firm, tip the pan and work the omelet loose so that it will fold easily and neatly and then turn it carefully out on a hot platter. Dust powdered sugar over it very generously and with a hot iron rod singe the sugar in stripes. Pour a glass of Jamaica rum around it and when the omelet is on the table set fire to the rum. Dip the burning rum over the omelet with a spoon, extinguish the flame and serve. As salt mixed with eggs prevents them from rising but is necessary to the taste, add a little to the omelet just before folding.

APPLE OMELET TO SERVE WITH BROILED SPARERIBS OR ROAST PORK—This is a very delicate dish. The ingredients are nine large tart apples; four eggs; one cup of sugar; one tablespoon of butter; cinnamon and other spices to taste. Stew the apples very soft, mash and beat out all the lumps and then add the butter and sugar and then let them cool. Next beat and add the eggs. Bake in a shallow pudding dish or in two pie tins until brown.

OMELET SOUFFLÉ—Take six eggs, three tablespoons of pulverized sugar, one-half teaspoon of orange flower water, vanilla or lemon. Beat the whites of the eggs to a hard froth. Put the yolks of three eggs in a bowl with the sugar and flavoring, and beat them well. Add the whites, mix quickly, and pile the mass as high as possible on a well-buttered baking-dish. Smooth the top of the mound, make a slit down the center and at the sides, and bake fifteen minutes in a moderate oven. At the end of this time the soufflé should be of a fine yellow shade. Sprinkle with powdered sugar and serve at once.

OMELET SOUFFLÉ Ā LA CRÉOLE—Beat the whites of six eggs to a stiff froth; mix thoroughly with the yolks four dessert-

spoons of powdered sugar, and the yellow rind of a lemon finely chopped; then mix whites and yolks together, melt one-fourth pound of butter in a pan over a brisk fire and pour in the eggs, and stir so that all may be thoroughly mixed, and then pour it in a buttered dish and set it in the oven. Sprinkle the top with sugar and serve as soon as sufficiently cooked.

CHAPTER XIII—CHEESE DISHES

HEESE is a valuable food and may often be used as a substitute for meat. In the raw state it is somewhat difficult of digestion but this is more or less overcome by cooking.

The various brands of cheese derive their names from the places where they are made. The principal varieties of cheese are the following, Parmesan, Gruyère, Edam, Cheddar, Gorgonzola, Brie, Neufchâtel, Camembert, Stilton, Swiss, to which may be added the plain American and Cream cheese.

WELSH RAREBIT, No. 1—For a party of five, one pound of grated cheese is required. American cream cheese is best for this purpose. Put into a saucepan one teaspoon of butter and while melting stir it well to oil the bottom of the dish. Then add the cheese and stir gently into it one tablespoon of ale. The cheese will at once thicken and another tablespoon of ale should be added, stirring all the time. Gradually add more ale until the mixture is smooth and velvety. Stir into it one teaspoon of paprika, or if much seasoning is not liked a little made mustard, salt and white pepper. Place in spoonfuls on hot dry toast and serve on hot plates. The amount of ale required cannot be fixed definitely, as it varies according to the richness of the cheese, but one-half pint is usually sufficient. Should this thin the cheese too much stir rapidly to evaporate the moisture.

WELSH RAREBIT, No. 2—Melt one heaping tablespoon of butter in a saucepan with a saltspoon of dry mustard, a pinch each of salt and red pepper. Stir into this three cups of grated cheese. As it commences to soften, add by the spoonful about one-half cup of boiling milk. Stir vigorously and when the mixture is thick, smooth and of a rich yellow, it is done; three or four minutes are quite long enough after adding the cheese. If the cooking is checked too soon, the cheese becomes tough and stringy, and if cooked too long there is danger of curdling. It should be served

on hot toasted bread or, if this is not at hand, crisp crackers form a good substitute.

WELSH RAREBIT (with Eggs)—Ingredients: One cup of grated cheese; one egg (yolk only); one-fourth cup of milk; salt and pepper to taste. Prepare the toast the same as in the preceding recipe. Place the milk in a porcelain-lined saucepan, and when hot, put in the cheese, and stir continually until the latter is melted. Add the salt, pepper and the beaten yolk, stir but a moment, and pour the liquid over the toast.

WELSH RAREBIT (with Ale)—This is the way a rarebit is generally prepared in England: One pound of cheese; one-half tablespoon of butter; one wine-glass of ale. Put the butter and ale in a porcelain-lined saucepan, and when hot, stir in the cheese cut into dice. Stir and cook until all are blended to a smooth paste. Prepare the toast as above, pour this mixture over it, and serve very hot.

EGG AND CHEESE TIMBALES—Beat six eggs very light and add to them one-half cup of warm milk, in which a pinch of soda has been dissolved, five tablespoons of grated cheese and a pinch, each, of paprika and salt. Butter small timbale molds, or pâté pans, fill with the egg mixture and set in a baking-pan of boiling water until the egg is set. Turn out carefully on a hot platter and pour hot tomato sauce about them. Serve at once, as they soon fall.

LUNCHEON CHEESE AND EGGS—Put one-half pint of cream into a "spider" and let heat to the boiling point, then break in, carefully, six eggs. When they are set, the same as poached eggs, put them on a hot platter. Add to the cream left in the spider two tablespoons of grated cheese and season, then pour over the eggs.

GOLDEN BUCK—Beat one egg and put into a small saucepan; add five ounces of soft, domestic cheese in small pieces or bits, one even tablespoon of butter; one-third teaspoon of salt; a grain of cayenne; one even teaspoon of mustard; and five tablespoons of milk. Toast and keep warm five slices of bread. Set the saucepan of cheese mixture into another of boiling water and stir until the cheese is almost creamy. Set the pan where it will keep hot but not cook any more. Make ready ten poached or "dropped" eggs; spread the mixture on the toast, and also place over the cheese on each slice two of the cooked eggs. Serve immediately.

YORKSHIRE BUCK—Crumble and melt one-half pound of cheese until of the consistency of cream. Now thoroughly mix: Ale, warmed, one ordinary glass full; tabasco sauce, ten drops; mustard and salt; pour this into the melted cheese slowly, stirring all the time, until the ale is all added. Pour the mixture over toast, adding one poached egg and a few pieces of crisp bacon or ham to each slice.

CHEESE BISCUITS—Take six ounces of grated Parmesan cheese and mix it well with the same quantity of flour; then rub in four ounces of butter, add a little cayenne pepper and moisten with the yolk of an egg. Roll out one-fourth-inch thick, cut into long narrow strips and bake in a hot oven three to seven minutes.

CHEESE FINGERS—Roll some puff paste very thin and cut it into strips four inches long and not quite one-half an inch wide. Have ready one cup of grated stale cheese and mix with it one-half teaspoon of salt and one-fourth teaspoon of cayenne, strew this mixture on the paste, double each strip lengthwise, pinch the edge together and bake in a quick oven twelve minutes. Now, brush each over with beaten egg, sprinkle with cheese and put in the oven again for two minutes or just long enough to melt the cheese. Serve with the salad.

CHEESE FONDUE—Take one-fourth pound of cheese; six eggs; three tablespoons of butter; one level teaspoon of salt; one-eighth teaspoon of white pepper and four slices of fried or toasted bread cut in halves. Grate the cheese, beat the eggs till they are light, add them to the butter, cheese and seasoning. Pour into a saucepan; set this in another of boiling water, stir until the cheese is smooth and creamy. Lay the toast on a hot plate, pour the fondue over it and serve at once.

CHEESE SOUFFLÉ—Take two and one-half tablespoons of flour, three eggs, one and one-half pints (scant) milk, one-fourth pound of grated Parmesan cheese. Beat the yolks of the eggs well, thin them with a little of the milk, and add the grated cheese. Rub the flour to a paste with a little more of the milk. Heat in a porcelain-lined stewpan the remainder of the milk and when it boils, stir in the flour paste. Stir until the whole is smooth and creamy, and add the mixture of cheese and yolks. Boil the liquid about a minute or until the cheese is fully melted, and remove from the fire. Whip the whites of the eggs to a stiff froth, and stir them into the mixture. Fill some paper cases with this preparation,

bake fifteen minutes in a hot oven, and serve at once. Cases for baking the soufflé may be purchased from a confectioner, or they may be made with very little trouble.

CHEESE SOUFFLÉ IN A MOLD—In a saucepan, over the fire, place one tablespoon of butter, six rounded tablespoons of flour and one-half cup of sweet cream. Stir until well mixed but do not let it brown. Next beat the yolks of two eggs, stir in thoroughly one teacup of rich milk and two ounces of grated Parmesan cheese; add this mixture by degrees to the hot contents of the pan. Stir in lightly the whites of eggs beaten to a froth. (Another egg will make it still lighter.) Bake one-half an hour in a soufflé dish in a moderate oven. The dish must be served at once or it will fall.

CHEESE STICKS OR STRAWS—Three tablespoons of flour; three tablespoons of Parmesan cheese; one tablespoon of butter; one tablespoon of milk, one-half saltspoon of salt, one-fourth saltspoon of pepper; one-eighth saltspoon of nutmeg; one egg (yolk only). Mix the dry ingredients, and add the milk, the egg, and the butter, softened. Mix all well with a spoon, and when the dough is smooth, divide it into two parts. Roll these very thin, cut them into narrow strips three inches long, and bake in a slow oven fifteen minutes. These sticks may be served either hot or cold, and they may be arranged in bunches of six or eight, each bundle being tied with narrow ribbon, or they may be piled on a plate in log-cabin style. A few grains of cayenne may be added to this recipe. If tightly enclosed in a tin, these sticks will keep a long time.

CHEESE RAMEKINS—Use two tablespoons of grated cheese; one tablespoon of butter; two tablespoons of bread crumbs; four tablespoons of milk; one-fourth teaspoon of mustard; one-fourth teaspoon of salt; one-eighth teaspoon of pepper; one egg. Boil the crumbs in the milk until soft, and add the butter, mustard, salt, pepper and cheese and the yolk of the egg. When all are well mixed, stir in the white of the egg, beaten to a stiff froth. Put the mixture in china cases, filling each case but three-fourth full, and bake five or six minutes. The ramekins should be puffed high above the edge of the case, and should be served immediately, else they will fall. They make a pretty cheese course for dinner.

CLABBER (This is Thickened Milk)—This dish is perfection in the summer when milk sours and thickens quickly. Serve it very cold. A nice way is to pour the milk, before it thickens, into the

glass dish it is to be served in; when thickened set it on ice for an hour or so. Serve on sauce plates or small dishes with powdered, granulated or maple sugar, and a little grated nutmeg, if liked.

COTTAGE CHEESE—For making this cheese the milk should not be too sour; as soon as it gets thick it is ready to use. Place the pan of milk over a kettle of hot water and heat almost to the boiling point. When it has been in the heat six or eight minutes, take a large spoon and turn the milk over by spoonfuls, bringing the hot part on top. When the whey has become so hot that it cannot be touched by the finger, turn all into a colander to drain. When free of whey, add salt generously, and butter and pepper as desired. Press the mixture into a dish, or shape it into small balls. This cheese is much improved by the addition of a few spoonfuls of cream at the time of seasoning.

CHAPTER XIV—YEAST, BREAD, BISCUIT, BUNS, GEMS, MUFFINS, ROLLS, TOAST AND WAFFLES.

HOME MADE YEAST (with Hops)—Grate six raw potatoes and mix with one cup of brown sugar, two tablespoons of salt and two quarts of flour. Add enough water to make a batter as thick as that used for griddle cakes.

Take as many hops as can be held in the hand, put them in a saucepan and pour over them two quarts of boiling water. Let them boil for five minutes. Strain off the water, and, while hot, add it to the batter. When lukewarm add a cup of yeast or a yeast cake. Let stand several hours in a warm place until it rises, or the top is covered with little bubbles. Place in glass preserve jars and keep in a cool place.

HOME MADE YEAST (without Hops)—Grate four good-sized potatoes and stir into a quart of boiling water. Let boil five minutes, stirring constantly. When cool add one cake of compressed yeast dissolved in one-half cup of cool water. Turn the mixture into a stone or glass receptacle and let stand in a warm place for four hours, stirring down each time it rises to the top. When fermentation has entirely ceased, cover jar closely and keep in cool place. In winter this yeast will keep in a cool place for three weeks. In summer about ten days. A cup of this yeast, used in making a sponge over night, will make four loaves of bread. Save a half-cup of this yeast to start the next brewing.

BREAD—One quart of sweet milk, scalded. A teaspoon salt, one heaping tablespoon sugar and one-half cake of compressed yeast. Dissolve the yeast in a cup of warm water and stir in sufficient flour to make a thin batter. Let stand for about a half-hour, or until it has risen. Stir in enough flour to mold, knead ten minutes and cover closely. Let stand in a warm place over night. In the morning, knead again, mold into loaves and let stand to rise until light. Bake from forty-five to sixty minutes.

BREAD ALL IN ONE DAY—For two loaves allow one-half

pint of boiling water; one-half pint of milk; one teaspoon of salt; one tablespoon of butter or lard; one-half cake of compressed yeast; flour to knead. Pour the water into the milk, add the salt and the yeast dissolved in a little lukewarm water. Stir in sufficient flour to make a dough, turn upon a baking-board and knead until soft and elastic. Place the dough in the mixing pan, cover and stand in a gentle heat to rise. This will take about four hours. Then form into loaves, kneading well; place in greased pans and again set to rise. When light bake in a moderate oven for forty-five minutes. This bread may be made with all water and no milk. A medium-sized mashed potato may be added to this recipe, if a moister bread is liked.

SALT-RISING BREAD—Scald in one-half pint of sweet milk three tablespoons of corn meal. Let stand over night. In the morning add to this one quart of warm water, one teaspoon salt, and sufficient flour to make a thick batter. Set this where it will keep warm. After this has raised, knead into it enough flour to make a stiff dough. Then work into loaves and set in a warm place to rise. When light, bake.

ENTIRE WHEAT BREAD—For two large loaves allow two quarts of entire wheat flour; one and one-half pints of warm water; one tablespoon of sugar; one tablespoon of butter; one-half tablespoon of salt; one-half cake of compressed yeast, or one half cup of home-made yeast. Measure the flour before sifting; then sift it into a bowl, setting aside one cup to be used in kneading the bread later on. Add the sugar and salt to the flour, dissolve the yeast (if the compressed is used) in a little of the water, and pour it and the rest of the water into the bowl; lastly add the butter, slightly softened. Beat the dough vigorously with a spoon; and when it is smooth and light, sprinkle the board with some of the flour reserved, turn out the dough upon it, and knead it for twenty minutes. Return the dough to the bowl and set it to rise over night. This will take six or eight hours if the bread is started in the morning. When the dough is light turn it out upon the board, divide it into two loaves, mold them smooth, place them in well-greased pans, and set them in a warm place. When the loaves have doubled in size, bake for one hour.

BUTTERMILK BREAD—When buttermilk can be obtained conveniently a delicious kind of bread may be made. For three good-sized loaves use one quart of sour buttermilk; one generous

tablespoon of sugar; one level tablespoon of salt; three tablespoons of butter; one teaspoon of soda and two and three-fourths quarts of flour. Heat the buttermilk to the boiling point, stirring it frequently to prevent curdling. Put the sugar in a large bowl and pour the hot milk on it. Now gradually sift into this mixture one quart of flour, stirring all the while. Beat well; then cover and let it stand in a warm room over night, say from 9.30 p. m. to 6.30 a. m. In the morning dissolve the soda in three tablespoons of water and add to it the latter together with the salt and melted butter. Beat thoroughly, then gradually beat in the remainder of the flour, reserving, however, one-half cup for kneading. Sprinkle the board with flour; and, turning the dough upon it, knead for fifteen or twenty minutes. Divide into three parts and shape into loaves. Place in buttered pans and put into the oven immediately. Bake for one hour.

GRAHAM BREAD, No. 1—One quart of graham flour and one cup of plain wheat flour. Mix with one pint of milk and one cup of molasses, add pinch of salt, a small teaspoon of soda and one-half yeast cake. Stir up at night and set to rise. In the morning stir down well and put in pans. Let rise for a half hour and then bake.

GRAHAM BREAD, No. 2—For one loaf of graham bread dissolve one-fourth of a yeast cake in one-fourth of a cup of warm water (if preferred, one-third of a cup of soft yeast can be used instead), and when cool add one cup of scalded milk; one tablespoon of molasses; one-fourth of a teaspoon of salt and one-half a cup of white flour; then thicken with sifted graham flour to make a batter. Let the mass stand in a warm place until light; then stir in graham flour to make it stiff, pour into a baking-dish and when it is half raised, bake for one hour.

BROWN BREAD—One pint of corn meal; one-half cup of yeast, or one-half cake; one-half cup of molasses; one-half teaspoon of salt; one saltspoon of soda; one pint of rye meal. Place the corn meal in a mixing bowl, and scald it with just enough boiling water to wet it. Let it stand ten minutes; then put in cold water enough to make a soft batter. When the batter is lukewarm, add the yeast and the molasses, the soda dissolved in a little cold water, the salt and the rye meal. Beat the mixture well, and let it rise over night; or if made in the morning let it rise until it cracks open. Then stir it down, put it in a

buttered and floured tin to rise again, and sprinkle flour over the top. Bake in a moderate oven for two hours.

STEAMED BROWN BREAD (Sour Milk)—Three cups sour milk; three-fourths cup of molasses; a tablespoon shortening (half butter and lard); one dessertspoon soda; a teaspoon salt; two cups each of Indian meal and graham flour. Steam three and one-half or four hours. Cover the vessel in which it is cooking, and do not let water stop boiling after it begins. Keep plenty of boiling water at hand to add from time to time. Raisins may be added to any of the recipes for steamed brown bread.

RYE BREAD—Follow directions given for entire wheat bread, using rye flour instead and adding carraway seeds if liked.

STALE BREAD—Bread should never be thrown away, as is often done in many households. It should be placed in a pan and dried very slowly in the oven, the door being left open. When golden in color and dry enough to crumble between the fingers, put the crusts in a bag made of strong cloth or ticking. Then pound the bag with a wooden mallet until the crusts are reduced to fine crumbs.

Sift these crumbs, and put them away in boxes or glass jars: they will then be ready for breading purposes whenever needed. Whole slices of stale bread may always be used for toast; and there are many recipes given that require bread for the making, such as pies, puddings, stuffings, etc.

ROLLED OATS BREAD—Let one cup of rolled oats stand for an hour in two cups of boiling water. Add one-half yeast cake dissolved in one-half cup lukewarm water, one-half cup of molasses, one-half teaspoon salt and one tablespoon of melted butter. Then stir in four and one-half cups of sifted flour and set away to rise. Beat thoroughly, place in greased bread pans, let rise again, and bake.

GLUTEN BREAD—One quart of milk; whites of two eggs; one cake of compressed yeast and a teaspoon of salt. Scald the milk, dissolve yeast cake in a little water, add the salt, and, when milk is lukewarm stir together, and add, gradually, one quart of gluten flour. Add the slightly beaten whites of the two eggs. It should be of a consistency to drop from the spoon rather than pour and should be baked in greased pans filled about half full. Bake one hour.

BREAD STICKS—Cream one-quarter cup of butter with one

and one-half tablespoons sugar. Add one cup scalded milk and one-half teaspoon of salt. Dissolve a yeast cake in one-fourth cup of lukewarm water and add to the first prepared mixture, together with the beaten white of one egg and three and one-half cups flour. Knead, set to rise, shape into sticks and let rise again. Then bake, commencing in a very hot oven and then lessening the heat that the sticks may become dry and crisp. These sticks should be about eight inches in length and about as large round as one's thumb. Begin shaping by cutting with a small biscuit cutter and then rolling over and over with the hands until the desired length is obtained. The ends should be blunt and rounded. For serving with salad, make these sticks half length and serve piled log-cabin fashion on a doily.

ROLLS

RAISED BISCUIT—Take one pint of bread dough; one-half teaspoon salt; two tablespoons butter; one egg. Work all well together and knead in sufficient flour to shape. Form into medium-sized biscuit and bake five or seven in a circular baking-pan.

POCKETBOOK ROLLS—One pint of flour; one tablespoon butter; pinch of salt; one tablespoon sugar. Mix flour, sugar and salt, then rub the butter into it. Dissolve one-half yeast cake in one pint of scalded milk. Stir all together and let rise. Stir down and let rise two or three times. Cut into circles, dip the edges into melted butter, fold, and let rise again slowly. Bake in a quick oven about a half-hour.

PARKER HOUSE ROLLS—For eighteen good-sized rolls allow two scanty quarts of flour; one pint of milk; two teaspoons of salt; two tablespoons of sugar; two tablespoons of butter or lard; one-half cup of yeast, or one-half cake of compressed yeast. Boil the milk, and set it to cool. Sift the flour into a mixing-bowl, rub the butter, sugar and salt into it, make a well in the center and turn into it the cold milk and the yeast cake dissolved in a little water. Sprinkle the top of the milk with a little of the flour, cover the bowl, and leave until morning. In the morning mix the mass together with a spoon, then knead the dough for twenty minutes, return it to the bowl, cover and set it to rise in a warm place. When it has become three times as large as at first (generally

in about three hours), turn it out on the bread board, and roll it to a thickness of one-half an inch. Cut the dough with a round cutter, place a round stick the size of a slate-pencil on a roll about one-third its width from one side, press with the stick until the dough under it is about one-half as thick as it was before, and fold the shorter side of the roll over; repeat this process with each roll. Half a teaspoon of butter may be spread between the folds of each roll, if liked. Place the rolls in buttered pans, cover with a cloth, and let them rise one and one-half hour; they should then be more then double their original size. Bake twenty minutes in a hot oven. In making the rolls be careful not to mix the flour with the yeast and milk until the latter have stood several hours.

BRIOCHE—Dissolve one cake of compressed yeast in three tablespoons of lukewarm water. Stir till thoroughly mixed, then add enough flour to make a soft, pasty ball. Drop this ball into a pan of warm water (not hot water for that would stop fermentation). Cover the pan and set it in a warm place for about an hour, when the ball will be found on the surface of the water. Put a scant quart of flour into a bowl; make a well in the center, into which break four eggs whole, two teaspooons of sugar, one-half teaspoon of salt, and three-quarters of a pound of soft butter. Work these together with the hand, gradually mixing in the surrounding flour and adding two more eggs, one at a time. Mix and beat for quite a long time until the dough entirely loses its stickiness. Take the leavening ball from the water with a skimmer, and work thoroughly into the mass, adding the seventh and last egg. Work and beat for a very long time, so that the texture of the dough will be very fine. Put the dough in a bowl with a cover and let it rise till double its size; this will take from four to five hours. Beat it down again, and place it in the ice-box at least twelve hours, or better, over night.

The paste must be handled quickly and lightly, when taken from the ice, as it softens if it becomes warm.

Form into small balls, glaze with egg, and bake about twenty minutes.

This noted French preparation is used in many ways. It may be served with coffee or tea, or as a dessert, with rum sauce, it goes by the name of "Baba au Rhum."

There are several ways of shaping it, besides the ones given; perhaps the ring and the twist are the best known.

YEAST MUFFINS—One and one-half pints of flour; two pints sweet milk; two tablespoons butter; one-half teaspoon salt; two-thirds cake yeast; three eggs. Dissolve the yeast in half a teacup warm water, mix the milk with the flour, beat the yolks of the eggs, and with the butter melted, and salt, add to the flour; lastly the yeast. Put this to rise at nine o'clock the night before they are to be baked for breakfast. Just before baking the next morning, beat the whites very stiff and stir slowly in the batter; put the batter into hot, greased muffin rings; let them stand a few minutes, and bake one-half hour in a quick oven. If these muffins should be wanted for supper, put them to rise at twelve o'clock that day.

RAISED GRAHAM BISCUIT—Follow directions for Raised Biscuit, using one pint of graham bread dough.

RUSKS, No. 1—Take two cups of sugar; one cup of yeast; one cup of butter; two eggs; one-half teaspoon of soda; one teaspoon of salted flour. At night scald the milk, and while it is cooling add the sugar and salt. When lukewarm, put in the yeast, and enough flour to make a thick batter; then cover and set in a warm place. In the morning work the butter into the dough, and add the eggs, well beaten, and the soda, dissolved in a little cold water. Add flour enough to admit of rolling the dough out with a rolling pin. Roll it one-half an inch thick, cut out the rusks with a biscuit cutter, place them in a buttered pan, and when risen to more than double the original size, brush over the tops with sugar dissolved in milk, and bake them thirty minutes in a moderate oven.

RUSKS, No. 2—In two teacups of bread dough which has been raised over night, mix thoroughly one-half cup of soft butter, two tablespoons of sugar and one egg, adding a little flour. Let the dough rise until very light, roll it out on the molding board, cut into biscuits, and put into pans. Have the biscuits raised again by tea time and bake in a moderate oven. Care must be exercised to keep the dough at such a temperature that it will not sour.

FINGER ROLLS—Use recipe for Pocketbook Rolls, but shape into long narrow pieces, brush with melted butter or egg, and serve as a dinner roll.

SQUASH BISCUIT—Beat one egg and add to it one cup of milk. Into this mixture stir three level tablespoons of sugar, two of baking powder, two cups of flour and a little salt. Add two-thirds

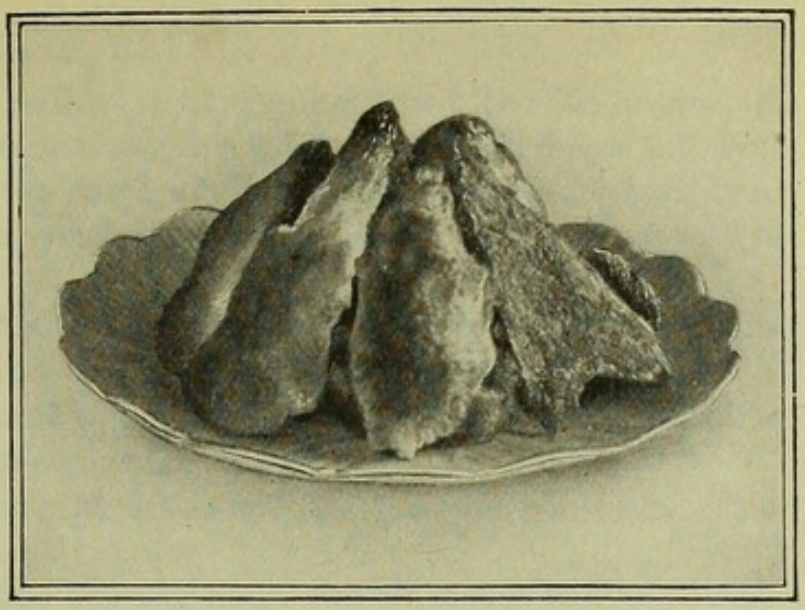
of a cup of boiled and strained squash and a piece of butter the size of an egg. Beat all thoroughly and bake in buttered and heated gem-pans for one-half hour.

BUNS—Take one pint of bread dough; one egg; one-half cup of sugar; butter the size of an egg; one-half cup of dried currants; one-half nutmeg, grated. Mix the butter with the dough, working it in thoroughly; then add the sugar, spice, fruit and egg. When all is well mixed, roll out the dough one-half inch thick, cut it into round cakes with a biscuit-cutter, place these in a well-buttered tin, and leave them in a warm place to rise. When doubled in size, bake; and while still hot, brush over the top with syrup, to glaze.

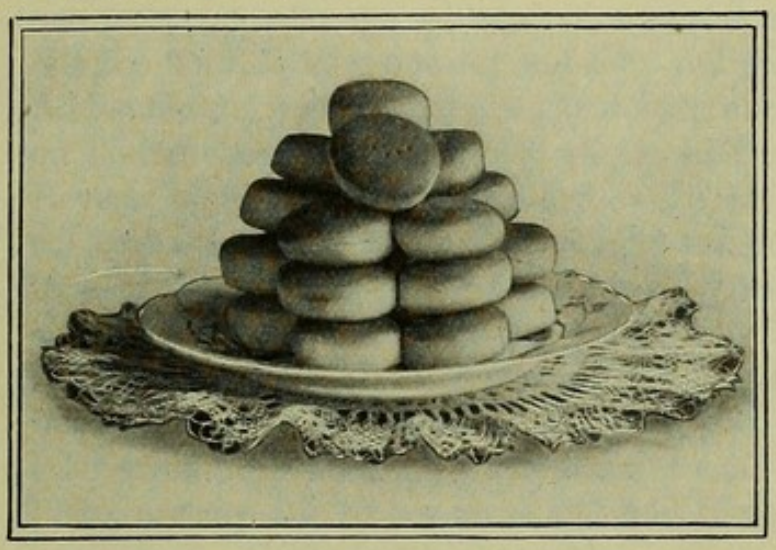
ENGLISH HOT CROSS BUNS—Sift into a large bowl one full quart of flour; one-half cup of sugar and one-half teaspoon of salt; dissolve one-fourth cup of butter in a generous one-half pint of warm milk in which has been dissolved three-fourths of a yeast cake and add to the dry ingredients, with the yolks of two beaten eggs, beaten stiff. Cover the bowl with a clean cloth, place it where it will keep warm, and let it rise over night. In the morning take pieces of the dough the size of an egg, and, with a little flour, mold them into round cakes one inch in thickness. Place them on a buttered tin, leaving a little space between them. Cover the tins and set in a warm place for the buns to rise; they should be double their original size. With a sharp knife cut a cross in the center of each bun. Bake them in a moderate oven for about one-half hour. When the buns are baked, brush the top with a syrup made of sugar and water. A cup of dried currants may be added.

CINNAMON BREAD—Work one tablespoon of butter and the white of one egg, well beaten, into two cups of raised bread dough, kneading it with just as little extra flour as will permit handling it; form into a broad flat loaf in a cake-pan and let it rise; it should not be over two inches thick after it has risen; now spread over the top a generous layer of butter, sugar and cinnamon mixed together and bake for half an hour; sprinkle with powdered sugar, cut into squares and serve with hot coffee and plenty of butter. This may be made into a dessert by laying over the top of the cake apples cut in thin slices, then spread with the cinnamon and butter mixture.

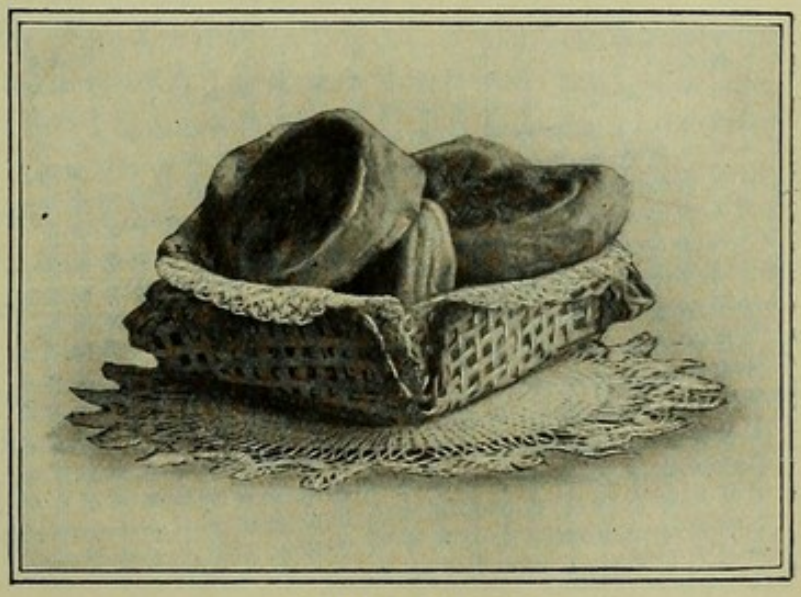
BAPTIST CAKES—If bread dough is light enough for the oven



PULLED BREAD



BEATEN BISCUITS



ENGLISH MUFFINS

at breakfast time pull some of it quite thin with the fingers and cut into pieces two or three inches long; drop the pieces into boiling lard and fry the same as doughnuts; serve as biscuit, or in a vegetable dish dressed with hot cream, and salt, or serve with maple syrup.

NUT BROWN BREAD—Three cups of graham flour; one cup of molasses; a large cup of flour; a teaspoon of soda; pinch of salt. Mix ingredients thoroughly and at the last minute add three-fourths cup of chopped nuts.

Bake in slow oven at first and then increase the heat. Bake about an hour.

TEA CAKES—One quart of flour; two teaspoons baking powder; one teaspoon salt; one tablespoon of butter and the same of lard. Sift the flour, baking powder and salt, and chop in the shortening. Add sufficient milk to make a soft dough, about three cups. Toss on floured board and roll into sheets half an inch in thickness. Reverse a pie plate upon the rolled dough, and, with a sharp knife, cut cakes the exact size. With a cake turner transfer these cakes to a greased baking-tin and bake in a quick oven. While hot, split, butter, and cut like a pie.

SCOTCH SCONES—Make the preceding mixture for tea cakes, but shape with a small round cooky cutter. Bake on a griddle, turning on both sides until a delicate brown. Lay a napkin on a plate, arrange the scones on it and fold the corners of the napkin over them. Split and butter while hot.

GRAHAM GEMS, No. 1—Into a cup of freshly sifted graham flour stir one cup of new milk; add salt, beat well, and pour into hot gem-tins which have been well greased, and bake in a hot oven. Do not add more flour if you wish the gems to be satisfactory. No baking powder is required.

GRAHAM GEMS, No. 2—The following quantities will make one dozen gems of medium size: One teacup of sour milk; one egg; one-half teaspoon of soda; one-half teaspoon of salt; two tablespoons of sugar; one and one-half tablespoons of melted butter; graham flour to thicken. Beat the egg until light, and add to it the milk, sugar, salt, and the soda dissolved in a little cold water. Stir well, adding graham flour sufficient to make a batter so thick that it will not run off the spoon. Lastly add the melted butter, and stir well. Heat the gem-pans, and oil them well, using a little butter placed in a clean cloth, and rubbing it

over the pan when heated. Drop enough of the mixture into each space in the pan to a little more than half fill it, and bake twenty minutes in a hot oven.

RICE GEMS—Take two cups of sweet milk; one cup of sugar; one large cup of boiled rice; flour to thicken; one egg; two tablespoons of melted butter; one teaspoon of salt; three teaspoons of baking powder. Rub the butter and sugar to a cream, and add the beaten eggs, then the milk and then the rice and salt. Stir well, mixing thoroughly. Sift the powder with a little flour, add it to the mixture, and stir in more flour as needed to make a rather stiff batter. Bake thirty minutes in heated and oiled gem-pans.

ENGLISH MUFFINS—These require one cup of milk; one and one-half cups of flour; two tablespoons of butter; one-half teaspoon of salt. Scald the milk, add the butter and set aside to cool. When lukewarm, add one-half of a yeast cake, salt and flour. Beat until light and smooth, cover and set away to rise. When very light bake in muffin-rings on a hot griddle, or in muffin-pans in the oven, turning to both sides until a thin brown crust is formed.

CRUMPETS—These require one cup of milk; one-half teaspoon of salt; one teaspoon of sugar; one-half yeast cake or one-half cup of yeast; one-fourth cup of melted butter; flour. Scald the milk and add to it the sugar and salt. When lukewarm, add the yeast and sufficient flour to make a rather stiff batter. Set in a warm place to rise for one-half hour, when the mixture should be light and spongy. Then stir in the melted butter. Have ready a heated griddle and a number of heated crumpet-rings. The English crumpet-rings are made of iron and are much larger than our muffin-rings, being about four inches in diameter. Large muffin-rings may be used. Grease them and lay them on the griddle. When hot, pour in sufficient batter to fill them to the depth of one-half inch. Place them in a moderate oven heat, so they will rise slowly. When the upper side is full of bubbles and slightly dried, turn the crumpets, rings and all, baking lightly on both sides. When done they should be partly torn open, buttered well, and set in the oven, or they may be toasted on either side and served very hot. Care should be taken that the batter is not too thin, else it will escape from under the rings. The heat in the pan and rings usually prevents this, however.

SOUTHERN BEATEN BISCUIT—Sift one pint of flour with one teaspoon salt. With the tips of fingers work in one-third cup of

lard and moisten to a stiff dough with equal quantitise of milk and water mixed. Place on floured board and beat with rolling pin for at least one-half hour, folding the dough every few minutes. Roll to one-third inch in thickness, shape with a biscuit-cutter about two inches in diameter, prick with fork and place on buttered baking-sheet or inverted dripping-pan. Bake twenty minutes in hot oven. They should be light, of even grain, and should crack at the edges like crackers.

MUFFINS WITHOUT EGGS—Dissolve one teaspoon of soda in one quart of buttermilk, add a little salt and enough flour to make a stiff batter (two or three tablespoons of sour cream will make them richer). Bake in gem-pans in a hot oven.

POP-OVERS—One cup of sweet milk; one egg; one cup of flour; one teaspoon sugar and a little pinch of salt. Bake in heated and buttered gem-pans and have the oven very hot.

CORN BREAD—Take one cup of Indian meal; one cup of wheat flour, sifted with two teaspoons of baking powder; two eggs, one cup milk; two tablespoons of sugar; a pinch of salt and butter the size of an egg. Mix butter, sugar, and salt together. Add Indian meal and lastly the flour and milk alternately.

CORN MUFFINS—Two teacups of Indian meal; two teacups of flour; two eggs; piece of butter size of an egg; three teaspoons of baking powder; one pint of milk. Sift the meal and flour, melt the butter and stir all together.

BAKING POWDER BISCUIT—To make a dozen large biscuits, use one quart of flour; two heaping teaspoons of baking powder; one teaspoon of salt; two even tablespoons of lard or butter; sweet milk to moisten. Place the salt in the flour, which should be measured before being sifted; stir well, add the baking powder, and sift again. Rub the lard into the flour, using the back of a spoon; and when thoroughly mixed, add enough milk to moisten. The dough should be so damp that it will not stick to the board. Mold the dough a moment, sprinkling the board with flour; and when it forms a smooth ball, roll it out an inch thick, cut it into cakes with a small round cutter, and place these in an ungreased tin. Bake thirty minutes in a moderately quick oven.

SOUR MILK BISCUIT—Into one quart of sifted flour rub a piece of butter as large as an egg and a teaspoon of salt; dissolve one teaspoon of soda, stir it into one pint of milk, and at once stir the milk into the flour mixture; knead quickly, roll about

one-half-inch thick, cut into biscuits and bake at once in a quick oven. If you use sour cream instead of milk no butter will be needed.

SALLY LUNN—Mix a scant half-cup of butter; one-fourth cup of sugar; one cup of milk; one egg; two teaspoons of baking powder and one pint of flour. Bake in a loaf or in gem-pans in a moderate oven. When fresh huckleberries are in season one cup stirred in just before baking will be an agreeable addition.

SWEET MILK GRIDDLE CAKES—Take two cups of milk; one egg; flour to make a thin batter; one-half teaspoon of salt; one tablespoon of melted butter and one and one-half teaspoons of baking powder. Beat the eggs well, and stir them into the milk. Add the salt and the baking powder, and enough flour to thicken, and lastly, stir in the melted butter. Too much flour should not be used, if a light, thin cake is desired. It is wise to bake one cake first, to see if the batter is thick enough and the griddle sufficiently heated.

SOUR MILK GRIDDLE CAKES—These are made the same way as the preceding, except that sour milk is used instead of sweet, and one teaspoon of soda dissolved in one tablespoon of cold water takes the place of the baking bowder.

BUCKWHEAT CAKES (Raised)—The following is a very reliable recipe for buckwheat cakes: One pint of buckwheat flour; one-half cup of Indian meal; one-half cup of yeast; or one-half cake of compressed yeast; one pint of warm water; one teaspoon of salt; one tablespoon of molasses. Beat the batter thoroughly, and place it where it will rise over night; it should rise and fall again by morning, when a teaspoon of finely powdered soda should be added; then stir well, and fry. If the cakes are desired three times a week, fresh yeast will not be required after the first making, if a little more than a pint of the batter is reserved each time in a cool place, and used instead of the yeast. Always put molasses in buckwheat cakes; it helps to give them a good color in frying.

BUCKWHEAT CAKES (With Baking Powder)—Mix thoroughly two cups of buckwheat flour, one of wheat flour, a little salt, and three teaspoons of baking powder; then add equal parts of milk and water till the batter is of the right consistency and stir free from lumps. A little molasses will help to brown them.

RICE GRIDDLE CAKES—One pint of boiled rice; two pints of milk; one and one-half pints of flour; three eggs; one teaspoon of baking powder; one teaspoon of salt; one tablespoon of sugar; one tablespoon of melted butter. Put the cooked rice to soak over night in a pint of the milk, and in the morning add the flour, salt, sugar and butter. Beat the mixture well, and add the eggs, well beaten, and the other pint of milk, into which the baking powder has been stirred. This makes enough cakes for six or seven persons.

CORN MEAL GRIDDLE CAKES—One-half pint of corn meal; one-half pint of flour; one pint of boiling water; one and one-half cups of sweet milk; one teaspoon of baking powder; one teaspoon of salt; two eggs. Put the meal, sugar, and salt in a mixing bowl, and pour over them the boiling water. Beat thoroughly, and add the cold milk. When the mixture is quite cool stir in the flour and baking powder, mixing well; and lastly add the eggs, well beaten. The cakes should be small, well browned and thoroughly cooked, and they need a little longer frying than wheat griddle cakes.

BREAD GRIDDLE CAKES—One pint of sweet milk; one and one-half pints of bread crumbs; two eggs; two teaspoons of baking powder; one teaspoon of salt; flour to thicken. If the crumbs are hard, soak them over night in the milk; if soft, they may be soaked for half an hour in the morning. When they are soft, turn them with the milk into a colander, and mash the bread through it. Add the beaten eggs, salt, powder and flour, and the batter is ready to fry. If an iron griddle is used to cook these cakes, it should be oiled a little more than usual. The cakes are very tender and should be turned carefully; and they require longer frying than any other kind.

FLANNEL CAKES—One tablespoon of butter; one pint of flour; one teaspoon of salt; two eggs; two cups of milk; two teaspoons of baking powder. Rub the butter into the flour, and add the salt. Beat the yolks of the eggs light, add the milk to them and when well beaten stir the milk into the flour until quite smooth. Beat the whites light, add them and lastly the baking powder, and bake on a hot griddle.

CREAM WAFFLES—Ingredients: One pint of sour cream; one of flour; one tablespoon of corn meal; two eggs; one teaspoon of soda and one-half teaspoon of salt. Beat whites of eggs and yolks of eggs separately; mix with the beaten yolks the cream, flour,

corn meal and salt; add the soda dissolved in a little sweet milk and finally the whites of egg beaten to a stiff froth. Bake at once.

RICE WAFFLES—Boil in milk until thoroughly soft one-half pound of rice; take from the fire, stir constantly and add, gradually, one quart of sifted flour, five beaten eggs, one-quarter of a cake of yeast, one-half pound of melted butter, a little salt and one teacup of warm milk; set in a warm place to rise; when risen, bake in the usual way.

WAFFLES—Two eggs; one pint of milk; one-half large teaspoon of butter; one and one-half teaspoons of baking powder; one-half teaspoon of salt; flour to thicken. Beat the whites and yolks of the eggs separately, melt the butter, stir it into the yolks, and add the salt, the milk and the whites of the eggs, stirring well. Beat in quickly the flour, a little of which should be mixed with the baking powder. The batter should be thin enough to pour. Bake in a waffle-iron.

WAFFLES (With Yeast)—Take one quart of flour; three eggs; one teaspoon of salt; two tablespoons of butter; one-half cup of yeast, or one-half cake of compressed yeast; one and one-half pints of milk. Scald the milk and let it cool. Rub the butter into the flour, and add the salt, the cool milk and the yeast. Beat the mixture well for three minutes, cover, and let stand in a warm place until light, over night if possible. In the morning beat the whites and yolks of the eggs separately, and add the yolks to the batter first, and then the whites, stirring well. Let the batter stand for fifteen minutes, and cook in a waffle iron.

TOAST

GOOD toast cannot be made from fresh bread or over a poor fire. Stale bread (a day or so old) should be cut in thin slices and toasted over live, clear coals or a very hot stove until of an even, rich, deep, golden brown on both sides.

In making toast the slices should be turned two or three times to insure crispness through the entire piece.

Various devices are obtainable for making toast on a gas stove; lacking these it should be made on the broiler.

MILK TOAST No. 1—Cut the bread in thin slices, pare off the crust, and toast carefully until of a golden-brown hue. Butter it

lightly while hot. Have ready a teacup of hot milk. Put a teaspoon of butter in a pan, when hot add one teaspoon of flour, stir until smooth, add one cup of boiling milk and a little salt. Cook for a few minutes and pour over the toast.

MILK TOAST No. 2—Toast the bread, butter it well and pour salted, scalding milk over it.

BUTTERED TOAST—Toast stale bread until crisp and a rich brown on both sides. Butter while hot with good, fresh, cold butter, and serve hot.

CREAM TOAST—Stir a piece of butter the size of an egg into one pint of boiling milk; stir one tablespoon of flour into one cup of rich cream and add some of the boiling milk to this; heat gradually, to prevent the flour from lumping, then stir it into the boiling milk and cook a few minutes; add salt to taste; take from the fire, stir in one beaten egg and strain the mixture over lightly buttered toast.

WATER TOAST—Toast two slices of bread a rich brown. Put into a soup-plate one teacup of boiling water and one teaspoon of salt. Dip the toast in this water and remove at once. Spread lightly with butter and serve immediately.

FRIED TOAST—Beat three eggs, add one pint of sweet milk and a pinch of salt. Dip inch-thick slices of baker's bread from which the crust has been cut into this mixture and fry in very hot lard or drippings until a delicate brown. Sprinkle with powdered sugar and serve hot.

FRENCH TOAST—Beat an egg and add to it one cup of sweet milk and a little salt; a little sugar may be added to the milk if desired. Dip slices of bread into the mixture, allowing them to absorb a little of it, then brown the slices on a hot, buttered griddle or a thick-bottomed frying-pan. Butter and serve hot.

PULLED BREAD—Take freshly baked bread and remove the entire crust. With a fork pull the tender bread into irregular pieces about a finger in length, and somewhat wider. Place on paper in a dripping-pan and dry in a moderate oven with the door open. When dry to the center of each piece, close the door and bake till brown.

CRISPED BREAD—Cut the crust from stale bread. Slice it as thin as a wafer, dry it on a pan lined with paper, in the oven, leaving the door open. When entirely dry close the oven door and brown slightly.

ZWIEBACK—This of course simply means twice baked bread. Cut bread, or better still, rusk, one-half-inch thick, in neat squares. Set these on a paper in the bottom of a dripping-pan in the oven, leaving the door open. When dry, close door and bake a delicate brown.

Zwieback is often made of sweetened bread.

CHAPTER XV—SANDWICHES

IF bread is used for sandwiches it should be made especially for the purpose in good-sized square loaves, that the slices may be cut into fancy shapes without waste. Thin salt wafers or crackers are very often used in place of bread for paste sandwiches. Butter may be used perfectly plain, or it may be seasoned and worked into a soft condition, and lemon juice, parsley or paprika added.

BUTTERED AND ROLLED BREAD (For Sandwiches or Serving at a Supper or Luncheon)—To butter and roll bread, cut off the crust of a loaf of fresh bread (or, wrap a stale loaf for an hour or so in a cloth wrung out of water); spread a thin layer of butter on one end of the loaf; cut off this buttered end in as thin a slice as possible; roll this slice having the buttered side inward, and lay it on a napkin. Continue buttering and making the rolls until you have a sufficient quantity. Draw the napkin firmly around the rolled bread and put it in a cold place until needed.

TO USE ROLLED BREAD FOR SANDWICHES:—Butter and slice as directed; then spread each slice with whatever meat or mixture you have selected; roll it closely, and tie the roll about the center with a narrow ribbon. Rolled sandwiches thus made are very pretty for teas, receptions, etc.

CANAPÉS—A canapé is a form of sandwich. The bread used in making canapés is cut into fancy shapes and either toasted or fried in hot fat. The slices are then covered with any mixture of nicely seasoned meat, fish, etc., and served for first course at luncheon or for a chafing-dish supper. Anchovy and sardine canapés are very appetizing. For various canapés, see chapter on Appetizers.

SALAD SANDWICHES—Under the head of salad sandwiches all forms of meat may be placed on lettuce leaves, put between two slices of bread, the slices pressed together, and the crusts trimmed. Cress may be used in place of lettuce. Where mayon-

naise dressing is used the sandwiches must be made at the very last moment, and promptly served.

TEA SANDWICHES—The tea sandwich is an aristocratic affair, seldom made of meat, though minced chicken or turkey, or sardines beaten to a paste are sometimes used for it. The bread is cut very thin and encloses a bit of lettuce spread with mayonnaise dressing, chopped olives, nasturtiums or watercress. An attractive sandwich is made from diminutive Vienna rolls split not quite through and spread with the vegetable filling. Butter is not used, the dressing taking its place.

Another tea sandwich is made by spreading jelly or preserves between two salt or water crackers.

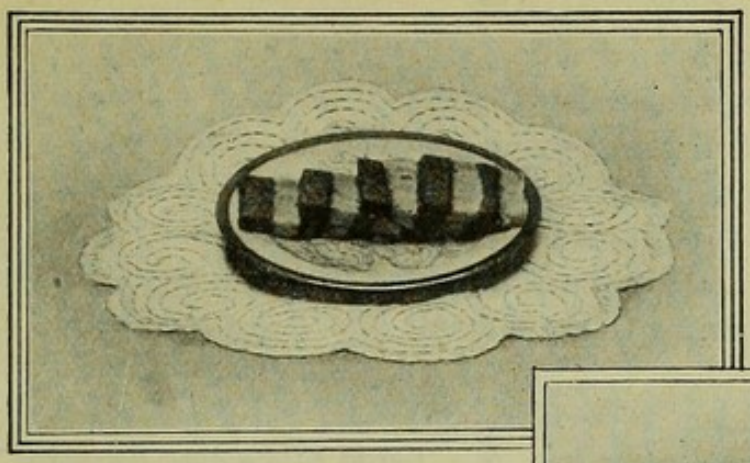
SCENTED SANDWICHES—Scented sandwiches, such as clover, nasturtium, rose and violet, are made by covering both the bread and butter with the leaves or flowers, allowing them to remain over night. Simply serve the bread and butter sandwiches. To make them proceed as follows: Trim the crusts from a loaf of bread, put it into a large soup tureen in a bed of clover (or any highly scented flower); wrap the butter in a piece of cheesecloth and put it also in a tureen; cover with clover. Next day the butter and bread will be filled with the flavor and odor of clover.

NUT SANDWICHES—Pignolias or pine nuts, black walnuts, almonds, and pecans may all be put through a meat chopper, mixed, a very little salt added, and spread over thin, buttered slices of brown or white bread. Chopped or minced peanuts are also popular for sandwiches.

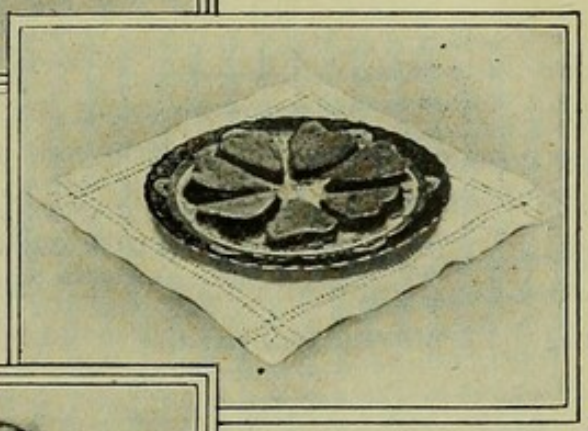
CANDIED FRUIT SANDWICHES—For fancy sandwiches candied cherries, pineapple or greengages may be chopped fine, moistened with orange juice and spread over thin slices of buttered bread or sponge cake.

FIG SANDWICHES IN ROLLS—Split twelve figs, scrape out the soft portion, and rub this to a paste. Butter thin slices of either white or brown bread, remove the crusts, spread with the fig paste and roll the bread carefully.

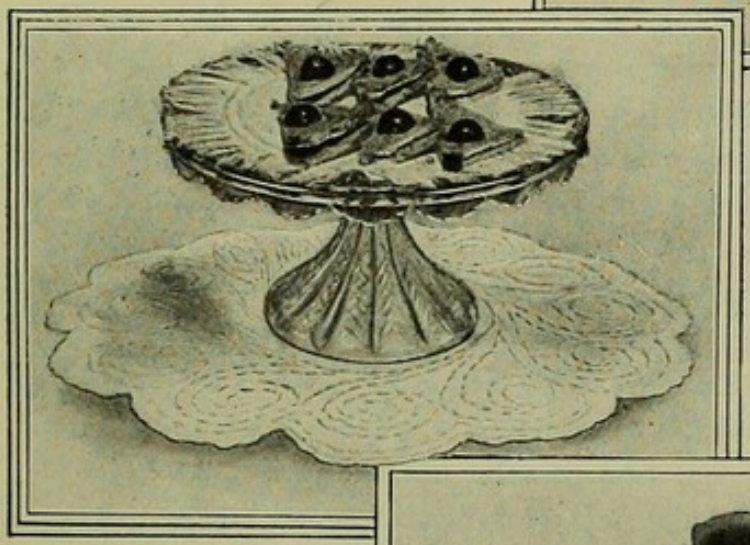
ALMOND SANDWICHES, No. 1—Almond sandwiches of all varieties are delicious for the tea-table. Cut the bread in thin slices, spread with butter and put on a layer of finely chopped almonds, to which has been added a light sprinkling of salt and a dash of lemon juice; lay over another slice of buttered bread, cut into small ovals and press a blanched nut in the center.



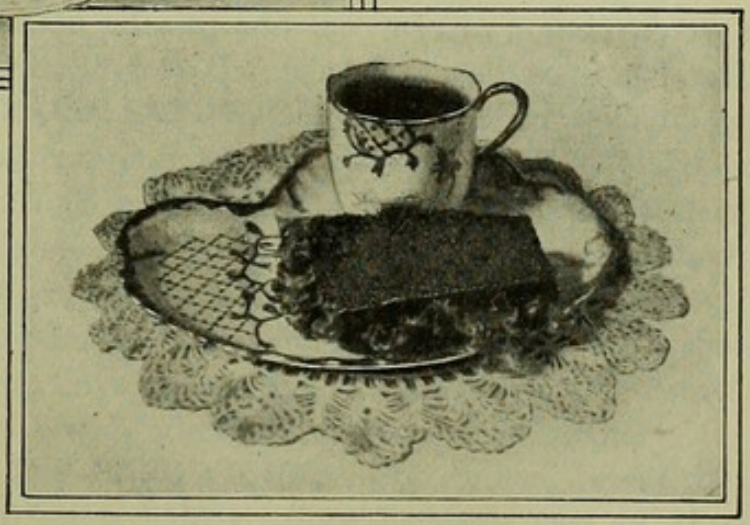
NEAPOLITAN SANDWICHES



WHITE AND BROWN BREAD SANDWICHES



RYE BREAD, CREAM CHEESE AND OLIVES



NUT SANDWICH ON INDIVIDUAL TRAY

ALMOND SANDWICHES, No. 2—For another sandwich the almonds may be toasted light-brown and grated. Form into a paste with a little lemon juice, add a little salt, and spread over the bread. Again, the almonds may be chopped fine and mixed with twice the bulk of grated crisp celery. These are an excellent accompaniment to salads or cold meats. When served with the latter, the celery and almonds may be moistened with a few spoonfuls of mayonnaise.

HARLEQUIN SANDWICHES—Cut one-half-inch slices of both brown and white bread. Spread these slices with butter or cream cheese, as preferred, and place four of these thick slices one on top of the other, alternating the dark colored bread with the white. When well pressed together, slice through the four layers, cutting them into as thin slices as possible without allowing the slices to break. When neatly done, the effect is excellent, giving alternate layers of dark and light.

CLUB SANDWICHES—Remove the crust from two slices of toasted stale bread. Spread the under slice with a thin layer of mayonnaise dressing. On this lay two small white lettuce leaves, not allowing them to project beyond the edge of the toast. On the lettuce lay slivers of thinly cut breast of chicken, spread with mayonnaise and over the mayonnaise lay a slice of broiled bacon. Cover with the other slice of toast and serve hot.

ANCHOVY AND CHEESE SANDWICHES—A delicious sandwich is made of anchovy and cheese rubbed together. Take two tablespoons of Parmesan cheese, add one anchovy and rub to a paste; spread between two very thin slices of nicely toasted bread.

CHEESE MAYONNAISE SANDWICHES—One hard boiled egg; one-fourth pound of common cheese, grated; one-half teaspoon each of salt, pepper and mustard; and one tablespoon each of melted butter and vinegar (or cold water if vinegar is not liked). Crumble and mix the yolk of egg with the butter until it is smooth; then add the salt, mustard, pepper and cheese, mixing each thoroughly as it is added; next stir in the vinegar or water. Spread this mixture between bread, crackers, or pieces of oat-cake.

CHEESE AND OLIVE SANDWICHES—Cut brown bread into very thin slices, buttering lightly. Lay between two of these slices, sandwich fashion, a filling made of cream cheese or cottage cheese in which has been mixed chopped olives. These sandwiches are delicious.

CHEESE SANDWICHES—Thin slices of American cheese may be placed between two thicknesses of bread—the bread, of course, being buttered—or Swiss or English cream cheese may be used. Sapsago and Parmesan cheese may be grated and sprinkled thickly over a slice of buttered bread, then just a dusting of red pepper and another slice of bread must be added. Most people like a dash or two of mustard on American, Swiss or English cheese sandwiches.

CHICKEN SANDWICHES No. 1—One cup of cold chicken; one teaspoon of melted butter; two eggs (yolks only); one teaspoon of rich stock; one teaspoon of lemon juice; salt and pepper. Boil the eggs fifteen minutes, cool them, take out the yolks, and mash them as fine as possible. Add to these the melted butter and lemon juice, the chicken chopped very fine, salt, pepper and the stock. Mix all well together. A sort of paste will be the result, and with this may be made very delicate sandwiches,.

CHICKEN SANDWICHES No. 2—Chop the white meat of one boiled chicken very fine and pound to a paste, adding one-half teaspoon of salt and a dash of red pepper. Soak one tablespoon of gelatine in one tablespoon of cold water for fifteen minutes, then add six tablespoons of thick cream; stand this mixture over the teakettle for a moment to dissolve the gelatine, and beat it slowly into the chicken. Set aside to cool, smoothing into an even mass. When cool, divide into squares; cut these squares into very thin slices and arrange them neatly over buttered thin slices of bread. Cover with another thin slice of bread, and cut into fancy shapes, removing the crusts.

CHICKEN AND MAYONNAISE SANDWICHES—Chop the white or the dark meat (as preferred) of the chicken very fine, mix it with a mayonnaise, and spread bread with the paste, using no butter.

CHICKEN AND TONGUE SANDWICHES—Chop cold boiled tongue and chicken. Take equal quantities and mix with each pint of meat one-fourth cup of melted butter, the yolk of one egg beaten, a little black pepper, and one teaspoon of worcestershire sauce. Spread this over the buttered bread and trim off all the crust. Potted or canned minced meats of all kinds are much used for sandwiches.

TONGUE SANDWICHES—Tongue sandwiches may be made by either chopping the tongue or cutting it into thin slices. Where the tongue is chopped it should be pounded as for chicken sandwiches, and highly seasoned.

HAM SANDWICHES—Chop fine one-half pound of ham, and season with one tablespoon of olive oil, one tablespoon of lemon juice and a little pepper and made mustard. Butter the bread on the loaf before cutting it; cut the slices thin, and spread the ham between them. Or the ham may be cut very thin, spread with a light coat of mustard and laid between thin slices of buttered bread.

FISH SANDWICHES—Anchovy, sardines, or fresh boiled fish may be used for sandwiches. These are better pounded to a paste, with a few drops of lemon juice added during the pounding. Fresh white fish, like cod, may be nicely seasoned with salt and pepper, moistened with a little mayonnaise or even a plain white sauce, and then put between two layers of white bread, nicely buttered.

COLD ROAST BEEF SANDWICHES—To each one-half pint of finely chopped cold roast beef add one teaspoon of salt; one-half tablespoon of tomato catsup; one-half teaspoon of worcestershire sauce; and rub in one tablespoon of melted butter. Spread on buttered bread, covering with a second slice, and cut into fancy shapes.

COTTAGE CHEESE SANDWICHES—Cut slices of brown bread about one-half-inch thick, not removing the crusts. Rub one-half pint of cottage cheese to a smooth paste, then press it through a fine sieve; add slowly, beating all the while, two tablespoons of melted butter, one-half teaspoon of salt and two tablespoons of thick cream. Spread each slice of bread thickly with this cream mixture. Cover with a very thin slice of white bread, and on top of this put another thin layer of cheese. Cover with a slice of brown bread and trim into shape.

CRAB SANDWICHES—Cut the crust from a loaf of whole wheat bread; butter the loaf, cut off a slice one-fourth inch thick; cover this thickly with picked up, boiled crab meat, put over it one tablespoon of French dressing or mayonnaise. Cover with another slice of bread, trim off the crusts, cut into fancy shapes and serve.

CUCUMBER SANDWICHES—Soak thin slices of cucumber for one hour in good white vinegar, seasoned with salt and pepper, then lay them between thin, buttered slices of brown or white bread. Each sandwich may be the size of a cucumber slice, if daintiness is desired.

DILL SANDWICHES—Butter slices of white bread; cover half the

slices with thin slices of the white meat of roasted chicken; put over this a thin layer of dill pickles. Cover with another piece of buttered bread, trim off the crusts, cut into triangles and serve on lettuce leaves.

EGG SANDWICHES—These are good for travelling lunches or picnics. Slice cold hard boiled eggs and lay them between very thin, buttered slices of bread, seasoning them with salt, pepper and paprika.

VEAL SANDWICHES—Chop fine one-half pound of veal, and season with one scant teaspoon of salt; one tablespoon of lemon juice and a little pepper and made mustard. Butter the bread on the loaf before cutting it; cut the slices thin, and spread mixture between them.

LOBSTER SANDWICHES—Boston brown bread may be used. Cut the meat of one cold, boiled lobster into dice. One hour before using, dust with salt, red pepper, and either lemon juice or tarragon vinegar. Near serving time put a layer of the lobster over one piece of bread, cover with another, press the two together, cut in triangles and serve.

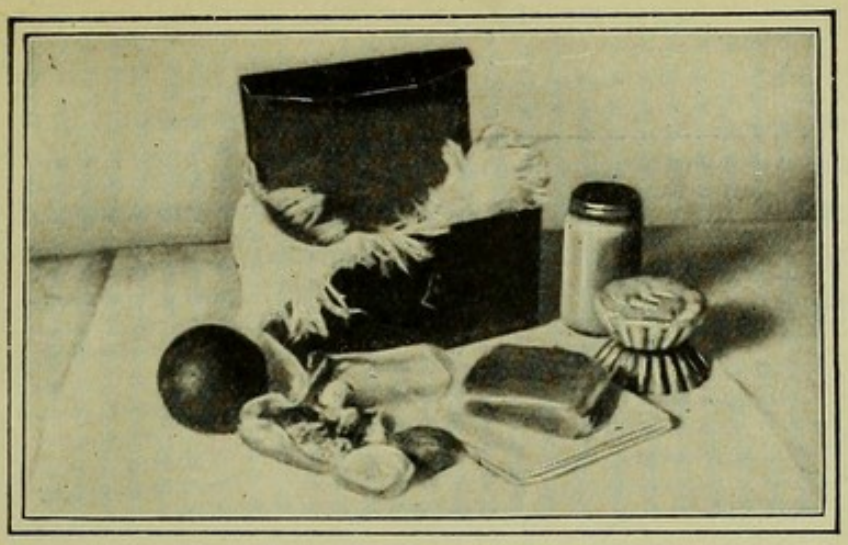
MUTTON SANDWICHES—Chop cold cooked mutton very fine; to each pint add one teaspoon of salt; one tablespoon of capers; one teaspoon of chopped mint; one dash of pepper and one tablespoon of lemon juice. Spread this thickly over buttered whole wheat bread. Cover with another slice, trim off the crusts and serve on a bed of lettuce leaves.

ONION SANDWICHES—Pour salted water over thin slices of onion (or chopped onion), and let it stand for a time to extract the very strong flavor. Then spread between buttered slices of bread, seasoning with pepper, salt, and a little mustard if desired.

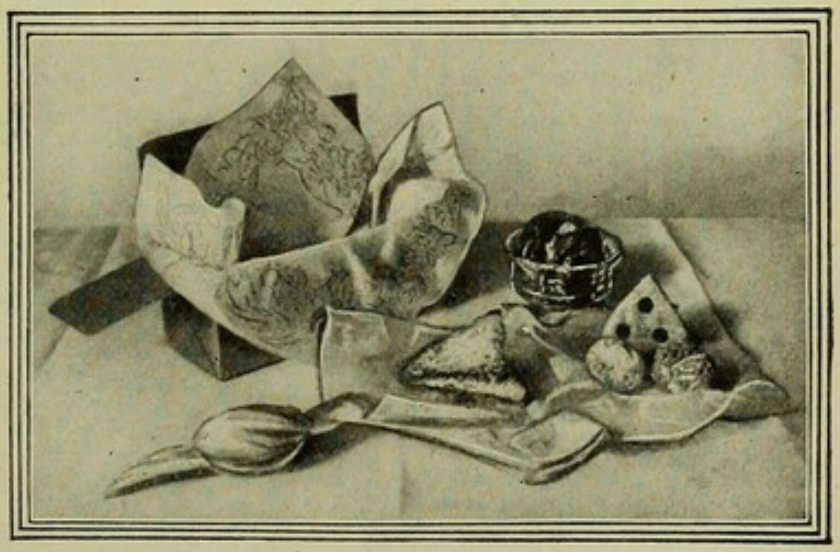
OYSTER SANDWICHES—Place between two buttered slices of brown or white bread, two or three fried oysters,. They may be sprinkled with pepper, salt, horseradish, lemon juice, tabasco, worcestershire, or water-cress, according to the taste.

SALMON SANDWICHES—Mix the salmon with a mayonnaise dressing, about one-half cup being sufficient for the small-sized cans. Mince the fish fine, bones and all, the bones being chalky in their preserved state. Add the dressing, mixing well. Remove the soft crumbs from a number of French rolls and fill the space thus made with the fish mixture.

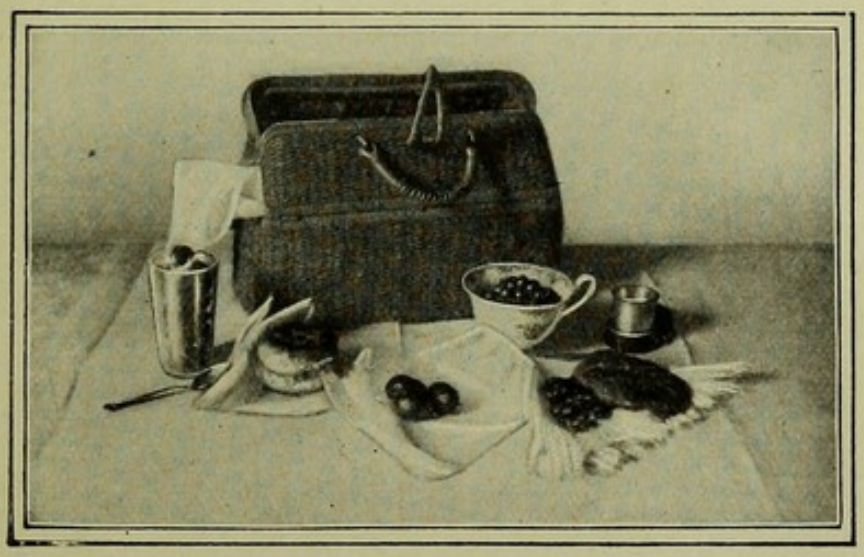
SARDINE SANDWICHES—Drain the oil from two boxes of



FOR THE SCHOOL LUNCHEON



LUNCH BOX CAN BE THROWN AWAY



THE TRAVELER'S LUNCH BASKET

sardines and throw the fish into hot water. In a few minutes they will be free from all grease. Dry in a cloth and remove the skins; pound the sardines in a mortar till reduced to paste; season with pepper and salt and add some tiny pieces of lettuce leaves; spread between thin, buttered slices of bread. Or, chop the sardines fine, squeeze a few drops of lemon juice over them and spread in the usual way.

CHAPTER XVI—CEREALS

ALL cereals when well prepared are highly nutritious articles of food. The important item in their preparation is that ample length of time must be given to their cooking.

Formerly when the only way possible was to begin boiling them over night, there was less danger of their being indigestible. At the present time, when every chance for saving time is welcome, partially cooked cereal foods have been manufactured, which lessen the actual time of cooking, and the tendency is to slight even the amount of time required to prepare these.

The intelligent housekeeper will not make a practice of continually using the partly digested cereals, and absolutely discarding the uncooked ones.

General Rules For Cooking Cereals

1. Use a double boiler.
2. Have freshly boiled water at time of cooking.
3. Salt the water before adding the cereal.
4. Sprinkle dry cereal into the salted boiling water.
5. Soak the prepared cereals in enough cold water to cover, over night; drain off any water that does not absorb, stir into the salted, boiling water, and cook steadily at least one hour and better two hours
6. Do not stir cereals more than is absolutely necessary; it spoils the grain.
7. Cook plain cereals over night, if possible, as many require four hours steady boiling.
8. Remember that these foods should be moist enough to drop, but not to run from the spoon.
9. Uncover the pan when done, and let the moisture evaporate.

Cereals, especially the cereal jellies used for very young children,

are better cooked in the Fireless Cooker. See chapter on the Fireless Cooker.

PLAIN OATMEAL—If the coarse meal is used, allow one cup of oatmeal, four cups of water, one teaspoon of salt. Place the meal in the double boiler with the water and salt, and do not stir it. Cover the kettle tight, and keep the water in the under kettle boiling. The mush should cook four hours. This length of boiling is not possible before breakfast if done in the morning; therefore, the mush should be cooked the day before it is needed. Leave it in the kettle over night, and in the morning add one-half cup boiling water, replenish the hot water in the lower kettle, and set the whole to boil steadily one hour.

STEAMED OR ROLLED OATS—Soak over night, pour on boiling water in the morning, allowing one cup of meal to one quart of water and one teaspoon of salt. Cook one hour or two.

SAMP OR COARSE HOMINY—One pint of coarse hominy will measure one quart after soaking. Wash hominy and soak over night in cold water. In the morning, put it over a slow fire, and as fast as the water absorbs, add fresh boiling water. Cook slowly for five hours. Allow one teaspoon of salt to one pint of the dry grain.

HOMINY GRITS—This is the ordinary preparation. Soak all night; cover with slightly salted water in the morning, and cook one hour.

When the hominy is tender, the water may be poured off and cold milk substituted; then bring to a boil and serve.

CORN MUSH—This is usually made by gradually sprinkling one pint of corn meal into three pints of boiling water, stirring constantly, adding two teaspoons of salt, and boiling slowly for three hours. Keep the kettle covered during the boiling, and add water if the mush becomes too thick. Serve with milk and sugar. Another method of cooking corn meal is as follows: Put a quart of water to boil. Stir a pint of cold milk with a pint of corn meal and a teaspoon of salt. When the water boils pour this mixture gradually into it, stirring all the time. There is less likelihood of the mush being lumpy when mixed in this way.

CORN MUSH, BAKED—Put into a kettle four quarts of water and salt to taste. When it begins to boil stir in one and one-half quart of meal, letting it sift slowly through the fingers to crush all lumps; add a little faster towards the last until as thick as can be conveniently stirred with one hand. Now set the kettle in

HARTFORD ELECTION CAKE—Take one cup of butter; two cups of sugar; one and one-half pints of flour; three eggs; two and one-half teaspoons of baking powder; two cups of raisins, stoned; twenty drops of extract of vanilla; one cup of currants; one-half cup of citron, chopped; one-half cup of lemon peel, chopped; one-half cup of almonds, shredded; twenty drops of extract of bitter almonds; one cup of milk. Rub the butter and sugar to a light cream, add the eggs, and beat for a few minutes longer. Then stir in the flour and baking powder sifted together; add the raisins, citron, currants, lemon peel, almonds, extract and milk; mix to a batter, place paper in a tin, and bake for one and one-half hour in a moderate oven.

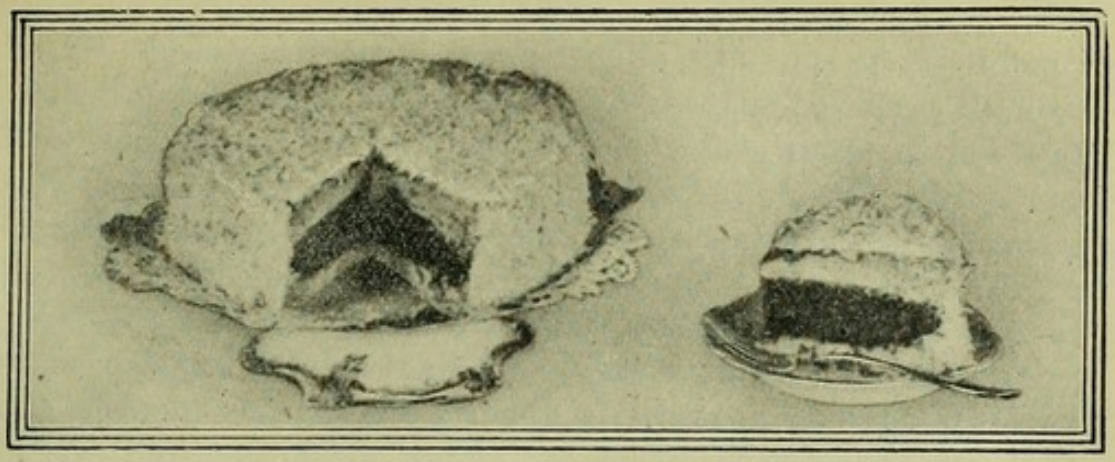
CARAMEL CAKE—To make three large layers of caramel cake allow one cup of butter; two cups of sugar; one cup of milk; three cups of flour; five eggs (whites); two teaspoons of baking powder. Place the ingredients together as for plain layer cake, adding the whites of the eggs last. Bake in three well-buttered tins and when done spread between the layers caramel filling. See chapter on Cake Fillings and Frostings.

CHOCOLATE CAKE—Take one-half cup of butter; two cups of sugar; two cups of flour; one-half cup of coffee (hot); one-half cup of milk; two teaspoons of baking powder; two teaspoons of vanilla; two eggs; one square of chocolate. Rub the butter and sugar to a cream, and add the beaten eggs and then the milk. Grate the chocolate fine, and add it to the coffee, which should be very hot; stir well and gradually add this mixture to the butter, sugar and eggs. Sift the powder and flour together; add, beating well, and then put in the vanilla. Bake in one loaf for forty minutes in a moderate oven.

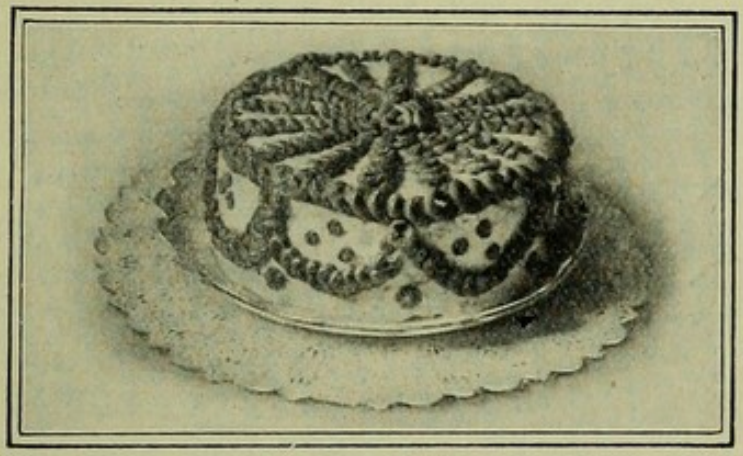
SILVER CAKE—One-half cup of butter; one and one-half cups of milk; two and one-half cups of flour; four eggs (whites); two teaspoons of baking powder. Place the ingredients together the same as for loaf cake, adding the whites of the eggs, well beaten, at the last. Bake in a well-buttered tin for forty minutes.

GOLD CAKE—Two cups of sugar; three-fourths cup of butter; one cup of sour milk; four cups flour; one teaspoon of soda; yolks of eight eggs; one tablespoon of cornstarch; lemon or vanilla flavoring. Sweet milk and three teaspoons of baking powder may be used instead of the sour milk and soda.

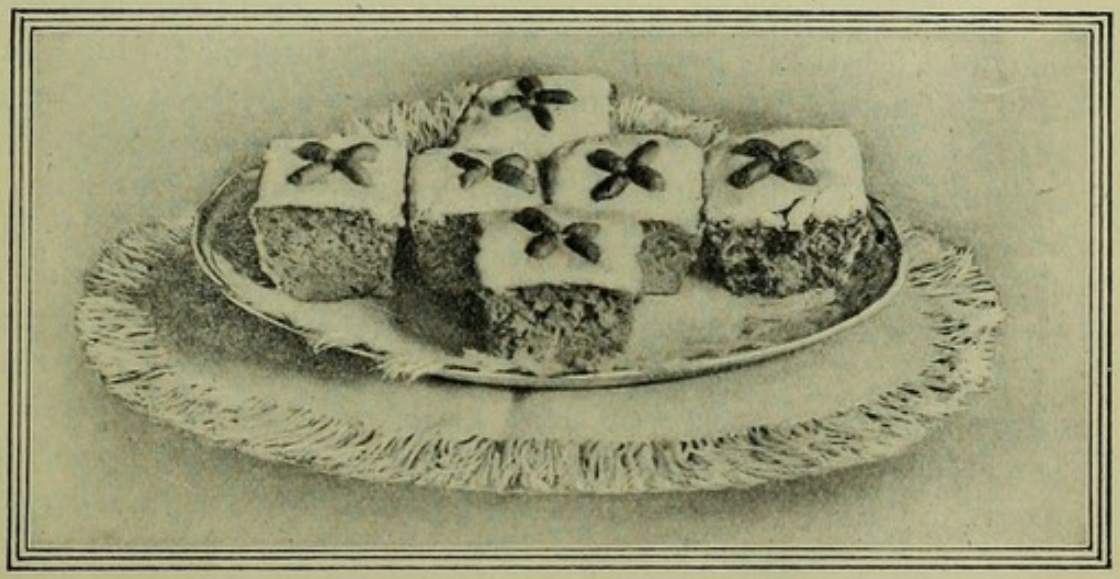
NUT CAKE—One and one-half cups of sugar; one-half cup of



POTATO CHOCOLATE CAKE



MOCHA CAKE



WATER CAKE DECORATED WITH PEANUT STARS

butter; three-fourths cup of sweet milk; two cups of sifted flour; whites of four eggs; two teaspoons of baking powder. Mix the flour and baking powder together; beat the whites of the eggs stiff and add last to the other ingredients. Lastly stir in one large cup of chopped hickory nut meats and bake in a square loaf. Frost the top when done.

CHOCOLATE CAKE MADE WITH SOUR MILK—One cup of sugar, creamed with one-half cup of butter; three eggs well beaten; one-half cup of sour milk; one-third teaspoon of soda dissolved in one-third cup of hot water; one square of chocolate dissolved in this same water; and flour to thicken.

QUICK LOAF CAKE—One egg; one-half cup of butter; one and one-half cups of sugar; one cup of milk; two and one-half cups of flour; one and one-half teaspoons of baking powder; one-half nutmeg grated; one-half teaspoon vanilla; one cup of seeded raisins; and a pinch of salt.

POUND CAKE—One pound of butter; one pound of sugar; one pound of flour; nine eggs; the grated rind of one lemon. Beat the sugar and butter to a light cream; add the yolks beaten light, the flavoring, then the whites beaten to a stiff froth, and lastly the flour. Bake slowly.

ANGEL CAKE—One cup of flour; one and one-half cups of granulated sugar; one teaspoon cream of tartar; one teaspoon of vanilla; eleven eggs (whites). Sift the flour with the cream of tartar five times. Sift the sugar twice, and then turn it into a bowl, add the whites of the eggs, beaten to a stiff froth, and commence to stir from the bottom upward, gradually adding the flour, and stirring the same way until the batter is well mixed. Add the vanilla, turn into an ungreased tin, and bake for forty-five minutes. Be careful not to jar or disturb while baking. Remove from the oven, turn the pan upside down, and let it stand until the cake falls out. Ice placed on the bottom of the tin will hasten the release of the cake.

SPONGE CAKE, No. 1—Six eggs; five eggs' weight in sugar; three eggs' weight in flour; one tablespoon of lemon extract; one teaspoon of baking powder; one-half teaspoon of salt. Weigh five of the eggs and allow an equal weight of sugar and in the same way take the weight of three eggs in flour. Separate the whites of the eggs from the yolks, beat the yolks until light, and gradually add the sugar; then beat the whites to a stiff, dry froth, and add

them to the sweetened yolks, stirring gently until the whole is well blended. Sift the salt, baking powder and flour twice, and gradually add to the eggs, stirring only long enough to mix thoroughly. Then put in the flavoring and bake for forty minutes in two well-oiled tins of moderate size. Sponge cake is really better when torn apart, but as it is rather unsightly when thus treated, the best housewives prefer to cut it with a very sharp knife.

SPONGE CAKE, No. 2—Ingredients: Two cups of powdered sugar; two cups of flour (sifted); two teaspoons of baking powder; four eggs; three-fourths teacup of boiling water; a pinch of salt; lemon or vanilla to taste. Beat the whites and the yolks of the eggs separately. Add the boiling water after all the other ingredients have been mixed, and bake in a moderate oven.

JELLY ROLL—Take three eggs; five tablespoons of milk; one cup of sugar; one and one-half cups of flour; one teaspoon of baking powder; one tablespoon of lemon extract; one-fourth teaspoon of salt; one glass of jelly. Separate the eggs, beat the yolks light, add the sugar, stir well and add first the milk and then the flour and lemon. Place the salt in the whites, beat until dry, and whip them into the flour mixture. Butter a long flat baking-pan of the size generally used in roasting meats. Stir the baking powder into the batter and immediately turn into the pan. The batter should be put one-fourth of an inch deep, for if thicker the cake will not roll nicely. Bake for six or eight minutes in a moderate oven, watching closely, as it bakes quickly. When done remove from the oven, and when cool enough to handle, lay a cloth upon the baking board and turn out the sheet or cake upon it. With a sharp knife score the crusty sides of the cake to assist in rolling up. Spread the jelly over the surface, roll up and wrap the cloth about the roll to keep it in shape. If too thick to roll, the batter has been too deep in the pan. Cut the cake into three parts and lay one upon the other with the jelly between. This makes a most delicious layer cake. Frost with a soft icing, sprinkling with a layer of cocoanut.

LADY CAKE—Take one-half cup of butter; one and one-half cups of granulated sugar; one cup of lukewarm water; two and one-half cups of sifted flour; four eggs; whites only; one lemon, juice and rind, or two teaspoons of vanilla; two teaspoons of baking powder. Cream the butter in an earthenware dish with a silver spoon, stirring it until it is a light-colored cream; and then add the

sugar, beating thoroughly. Sift the flour, and add one-half of it and the cup of water, adding a little water, then some flour, and so on in alternation. Beat the whites of the eggs stiff and dry, add one-half of them and then the rest of the flour. Again beat well, and add the juice and grated rind of the lemon, or the vanilla, as preferred, and next the baking powder and the balance of the beaten whites. Turn quickly into a deep, well-buttered tin and bake for three-fourths of an hour. The tin should be ready to use before the baking powder is placed in the cake, as the batter would rise during a slight delay and the good of the baking powder would be lost. When the cake is cold, cover with frosting.

WEDDING CAKE—Take one pound of brown sugar; one pound of butter; one pound of flour; four pounds of raisins; three pounds of currants; one pound of citron; two cups of molasses; one wine-glass of brandy; one-half ounce of mace; one-half ounce of cinnamon; one-half ounce of nutmeg; one-half ounce of cloves; ten eggs. Seed the raisins and chop them rather coarse. Wash the currants, remove the little stems by vigorously rubbing the currants in a coarse towel, and dry the fruit thoroughly. Cut the citron into rather small pieces. Sift the flour, put in all the spice, and sift again to mix thoroughly. Rub the butter and the sugar together until they form a light cream. Separate the whites and the yolks of the eggs, beat the yolks light, add to the butter and sugar; then add the molasses and brandy, stirring well after each addition. Sift a little of the flour upon the raisins and currants, and stir the rest of it into the mixture, beating until smooth; then add the fruit and lastly the beaten whites of the eggs. Line two medium-sized cake-tins with well-buttered paper, divide the mixture between them, and bake for two hours, in a slow oven. This cake will last for years. Keep it in a stone jar or tin box in a cool place.

ENGLISH PLUM CAKE—Take for this cake one pound of butter mixed to a cream with one pound of powdered sugar; nine fresh eggs (beaten in one at a time); one pound of sifted flour; one and one-half pounds of currants; flavoring of ground nutmeg and mace and a wine-glass of good brandy. Two ounces of blanched almonds, sliced, are sometimes added, and, if desired, shredded candied lemon or citron may be used. The cake should be baked in a plain round tin with a loose bottom. The tin should be lined with several thicknesses of paper. Two hours at least will be required for the baking. The cake should not be allowed to stand on the oven bottom

but should be placed on an asbestos mat or an inverted pie tin. The oven should be quite hot when the cake is put in; it must be carefully watched and, if these is any danger of burning at the top, covered with a sheet of paper.

FRUIT-CAKE—One pound of flour; one pound of brown sugar; fourteen ounces of butter; ten eggs, three pounds of raisins; three pounds of currants; three pounds of citron; one wine-glass of wine; one of brandy; one of milk; one tablespoon of molasses; and one of cinnamon (ground); one teaspoon of saleratus; one teaspoon of cloves; one-fourth ounce of mace or one nutmeg. Cream the sugar and butter, beat the eggs to a stiff froth and stir them in. Mix the flour gradually with the butter and sugar, then add the molasses and spice. Dissolve the soda in the milk, strain it and mix with the brandy and wine to curdle. Stir the whole into the cake. Just before baking add the fruit gradually, a handful of each alternately. If baked in thick loaves, it will require from two and one-half to three hours.

WHITE FRUIT CAKE—Take one cup of butter; two cups of sugar; two and one-half cups of flour; seven eggs (whites only); two teaspoons of baking powder; one pound of figs; one pound of dates; one pound of almonds; one pound of raisins; three-fourths pound of citron. Rub the butter and sugar to a cream. Chop the fruit rather coarse, keeping each variety separate from the others while chopping, and afterward mixing all lightly together with the fingers. Sift some of the flour over the fruit, place the powder in the rest of the flour, and sift the flour again to mix thoroughly. Then add the flour to the butter and sugar, stir in the fruit, and lastly add the beaten whites of the eggs. Bake slowly in two medium-sized tins for one and one-half hours. Line the tins with buttered paper.

EGGLESS CAKE—One cup of sugar; one-third cup of butter; one cup of sweet milk. Stir the milk into the creamed butter and sugar. Sift three teaspoons of baking powder with three cups of flour. Flavor with nutmeg and add raisins or citron, as preferred.

FUDGE CAKE—Two cups of sugar; one-third cup of butter; one cup milk; two and one-half cups flour; one-half cup cocoa; three eggs (whites and yolks beaten separately); two level teaspoons baking powder; one-half cup broken English walnuts meats; a pinch of salt; vanilla to flavor. Cream the butter and sugar. Sift cocoa, salt and baking powder with the flour; then add the well-

beaten yolks, milk and flour alternately. Add the beaten whites and flavoring. This may be baked as a two-layer or sheet cake. Any good chocolate icing may be used.

LADY BALTIMORE CAKE. (After a Famous Recipe)—Weigh five eggs, and take their weight in sugar. Weigh three eggs and take their weight in flour. For the cake itself will be required just six eggs. Break these, separate, and to the whites add a small pinch of cream of tartar, and salt. Beat till very stiff and dry. Beat the yolks as dry as possible and add to them the sugar; then fold in the whites quickly. Sift the flour three times, with one teaspoon of baking powder and whip into this mixture.

Lay a piece of paper over the top of the pan when ready to place in the oven, and bake three-fourths of an hour or more in an oven that is slowly rising in temperature.

Cut into three layers with a sharp knife. The following recipes are to be used for filling:

Chocolate Cream—Two ounces of melted chocolate; two ounces of granulated sugar; two ounces of almond paste; yolks of two eggs; one-half pint of milk. Heat the milk in a double boiler with the sugar and the almond paste; then add the melted chocolate thickening with the two yolks of the eggs until the mixture is the consistency of a thick custard when cold. Set this aside and next make the Nut Cream.

Nut Cream—Two ounces of sugar; two ounces of almond paste; one-fourth pound of citron very finely shredded; one-half cup of pecan nuts ground in the vegetable grinder; one-half pint of milk; yolks of two eggs. Cook as for the other cream, and cool.

When both creams are cool enough, spread the layers, using the nut filling for the bottom layer, the chocolate for the second and a soft boiled frosting flavored with vanilla for the top of the cake.

This cake was originally made in six layers using the creams on the alternate layers, but three layers are usually sufficient.

The almond paste may be bought at the confectioner's for a small sum, or the almonds may be blanched and pounded.

One-third of a cup of almonds blanched and chopped makes one ounce of paste.

Four tablespoons are the same as two ounces.

RAISIN CAKE—Use one large cup of butter; one cup of milk; five eggs; one nutmeg; two cups of sugar; four cups of flour; one gill of brandy; one-half teaspoon of soda; one quart of boiled raisins.

Put the raisins in a small stewpan and cover them with cold water. Cook them slowly for one-half hour, then drain and cool them. Beat the butter to a cream and beat the sugar into it; add the brandy and nutmeg, and beat a little longer. Add the yolks of the eggs, well beaten. Dissolve the soda in the milk, and add this to the beaten ingredients. Now add the flour. Stir in the well-beaten whites of the eggs. Spread the batter in thin layers in two large cake-pans, and sprinkle raisins upon each layer. Continue this until all the materials are used. Bake for two hours in a moderate oven. This cake keeps well.

PORK CAKE—One-half pound of salt pork (fat only); one and one-half cups of sugar; one cup of New Orleans molasses; one-half pint of boiling coffee; one-half pound of raisins; one tablespoon of cinnamon; one teaspoon of cloves; one teaspoon of ginger; one teaspoon of soda; flour to make stiff. The pork should be chopped perfectly fine.

SOUTHERN LOAF CAKE—Three cups of light dough; three cups sugar; one cup butter; and three eggs beaten separately. Add the beaten yolks to the butter and sugar when well creamed, and pour in one-third cup of sweet milk with one-half teaspoon of soda dissolved in it. Add a little more flour, then stir in one cup of seeded raisins well dredged with flour and bake in a steady, hot oven.

ENGLISH WALNUT CAKE—Two cups sugar; three-fourths cup of butter; three and one-half cups flour; six eggs, leaving out the whites of three for the frosting. Add one cup of milk to the creamed butter and sugar and eggs, three teaspoons of baking powder and one cup of chopped walnut meats.

Frosting—Stir sufficient sugar into the unbeaten whites of three eggs left from cake to make a frosting of the right consistency. Flavor with a teaspoon of lemon extract and spread on cake. When ready to crease, divide frosting into squares and place half an English walnut in center of each square.

LIGHT DOUGH FRUIT CAKE—One pint of light bread dough; one cup of sugar; one cup of butter; three eggs; one teaspoon of soda; a pound of seeded raisins; nutmeg and cloves, to taste. Let this rise again before baking.

LAYER CAKE—One-half cup of butter; one and one-half cups of sugar; three-fourths cup of milk; four eggs; two cups of flour; two teaspoons of baking powder. Beat the butter to a cream, add

the sugar, and again beat it until creamy. Gradually add the milk and flour, a part of the flour, then milk to thin, alternating thus until both are entirely used. Whip the whites of the eggs to a dry froth, add them, and lastly stir in the baking powder. Bake in three layer cake tins in a quick oven.

MOCHA CAKE—Five eggs; one cup of powdered sugar; one cup of flour; one teaspoon of baking powder; one and one-half tablespoon of Mocha extract. Beat the egg yolks with the sugar and add the extract, then the flour and baking powder, and lastly the whites of the eggs beaten to a froth. Bake and arrange as for layer cake.

For the Filling—Take one-half pint of cream whipped to a froth, add one and one-half tablespoons of Mocha extract and sugar to taste.

Icing for the Top—Take one cup of confectioners' sugar, mixed with one and one-half tablespoon of Mocha extract, and add water to make it smooth enough to spread.

Instead of icing the top of this cake, the same cream used for filling may be spread over the top, and upon it sprinkled very thickly three-fourths cup of a chopped nut meats.

COCOANUT CAKE, No. 1—This cake can be baked in layer tins instead of one loaf, but it is not nearly so delicate. Cream together one-half cup of soft butter and one and one-half cups of sugar; to this add one-half cup of milk and then gradually stir in two and one-fourth cups of flour and one teaspoon of baking powder. Flavor with one-half teaspoon of vanilla and ten drops of almond. This gives a delicate pistachio flavor. Lastly, stir in the whites of five eggs that have been whipped until stiff and dry. This cake mixture will be rather stiff and hard to beat. It makes a delicious plain cake baked in a loaf and iced.

For the Filling—Soak two tablespoons of gelatine until soft, then heat until dissolved. Beat the whites of three large eggs stiff, add one-half cup of sugar, two tablespoons of the dissolved gelatine and one and one-half cups of grated cocoanut. Spread upon the layers and cover the top and sides with plain icing, sprinkled with dry cocoanut.

COCOANUT CAKE. No. 2—Use the recipe for Layer Cake, and fill with Cocoanut Filling. See chapter on Cake Fillings and Frostings.

CHOCOLATE LAYER CAKE—Use the recipe for Layer Cake,

and fill with Chocolate Filling. See chapter on Cake Fillings and Frostings.

MOUNTAIN COCOANUT CAKE—Take one cup of butter; two cups of sugar; four cups of flour; one-half cup of milk; whites of fourteen eggs; two teaspoons of baking powder. Mix in the usual way and bake in layers. Grate three cocoanuts.

Make the icing out of the whites of three eggs, well beaten, two cups of sugar, and the meat and milk of two of the cocoanuts. After the layers of cake have been put together, sift all over the cake the grated meat of the other cocoanut. This cake should be eaten the same day it is made, as, in warm weather, the milk from the cocoanuts will sour.

MAPLE SUGAR LAYER CAKE—Follow recipe for plain layer cake. Use maple filling. See recipe for this filling in chapter on Cake Fillings and Frostings.

LEMON JELLY CAKE—Cream together one cup of butter and two of fine sugar; add four well-beaten eggs, one-half pint of milk, one teaspoon of soda dissolved in the milk, and two teaspoons of cream of tartar, sifted in three cups of flour. Bake in layer cake tins in a quick oven. See chapter on Cake Fillings and Frostings.

CHAPTER XVIII—CAKE FILLINGS AND FROSTINGS

N arranging a layer cake it is much more satisfactory if the bottom instead of the top of the cake receives the filling, the bottom being much more porous and receptive. The bottom of the layers will be much softer, and no crust at all will form on them, if the cakes are baked on the grate of the oven.

APPLE FILLING—Grate two large, fine-flavored sour apples into a saucepan, add to them the juice and grated rind of one lemon, and one cup of sugar, and cook for five minutes, stirring continually. The addition of one tablespoon of sherry will greatly improve the flavor for many tastes. When the filling is cold, spread it upon layers of cake.

CARAMEL FILLING—Take one and one-half cups of brown sugar; one cup of milk; one scant tablespoon of butter; one-half tablespoon of vanilla. Place the milk, sugar, and butter on the fire in a saucepan set in another containing boiling water and cook until thick. Take from the fire and beat it hard until stiff. Then add the vanilla.

CHOCOLATE FILLING—One-half cup of grated chocolate; one-fourth cup of milk; one cup of brown sugar; two teaspoons of vanilla; one-half teaspoon of butter. Place the milk and chocolate together in a saucepan on the fire, and stir until the whole is thick and creamy; then add the sugar, stir until smooth, and cook two minutes. Add the butter, remove from the fire, and add the vanilla; use when slightly cooled.

COCOANUT FILLING—Take one and one-half cups of cocoanut; whites of two eggs; four tablespoons of powdered sugar; a little milk. Moisten the cocoanut with a little warm milk, and let it soak until well softened—usually one-half hour. Beat the whites of the eggs to a stiff froth, and add the sugar to them. Spread on the bottom cake a thin layer of the frosting of egg and sugar, and then a covering of the soaked cocoanut, and repeat this operation until all the layers are arranged. To what is left of the frosting,

add enough sugar to thicken, stir in the remnant of cocoanut, and spread the mixture thickly over the top, sprinkling dry cocoanut over the whole.

CREAM FILLING—Take one-half pint of milk; one tablespoon of cornstarch; two tablespoons of sugar; one egg (yolk); one-half saltspoon of salt; two teaspoons of vanilla; one-half teaspoon of butter. Measure the cornstarch evenly across the spoon, and put with it two tablespoons of the milk. Add to the beaten yolk of the egg two tablespoons of the milk, and beat well with a fork; then put these two mixtures together. Place the rest of the milk on the fire in a small saucepan set in another containing boiling water, and when the milk is boiling, stir into it the cornstarch mixture. Stir the whole until smooth, and let it cook four minutes, stirring all the time. Add the salt, sugar and butter as soon as the cornstarch is thoroughly stirred in. Then remove from the fire, stir a moment to cool the liquid somewhat, add the vanilla, and use.

FIG FILLING—Mix one-half pound of figs chopped fine, one cup of sugar and one cup of water and boil in a double kettle until smooth and thick; then one teaspoon of vanilla. Boil the figs in water until tender before adding the sugar.

FILLING FOR AN ICE CREAM CAKE—One-quarter box of gelatine; one pint of cream; one teaspoon of vanilla; one tablespoon of wine; one-fourth cup boiling water; one-fourth cup cold water; one-half cup of powdered sugar. Soak the gelatine in the cold water until softened. Whip the cream, placing the froth as it is made in a pan; set in ice water, and when all is whipped, sift over it the sugar. and add the vanilla and wine. Pour the boiling water upon the gelatine, and when the latter is dissolved, strain it over the whipped cream. Then stir (not beat) rapidly, resting the bowl of the spoon upon the bottom of the pan and turning the pan with the left hand while stirring with the right. Stir until the gelatine is thoroughly blended with the cream, and when the filling is nearly stiff enough to drop, spread it on the layers of the cake.

LEMON FILLING—Take one-half cup of cold water; one cup of sugar; one even tablespoon of flour; one lemon (rind and juice); one egg (yolk only); one teaspoon of butter. Place two tablespoons of the water on the flour, and stir until the paste is perfectly smooth; then add the well-beaten egg, and beat again vigorously with a fork. Place the rest of the water, the sugar, the lemon juiec

and grated rind, and the butter, over the fire in a saucepan set in another containing boiling water. When this mixture is boiling, stir into it the flour mixture, cook until it is shiny, and partly cool before using.

ORANGE FILLING—Two oranges (grated rind of one); two tablespoons of cold water; one dessert spoon of cornstarch; one-half cup of sugar; one egg. Place the cornstarch in one-half the water, and when it is dissolved, add the beaten yolk of the egg, and stir until smooth. Place the rest of the water, the juice of the oranges and the grated rind of one of them, on the fire, and when the liquid boils, add the egg mixture. Cook two minutes, and add the slightly beaten white of the egg just before taking the filling from the fire. Cool partly before using.

FIG AND RAISIN FILLING—Chop equal quantities of figs and seeded raisins. Boil in as little water as possible until figs are tender, adding a little sugar. Spread between layers of plain cake and frost the top decorating it with a border of the chopped fruit.

CHOCOLATE FILLING—Take one and one-half squares of chocolate and melt over hot water. Add gradually one-third cup of warm cream, the beaten yolk of one egg and one-half teaspoon of melted butter. Flavor with one-half teaspoon of vanilla and stir in sufficient confectioners' sugar to make of a spreading consistency.

FROSTING

THE old method of making frosting is no longer followed. It used to be thought necessary to beat the white of the egg to a very stiff froth and then to add the sugar. Frosting made in this way is extremely hard when cut and after a few days can scarcely be cut at all. There are many kinds of frostings made just now, but none are prepared in this way, except for elaborate decorating. A cake should always be cold to receive frosting. A frosted cake may be readily decorated as soon as the icing is set. When a name or date is to be placed on a cake, the icing for the purpose may be colored with red sugar, dissolved chocolate or cochineal. Trace the name or date on the center of the iced surface of the cake with a pencil, and then follow the lines with the frosting, pouring it from a confectioner's funnel or a cornucopia of stiff paper having a small point.

FROSTING (Plain)—One egg (white only); eight even tablespoons of powdered (or confectioners' sugar); one-half teaspoon of vanilla. Beat the egg only enough to thin it, being careful not to make it frothy; then add the sugar, and stir with a fork until the frosting is perfectly smooth and light. The longer it is beaten the finer it will be. Add the vanilla, mixing it in thoroughly.

FROSTING WITHOUT EGGS—Add to four tablespoons of powdered sugar a scant tablespoon of water or milk, stir well, and use, adding a little more sugar if the frosting is not thick enough. For a chocolate frosting, proceed as above, and add one-half square of chocolate that has first been placed in a cup and thoroughly melted over steam.

BOILED FROSTING—One cup of granulated sugar; one-fourth cup of boiling water; white of one egg; one-half teaspoon of vanilla. Place the sugar and water in a small saucepan set in another containing boiling water, and boil for six minutes. Do not stir the sugar at all, or it will granulate. Beat the egg stiff, and gradually add to it the boiling syrup, pouring the latter in a thin stream on the egg, and stirring rapidly. Beat for five minutes after the last has been added, and flavor to taste.

BROWN SUGAR FROSTING—Make a syrup of one cup of brown sugar and one-half cup of water. When it will thread when dropped from tip of spoon pour gradually on to the beaten whites of two eggs. Flavor with either vanilla or lemon. Finely chopped nuts may be stirred into this just before spreading.

MAPLE SUGAR FROSTING—Make a syrup of one pound of fresh maple sugar and one-half cup boiling water. When syrup threads, pour over beaten whites of two eggs, as directed in Brown Sugar Frosting, beating constantly until of the right consistency to spread.

MAPLE CREAM FROSTING—Break into small pieces one pound of fresh maple sugar and put into saucepan with one cup of cream. Stir until sugar is thoroughly dissolved. Then boil without stirring until a soft ball can be shaped between the fingers when tested in cold water. Remove from the fire and beat until of the right consistency to spread.

MILK FROSTING—Put into a saucepan one teaspoon of butter, and, when melted, add one and one-half cups of sugar and one-half cup of milk. Stir until boiling point is reached and then allow to boil for ten minutes without stirring. Take

from the fire, add one-half teaspoon vanilla, and beat until of right consistency.

MOCHA FROSTING—Mix to a cream one and one-half cups confectioners' sugar and one-third of a cup of butter. Beat thoroughly and add one tablespoon of breakfast cocoa and enough strong coffee to make it of the right consistency to spread. This is much used as a decoration for small cakes, it being forced through a pastry bag and tube in ornamental designs.

CHOCOLATE FROSTING No. 1—Melt two squares of chocolate, add one teaspoon of melted butter and three tablespoons of hot water. Flavor with one-fourth teaspoon of vanilla and stir in sufficient confectioners' sugar to make of the right consistency to spread.

CHOCOLATE FROSTING, No. 2—Use one ounce of chocolate (one square); three tablespoons of sugar; one tablespoon of water. Place these ingredients together in a small frying-pan, and stir over a hot fire until the mixture is smooth and glossy. Beat the white of one egg enough to thin it, but not so as to make it frothy; add eight even tablespoons of powdered sugar, stir until perfectly smooth and light, and put in the chocolate. One-half teaspoon of vanilla may be added if desired.

WHITE MOUNTAIN CREAM—Make a syrup by boiling one cup sugar and one-third cup of hot water. Stir constantly that it may not stick to the saucepan. When the syrup will form a thread when dropped from tip of spoon pour it gradually on the beaten white of an egg, beating the mixture continually and not stopping until the mixture has reached the right consistency for spreading. Add one teaspoon of vanilla or other flavoring, if desired. When properly made this frosting should be soft inside with a glossy surface. Any decorations must be put on when frosting is first spread, as the glossy surface must not be broken.

MARSHMALLOW CREAM FROSTING—Put three-fourths cup of sugar and one-fourth cup of milk into a saucepan and bring slowly to the boiling point. Boil for about five minutes. Break into pieces one-fourth pound fresh marshmallows and place in a double boiler with two tablespoons of hot water and one-half teaspoon of vanilla. Stir until smooth, then add the milk and sugar syrup gradually, stirring constantly. Beat until cool, when it will be ready to spread.

LEMON CHEESE FOR LAYER CAKE—Take two lemons (juice

and grated rind); three eggs (yolks); one-half cup of butter; one cup of sugar. Mix all together, place on range, and cook until the mixture is as thick as sponge, stirring continually; it will thicken as it cools.

TO MAKE CARAMEL FOR CAKES AND PUDDINGS—Put one-half cup of granulated sugar and two tablespoons of water into a shallow granite pan, stir until the sugar has melted, then let it cook without stirring until it is dark brown, but do not let it blacken or burn. Add one-half cup of boiling water, and simmer until the sugar is dissolved and cooked to a thin syrup.

CHAPTER XIX—DOUGHNUTS, CRULLERS, GINGERBREAD, COOKIES AND SMALL CAKES

RAISED DOUGHNUTS—Scald one pint of milk and let it cool; add one egg, piece of butter the size of an egg; one scant teaspoon of soda, one large cup of sugar, and one-half cake of yeast or one-half cup of liquid yeast. Make up at night and keep very warm. Take out of pan in the morning and do not knead, but make up as light as possible; cut and fry in kettle of hot lard.

DOUGHNUTS (Sweet Milk)—Two eggs; one cup of sugar; one cup of milk; flour to thicken; one tablespoon of butter; one large teaspoon of baking powder; one teaspoon of salt; one teaspoon of nutmeg. Rub the butter and sugar together, and add the beaten eggs, salt and milk. Stir the powder in a little of the flour, and add this to the mixture, together with the dough and just enough of the flour to admit of rolling out. The softer the dough is made the lighter and more tender will be the doughnuts when cooked, Fry in very hot fat as above; and when the cakes are cold, roll them in sugar.

DOUGHNUTS (Sour Milk)—One egg; one cup of sugar; one cup of sour milk; one tablespoon sour cream; one-half teaspoon each of salt, soda, cinnamon and nutmeg. Stir in flour sufficient to handle, but keep it as soft as possible. Cut, and fry in deep fat.

CRULLERS—Cream one cup of sugar with one-fourth cup of butter, add the yolks of two eggs, slightly beaten, and the whites beaten to a stiff froth. Mix thoroughly four cups flour, one-fourth teaspoon grated nutmeg and three and one-half teaspoons of baking powder. Add these dry ingredients, alternately with milk, to the first mixture. Toss on molding board, well floured, roll thin and cut into long narrow strips. Twist, and fry in deep fat.

GINGERBREAD—Ingredients: One cup of sour milk; one cup of molasses; one-half cup of butter, two eggs; one teaspoon of

soda; one tablespoon of ginger; flour to make as thick as pound cake. Warm the butter, molasses and ginger, then add the eggs milk, flour and soda, and bake as quickly as possible.

SOFT GINGERBREAD—Take one cup of sour milk; one cup of molasses; one teaspoon of soda; one tablespoon of ginger; one tablespoon of vinegar; five tablespoons of melted lard; flour to thicken. Dissolve the soda in the vinegar, add it to the molasses, and stir well. Turn the molasses into the sour milk, stir until well mixed, and add the rest of the ingredients. The success of this bread depends on the amount of flour used being exactly right. The batter should be so thin that the track left by the spoon in stirring disappears at once. When well made the cake is delicious.

HOT WATER GINGERBREAD—Take one-half cup of boiling water and mix it with one cup of molasses. Add one teaspoon of soda, dissolved in one-fourth cup of lukewarm water, one-half teaspoon of salt, one and one-half teaspoons of ginger, and two and one-half cups of flour. Lastly beat in thoroughly a scant half-cup of butter and lard mixed which have been melted. Bake one-half hour in a moderate oven.

BUTTERMILK CAKE—Two cups sugar; one teaspoon cinnamon; one teaspoon cloves; one-half nutmeg (grated); two cups buttermilk; one teaspoon soda; one cup chopped raisins; enough flour to stiffen. Mix thoroughly and bake in a moderate oven.

GINGER SNAPS—Two cups of molasses; one cup of butter or lard; one teaspoon of soda; one teaspoon of ginger. Heat all until melted, and then add barely enough flour to admit of rolling the dough out. Bake in a quick oven.

COOKIES WITHOUT EGGS—Take one and one-half cups of butter; two cups sugar; one cup milk; two teaspoons of baking powder and enough flour to roll out as soft as possible.

PLAIN COOKIES—Eight tablespoons of sugar; six tablespoons of melted butter; four tablespoons of milk; two eggs; two teaspoons of baking powder; flour to thicken. Stir the butter into the sugar; beat the eggs lightly, add them to the butter and sugar, stirring well; and then add the milk. Sift the powder with a little flour, stir it in, and add enough more flour to admit of rolling out. Place the dough on a well-floured board, roll it thin, cut the cookies out, dip each in granulated sugar as soon as cut, and bake in a quick oven.

NUT COOKIES—Nut cookies are made in the same manner as

ordinary cookies, except that the amount of the shortening is lessened according to the richness of the nuts. The latter should be put in before the flour is added, and the quantity should depend on the judgment or taste.

CARAWAY COOKIES—Two cups of sugar; one-half cup of butter; one cup of sweet milk; one teaspoon of baking powder; caraway seeds; flour enough to roll out.

PEANUT COOKIES—Rub to a light cream one cup of butter and one and one-half cups of powdered sugar. Add three well-beaten eggs, one teaspoon of lemon extract, one cup of finely chopped peanuts and about three cups of sifted flour with a pinch of salt.

Pat into small round cakes and bake in a moderate oven.

LEMON WAFERS—Cream one cup of butter; add two cups of sugar and three eggs well-beaten. Flavor with the juice of a large lemon. Stir in flour enough to make as soft a dough as can be rolled. Roll very thin and shape with a cutter. This recipe may be used for vanilla, chocolate or orange wafers.

SOUR MILK JUMBLES—Two cups of sugar; one cup of butter; one cup of sour milk or cream; three eggs; one-half of a nutmeg grated; one teaspoon of soda; and flour enough to roll; about six cups full.

KORNETTES—Beat the white of one egg until very stiff, and, continuing the beating, mix in one-third of a cup of light brown sugar. Melt a heaping teaspoon of butter and into this stir three-fourths of a cup of chopped popcorn, adding one-fourth of a teaspoon of salt and one-half teaspoon of vanilla. Beat the two mixtures together and drop by the spoonful on to a buttered baking-sheet.

LACE CAKES—One cup rolled oats; one egg; one-half cup of light brown sugar; tablespoon of soft butter; little salt and vanilla. Add the sugar to the beaten egg and then mix other ingredients and add. Drop in spoonfuls on greased baking-sheet and spread very thin. Bake in moderate oven.

HERMITS—One half cup butter; one-half cup of sugar; two eggs; one teaspoon each of all kinds of spice; one tablespoon molasses; one cup of chopped raisins and one-half teaspoon of soda dissolved in a little water; mix up quite stiff and roll.

CREAM PUFFS AND ÉCLAIRS—Place in a saucepan one cup boiling water and two tablespoons of butter; bring to a boil and stir in thoroughly one cup of flour. Remove from the fire, let the

mixture cool slightly and add the eggs one at at time, beating in each one for some time before adding the next. Drop by spoonfuls on a buttered pan about two inches apart, shaping into a circular form and having the batter a little higher in the center. Bake one-half hour in a moderate oven.

When done, cool and split partially with a sharp knife. Fill with Cream Filling. See chapter on Cake Fillings and Frostings.

CHOCOLATE, COFFEE AND VANILLA ÉCLAIRS—Make the preceding cream cake mixture and press it through a pastry bag on to a buttered tin forming strips three and one-half inches long and one inch wide. Keep the strips a little distance apart.

Bake as before; partially split lengthwise, and fill with Cream Filling. Frost the top half of the éclairs by dipping them into boiled frosting, flavored with chocolate, vanilla or coffee.

LADY FINGERS—Add two heaping tablespoons of powdered sugar to the stiffly beaten whites of three eggs. Add to these the well-beaten yolks of two eggs, and vanilla extract. Fold in one half cup of flour which has been sifted twice with a pinch of salt. Line a pan with paper but do not grease it, and press the batter through a pastry bag on to it. Form in strips four inches long and one inch wide. Sprinkle these with powdered sugar and bake in a moderate oven ten minutes.

SPONGE DROPS—Form the lady finger batter in a circular shape, and dip the tops of the cakes into boiled icing of any flavor.

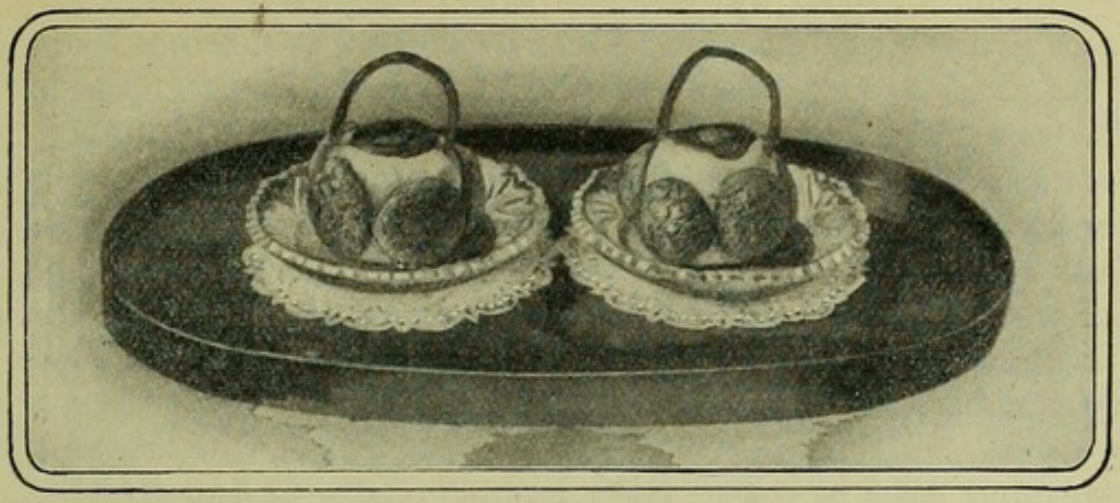
MERINGUES AND KISSES—These are made simply of whites of eggs and powdered sugar; allowing one-half cup of sugar for every two eggs. Beat the whites adding a pinch of salt to make them stiffen well. Add the sugar gradually, and press through a pastry bag on to a board covered with an ungreased paper.

Bake in a very slow oven for three-fourths of an hour. The kisses should then be very light brown and quite dry. If they adhere to the paper, turn and moisten the other side of the paper when they will slip off easily.

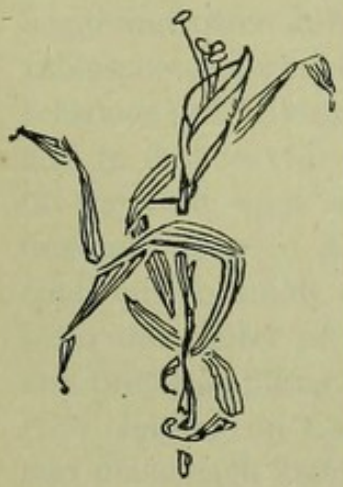
The halves of the kisses may be stuck together with a little white of egg, and the meringues, which are usually shaped larger, may be filled with ice cream or whipped cream.

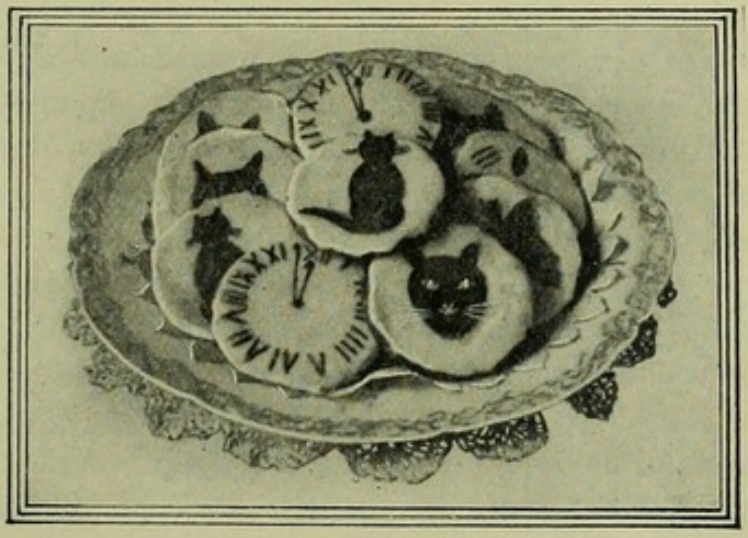
These may be flavored with vanilla, chocolate, or lemon.

COCOANUT DROPS—One-half pound of grated cocoanut; one-half pound of powdered sugar; whites of four eggs. Beat the eggs and sugar until light and white, then add the lemon, and as

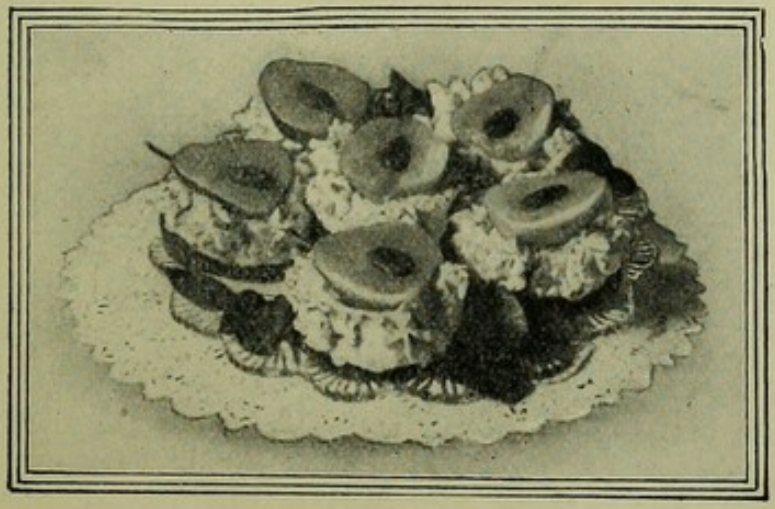


MACAROON BASKETS





WITCH CAKES



PEAR CAKES

much cocoanut as will make it as thick as can be easily stirred with a spoon. Drop on greased paper and bake.

MACAROONS—One-half pound of sweet almonds; one-half pound of powdered sugar; the whites of two eggs. Blanch the almonds and pound them to a paste; add to them the sugar and the eggs after they have been beaten to a stiff froth; work the whole together with the back of a spoon, then roll the mixture in your hands into balls about the size of a nutmeg; lay them on a paper at least an inch apart. Bake them in a slow oven, a light brown.

PEAR CAKES—Heap chipped pears cooked in spice syrup on rounds of toasted sponge cake; cover with a méringue, place half a cooked pear and an almond on top of each; brown delicately in the oven.

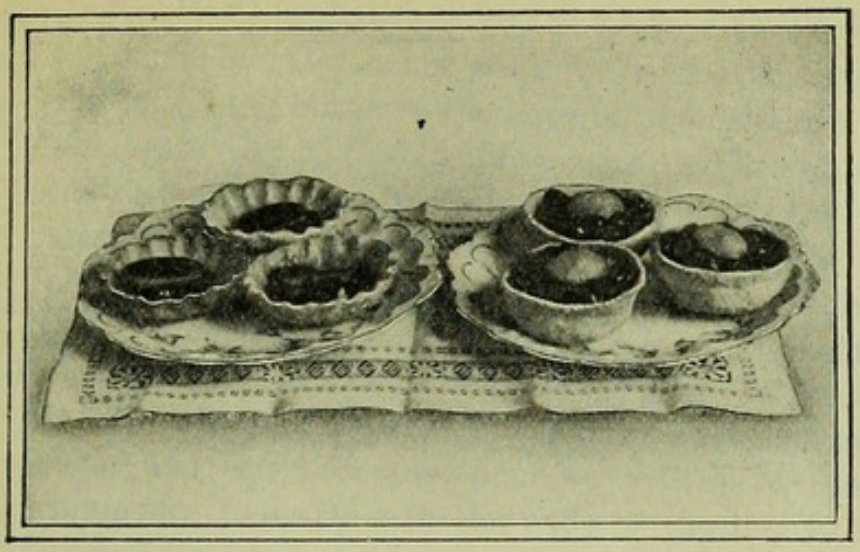
PETITS FOURS—To the beaten yolks of four eggs add one sugar and three tablespoons cold water. Sift one and one-half cup tablespoons cornstarch with one cup of flour, one and one-half teaspoons of baking powder and one-fourth teaspoon of salt, and add to first mixture. Beat well and add the stiffly beaten whites of the four eggs and whatever flavoring is desired. Bake for one-half hour in a moderate oven, using shallow pans. When cool, cut in small circles, split, scoop out a little of the crumb from the center of each and fill cavities with whipped cream or any prepared filling. Press together in pairs, dip in melted fondant (See chapter on Candies) decorate with nuts, glacé fruits, etc., and place each little cake in a paper case.

CHAPTER XX—PASTE, PIES, TARTS, AND FANCY PASTRY

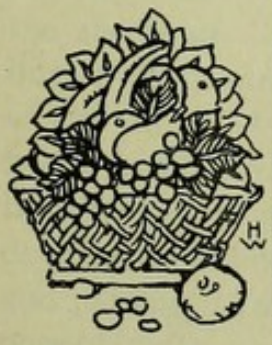
SUCCESS in pastry-making depends upon the lightness and flakiness of the crust. Pastry flour should always be used. It contains a large proportion of starch and is made of winter wheat, while bread flour is made of spring wheat and has the larger amount of gluten. Butter alone, or a mixture of half lard and half butter should be used for the shortening. Pastry made with lard alone is especially indigestible and is never as flaky as when made with butter.

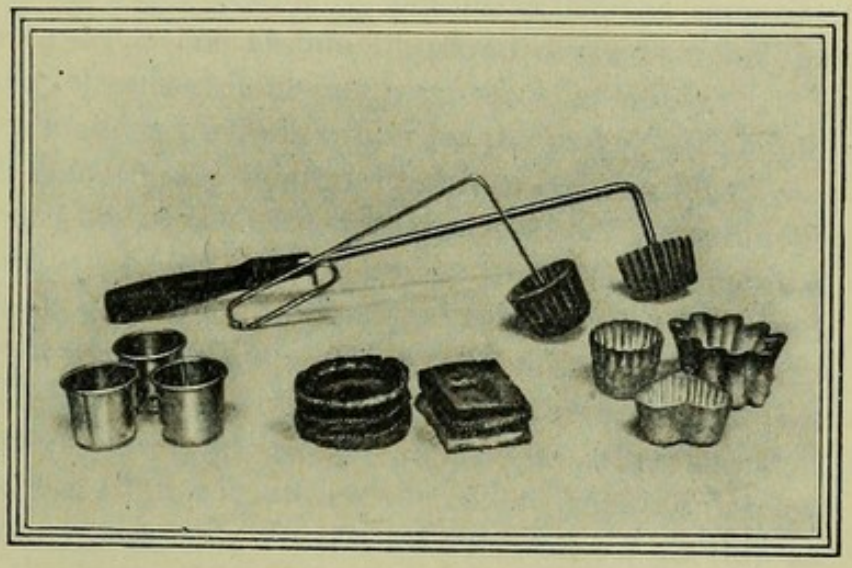
PLAIN PASTE—One and one-half cups of flour; one-fourth cup of butter; one teaspoon of salt; one-fourth cup of ice water; one-fourth cup of lard. These ingredients will make sufficient paste for a pie with upper and under crusts. Sift the flour, measure it and add the salt. Chop the lard and butter into the flour with a sharp knife, but do not chop too fine. Add the water gradually, mixing the mass with the knife and adding only enough to hold the dough together. Turn out on a board and roll lightly, folding in the same way as for puff paste, but rolling and folding only until the paste can be shaped. Plain paste is not so easily rolled as puff paste, but it should be rolled as lightly as possible. Roll as thin as possible when using. When the sheet is laid in the pie tin, lift it lightly to allow all the air to escape from underneath; otherwise the crust may hump up when baking, especially if it is a custard pie. The crust will shrink in the baking, so when the edges are trimmed a sharp knife should be used and the crust turned away from the tin to allow for the shrinking.

PUFF PASTE—One-half pound of butter; one-half teaspoon of sugar; one-half cup of ice water; one-half pound of lard; one teaspoon of salt; one-half white of an egg. The usual proportions are a pound of flour to a pound of butter, but this makes a large quantity and the above will be found nearer the amount ordinarily required. Half fill a bowl with ice water and in it place the butter. Wash

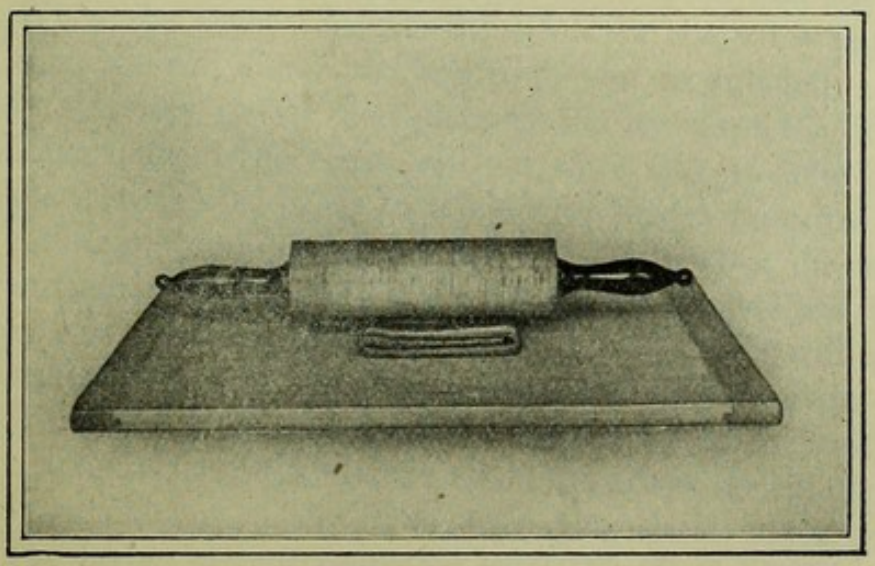


CRANBERRY TARTS AND FANCHONETTES





TIMBALES AND TIMBALE IRONS



HOW TO FOLD FRENCH PASTE

the hands in water as hot as can be borne, rinse them in cold water, and knead the butter in the bowl until all the salt is drawn from it. This state may be told by its tenacity. When the process is begun, the butter will crumble, but when free from salt it will cling and mass together. When thus washed, wrap the butter about a piece of ice and leave it in the water until wanted. Now take a flat-bottomed mixing bowl, and into it put two-thirds of the flour, making a well in the center and keeping the sides even and firm. In the well place a piece of butter the size of an egg, add the salt, sugar and egg unbeaten, pour on a little of the ice water and commence to work with the ends of the fingers from the center toward the edges, taking care that the wall of flour is not broken through. Add more water gradually, not using all the quantity stated unless necessary. The amount required depends upon the quality of the flour, the finest flour requiring the least water.

The dough thus made is the foundation for the paste. It should be kneaded until smooth and then divided into halves. Roll out each half until both are of the same size and shape. Over one of the sheets of dough sprinkle a little flour. Make the remaining butter into a sausage-like roll, add flour and roll out very thin and as like the sheets of dough in shape as possible, flouring the pastry board and the rolling pin so the butter will not adhere. Place this buttered sheet upon one sheet of dough, lay the other sheet of dough over it and roll from you, lifting the roller, bringing it back and passing it from you again. In this manner roll out as thin as possible without the butter breaking through. In the flouring of board, butter and rolling pin use only the flour that has been weighed. When the sheet becomes thin, fold in the sides until they meet, turn the roll about and roll from you as directed. Fold and roll in this way twice, then place in the ice chest for fifteen minutes. Take it from the chest, roll out thin, fold as before, roll out and place in the ice chest to remain for fifteen minutes. Repeat this rolling-out-and-cooling-off process four times. If not needed for immediate use, it may be covered with a towel and left in the ice box from twelve to twenty-four hours, when it will be found even lighter and more flaky than when but freshly made.

Puff paste may be made without stopping to let it cool off, but it is lighter and rises better when the above directions are followed. It should not, however, be placed in direct contact with the ice. The layers in puff paste are made by the folding and rolling, in-

corporating air which, expanding with the heat, makes the paste rise. A noted French chef folds his paste differently. The sheet of dough is made rectangular and then folded in three folds or layers instead of two.

TO BAKE PUFF PASTE—A most important factor in the making of puff paste is having the oven at exactly the proper temperature, for even if the very best materials have been selected and have been mixed exactly as directed, the paste will be a failure if placed in an oven that is not rightly heated. The paste should be ice cold when put into the oven, which should be very hot (at least as high as 460° Fahrenheit, if a thermometer is used).

For patties the oven should have a strong underheat, allowing them to rise to their full height before browning. If the oven should be too hot, so that the paste begins to brown as soon as put in, immediately reduce the temperature by opening the draughts of the stove, and placing in the oven a small basin of ice water.

SUET PUFF PASTE—This is excellent for boiled fruit puddings and dumplings or for baked or boiled meat pies. All the ingredients must be very cold when mixing. Take two cups of flour; one-half teaspoon of salt; one teaspoon of baking powder; one cup of suet freed from skin, chopped very fine and dredged with flour, and one cup of water. Sift the baking powder with the flour into a bowl, add the salt, suet and water and mix into a smooth, firm dough.

TO GLAZE PUFF PASTE—When a brown, polished finish is desired, the pastry should be brushed with egg glaze before baking. For this glaze allow one tablespoon of water to each egg. The egg must not be beaten to a frothy stage but merely enough to make it mix with the water. Where gloss but no color is desired, the white of the egg alone may be used. The yolk gives the yellowish brown tinge which is so much admired on French pastry. Use a quill for this work and dust over with sugar.

PIES

APPLE PIE, No. 1—Slice the apples thin and directly into the lined pie-dish. Do not fill too deeply. Add one-fourth cup of water, one cup of sugar and one teaspoon of cinnamon, sprinkling the spice on top of the sugar, and bake for one hour.

APPLE PIE, No. 2—Line the plate with the plain crust and fill with thinly sliced tart apples. Add a little water and cover with top crust, making it a little richer than the under one. This is easily done by rolling in bits of butter and folding the paste several times. Cut a few slits in the center to allow steam to escape while cooking. Brush with beaten yolk of egg. When baked, and while still hot, remove top crust carefully, add sugar, nutmeg and a little butter and beat in well with the cooked apple. Replace the top crust and dust with powdered sugar. This is an old fashioned method and apple pies seasoned in this way are much better than when seasoned before baking.

DEEP DISH APPLE PIE (English)—Invert a heavy china cup in the center of a baking-dish. Fill dish full of tart apples, pared, cored, and cut in pieces. Cover dish with either puff or plain paste, cutting slashes in the paste to allow for escaping steam, and rolling the paste a little thicker than for ordinary pies. Bake for three-quarters of an hour, then remove from oven, and, with a knife, carefully pry up the crust and season with sugar, cinnamon and butter. Replace the top crust, sift over with sugar and serve hot with a hard sauce. The cup will be found full of juice. When serving, slip knife under bottom of cup to give vent to the confined juice, which will then mix with the apple.

APPLE (or PEACH) MERINGUE PIE—Stew the fruit and sweeten to taste; mash it smooth and season with nutmeg. Bake the pie (no top crust) till just done. Whip to a stiff froth the whites of three eggs, add three tablespoons of powdered sugar, flavor with rose water or vanilla and beat till it will stand alone; spread it over the pie from one-half to one inch thick and put back into the oven till the meringue is well set. Serve cold.

PEACH PIE—Follow same directions as for apple pie, omitting nutmeg flavor.

HUCKLEBERRY PIE—Carefully wash and drain the berries and sift flour over them until each berry becomes a little white ball. Allow one scanty cup of sugar to each pie, stir it well into the fruit, and turn the latter into the pie plates. Cover each pie with an upper crust, and bake one hour. Serve cold, with sugar sifted over the top. Flouring the berries in this way, while still a little wet from the washing will make just enough thickening to counteract the excessive amount of juice these berries are capable of giving off.

Note: Many good authorities recommend that sugar be added

after the pie is baked. The juice is less liable to overflow and the fruit has a fresher taste.

BLACKBERRY PIE—Look over carefully, wash and drain one and one-half cups of blackberries. Cook until tender with just enough water to prevent burning. Add sugar to taste and a pinch of salt. Line plate with paste, shape a ring of the paste around the rim of plate, fill with berries which have become partially cool, and arrange strips of pastry across the top. Put on another rim around edge and bake thirty minutes in slow oven.

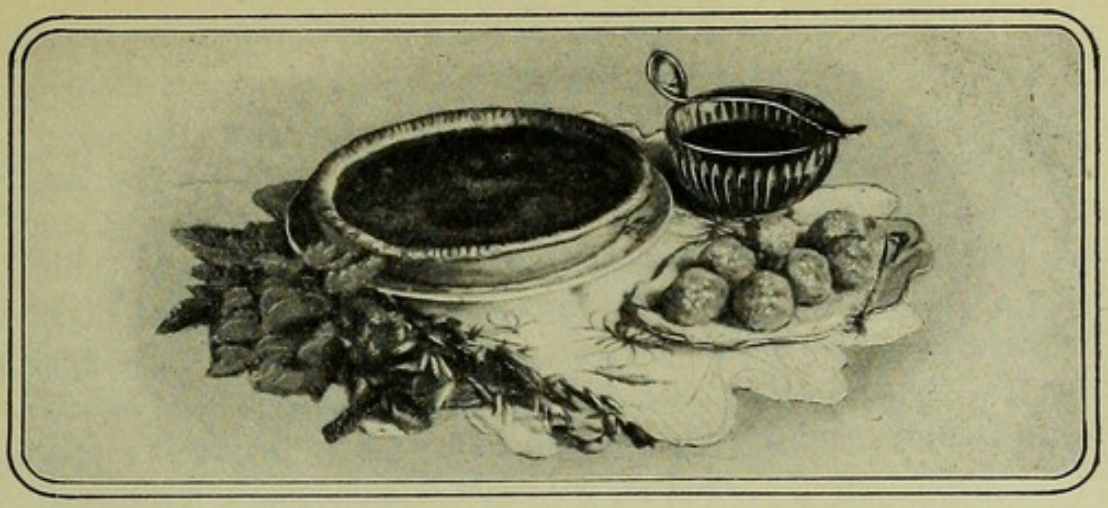
CHERRY PIE—The common red cherries are the best for pies. Stone the cherries or not as desired, line deep pie plates with good plain paste, nearly fill them with the cherries, sprinkle four large tablespoons of sugar over each pie, and dredge lightly with flour. Cover each pie with an upper crust, which should be rolled as thin as possible; make a vent in the center, and press the edges lightly together so the juices will not escape during the baking. Serve the pies the same day they are baked, else the under-crust will become heavy. Sprinkle powdered sugar over each pie just before sending to table.

Follow the same directions in using any small fruit for pies.

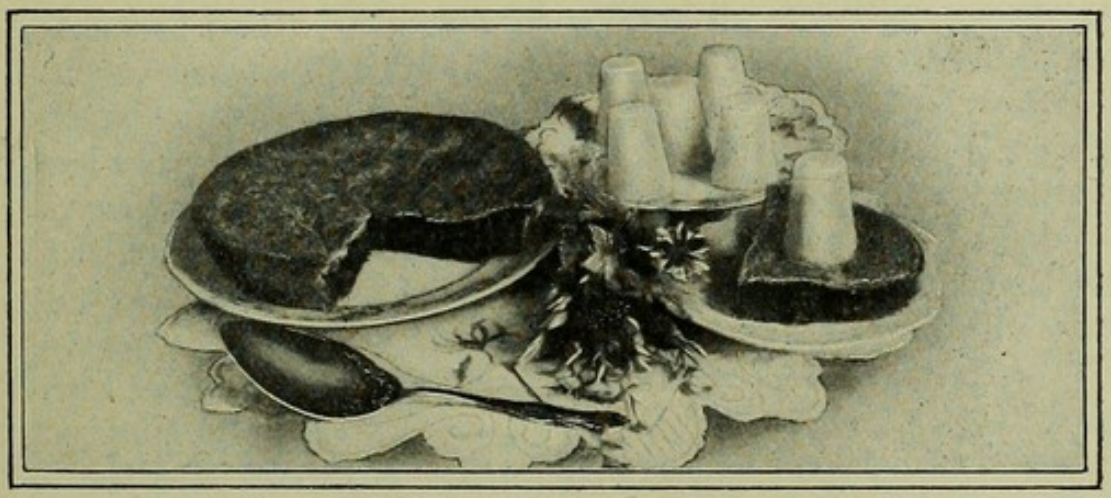
COCOANUT CUSTARD PIE—Take two eggs; one pint of milk; one-fourth teaspoon of nutmeg; one-half cup of sugar; one cup of prepared cocoanut; one-fourth teaspoon of salt. Beat the eggs and sugar together until light; then add the milk, nutmeg, cocoanut and salt. Line a deep dish with crust, pour the mixture in, stirring well, and bake thirty minutes. The above quantities will make one thick pie or two rather thin ones.

CUSTARD PIE—For one deep pie allow two eggs; one-half teaspoon of salt; one-half cup of sugar; one-half teaspoon of cinnamon; one pint (large measure) of milk. Place the sugar, salt and spice in a quart cup, stir well together, then add the beaten eggs and sufficient milk to fill the quart measure. Bake for forty-five minutes, inserting a silver knife to determine if it is quite cooked. There should be not enough heat to cause the custard to boil, for this will make it appear watery; the oven should, in fact, be a little more moderate than for most pies.

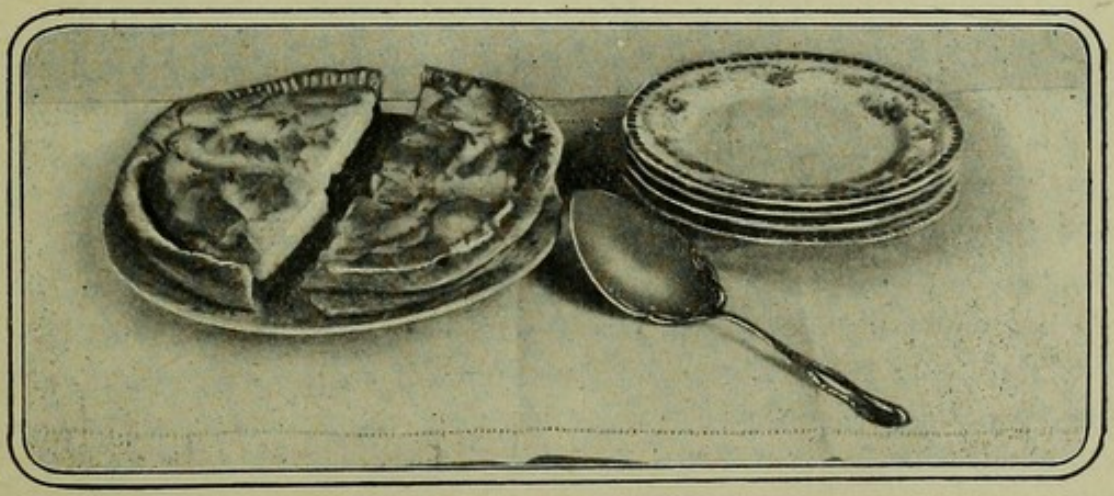
LEMON PIE WITH CORNSTARCH—This is baked with one crust. To make one pie, use one lemon; one tablespoon of butter; one and one-half tablespoon of cornstarch; one cup of water; one egg (white only); sugar to taste. Wet the cornstarch in a



PUMPKIN PIE WITH COTTAGE BALLS AND STRAINED HONEY



MINCE PIE WITH MOLDS OF ICE-CREAM



SQUASH SOUFFLÉ PIE

little of the water, and place the rest of the water over the fire in a saucepan; when the latter boils stir into it the wet cornstarch, and boil a minute after it thickens. Add the butter, and set the mixture aside to cool. Line a pie plate with paste, and when the filling has cooled add to it the lemon juice, the grated rind, and sugar to sweeten. Beat the mixture well, turn it into the crust, and bake about twenty minutes in a very quick oven. When done, spread over the top of the pie the beaten white of egg, sweetened with a teaspoon of sugar and flavored with a little lemon extract. Brown the meringue, and serve the pie cold.

LEMON CUSTARD PIE—To make the filling use three eggs; one large or two small lemons; one and one-half cups of sugar; one-half cup of water; one and one-half cups of milk; one tablespoon of melted butter. Separate the yolks of the eggs from the whites, rub the sugar and yolks to a cream, and add the water and then the milk. Stir all well together, then put in the melted butter; and when everything is ready to put the filling in the crust, add the lemon juice and the grated rind. When added in this way the acid will not curdle the milk. Bake for three-fourths of an hour. Use puff paste. Whip the whites of the eggs to a stiff froth, add a tablespoon of sugar, spread the mixture on top of the pies when baked, return them to the oven and brown the whites lightly. To be eaten cold.

SQUASH PIE—The yellow, hard-shelled squash makes almost as good pies as pumpkin, and it is often obtainable when pumpkin is not. Squash pie is made in the same way as pumpkin pie, with the addition of one tablespoon of melted butter. Squash is not so rich in oil as pumpkin and never makes quite so satisfactory a pie, but the squash will stew sufficiently in one hour or even a little less. Care must be taken that it is very dry before being removed from the fire.

PUMPKIN PIE—For one deep pie allow two cups of stewed pumpkin; one-half teaspoon of salt; one-half teaspoon of cinnamon; two-thirds cup of sugar; one teaspoon of ginger; two eggs; one pint of milk (scant measure). Beat the eggs until light. Place the pumpkin in a quart measure, add the sugar, salt and spice and then the beaten eggs. Stir well and add sufficient milk to make a quart of the whole mass. Turn into a pie tin lined with paste and bake slowly for forty-five minutes. When a silver knife inserted in the pie will come from it clear, it is done. In baking pies they

should, if possible, be kept from boiling. Pumpkin, squash and custard pies will become watery if allowed to boil.

MINCE MEAT No. 1—Stew gently two pounds of lean beef in a very little water until quite tender, let it get cold and then chop as fine as possible. Add one pound of finely chopped beef suet; four pounds of peeled, cored and chopped tart apples; three pounds of sugar; three pounds of currants; two pounds of raisins; one grated nutmeg; one-half teaspoon of ground mace; the grated rind of two oranges and one lemon; one-half pound of citron (chopped); one tablespoon of salt; the juice of two lemons; one-half pint of sherry and one wineglass of brandy. Mix thoroughly and pack in a stone jar. The mince meat should be thoroughly stirred each time any is taken out and occasionally moistened with a little sherry or orange juice.

MINCE MEAT, No. 2—Three pounds of cold boiled lean beef; twice the amount of sour apples; three pounds of raisins; two pounds of English currants; half a pound of suet; half a pound of citron; two tablespoons of butter; two pounds of sugar; one pint of cider vinegar; one pint of New Orleans molasses; teaspoon each of ground cloves; cinnamon and mace; one nutmeg; two tablespoons of salt. Mince the meat fine, chop the apples, stone and partially chop the raisins, wash and dry the currants, cut the citron in fine pieces, chop the suet and melt the butter. Mix all together thoroughly, put in a porcelain kettle and scald. If the mince meat is too dry, add a little warm water when you use it.

MOCK MINCE MEAT—Six soda crackers, rolled fine; two cups of cold water; one cup of molasses; one cup of brown sugar; one cup of sour cider; one and one-half cups of melted butter; one cup of raisins, seeded and chopped; one cup of raisins, unseeded; one cup of currants; two eggs; one tablespoon of cinnamon; one-half tablespoon of allspice; one teaspoon of nutmeg; one teaspoon of cloves; one teaspoon of salt; one wine-glass of brandy. Mix all well together, adding last the water, molasses, cider, brandy and eggs. This makes a good mince meat for those who find the ordinary variety too rich.

RAISIN PIE—Take one cup of seeded and chopped raisins; the juice and rind of one lemon; one cup of cold water; one tablespoon of flour; one cup of sugar and two tablespoons of butter. Stir lightly together and bake with two crusts.

RHUBARB MERINGUE—Line a pie-plate with plain paste.

Cut into inch pieces sufficient rhubarb to fill the plate, and sprinkle with flour until each piece is quite white. Place the rhubarb in the pie plate, adding one cup of sugar and a very little water. Bake slowly without a top crust, and when done spread over the top the beaten whites of two eggs into which has been stirred one tablespoon of sugar. Brown lightly in the oven.

RHUBARB PIE—Break the peeled rhubarb into small pieces, flour them until they are quite white and add a cup of sugar for each pie. Line a pie dish, put in the rhubarb, with the sugar well stirred into it, cover with the upper crust, and bake one hour. Serve cold, sprinkling powdered sugar on top.

TARTS AND FANCY PASTRY

TART SHELLS—Roll thin a quantity of plain or puff paste and cut it out with a glass or biscuit cutter. With a wine-glass or a smaller cutter, remove the centers of two or three of these circles, and lay the rings thus made on the third, in this way building a little wall around the shell. Bake on a baking-pan in a quick oven. When these shells are used, no small pans are required. In using patty-pans, carefully line them with the crust, and bake quickly.

These pastry cases may be made the day before needed and may be filled with any kind of pie filling, or with preserves or jelly.

APPLE TARTS—Take five apples; three eggs; one lemon (juice and rind); one-fourth cup of butter; three-fourths cup of sugar; one-half cup of water. Peel and core the apples, which should be tart; and cook them in the water until soft; stewing them very slowly. Beat the sauce very smooth, and when partly cooled, add the beaten yolks of the eggs, the lemon juice and grated rind and the sugar, increasing the amount of sugar if desired very sweet. Line the patty-pans with paste, fill them with the mixture, and bake five minutes in a very hot oven. Beat the whites of the eggs stiff, add to them two tablespoons of sugar, spread the eggs on top of the tarts, return the latter to the oven and brown delicately.

GERMAN FRUIT TART—Make a crust of one pint of flour and one heaping teaspoon of baking powder sifted together, a piece of butter as large as a walnut, one pinch of salt, one beaten egg and enough sweet milk to make a soft dough. Roll the crust one-half inch thick and cover the bottom and sides of a buttered baking-

tin with it. Now cover the crust with quartered, juicy apples, sprinkle with a little cinnamon and molasses; bake in a rather quick oven till crust and apples are both a light brown; sprinkle over with sugar, keep in the oven five minutes more, and then serve. Peaches may be used in place of apples if desired.

SWEET RISSOLES—Cut circles of puff paste three inches in diameter, from a sheet one-fourth-inch thick, or even thinner. Wet the edge of each circle for one-half-inch all around, lay one teaspoon of any thick, stewed fruit or marmalade on one side of the circle and fold the other half over upon this so the edges meet. Pinch the edges together so they will adhere, brush over with beaten egg and bake in a quick oven. Dust with sugar and serve.

GREEN GOOSEBERRY TARTS—Remove stems and tails of the berries; stew slowly in very little water till the fruit breaks, then sweeten well and set them aside to cool. When cold bake in pastry shells with a top of puff paste. Brush each over while hot with beaten egg and set back in the oven three minutes to glaze. Serve cold.

GRAPE TARTLETTES—Line oval patty shells with puff paste and into each, while baking, stuff a closely wadded piece of brown paper. The paste should be pricked several times before the paper is placed in the tin and the paper must not be pushed too closely against the paste. When baked a delicate brown, remove the paper and fill the shell with grape mixture made as follows: Make a syrup of a cup of granulated sugar and a half-cup each of water and California Angelica wine. Moisten a half-teaspoon of arrow-root to a smooth paste and stir in as thickening. Remove seeds from a cup of Malaga grapes (or any other kind preferred) and put grapes in this syrup. Allow the mixture to simmer until grapes are soft and syrup thick. If too thick, thin with a little more of the Angelica. When cool, fill the puff paste shells, and, at serving time, top each one with whipped cream and a single uncooked grape laid open in halves.

MACAROON TARTS—Mix the yolks of two eggs with one half-cup of granulated sugar and beat until light. Roll a half dozen dry macaroons and flavor with either the grated rind and juice of an orange or a lemon, as preferred. Mix this with a tablespoon of melted butter. Beat all these ingredients until they are smooth and then add the stiffly beaten whites of the two eggs. Cover inverted patty-tins with puff paste, prick, and bake in a hot oven.

When cool, fill with marmalade or jelly and cover with the macaroon mixtures. Place for a moment or two in the oven until the tops brown.

LEMON TARTLETS—The juice and grated rind of two lemons; two cups of sugar; two eggs, and one cup of sponge cake crumbs Beat thoroughly till smooth; put into twelve patty-pans lined with paste and bake till the crust is done.

ORANGE TARTS—Beat thoroughly together the juice of two large oranges, the grated peel of one, three-fourths cup of sugar, and one tablespoon of butter; add one full teaspoon of corn-starch stirred into the juice of one-half lemon, and bake in tart shells.

MILLEFEUILLES—Roll puff paste one-half-inch thick and with a floured knife cut into strips three inches long by one inch wide. Brush with egg glaze, as previously directed, and sprinkle with sugar. Place on ice for a half hour before baking and then place in a hot oven for twenty minutes. The strips should be well browned when done and are excellent to serve with afternoon tea.

RASPBERRY TURNOVERS—Cut circles of puff paste three inches in diameter, having the paste not more than one-eighth of an inch in thickness. Moisten the edge of the circle for about a half-inch with cold water, and; in the center, lay a teaspoon of thick raspberry preserve. Fold one-half the circle over the other, making edges meet. Press closely with a three-tined fork dipped in flour to insure doubled edges adhering. Brush with beaten egg, prick and chill before placing in the oven. Dust with granulated sugar before serving. If special ornamentation is desired, decorate the top of each with a single preserved berry or a candied cherry.

NAPOLEONS—Divide paste into thirds and roll each portion into a sheet as thin as possible without breaking. Prick and chill before baking. When baked a delicate brown, cool, and spread between the sheets any flavored cream filling preferred and spread top with confectioners' frosting. When ready to serve cut in blocks, two inches wide by four inches long.

PEACH TARTS—Make shells of puff paste as previously directed, and, when baked, and cool, place in each little case one-half a canned peach. Imitate the peach-stone by placing in this cavity a few chopped nuts, or a couple of blanched almonds. These may be attractively furnished with handles, made from strips of paste baked over one-fourth pound baking powder tins, to insure the

proper curve. Any fruit may be acceptably used in this way, and fresh fruit in season, may replace the canned.

BANBURY TARTS—One cup seeded and chopped raisins; one cup sugar; three tablespoons cracker crumbs; one egg; one tablespoon of butter; one-eighth teaspoon of salt; juice and rind of one lemon. Roll puff paste one-eighth inch thick and cut in three-inch squares. Put a teaspoon of the Banbury mixture in the center of one corner, wet edges of paste and fold to form a triangle. Prick several times and bake.

CHAPTER XXI—PUDDINGS AND PUDDING SAUCES

RICE PUDDING, No. 1—This is the old-fashioned, creamy pudding, than which there is none better. One quart of milk; three-fourths cup of sugar; three tablespoons of raw rice; one-half teaspoon of salt; one-half teaspoon of cinnamon. Mix the salt, spice and sugar well together, add to the rice and bake for three hours. Stir often for first hour. Bake slowly, that the mixture may not boil. Eat cold or hot without sauce. Add one-half cup of raisins if liked.

RICE PUDDING, No. 2—One and one-half teacup of boiled rice; two-thirds teacup of raisins; two eggs; one-half teacup of sugar; one pint of milk; one-half teaspoon of salt; one-eighth teaspoon of cinnamon. Separate the whites and yolks of the eggs, add to the yolks two tablespoons of the milk, and place the rest of the milk on the fire in a double boiler. Wash and stone the raisins (or they may be left unseeded, if preferred), put them in the milk, and cook until soft and tender, which usually takes fifteen minutes. Add the rice, cook five minutes longer, and then stir in the yolks of the eggs and the salt, sugar and spice. Stir well, cook for two or three minutes, remove from the fire, and pour the pudding into the serving dish. Beat the whites of the eggs light, add to them one tablespoon of sugar, spread the froth on top of the pudding, and brown delicately in the oven. Serve cold.

BREAD PUDDING, BAKED—One pint of stale bread; one quart of milk; three tablespoons of sugar; two eggs; one teaspoon of salt. Place the bread in the milk and after it has soaked two hours mash it very fine. Beat the eggs light and add to them the sugar and salt. When well mixed stir this into the bread and milk, pour the whole into an earthenware baking dish and bake three-quarters of an hour in a rather slow oven.

BROWN BETTY—Arrange alternate layers of bread crumbs and thinly sliced apples in a pudding dish, sprinkle sugar, a little

cinnamon or other spices and dot butter over each layer. Finish with crumbs and pour one cup of mixed molasses and water over all. Bake covered for one-half an hour, remove the cover and bake three-quarters of an hour more.

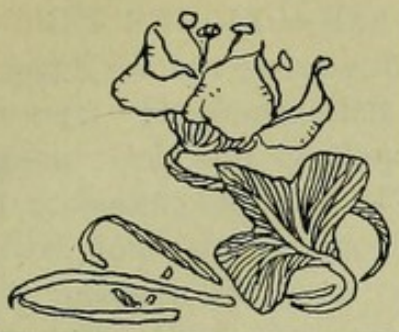
CUSTARD, BOILED—One pint of milk; three eggs (yolks); one-half teaspoon of salt; two tablespoons of sugar. Beat the yolks well, and add to them one-half cup of the milk; place the rest of the milk in a double boiler on the fire, and when scalding hot, pour over the yolks and cook until it thickens. Remove quickly, and add the salt and sugar.

CUSTARD, BAKED—Take the same ingredients as for boiled custard. Scald the milk, and pour over the beaten eggs, sugar and salt, pour into a pudding dish or individual dishes and bake very slowly in a second pan with water in it until firm. Quick cooking ruins this pudding.

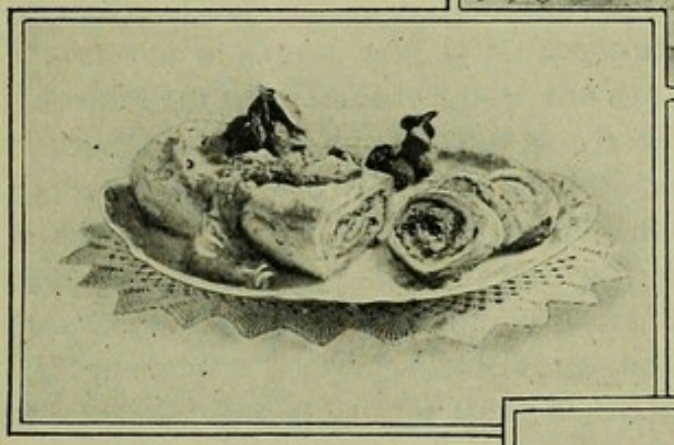
CHOCOLATE CORNSTARCH—One pint of milk; one tablespoon of cornstarch; two tablespoons of sugar; two eggs (yolks); one-fourth teaspoon salt; one teaspoon vanilla; one-half teaspoon of butter. Beat the yolks of the eggs and add to them a little of the milk; then wet the cornstarch with a small quantity of the milk and stir the two mixtures together. Place the rest of the milk on the fire in a milk-boiler and when boiling stir in the cornstarch, eggs, etc. Let the whole cook five minutes, add the salt, sugar and butter and remove from the fire; pour the pudding into a pudding-dish and when partly cooled add the flavoring, stirring it in well.

For the Chocolate—One-half cup of milk; one-half cup of grated chocolate; three tablespoons of sugar; one tablespoon of vanilla; two eggs (whites). Place the milk and chocolate together in a small saucepan set in another containing hot water and cook until the chocolate is smooth and thick—generally about five minutes—stirring all the time. Add the sugar, remove from the fire, stir until cooled and put in the vanilla. Spread the chocolate mixture carefully, a spoonful at a time, over the cornstarch in the dish. Beat the whites of the eggs stiff, add one tablespoon of sugar and two or three drops of vanilla, spread this icing on top of the chocolate and brown delicately in the oven

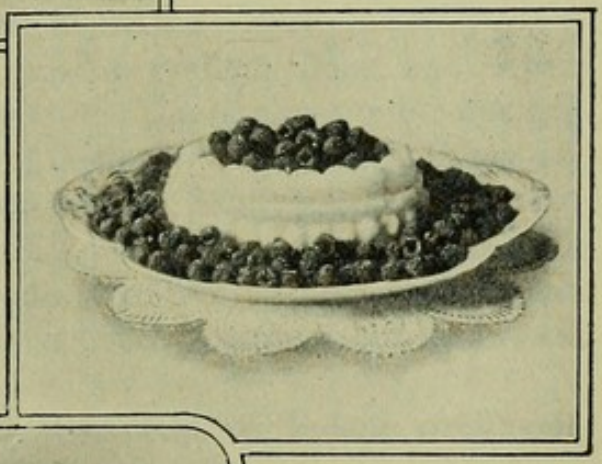
This pudding should be in three layers when finished—first the cornstarch, then the chocolate, and then the browned whites of the eggs.



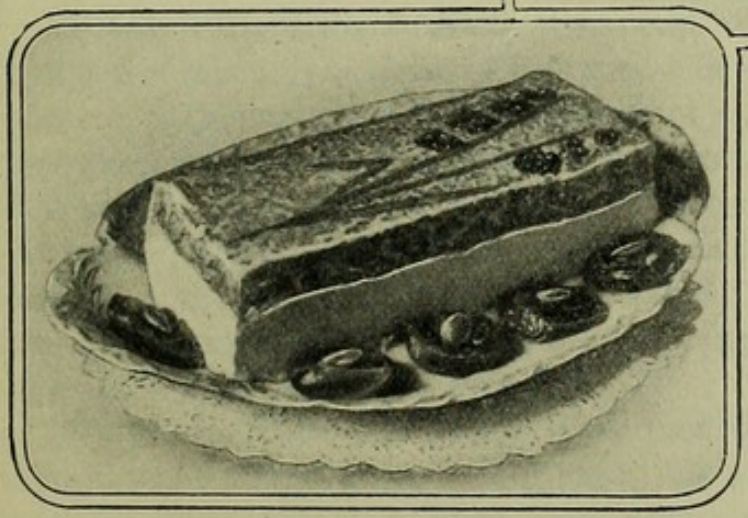
BLANC MANGE MOLDS
WITH FRESH
FRUITS



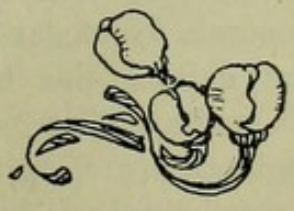
PLUM ROLY POLY



RED RASPBERRY
PUDDING



APRICOT LOAF



SUET PUDDING—The following recipe makes a pudding large enough for ten persons; one-half will usually be sufficient for one dessert. The portion left over will be equally good when warmed again. One cup of chopped suet; one cup of raisins; one cup of molasses; one cup of milk (preferably sour); three cups of sifted flour; one teaspoon of soda; one teaspoon of cinnamon; one teaspoon of cloves; one teaspoon of salt; one-half nutmeg (grated). Chop the suet fine and add to it the spice and salt. Warm the molasses, add it to the soda and when the latter is dissolved turn the molasses over the dry mixture, stir quickly and put in the milk. Add the flour slowly as it may not all be needed. Flour varies so much that it is always difficult to apportion it in any recipe. The pudding should not be too thick; when the track of the mixing-spoon, when turned quickly round in the batter, disappears slowly, the batter is generally thick enough. Butter a tin basin or a pudding-mold, pour the pudding in, set the whole in a steamer and steam for three hours.

GRAHAM PUDDING—One cup of graham flour; one cup of wheat flour; one cup of molasses; one cup of sweet milk; one egg; one teaspoon of soda; one cup of raisins. Warm the molasses, add the soda to it, and stir in the two kinds of flour well sifted together; then gradually add the milk, then the egg well beaten, and lastly the stoned raisins. Place the mixture in a buttered basin or in a pudding-mold, set it in a steamer over a kettle of hot water, and steam two hours.

INDIAN PUDDING, BAKED—One cup of Indian meal; one-half cup of raisins; one quart of milk; one-half teaspoon of cinnamon; one cup of molasses; one-half teaspoon of salt; one egg; one-half teaspoon of ginger. Place the milk in a double boiler, and when it is scalding hot, add the meal, and stir constantly until there are no lumps. Cook for twenty minutes, turn into a pudding dish, and add the other ingredients except the egg. Stir well, and when the mass has cooled, add the beaten egg. Bake for one hour in a rather slow oven, and serve hot.

INDIAN PUDDING, BOILED—One pint of molasses; one pint of milk; one pound of suet; four eggs; one teaspoon of cinnamon; one-half teaspoon of nutmeg; one teaspoon salt; Indian meal. Warm the milk, and add the molasses, stirring well together; then beat the eggs vigorously, and stir them thoroughly into the liquid. Chop the suet fine, and add it and the rest of the ingredients to-

gether with sufficient meal to make a rather thick batter; boil three hours and serve with wine sauce.

ENGLISH PLUM PUDDING—This recipe makes one very large, or several small puddings: One pound of finely chopped suet; one pound of stoned and halved raisins; one pound of currants; one pound of sultanas; one pound chopped mixed peel; one-half pound of flour; one-half pound bread crumbs; one full teaspoon of mixed spices; one pound of brown sugar or one and one-half pounds of granulated sugar; eight eggs, well beaten; one wine-glass of brandy (if liked). Flour the fruit before using. Mix all together adding the eggs and brandy last. Stir thoroughly over and over again before putting into the pudding cloths or molds and boil ten hours if in one pudding, and seven hours if in smaller sizes.

STEAMED PEACH PUDDING—To be successful with this kind of pudding the cook must see that the water is boiling violently when the pudding is placed over it, and must not allow it to fall below the boiling point at any time while the pudding is cooking. Make a soft dough of the following ingredients: One pint of flour; one tablespoon of butter; one-half pint of milk; one large teaspoon of baking powder; one-half teaspoon of salt; one and one-half pints of peaches. Sift the salt, baking powder and flour together, rub in the butter and add the milk. The result will be a dough too soft to roll out and which must be dipped with a spoon. The peaches should be peeled, stoned and cut into rather thick slices. Place the sliced fruit in the pudding-dish, first greasing the sides of the dish with butter; drop the dough by the spoon over the fruit and set the dish in a steamer over a kettle of rapidly boiling water, covering the steamer tightly. Boil for one hour and turn the pudding out without breaking and with the top part down. This brings the peaches uppermost when the pudding is sent to table. Serve with a liquid sauce.

CHERRY PUDDING—Take two eggs; one cup of milk; one and one-half cups of flour; one tablespoon of melted butter; one-half teaspoon of salt; one teaspoon of baking powder; two pounds of cherries. Beat the eggs light, add to them the milk, the salt and the butter, then the flour and lastly the baking powder. Beat well and turn into a well-oiled baking-tin. Lay the stoned cherries on the top, press them down, sprinkle them rather thickly with granulated sugar and bake in a quick oven for twenty-five minutes.

Serve hot with cream sauce. This pudding may be varied by stirring the cherries into the batter and steaming it in a mold for one hour.

APPLE ROLY-POLY—One pint of flour; one teaspoon of baking powder; one teaspoon of salt; milk; one tablespoon of lard or butter; one teacup of sugar; two teaspoons of cinnamon; apples. Sift the flour, baking powder and salt well together, rub the lard into them, and when all is thoroughly mixed, add sufficient sweet milk to make a soft dough. Turn the dough out upon the molding-board, mold it smooth, sifting flour under it to prevent its sticking to the board, and roll it into a sheet one-fourth of an inch thick. Spread this thickly with sliced apples, and sift over them the sugar and cinnamon. Roll the dough up the same as jelly cake, press the overlapping parts of dough well to the body of the pudding and also press the ends well to prevent the escape of the juices. Place the pudding on a plate, set the plate in a steamer over a kettle of hot water, and steam one and one-half hours.

BAKED APPLE DUMPLINGS—Roll a short pie crust thin and cut into squares just large enough to cover an apple. Choose apples of uniform size, pare, core and fill cavity with sugar, butter, a little ground cinnamon and nutmeg. Place an apple in the center of each square of pie crust, moisten the edges of the crust with white of egg and fold with the four corners meeting on the top. Bake until apples are tender, but do not allow them to lose their shape. Brush the top with egg and just before removing from oven dust with sugar. Serve with hard sauce.

APPLE CHARLOTTE—Butter a mold and line it with one-quarter-inch slices of stale bread, dipped into butter. The slices should fit closely together and may even overlap. Fill the center with stewed tart apples, mashed and seasoned with butter, sugar and nutmeg. Chopped almonds may be added if liked. Cover the top of the mold with the stale bread, dipped in melted butter and bake in a hot oven for thirty minutes. The bread should have the appearance of being sautéd and be as brown as toast. Turn on to a platter and serve hot.

STRAWBERRY SHORTCAKE—Make a suitable quantity of baking powder biscuit dough; and instead of cutting it into biscuits, quickly roll it out about one-half inch thick, lay it upon a flat, buttered plate, and bake at once. While it is still hot cut the crust around the edge so the cake can be pulled apart in equal

pieces, and spread the inner side of each half with butter. Crush a pint of ripe strawberries, sweeten them, and spread them upon the buttered sides of the cake. Now arrange upon the lower half an even layer of whole berries, using the smaller ones for the purpose; and sprinkle with sugar. Lay upon these berries the other half, crust side down, cover it with a layer of the finest berries, and sprinkle them generously with sugar. Serve cold with cream, or hot, as preferred.

PEACH SHORTCAKE, SWEET—Three eggs; one cup of sugar; two cups of flour; one tablespoon of butter; one teaspoon of baking powder. Rub the butter and sugar together until smooth, beat the eggs light, and add them to the butter and sugar. Mix the baking powder with the flour, pass through a sieve at least twice and stir into the other mixture. Butter three deep tin plates, place the dough in them, and bake for twenty minutes. Cut the peaches in small pieces and sweeten. Spread a layer of the fruit on one of the cakes, lay over this another cake, cover this also with peaches, and then add the third cake. The top may be spread with fruit or with a meringue made of the beaten white of one egg and one tablespoon of powdered sugar.

ORANGE AND MACAROON PUDDING—Soak one-third of a pound of almond macaroons in a pint of milk until soft. Beat four eggs without separating and add to them one-half cup sugar and the grated rind of one orange. Do not grate in any of the white pith, as it spoils the flavor. Stir this mixture carefully into the macaroons and add the juice of two oranges. Pour into a buttered mold and set on a stand or ring in a kettle of boiling water. Boil steadily for an hour. Serve hot with orange sauce.

STRAWBERRY PUDDING—Beat together to a cream two tablespoons of butter, a half cup of sugar and one egg. Then add quarter of a cup of milk, a scant cup of lightly sifted flour mixed with two scant teaspoons of baking powder. Bake in small muffin-tins about twenty minutes, and when done remove the centers, fill with crushed sweetened strawberries, and put whole berries on top. Dust with powdered sugar and serve with rich, sweet cream.

CUSTARD SOUFFLÉ—Two tablespoons each of butter, flour and sugar, one cup of milk and four eggs. Scald the milk in a double boiler. Stir flour and butter together, add the boiling milk gradually and cook five minutes, stirring constantly. Beat the sugar and yolks of eggs together, add to the mixture and set

away to cool. When cool add the stiffly beaten whites of the eggs, pour into a buttered pudding-dish and bake for thirty minutes. Serve at once. Fresh or preserved fruit may be placed in a layer at the bottom of the dish and the custard soufflé poured over. Peaches or apricots are adapted to this use.

FRUIT SOUFFLÉ—Any kind of fruit, either fresh or preserved may be used. When canned fruit is used, drain from syrup before proceeding further. Rub one cup of fruit pulp through a sieve, sweeten if necessary and heat. Add the stiffly beaten whites of three eggs and a few grains of salt to the hot fruit pulp, and beat thoroughly. Turn into a buttered baking-dish, set in a pan of hot water and bake until firm.

PRUNE SOUFFLÉ—Soak eighteen large prunes over night and stew in the same water until tender. Remove stones and mash to a smooth pulp. Mix the whites of six eggs with six tablespoons of powered sugar. Beat the mashed prunes into this, turn into a buttered pudding-dish and bake for twenty minutes. Serve at once with plain or whipped cream.

COCOANUT PUDDING—One-half cup of cocoanut; one-half cup of bread crumbs; one pint of milk; one egg; one tablespoon of butter; two tablespoons of sugar; one-half teaspoon of salt. Soak the bread and cocoanut in the milk for three hours; then mash the bread fine, and add the sugar, salt and melted butter. Beat the white and yolk of the egg separately, and add first the yolk and then the white, stirring well. Bake one-half hour.

COTTAGE PUDDING—Take one cup of milk; two eggs; one tablespoon of butter; one cup of sugar; three teaspoons of baking powder; flour to thicken, about one pint. Rub the butter and sugar to a cream and add the egg, well beaten, and then the milk, stirring all well. Sift the baking powder over the top, and before stirring it in, sift over it a little flour. Stir well, adding enough more flour to make a rather thick batter; then pour the batter into a buttered dish, and bake thirty minutes. Serve hot with foamy sauce.

APPLE TAPIOCA—One-half pint of pearl tapioca. Cover with one and one-half pints of cold water and soak for half an hour. Cook in double boiler until transparent. Pare and core a half-dozen apples, place in a baking-dish, pour over them the tapioca, cover and bake in a moderate oven or until the apples are perfectly

tender. For the last ten minutes remove the cover that the surface of the pudding may brown slightly.

Fresh fruits such as peaches, apricots, pears, etc. may be substituted.

Dried fruits may also be used, when previously soaked but not cooked.

FARINA PUDDING—Take one quart of milk; three eggs; one lemon (one-half the juice and all the rind); one cup of sugar; four tablespoons of farina; one tablespoon of butter; one teaspoon of salt; one teaspoon of vanilla; one-eighth teaspoon of nutmeg. Heat the milk in a double boiler, and when boiling, add the farina, and boil one-half hour. Just before removing it from the fire, put in the butter, stir it well, and when it has melted, turn the mixture into a pudding-dish. When cooled, add the sugar and vanilla, the grated rind of the lemon, the juice and the nutmeg. Separate the yolks and whites of the eggs, beat them thoroughly, and add first the yolks, stirring them well into the pudding, and then the beaten whites, stirring them in only enough to mix them well. Bake the pudding one-half hour in a quick oven. Serve with wine sauce.

DATE PUDDING—Chop very fine one pound of stoned dates and six ounces of beef suet; mix the latter with twelve ounces of grated bread crumbs; then add the dates, together with six ounces of sugar. Mix the whole with one egg, add one gill of milk and two heaping tablespoons of flour in which has been sifted two small teaspoons of baking powder, and steam for three hours. Serve with sauce.

MINUTE PUDDING—One quart of milk; one pint of flour; one teaspoon of salt; one teaspoon of butter; two eggs. Beat the eggs well, and add the flour and enough of the milk to make all smooth. Place the rest of the milk on the fire in a double boiler, and when scalding hot, stir in the mixture of flour and egg. Cook ten minutes, add the salt and butter, and serve at once with sweet sauce.

QUEEN OF PUDDINGS—One pint of bread crumbs; a quart of milk; yolks of two eggs; grated rind of one lemon and butter the size of an egg. Sweeten to taste and bake for about an hour. When cold spread raspberry jam over the top, then beat the whites of the eggs to a stiff froth; add four teaspoons of powdered sugar and the juice of one lemon. Spread this meringue on top of the jam and place in the oven until a delicate brown.

SPICE PUDDING—One pint of bread crumbs; one pint of milk; one egg; one cup of raisins; one teaspoon of cinnamon; one-half teaspoon of cloves; one-half teaspoon of allspice; one-fourth tea-teaspoon of nutmeg; one teaspoon of melted butter; one-eighth teaspoon of salt. Seed the raisins and cut them in halves. Beat the egg light, add the sugar and then the milk, and pour the whole over the crumbs. Add the spice, butter, salt and raisins, stir well and bake until firm in a moderate oven. Serve with foamy or brandy sauce.

MERINGUE—To make a good meringue, beat the whites of the eggs to a stiff, dry froth. Take out the beater and with a silver spoon beat in powdered sugar. Sprinkle a small quantity of sugar on the egg, and beat it in with the spoon, taking long, upward strokes. Continue this until all the sugar has been beaten in; then add the flavoring, if there be any. This also must be beaten in. When done the meringue should be light, firm and comparatively dry. Use one tablespoon of sugar to each white of an egg. Always bake a meringue in a comparatively cool oven. If it be cooked for twenty minutes with the oven door open, it will be firm and fine-grained. Let it cool rather slowly. If a sugary crust be liked, sift powdered sugar over it before it is placed in the oven. Should the meringue be not brown enough at the end of twenty minutes, close the oven door for a few minutes. Watch carefully to prevent it from cooking too much. The principal causes of failure are that the sugar is stirred into the white of the egg, which results in a heavy, watery mixture, or that the meringue is baked in a hot oven. Too great heat causes it to rise and then fall, making it tough and thin.

PUDDING SAUCES

HARD SAUCE—Have in readiness a warm but not hot bowl, and in it place a teacup of powdered sugar, one-fourth of a cup of butter, a teaspoon of vanilla extract or the grating of a lemon or three tablespoons of sherry; or, perhaps, a little nutmeg and one-half a teaspoon of powdered cinnamon, and beat until well creamed. Arrange the sauce upon a pretty dish and set it in a cool place until required. This sauce may be used with hot pudding of any kind.

WINE SAUCE—Take one cup of butter; two cups of powdered

sugar; eight tablespoons of sherry; a grating of nutmeg. Beat the butter until creamy, and gradually add the sugar, stirring all the time; when all the sugar has been used, add the wine by spoonfuls, still stirring. Beat the mixture until it becomes a smooth, light froth, set the bowl in a basin of hot water, and stir it for two minutes. Fill the sauceboat with boiling water to heat it, and when the sauce has cooked sufficiently, empty the boat, pour in the sauce, grate a bit of nutmeg on the top, and serve hot.

BRANDY SAUCE—Two tablespoons of butter; four tablespoons of brandy; four tablespoons of boiling water; one egg (white); one-half cup of powdered sugar. Beat the butter to a cream, gradually add the sugar, and beat until white and light; then add the white, beaten to a stiff froth and stir well. When ready to serve, add the brandy and the water, stand the bowl containing the sauce in a basin of boiling water on the fire, and stir until the sauce is light and foamy. Serve with fruit or suet puddings.

FOAMY SAUCE—Beat the whites of three eggs to a stiff froth, melt one teacup of sugar in three tablespoons of water, let it boil till it thickens, stir in one small glass of wine, then the beaten whites. Serve with steamed or baked puddings.

CARAMEL SAUCE—Place a cup of sugar and a tablespoon of water in a pan, and stir until the resulting syrup is of a clear brown tint, but not so dark as when making caramel; then add a coffee-cup of boiling water, and stir until the whole is well blended. Now add one tablespoon of cornstarch dissolved in a little cold water, and boil for a full minute, stirring all the time. Next add a tablespoon of butter, and when this is melted the sauce is done. Add one teaspoon of vanilla. Serve with blanc mange or custard.

BERRY SAUCE—The small fruits, such as raspberries, blackberries or strawberries, make most satisfactory sauce for puddings. One pint of berries; one and one-half cups of powdered sugar; one tablespoon of butter; one egg. Place the berries in a bowl, add a tablespoon of granulated sugar and mash slightly to draw out the juices, setting the bowl in a moderate heat. Beat the butter to a cream, add the powdered sugar and when thoroughly mixed add the beaten white of the egg. Add the mashed berries just before serving. Serve with ice cream or berry puddings.

HOT MAPLE SAUCE—Add a very little water to a pound of maple sugar and boil until it reaches the "thread" stage. Add a half cup of English walnut meats broken into small pieces. There

should be sufficient nuts to make the sauce quite thick. Serve hot, with vanilla ice cream, or very slightly sweetened cold blanc mange or custard.

MAPLE CREAM SAUCE—Take several spoons of maple cream which now comes in jars and reduce to a pouring consistency by adding cream. Serve with blanc mange, Spanish and Bavarian Cream or with plain puddings.

HOT CHOCOLATE SAUCE—One-half cup each of sugar and water. Let boil in a saucepan for five minutes. Allow this syrup to cool partially and then stir in gradually, four ounces of unsweetened chocolate melted over hot water. Add one-half teaspoon of vanilla. Place in a double boiler, or in a pan over hot water, until ready to serve. At last moment add one-half cup of rich milk. (If to be used with ice cream, substitute water for the milk.) Serve with vanilla ice cream, or with blanc mange or baked custard.

PLUM PUDDING SAUCE—Cream one quarter of a cup of butter and one cup powdered sugar. To this add two tablespoons of brandy and the well beaten yolks of two eggs. When well mixed, stir in one half cup of rich milk or cream. Cook in a double boiler until it is as thick as a custard and then pour on to the beaten whites of the two eggs.

SABYON SAUCE—Mix one quarter of a cup of sherry, the grated rind and juice of half a lemon and one-half cup sugar, beating constantly. Add beaten yolks of two eggs, place over fire, beating as it thickens. When sufficiently thick pour over the stiffly beaten whites of the two eggs.

MOLASSES SAUCE—Boil one cup of molasses with one and one-half tablespoons of butter for about five minutes. Remove from the fire and stir in slowly one tablespoon of lemon juice or vinegar. This sauce is well adapted for serving with Brown Betty or Boiled or Baked Indian Pudding.

BOILED CUSTARD SAUCE—Use recipe for Boiled Custard (See Puddings) and thin with a little rich milk or cream.

VANILLA SAUCE—Three tablespoons of sugar; three tablespoons of milk; one egg; vanilla to taste. Beat the white of the egg stiff, add the sugar, mix well and add the yolk of the egg, then the milk and flavoring, beating after each is added until the whole is smooth. This sauce is delicious on almost any pudding.

WHIPPED CREAM AND ITS USES—Cream to whip nicely must be perfectly sweet. If it is not, the beating will develop tiny

particles of butter. The cream must not be too thin and must be thoroughly chilled. One-half pint of cream will be sufficient for serving six persons, as when whipped it more than doubles in bulk. Place the cream in a cold dish, one rather narrow and deep. The ordinary quart tin cup used in all kitchens is convenient for this purpose. Place the egg beater in the cream and slowly and gradually turn the crank, as in beating eggs. The cream will grow thicker as the beating continues until it is so thick that a teaspoon placed in it will stand solidly upright without other support. This will require from fifteen to twenty-five minutes. Care must be taken at the last not to beat it too long as there is always the danger that the cream may granulate. Remove the beater, shake it clean and with a tablespoon place the whipped cream by the spoon in the fancy serving dish. There will usually be found at the bottom of the dish a quantity of thin cream that has not whipped. This should not be placed with the rest as it but serves to thin the whole. The cream should be set in a cold place until wanted and may be prepared some two hours or more before using.

Whipped cream is used in many ways, not alone for desserts, but in broths and also in coffee and chocolate. It may be served with clam broth (see chapter on Soups), adding delicacy to the flavor and richness to the quality, and the experienced cook will doubtless find various other broths and soups which it will improve. Served with coffee or chocolate it renders either most delicious.

ORANGE SAUCE—Cream five tablespoons of butter and a cup of granulated sugar. Put these into a saucepan and pour over them one-half cup of boiling water, then the stiffly beaten whites of three eggs, the juice of two oranges and half a lemon. Beat until light and foamy.

CLARET SAUCE—Boil one cup sugar with one-half gill of water for eight minutes. Cool till you are able to taste it, then add two gills of claret. Serve cold.

CHAPTER XXII—COLD DESSERTS

SPANISH CREAM—Take one-half box of gelatine; one pint of milk; three eggs (yolks and whites); five tablespoons of sugar; one and one-half teaspoons of vanilla; one-fourth cup of water. Soak the gelatine in water. Place all but one-half cup of the milk on the fire in a double boiler. Separate the yolks of the eggs from the whites, beat the yolks light, and add to them the one-half cup of milk reserved. When the milk in the boiler is boiling, stir in the dissolved gelatine, and cook for one minute. Then add the yolks and milk and cook for one minute longer, or until the whole is like thick cream. Beat the whites of the eggs stiff, and just before taking the cream from the fire, add them to it, stir well, and at once remove the cream from the heat. When nearly cold, add the vanilla; stir well, and pour the cream into a mold that has previously been dipped in cold water. Leave in a cold place until next day. Send to table with whipped cream.

BAVARIAN CREAM—Soak one-half box of gelatine in one-half cup of cold water for one hour, and whip one pint of cream and set it to drain. Beat the yolks of fouur eggs add one-half cup of sugar and pour upon it slowly one pint of milk scalding hot. (One-half a vanilla bean may be placed in the cold milk and scalded with it, or if the extract is used it should be added when the mixture is cool.) Put the pan on the fire to set the egg, removing it as soon as the custard begins to thicken. Add a pinch of salt and stir the gelatine into the hot custard. When the gelatine has dissolved, strain and cool. As the mixture stiffens, beat in the cream.

Bavarian Creams may be the foundation of many delicious desserts The following are important points to remember when making:

(1) Have the cream very cold. (2) After whipping, drain until the cream is spongy. (3) Dissolve the gelatine in the hot custard, but never boil it. (4) Do not add the whipped cream

to the gelatine mixture, till the latter has begun to stiffen slightly.

FRUIT BAVARIAN CREAM (Without Custard Foundation)—Soak one-half box of gelatine in one-half cup of cold water. Press one pint of fresh fruit (or canned fruit may be used instead) through a sieve. Pour one-fourth of a cup of boiling water on the gelatine, and strain it into the fruit.

When the jelly begins to set, fold in one pint of whipped cream. stirring until well mixed.

Strawberries, raspberries and peaches are the fruits generally used for this recipe.

A porcelain mold is used for the fruit mixtures, as tin sometimes discolors the cream.

COFFEE BAVARIAN CREAM—Use the recipe for Bavarian Cream, adding one-half cup of strong coffee to every three cups of the mixture.

MOCK BAVARIAN CREAM—One-third of a cup of powdered sugar; yolks of two eggs; one-half cup of light wine, or fruit juice; and the grated rind, and juice of half a lemon. Mix these ingredients thoroughly, stirring constantly over the fire until the mixture begins to thicken. Add one teaspoon of granulated gelatine dissolved in one tablespoon of cold water, and stir until fully dissolved. Pour the mixture over the whites of two eggs beaten to a stiff froth. Set the saucepan into a large vessel filled with ice water and beat until it becomes quite firm. This may be served in any attractive form, either in one large mold or in individual ones.

VELVET CREAM—Add four tablespoons of powdered sugar to one pint of thick cream and stir until dissolved. Soak one-third of a box of gelatine for one-half hour in a half cup of cold water, and if not thoroughly dissolved, place over hot water. Flavor with a teaspoon of vanilla. Mix thoroughly, turn into a mold and place on ice to harden. Serve with maple cream sauce. See chapter on Puddings and Pudding Sauces.

CREAM BASKETS—Line cups with macaroons and place half a preserved peach in the bottom.

Fill with Mock Bavarian Cream; chill on ice; turn out on two dishes and use strips of citron for handles. Serve with plain cream in individual portions.

SURPRISE LOAF—Bake a cabinet pudding with sliced fruit.

and when cold remove from the pan; cover with peach whip, made from preserved peaches, press macaroons along the base and sprinkle crushed nuts over the top. Cut in slices to serve.

RICE BAVARIN—Put into a double boiler one and one-half pints of milk and a few thin cuts of lemon peel. When it boils stir in one-half cup of well-washed rice and a saltspoon of salt. Cook until the rice is perfectly tender. The milk should be nearly boiled away, leaving the rice very moist. Then add or mix in carefully a half-cup of sugar and a quarter of a box of gelatine which has soaked in half a cup of cold water for an hour and then been melted by placing the cup containing it in hot water for a few minutes. When the mixture is partly cooled add three tablespoons of sherry or any preferred flavor. When it is beginning to set, stir in lightly, half a pint of cream which has been whipped stiff, and put into a mold. Serve with crushed strawberries sweetened. The white mold with red sauce makes a charming combination.

MOCHA PUDDING—Put one quart of milk into a double boiler, drop in a muslin bag containing one-half cup of pulverized coffee and let it infuse for fifteen minutes, keeping milk at the scalding point. Beat together until smooth six eggs, two tablespoons of flour and eight tablespoons of sugar. Remove the bag of coffee from the milk, pour the latter over the egg mixture and return to the double boiler to cook until smooth and thick. When cold, pile in little paper cases which can be purchased from any confectioner, pack them in a pail or tin box with closely fitted cover and bury in ice and salt for two hours. Serve garnished with whipped cream.

WINE JELLY—Soak one-half box of gelatine in one-half cup of cold water and dissolve in three-fourths cup of boiling water; add one cup of sugar, one cup of sherry, catawba or Madeira wine; one-fourth cup orange juice, and three tablespoons of lemon juice. Dip a mold in water, and strain the jelly into it. Chill.

LEMON JELLY—Soak one-half box of gelatine in one-half cup of cold water for twenty minutes. Dissolve in two and one-half cups of boiling water, add one cup of sugar and the juice and grated rind of two and one-half lemons. Strain and mold. Serve with boiled custard sauce.

ORANGE JELLY—One-half box of gelatine soaked in one-half cup of cold water, one and one-half cups of boiling water; one cup

of sugar; grated rind and juice of three oranges; two tablespoons of lemon juice. Follow directions for making Lemon Jelly.

ICELAND MOSS JELLY—Soak one-fourth ounce of isinglass in one-half pint of cold water for three hours and then boil gently. Steep three-fourths ounce of Iceland moss in one quart of cold water, then boil and simmer down to one-half pint. Add the isinglass previously boiled, sweeten to taste, with the sugar and flavor with lemon juice.

KUMQUAT JELLY—Cut one box of kumquats in slices, add sufficient cold water to cover; bring slowly to the boiling point and cook moderately for three-fourths of an hour. Strain and to one and one-half cups of this juice, add one-half cup of sugar, one fourth cup of white wine, and five teaspoons of Orange Curaçoa.

Garnish with halves of kumquats cooked till soft in syrup, drained and rolled in powdered sugar.

RUSSIAN JELLY—Soak one-half box of gelatine for one hour in a teacup of cold water, and then melt it by adding one cup of boiling water, stirring until the whole is dissolved. Now add one and one-half cups of sugar, two tablespoons of lemon juice and three tablespoons of sherry or one of rum. Allow the preparation to cool and when it has almost stiffened beat it until frothy and turn it into molds wet with cold water. Just before serving ornament the jelly with preserved or candied cherries or any soft confection. If liquor or wine is not approved of, shavings from the outer rind of a lemon and a few bits of stick cinnamon may be boiled for ten minutes in the water that is to melt the gelatine.

COFFEE JELLY—For coffee jelly take one-half box of gelatine, one pint of strong coffee and three-fourths of a pound of sugar. Soak gelatine and pour the coffee over it. When dissolved, stir in the sugar, add one-half pint of boiling water, strain into molds and serve with whipped cream.

ORANGE or GRAPEFRUIT BASKETS—Cut two pieces from the fruit leaving it in shape of a basket with handle. With an orange spoon remove pulp and place the fruit shells in ice water in order to keep them firm until needed. Use the fruit juice to flavor jelly or Bavarian Cream with which to fill the baskets. For elaborate occasions the handle of the basket may be decorated with a single flower or a ribbon bow.

JELLIED PRUNES—One-half pound of prunes, washed, soaked over night and cooked in same water until tender. Remove

the stones and cut the prunes in quarters. Add enough boiling water to the liquor in which these have boiled to make two cups. Soak two and one-half tablespoons of granulated gelatine in one-half cup of cold water, add to the boiling mixture, sweeten with three-fourths of a cup of sugar and add two tablespoons of lemon juice. Strain, add prunes, turn into mold and set on ice. This may be served either with whipped or plain cream.

TUTTI FRUTTI JELLY, No. 1—Make a wine or lemon jelly mixture, fill a mold to the depth of one-fourth-inch with this, allow it to become firm then lay sliced bananas, berries, bits of orange, and blanched almonds in alternate layers with the jelly mixture until the mold is full. Each layer must congeal thoroughly before the next one is added.

TUTTI FRUTTI JELLY, No. 2—Follow the preceding recipe, using preserved Tutti Frutti (See chapter on Preserving) instead of fresh fruit, and flavoring the jelly mixture with the liqour in which the fruit was preserved.

DIPLOMATIC PUDDING—This is molded in a double mold; the outer, being filled with jelly, and the inner one with Bavarian Cream, or Charlotte Russe mixture. Make a lemon jelly or wine jelly mixture. Dip a mold in ice water, and pour in the jelly mixture one-half an inch deep; with candied fruits make a design on the bottom of the mold as soon as the jelly is firm.

Cover the fruit with one-half inch more of the jelly mixture, dropping it in by spoonfuls so that it will not disarrange the design.

When this second layer of jelly is firm, place a smaller mold exactly in the center on the jelly, and fill with ice water. Make a layer of fruit and jelly alternately, until the space between the two molds is filled. Use different colored fruits for the different layers of jelly. The sides may be plain if preferred, the design on the top being the only decoration.

When firm, pour out the ice water in the inside mold, and fill with tepid water; this will enable you to remove the smaller mold. Fill the cavity with a cream having a flavor which combines well with the flavor of the jelly around it. Turn out of mold and serve.

FRUIT CHARTREUSE—Follow the recipe for Diplomatic Puddings, filling the cavity in the centre with Fruit Salad No. 1.

FIG AND GINGER PUDDING—Cut in tiny pieces one-half

pound of crystalized ginger, and one and one-half pounds of figs Dissolve two cups granulated sugar in five cups of water and add one-half teaspoon of powdered ginger root. Place all in a double boiler and simmer slowly all day. The entire mass must form a soft pulp so that the ingredients will scarcely be recognized. Dissolve one-fourth box of gelatine in a little cold water and stir into the mixture while warm. Turn into a wet mold and serve ice cold with whipped cream.

TIPSY PUDDING—This may be made of any dry cake, sponge cake being preferred. Put a layer of raspberry or apricot jam at the bottom of a glass dish, place on it a layer of sponge cake, then a layer of chopped almonds, then repeat the layers. On the top instead of chopped almonds, stick almonds divided lengthwise. Saturate the whole well with sherry, or half sherry and half milk, and at time of serving pour over a good boiled custard.

PEACH SNOW—One cup of cream; two eggs (whites); one cup of sugar; one quart of sliced peaches. Add half the sugar to the cream, stir until the sugar is dissolved, and then add the whites of the eggs beaten stiff. Place the sliced peaches in a dish, sprinkle them with the remainder of the sugar, pour on the cream mixture, and serve at once. The success of this depends upon its being thoroughly chilled when served. The cream, eggs and fruit should be placed on ice at least two hours before the dish is to be prepared, and the latter should be sent to the table as quickly as possible, the snow being kept in the ice-box until needed.

Apple Snow may be made the same way.

FRESH FRUIT SALADS, No. 1—Allow the following ingredients: One pineapple, finely chopped; one pint of strawberries; six bananas; six oranges and one lemon, thinly sliced; sugar to taste. Mix all together, add one wine glass of sherry or Madeira (if desired), and set on ice until very cold.

FRESH FRUIT SALADS, No. 2—Slice one dozen oranges, grate one fresh cocoanut, and mix sugar with it. Arrange in an ornamental dish alternate layers of oranges and cocoanut, and heap cocoanut on top.

FRESH FRUIT SALADS, No. 3—Peel and slice the required number of oranges, and arrange in a glass dish alternate layers of oranges and sugar until all the fruit is used. Whip some sweet cream very stiff, sweeten and flavor it to taste, and pour over the

oranges. Shredded pineapple and sliced bananas may be added, if desired.

FRESH FRUIT SALADS, No. 4—Take one dozen sweet oranges; one dozen bananas; one pineapple; one cocoanut. With a sharp knife cut the oranges and pineapple into thick slices, then cut them into bits freed from seed and eyes. Thinly slice the bananas, and grate the cocoanut. Arrange layers of the different fruits in alternation, in a deep dish, sprinkle each layer with sugar; and over the whole pour the juices of the cocoanut, oranges and pineapple.

CHARLOTTE RUSSE, No. 1—First line a number of molds, a bowl or other deep dish with a thin layer of cake. Thin sponge cake that has been divided when cold into two layers of equal thickness by means of a long sharp, knife, is considered most attractive; but halved lady-fingers, or pieces of any plain cake cut one-half an inch thick, may be used to line the dish or molds. Charlottes are made with and without tops, according to taste or convenience; and when the supply of cake is limited stiff paper may be buttered and laid in the bottom of each mold, cake being placed only at the sides. Whatever cake is cut away in trimming the forms to shape may be crumbled or sprinkled over the bottom. Fill the forms with whipped cream seasoned with four teaspoons of fine sugar and one teaspoon of any prepared extract or three tablespoons of sherry. To make sure that the whipped cream is sufficiently stiff stir into it lightly but thoroughly with a spoon the stiffly beaten whites of two eggs to each pint of cream. Arrange the top of the forms neatly or cover them with a layer of cake and set the charlottes on ice.

CHARLOTTE RUSSE, No. 2—Make the recipe for Velvet Cream, place in individual molds and trim with cut lady-fingers.

CORNSTARCH BLANC MANGE—This is an especially wholesome dessert for children. To make enough for five persons allow one pint of milk; one-half teaspoon of salt; one teaspoon of vanilla; two tablespoons of cornstarch; two tablespoons of sugar. Wet the cornstarch in one-half cup of the milk; then heat the rest of the milk in a milk-boiler and when it is boiling add the cornstarch. Cook eight or ten minutes and then put in the salt and sugar. Remove from the fire and when partly cooled add the vanilla. Turn the mixture into a pudding-dish that has been previously wet with cold water and set it away in a cool place.

When cold and firm turn it out of the dish and serve with it a cream or chocolate sauce.

NEW ENGLAND APRICOT PUDDING—Soak half a pound of apricots over night. Stew until tender with a half cup of sugar. Arrange squares of toasted bread, well buttered and sprinkled with nutmeg or cinnamon, in the bottom and around the sides of a pudding dish. Pour in the boiling hot apricots and cover the dish so that no steam can escape, and let it cool gradually. When ready to serve, cover the top with boiled icing garnished with bits of jelly.

CHAPTER XXIII—ICE-CREAMS, ICES, MOUSSES, ETC.

IN freezing cream and ices, good general rules to be observed are: Be lavish with the salt and have the ice pounded quite fine, thereby involving less labor in turning the freezer and securing a smooth velvety cream. The quickest and best way to pound the ice is to put it in a stout burlap bag, tie up the mouth, and pound it vigorously with a flat-headed hammer or mallet. Snow may be used instead of ice; if this does not freeze steadily, add one cup of water to it. Have the ice and salt already packed around the can before the mixture is put in. Be sure that the latter is quite cold before it is placed in the can and do not begin the freezing by turning rapidly and lagging toward the end of the process. Instead, turn slowly at the beginning and increase the speed as the mixture thickens. Be very careful that there is no possible chance of the salt or water getting into the can, but do not pour off the water unless it gets too high; when a little may be turned off.

Allow three measures of ice to one measure of salt; if a larger proportionate quantity of salt be used the freezing will take place in a shorter time, but the mixture will have a granular texture.

Never fill a freezer more than three-fourths full, as the mixture gains in bulk as it freezes.

When it is desired to have the cream in blocks or cakes a special mold will be needed. The mold should be set in ice and salt while the cream is being frozen, and when the beater or mixer is removed, the cream should be packed into the mold as quickly as possible. It should be pressed down firmly and smoothly and a piece of stout muslin or buttered paper laid over it before the mold cover is put on. The mold is then packed in ice and salt and kept for a few hours until the cream is ready for use.

Various Kinds of Frozen Mixtures Made in a Freezer

ICE CREAM, No. 1—Made with plain cream.

ICE CREAM, No. 2—Made with a custard foundation, and much less cream.

WATER ICE—Made with water, fruit juice and sugar.

SHERBET—Made by adding to water ice, either whites of eggs or a little gelatine.

FRAPPÉ—Made by freezing water ice to a mush; allowing equal quantities of salt and ice.

PUNCH—Made by adding liquor or some fermented juice to a frappé.

SORBET—Made by adding bits of fruit either fresh, canned, or candied, to punch, and freezing it harder.

Frozen Mixtures Made Without Stirring

MOUSSE OR BISCUIT, No. 1—Made of heavy cream, whipped, drained, sweetened, and flavored then packed in ice; using one-half as much salt as ice. Freeze three hours.

MOUSSE OR BISCUIT, No. 2—Made with thinner cream and a little gelatine.

PARFAIT—Made like mousse but packed for a shorter time.

ICE CREAM OF TWO FLAVORS—Because one owns only one freezer is no reason why one may not enjoy a cream of two flavors. Try making a freezer of vanilla cream and when it is frozen turn one-half of it out into a pail set in a tub of ice and salt. To the portion remaining in the freezer add two ounces of chocolate dissolved in milk and cooled thoroughly. Stir vigorously until the chocolate is well mixed with the cream; then pack it down, put the vanilla cream back over it, cover the can and pack and set it aside until wanted. The work must be done quickly so that the vanilla cream will not have time to get soft.

Instead of the chocolate, crushed fruit of any kind, coffee or pounded nuts may be added to the cream left in the can. Stir the mixture thoroughly, put back the vanilla and pack away. This can be done to perfection, where the cream is molded, by placing the vanilla in the mold first and adding to the remainder the chocolate, fruit or whatever second flavor is desired. This should be stirred well and then placed in the other half of the mold.

Various Ways of Molding Ice Cream

If two or more kinds of cream are to be combined, they may be placed in even layers, the lighter on the heavier. This is called panachée. Where three or more are used they are called Neapolitan.

A bombe is made by lining a mold with one frozen mixture, and filling the center with another. Ice cream with a water ice or mousse center is a good combination.

VANILLA ICE CREAM, No. 1—Sweeten one quart of thin cream with three-fourths cup of sugar, flavor with one and one-half tablespoons of vanilla extract, and freeze.

VANILLA ICE CREAM, No. 2—Add to one egg slightly beaten one cup of sugar, one tablespoon of flour, and a speck of salt. Pour on one pint of scalding milk and cook for twenty-five minutes in a double boiler. When cool, add vanilla and one pint of thin cream.

Vanilla ice cream is often served with a hot or cold chocolate or strawberry sauce. Maple cream sauce with or without chopped nuts is also used.

Ice cream of any delicate flavor may be prettily served in halves of cantaloupes which have previously been scrubbed thoroughly on the outside and packed in ice until very cold.

BAKED ALASKA ICE CREAM—Pack a round mold with vanilla ice cream. Cover and bind the seams of the mold with strips of muslin dipped in melted paraffin. Repack in ice and salt, and stand aside for at least two hours. At serving time turn the ice cream on a folded napkin on a platter. Beat the whites of four eggs until light, add four tablespoons of powdered sugar and whip until light and dry. Cover the ice cream thoroughly with this meringue, and dust well with powdered sugar. Stand the platter on a cold board, and run the whole in a hot oven for a moment to brown. Serve at once.

CONDENSED MILK ICE CREAM—When cream is scarce condensed milk is sometimes used as a substitute. This recipe will make two quarts of the frozen cream: One can of condensed milk; one tablespoon of vanilla; one and one-half pints of sweet milk; two eggs (yolks); one tablespoon of powdered sugar. Scald all the milk together and turn over the beaten yolks of the eggs. Return to the kettle and cook until creamy. Add the sugar and when cold add the extract and freeze.

CHOCOLATE ICE CREAM—Use the vanilla recipe, adding four ounces of grated chocolate to the milk before scalding and using a couple of ounces more sugar than for the vanilla cream.

COFFEE ICE CREAM—Add one-half cup of black coffee to either of the recipes for vanilla cream.

CARAMEL ICE CREAM—Add caramel made from one cup of sugar and one-half cup of water, to recipe for vanilla cream. See chapter on Cake Fillings and Frostings for Caramel.

BROWN BREAD ICE CREAM—Soak for fifteen minutes one and and one-fourth cups of dried brown bread crumbs in one quart of thin cream. Rub through a sieve add one cup of sugar and a pinch of salt. Pour on this one more pint of cream. Freeze.

PISTACHIO ICE CREAM—Add two handfuls of blanched pistachio nuts and one tablespoon of vanilla with one teaspoon of almond extract to the vanilla recipe.

The nuts are best ground with a vegetable grinder.

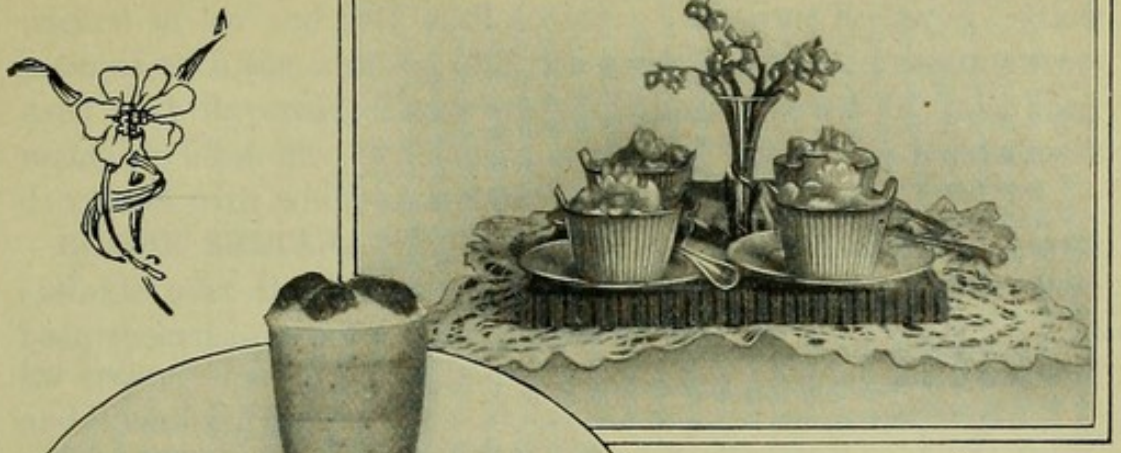
FRESH FRUIT ICE CREAMS—Prepare fruit by sprinkling sugar over it. Let it stand one hour, press through a sieve, and stir into ice cream when the cream is frozen to a mush. All fruit ice creams are made in substantially the same way, but where seed fruits, such as currants, are used, the carefully strained juice only must be added. This can be put in the freezer with the cream and not reserved until later, as in the case of the mashed fruits. Grated pineapple, with the addition of a little lemon juice, makes a particularly fine fruit cream.

FROZEN PUDDING—Soak for two or three hours one cup of assorted candied fruit in enough brandy to cover. The brandy will prevent the fruits from freezing.

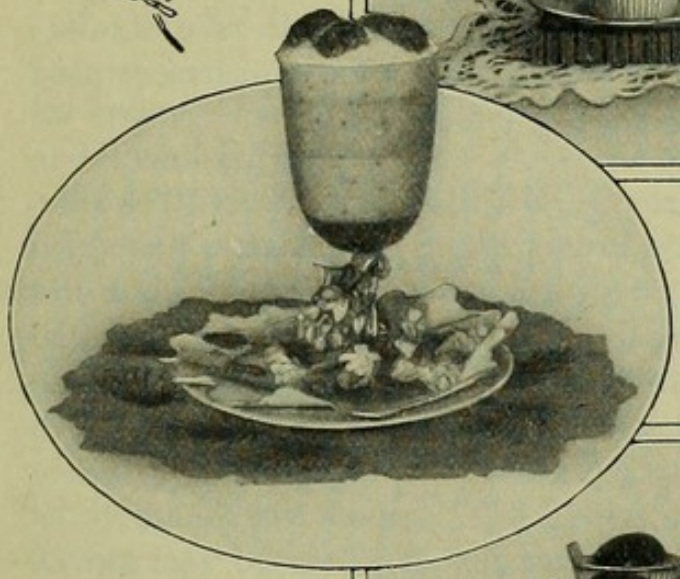
Make a custard of two eggs, one cup of sugar, pinch of salt, and two and one-half cups of milk; cool, and add one cup of heavy cream, and one-half gill of rum. Freeze.

Fill a mold with alternate layers of cream and brandied fruit. Pack in salt and ice for two hours.

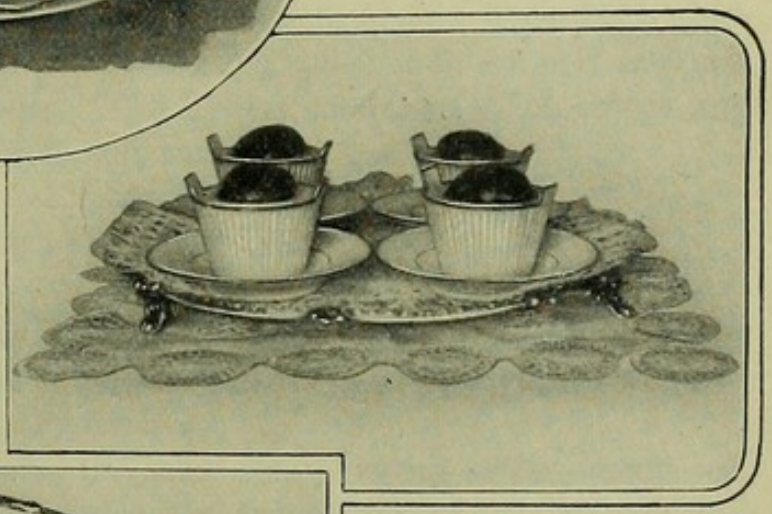
FROZEN PUDDINGS—To any kind of plain ice cream or rich frozen custard add plenty of fruit and nuts, preserved and candied fruits, macaroons and almond paste—a mixture of all or of only a few—and flavor well, usually with wine, brandy, maraschino or Jamaica rum, and it may be called a frozen pudding. These puddings are sometimes frozen as ice cream or made early and



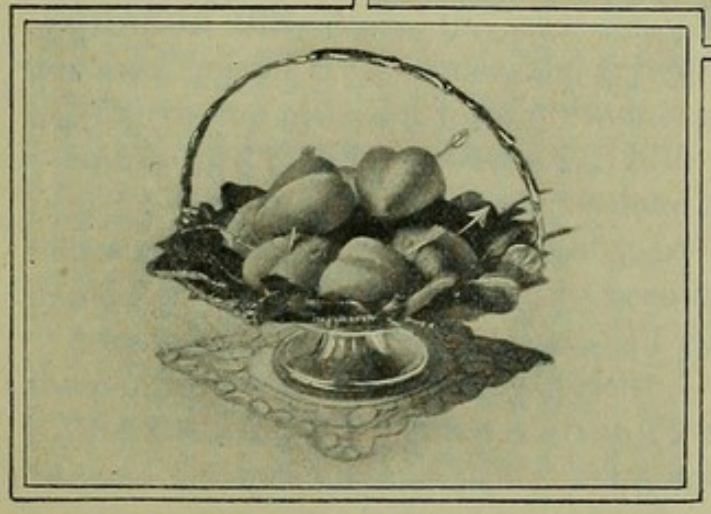
A DELIGHTFUL WAY TO SERVE PISTACHE ICE-CREAM



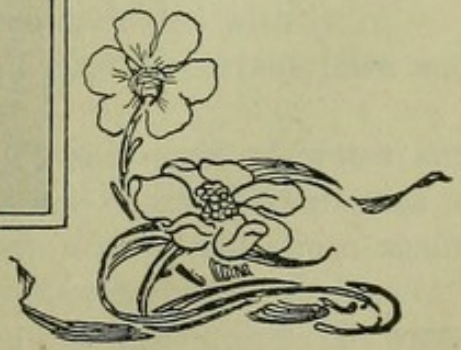
STRAWBERRY SPONGE



PEACH ICE-CREAM WITH THE HALVED FRUIT



ICE-CREAM HEARTS FOR VALENTINE'S DAY



packed in ice and salt until frozen. They can be served either plain or with the addition of a rich sauce or whipped cream sweetened and flavored. They are sometimes packed in cake-lined molds or filled into a hollowed loaf cake, the whole handsomely decorated with whipped cream and candied fruits.

BOMBE SULTANA—Line a mold with pistachio ice cream, sprinkle over the bottom and sides sultana raisins which have been soaked in brandy for one hour. Fill the center with vanilla ice cream. Serve with Claret Sauce. See chapter on Puddings and Pudding Sauces.

NEAPOLITAN ICE CREAM—Prepare one pint each of strawberry and pistachio ice cream and of orange ice. Pack a mold in salt and ice and spread the strawberry cream smoothly over the bottom. When this has been hardened sufficiently arrange the orange ice upon it in a nice layer and as soon as this hardens spread over it the pistachio cream in the same manner. Then lay a piece of heavy white paper over the mold, pack it in ice and salt and let it stand two hours. The above combination of colors and flavors may be varied to suit the taste.

WATER ICES

LEMON ICE—Make a syrup by boiling one quart of water with one pint of sugar; add three-fourths cup of strained lemon juice. Freeze.

ORANGE ICE—Make the same simple syrup as for lemon ice, add two cups of orange juice, the grated rind of two oranges and one-fourth cup of lemon juice. Strain and freeze.

RASPBERRY AND CURRANT ICE—Prepare the fruit as directed for fresh fruit ice creams. Make a syrup of one and one-half cups of sugar and one-fourth quart of water. Less sugar is needed as the fruit has previously been sprinkled with it.

Add to this syrup one and one-half cups of currant juice and three-fourths cup of raspberry juice.

CRANBERRY ICE—Make a syrup of one quart of water and one and one-half pints of sugar. Boil one quart of cranberries in a little water, when soft, press through a sieve and strain again. Add to the syrup and freeze. Serve between courses at dinner.

LEMON SHERBET—Make a syrup of one quart of water and three cups of sugar. Add three-fourths cup of lemon juice and

freeze. When the mixture is frozen to a mush, add the beaten whites of two eggs.

LEMON SHERBET MADE WITH MILK—To the strained juice of three lemons, add one and one-half cups of sugar. To this add very slowly one quart of milk. Freeze.

PINEAPPLE SHERBET—Two cans of pineapple or the same amount of fresh fruit, two pounds of sugar, two quarts of water, whites of six eggs, strain juice from the cans into the freezer, make a boiling syrup of the sugar and one quart water, chop the pineapple small, scald it in the boiling syrup, then rub it through a colander, with the syrup and remaining quart of water, into the freezer; when mixture is frozen to a mush add the beaten whites of the eggs and continue freezing.

SHERBETS MADE WITH GELATINE—Soak one tablespoon of gelatine in a half-cup of cold water twenty minutes; add a half-cup of boiling water and stir till dissolved; then a cup of sugar and a cup of cold water and the strained juice of any fruit, and freeze. For orange, the strained juice of six oranges. Lemon, six lemons. Pineapple, one pint of the fresh fruit. Raspberry, and strawberry, a pint of the fruit juice mixed and the juice of two lemons.

CAFÉ FRAPPÉ—To the white of one egg slightly beaten, add one-half cup of cold water and one-half cup of ground coffee. Place this in a hot coffee-pot and pour over it one quart of boiling water. Boil two minutes, then stand where it will infuse. After ten minutes, strain, add one cup of sugar and cool. Freeze with equal parts of salt and ice. Serve in tall thin glasses with whipped cream.

GRAPE FRUIT SORBET—Make a syrup of one quart of water, and one pint of sugar. To this add one and one-half cups of grape fruit juice and one-half cup of orange juice. When nearly frozen add bits of grape fruit pulp.

ROMAN PUNCH—Three cups sugar, two quarts water, juice of two lemons and two oranges brought to a boiling point, three tablespoons rum. Freeze according to directions.

COUP ST. JACQUES—Fill champagne glasses with the recipe for Fruit Salad, No. 1. Over the top spread a thick layer of lemon ice, decorating the center with one Maraschino cherry, and four leaves of angelica radiating from it.

MAPLE PARFAIT—Pour over the beaten whites of three eggs

one-half cup of pure maple syrup; fold into one pint of cream beaten stiff. Mold and pack two hours. Serve in frappé glasses with whipped cream.

FRUIT MOUSSES—Whip and drain one pint of rich cream. Mix with it one cup of any fruit pulp, drained free of juice and sprinkled well with powdered sugar. Add vanilla, mold and pack for three hours.

COLD MARSHMALLOW PUDDING—Chop one-fourth cup candied cherries and soak for one hour in enough rum or sherry to cover. Mix with one-half cup of nut meats and one heaping cup of marshmallows which have been cut in bits. Whip one and one-fourth cups cream and sweeten with two and one-half tablespoons of sugar. Cut in the fruit, nuts and marshmallows. Place in a mold and pack in salt and ice for one hour. Serve in parfait glasses or in glass sherbet cups. This mixture is not intended to be frozen hard, but, when packed, the consistency of the cream is much better than when merely placed on the ice and chilled.

CHARLOTTE GLACÉ—Make the recipe for Velvet Cream See chapter on Cold Desserts, fill a cylindrical mold (a half-pound baking powder box is just the thing) and pack in salt and ice for two hours. Turn out on a platter, surround with lady-fingers, cover the top with whipped cream, and serve. This is practically a partially frozen charlotte russe.

NESSELRODE PUDDING—One and one-half cups sugar, three cups milk and the yolks of five eggs. Make a custard of these, add a pinch of salt, strain, and, when cool, add one pint of cream, three tablespoons of pineapple syrup, two tablespoons of sherry or Maraschino. Take one cup each of French chestnuts and almonds. Blanch the almonds and chop them fine, then pound to a paste. Shell the chestnuts, blanch, and then boil until tender. Force through a sieve, and add to the custard. Line a two quart melon mold with half the mixture. To the remaining half add a half-dozen large French chestnuts which have boiled until tender and been allowed to soak for an hour in Maraschino; also one-fourth of a cup of Sultana raisins and one-fourth cup of assorted fruits cut in bits. Fill the mold with this mixture, cover and pack in ice and salt for two hours. This is often served in individual paper cases with a bit of candied fruit on top.

BISCUIT GLACÉ—Make a syrup of one cup of sugar and one-

fourth of a cup of water. Beat the yolks of four eggs and mix with three-fourths cup of syrup and one-half cup of cream. Place all in a saucepan over a slow fire and stir constantly until it forms a thick coating in the spoon. Empty into a mixing bowl, set on ice, beat until is it cold and stiff, and then add one pint of cream beaten very stiff. Flavor with a teaspoon of vanilla or any preferred extract. Divide the mixture into small paper boxes, sprinkle with pulverized macaroons, and set in a pail packed in ice and salt for four hours.

CHAPTER XXIV—CANDIES

FONDANT FOR CREAM CANDIES—To one pound of granulated sugar, add three-fourths cup of boiling water, and stir until the sugar is dissolved. Let the syrup boil about six minutes, and dip a fork into it. Try this, holding up the fork and watching the syrup on the point, until this spins a thread. Test it further by dropping a little of the boiling sugar into iced water. When it can be made into a soft ball with the fingers, turn it out on a large platter which has been lightly buttered. Be careful not to stir the sugar when boiling, and do not scrape off the sugar that adheres to the side of the saucepan. As soon as the syrup in the dish is warm, stir it with a wooden spoon, until it begins to crumble. It should be a smooth white mass and should be kneaded in the hands like dough. Pack in a bowl, cover it with a cloth, slightly moistened, and set away until needed.

FRENCH VANILLA CREAM (Uncooked)—Break into a bowl the white of one or more eggs, as the quantity you wish to make requires, and add to it an equal quantity of cold water; then stir in confectioners' sugar until you have it stiff enough to mold into shape with the fingers. Flavor with vanilla to taste. After it is formed into balls, cubes or lozenge shapes place upon plates or waxed paper and put aside to dry. This cream is the foundation of all the French creams.

NUT CREAMS—Chop almonds, hickory nuts, butternuts or English walnuts quite fine. Make the French cream, and before adding all the sugar, and while the cream is still quite soft, stir into it the nuts, and then form into balls, bars, or squares. Three or four kinds of nuts may be mixed together.

DATE CREAMS—Cut open the dates and fill with French cream paste.

CHOCOLATE CREAM DROPS—Take French cream and mold into cone-shape forms with the fingers; then lay the cones on waxed paper or a marble slab until the next day to harden; or make them

in the morning and leave until the afternoon. Melt some chocolate in a basin, and place in another basin of boiling water. When melted and the creams are hard enough to handle, take one at a time on a fork and drop into the melted chocolate, roll it until well covered, then slip from the fork upon waxed paper and put aside to harden.

VINEGAR CANDY—One pound of white sugar; one wine glass vinegar; one tumbler of water and a teaspoon of vanilla. Boil half an hour and pull until very white.

MOLASSES CANDY—Two cups molasses; one cup white sugar; butter half the size of an egg; two teaspoons vinegar; boil until candy hardens in cold water.

BUTTER SCOTCH—Three tablespoons of molasses; two tablespoons of sugar; two tablespoons of water; one tablespoon of butter; add a pinch of soda. Boil until it hardens when tested in cold water.

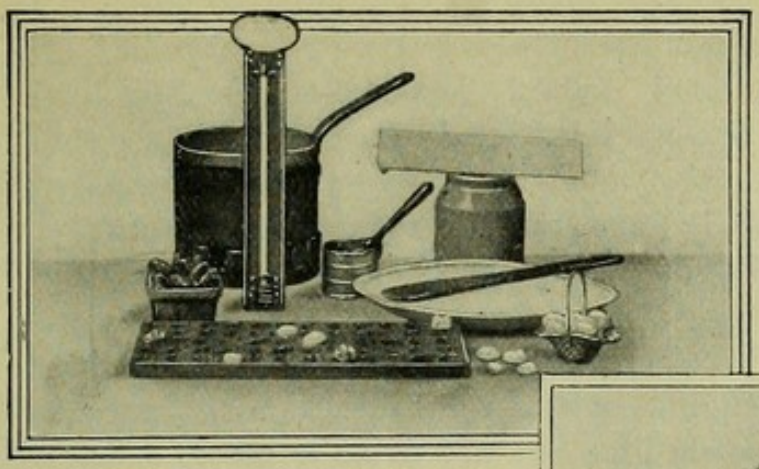
DATES STUFFED—Remove the stones and fill the dates with chopped almonds or peanuts; then close and roll them in powdered sugar.

SALTED ALMONDS—Blanch the almonds, and dry. Put a good sized piece of butter into a dripping pan, and as it warms stir the almonds over and over to coat them with butter; set in the oven, stirring often, until they begin to color, shake in colander to rid of grease, spread on a dish and sprinkle with salt.

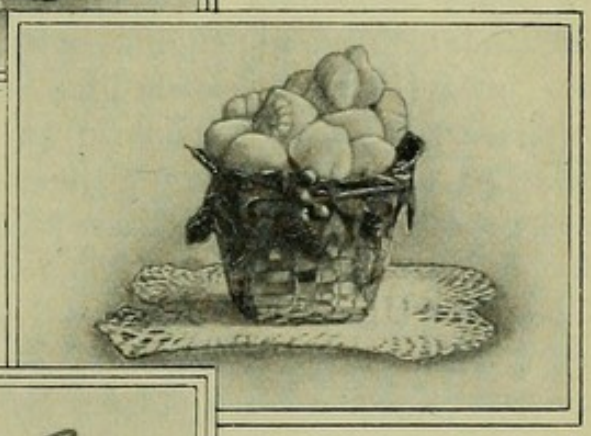
SALTED PEANUTS AND PECANS—Follow the recipe for Salted Almonds.

CRYSTALLIZED FRUITS—Make a syrup of a pound of sugar and one-half cup of water. Boil, without stirring, until a drop put into iced water becomes immediately brittle. Remove the saucepan from the fire and set it in an outer pan of boiling water. Add to the syrup the juice of a quarter of a lemon. Run the prongs of a sharp pickle fork through each piece of fruit to be candied, and dip it in the hot syrup. Lay on buttered paper to dry.

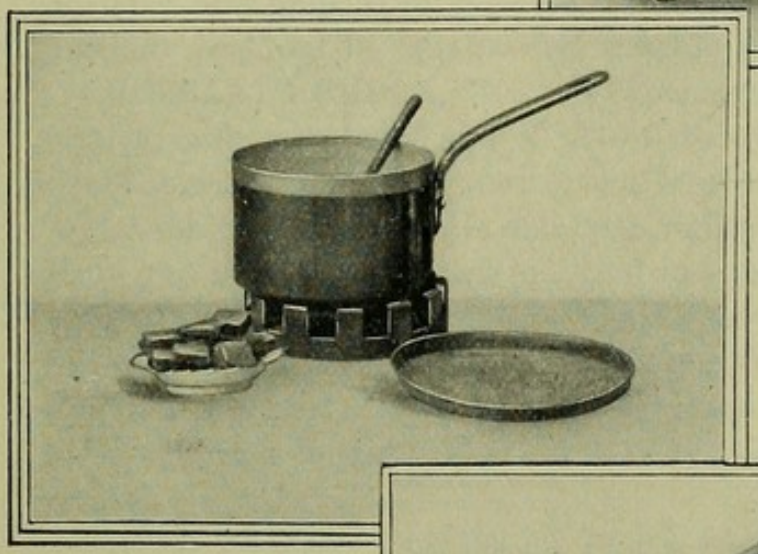
CHOCOLATE CARAMELS—Two cups molasses; two and one-half tablespoons butter; one cup brown sugar and one-half cup milk. Put the butter into a saucepan, and, when melted, stir in sugar, milk and molasses. Stir until boiling point is reached when add three squares of chocolate which have been cut in small pieces and melted over hot water. Boil until the mixture forms a ball when tested



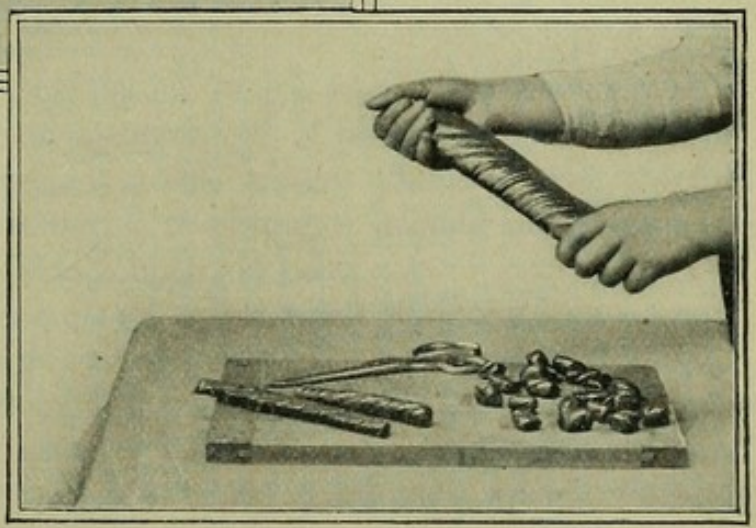
UTENSILS AND MATERIALS FOR MAKING FONDANT



A SUGGESTION FOR SERVING BON-BONS



FUDGE



WHEN THE MOLASSES CANDY IS SUFFICIENTLY PULLED, CUT INTO PIECES WITH SHEARS

in cold water and pressed between the fingers. Remove from stove and add one teaspoon of vanilla. Pour into buttered tins and when sufficiently cool, check off in squares. When perfectly cold wrap in paraffine paper.

The chopped meats from one pound of English walnuts or from one-half pound of blanched almonds may be added to the above ingredients.

MEXICAN CARAMELS—Heat a cup of granulated sugar by placing it in a saucepan and setting saucepan in oven. When hot, remove to top of stove and stir until melted, but not brown. As soon as dissolved, pour in a cup of cream, stirring all the time. When well mixed, add another cup of granulated sugar and also one of brown sugar. Boil until it reaches the soft ball stage when tested in cold water. Remove and stir in a cup of chopped nut meats and beat until creamy. Have ready a shallow tin, well buttered and pour in mixture to the depth of a half inch. When partially cool, cut in squares and wrap in paraffine paper.

CHOCOLATE FUDGE, No. 1—Three cups sugar; one cup cream or rich milk; one-half cake of chocolate and piece of butter the size of an egg. Boil slowly until grains form on the edge of the kettle. Add a tablespoon of vanilla and beat vigorously for a few minutes. Pour into buttered pan and mark off in squares.

CHOCOLATE FUDGE, No. 2—Two cups brown sugar; one-half cup of butter; one half cup of milk; one fourth cup of molasses. Boil ten minutes. Then add two squares of chocolate and boil three minutes longer. Beat until thick, adding a teaspoon of vanilla.

MAPLE FUDGE—One pound maple sugar and one cup milk. Bring to a boil and add a tablespoon of butter. Cook until it becomes brittle when tested in cold water. Remove from the fire, stir vigorously until it begins to granulate around the edge of the kettle and then pour into a buttered pan.

PENUCHIE—Three cups of brown sugar and one cup of milk. Boil until it forms a soft ball when tested in cold water. Add a teaspoon of butter, flavor with a teaspoon of vanilla and stir in a cup of broken nut meats,—either hickory, or English walnuts. Pour into buttered pan and mark in squares with a buttered knife.

BROWN SUGAR CANDY—Two cups brown sugar; one cup of cream or rich milk; two cups of chopped walnut meats. Boil

sugar and cream until it forms a thread. Remove from the fire and stir until it begins to cream. Add nuts and pour into buttered pans.

MARSH MALLOWS—Dissolve a half pound white gum arabic in one pint of water, strain and add half pound fine sugar; place over the fire, stirring constantly until the sugar is dissolved, and all is the consistency of honey; add gradually the whites of four eggs well-beaten, stir the mixture till it becomes somewhat thick and does not adhere to the finger; pour into a tin slightly powdered with starch and when cool divide off into squares.

PEPPERMINT DROPS—Cook slowly one cup of granulated sugar with one-fourth cup of water, stirring occasionally. Test frequently by dropping a little of the candy from a spoon, and as soon as "threads" fly from the spoon remove from the fire, cool a little and flavor highly with essence of peppermint; then drop the candy from a spoon on sheets of foolscap paper and set aside to harden.

PRALINES—Boil two cups of powdered sugar, one-half cup cream and one cup of maple syrup until it forms a soft ball when tested in cold water. Remove at once from the fire and beat vigorously until the mass assumes a smooth, creamy consistency. Add two cups of any kind of nuts broken into bits and drop from the tip of a spoon on to buttered paper, making it in little mounds. It may also be poured into a buttered tin in the ordinary manner and marked off when partially cool.

MAPLE SUGAR CANDY—Break into pieces one pound of soft maple sugar and put in a saucepan with three-fourths cup of cream and one-fourth cup of boiling water. Boil until it forms a soft ball when tested in cold water. Remove from fire, beat until creamy, add a cup of broken nut meats and pour into buttered tins.

PEANUT NOUGAT—Put one pound of granulated sugar in a graniteware saucepan and heat until the sugar is melted, stirring constantly. Have in readiness one quart of finely chopped peanuts which have been sprinkled with a pinch of salt. Place these in a buttered tin, warm slightly, and pour over the peanuts the melted sugar. Sugar cooked in this way will turn to caramel and for this reason must be removed from the stove the moment it is dissolved.

CHAPTER XXV—FRUITS: FRESH AND DRIED

FRESH BERRIES—Wash in a colander and drain. Place on ice until time for serving. Strawberries where very large and perfect may be served with hulls on and dipped into powdered sugar when eaten. Otherwise, pass cream and sugar with the berries.

ORANGES—Cut in halves crosswise, serving a whole orange to each person. Loosen the pulp from the outer skin with a sharp-pointed knife. Place an orange spoon at each plate at the right of fruit.

Oranges may be cut in quarter-inch slices and laid in an overlapping row, allowing about four slices to each person. Place a small fork on the plate at right of fruit.

ICED ORANGE JUICE—Fill small glass cups with strained orange juice and set each in the center of a soup plate filled with cracked ice. This makes a delicious fruit course for breakfast. It should be sipped from the cup.

FRESH FRUIT SALADS—See chapter on Salads; also chapter on Cold Desserts.

GRAPEFRUIT—Cut in halves crosswise. Separate pulp from skin with sharp-pointed knife and with a pair of scissors remove tough center portion. Fill this cavity with sugar. Garnish with Maraschino cherries.

FRUIT COCKTAILS—See chapter on Appetizers.

WATERMELONS—To serve a whole watermelon at table, cut in halves, crosswise, and cut a slice from each end, sufficient to make it stand on a platter. Garnish the platter with green leaves. It is hardly necessary to say that the melon must be ice cold. Serve with a strong tablespoon, scooping out the pulp on individual plates. When served in glasses, the pulp may be shaped in balls or dice. See chapter on Appetizers.

The pulp may also be scooped out in large spoonfuls and served in a watermelon tub shaped from the rind.

CANTALOUPES—Cut in halves and with a spoon remove the seeds without injuring the flesh. If small, serve a whole melon, to each person; if large, serve half. When used as an appetizer at the beginning of a meal, a quarter of a large cantaloupe is often served. They must be very cold and come from the ice box to the table.

APPLE SAUCE—Pare and quarter the apples, put them in a porcelain kettle with a little water; boil until tender, then put in sugar to suit the taste; boil a few minutes longer; use only sour, juicy apples. To be eaten cold.

SPICED APPLE SAUCE—Pare, cut into quarters and core a dozen medium sized sour apples. Place in a saucepan sprinkle with one cup of brown sugar, add a dozen cloves and just enough water to prevent the apples from burning. Cook slowly until tender and either crush to a pulp or press through a sieve.

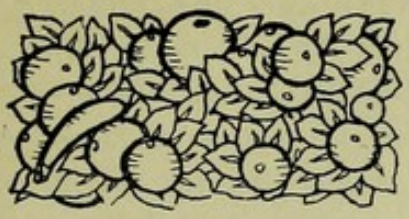
STEAMED APPLES—Core the apples, fill cavities with sugar and put in a saucepan with cold water to the depth of an inch. Cover and cook slowly, turning the apples over once. This will steam the apples, and, if they are red, will preserve their color. These resemble baked apples and are often preferred.

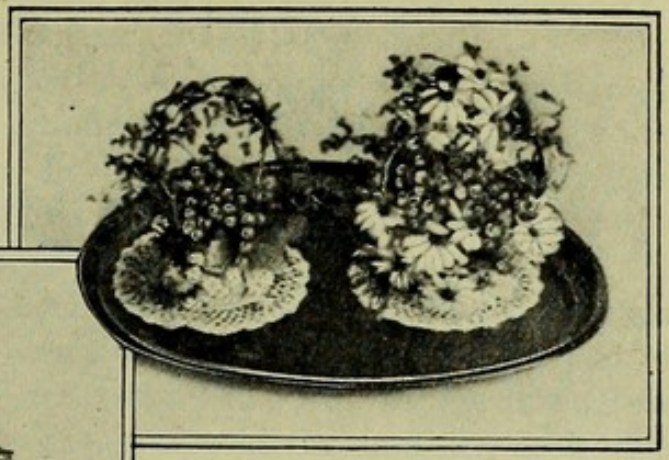
BAKED SWEET APPLES—Select sound, sweet apples. Core and place one-half teaspoon of sugar in each cavity. Place in a graniteware baking-dish, pour in boiling water to the depth of a quarter of an inch and bake in a moderately hot oven. Sweet apples require two or three hours baking. They should be cooked until perfectly soft and until the juice which oozes out, becomes gelatinous.

BAKED SOUR APPLES—Follow the same directions as for sweet apples, using one teaspoon of sugar in each cavity and basting the apples occasionally while baking. These require from one half to two hours.

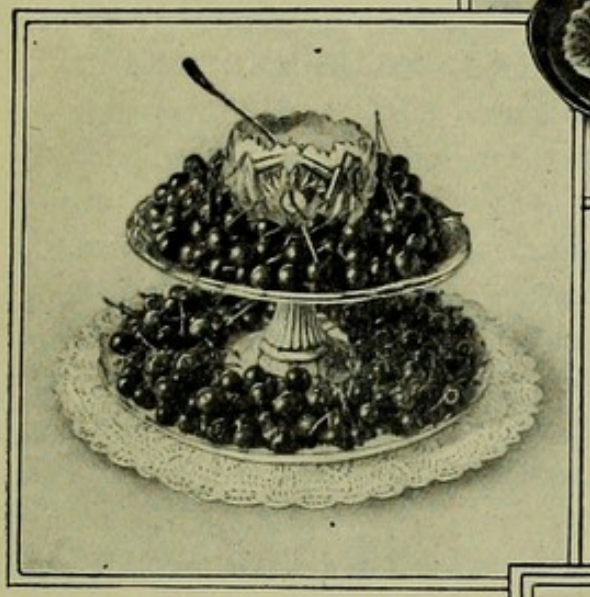
FRIED APPLES—Slice some apples, dip them in a batter made of one egg, sugar, milk and flour enough to thicken; fry a golden brown, sprinkle with lemon juice and serve very hot.

STEWED PRUNES—Cover the fruit with cold water the day before cooking, and let it soak all night. The following morning remove the prunes from the juice, boil the latter, add sugar to please the taste, and boil for fifteen minutes longer. Put in the

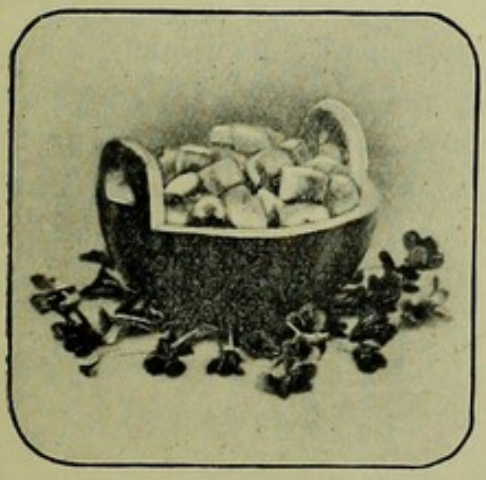




CURRANTS IN LITTLE BASKETS MAKE A CHARMING TABLE DECORATION



ONE WAY TO SERVE CHERRIES



MELON IN A TUB

A STRAWBERRY AND CHERRY CENTERPIECE

prunes, and place the saucepan on a cool part of the stove, where they should be allowed to simmer for one-half hour.

STEWED RAISINS—Wash as many as are needed and leave them in water for twenty-four hours. Then heat them slowly in the water in which they have soaked, which should cover them one-half inch or more. Allow them to simmer on the back of the range for two hours or more.

CRANBERRY JELLY—Look over carefully and wash four cups cranberries. Place in a saucepan, pour over them one cup of boiling water and let boil for twenty minutes. Press through a sieve, stir in two cups sugar, return to fire and let cook five minutes longer. Turn into fancy molds or individual cups.

STEWED FIGS—Follow recipe for Stewed Raisins.

STEWED RHUBARB—Peel the rhubarb and cut in one-inch pieces. Sprinkle with sugar and put in a saucepan with just enough water to keep rhubarb from burning. Very little water is needed as rhubarb provides its own moisture. Cook slowly until tender.

BAKED RHUBARB—Prepare as for stewing and place in baking-dish in a slow oven. Sprinkle generously with sugar and add a little water. Bake until the rhubarb is reduced to a soft, dark red pulp.

STEWED DRIED FRUIT—All kinds of dried fruit should be carefully looked over, washed and drained in a colander. It should then be soaked an hour or more before boiling; put it in a porcelain-lined kettle and boil until nearly done, then add the sugar and cook until soft. Many kinds of dried fruit such as apricots, peaches, etc., can be soaked and then cooked in a syrup, the same as fresh fruits, making a nice preserve.

CHAPTER XXVI—CANNING AND PRESERVING

Jelly Making

HAVE ready at hand before commencing operations a jelly-bag of the coarse linen used for making dish-towels; the bag should be at least eighteen inches wide and eighteen inches long. Also have a yard of the coarse cloth known as "cheesecloth." General directions will be given first, and the different kinds of jellies that require a varying of the rules will be taken up afterward.

When the larger fruits are used they should be cut in pieces and placed over the fire in a porcelain kettle (which should always be used), with not enough water quite to cover the fruit. Cover the kettle tightly and let the fruit stew slowly until it is all broken, stirring occasionally from the bottom with a wooden spoon. The linen bag should be soaking meanwhile in hot water. The fruit has cooked sufficiently when it is so soft that the pieces may be easily crushed between the spoon and the side of the kettle. Wring the jelly-bag very dry, and, holding it over a large pan, or, better still, an earthenware bowl, turn into it the contents of the kettle. Tie the top of the bag with a strong string and hang it to drip.

When the bag has hung a few minutes, carefully press its sides toward the center with two wooden spoons. By manipulating the bag a little with spoons, raising it at the center of the bottom to displace the fruit, all the juice can be obtained. Too much economy should not be exercised in this respect or the jelly will not be clear.

Measure the juice, and to every pint weigh out a pound of granulated sugar. (This quantity is modified somewhat in the particular directions which follow.) Place the juice, uncovered, over the fire and boil exactly twenty minutes. Take care that it boils steadily and not so rapidly that it will have to be removed to quiet the boiling. After the juice is placed on the fire, pour the sugar

into a pan and set it in the oven to heat, stirring two or three times during the twenty minutes the juice is boiling. The sugar should be hot, and if it browns slightly about the edges it will do no harm. After twenty minutes turn the sugar into the juice. If it has been thoroughly heated, it will hiss as it falls into the liquid. Then let the mass come to a boil for not longer than three minutes, after which it is ready for the last work.

Many people consider it necessary to heat the tumblers before pouring in the jelly. This may be done, or a silver spoon may be placed in each tumbler while filling with the hot jelly.

The following day if the jelly is firm and hard, pour over the top of each glass, directly on the jelly itself, one teaspoon of melted paraffine. When paraffine is hard, place covers on each glass. The paraffine can be saved, remelted and used again and again.

As a curiosity, jelly of two or more colors may be put in one tumbler or glass by cutting partitions of stiff letter-paper to fit the inside of the glass. The paper must be held in position by a helper while the jelly is being poured in, and carefully withdrawn when it is nearly cold. Set the jelly in a cool, dry place that cannot be reached by a strong light. Scarcely enough can be said against putting jelly in the cellar of a house, as it is sure to be damp. It will make no difference how beautiful the jelly is, if it is not set away in the proper place, mold will form on it which always changes the taste of the jelly.

Success in jelly-making is more certain with some fruits than with other kinds, but that used should never be over ripe or frosted or fermented. If it is too ripe, it will not jelly at all; therefore it is safer to use it even a little under-ripe.

An excessively wet season is fatal to fruit, as its use is not satisfactory whether it is employed in jelly-making, canning, or preserving.

RED CURRANT JELLY—Select fruit that is full and large and under rather than over-ripe, and remove all dry and withered berries. If the stems seem dusty, wash the fruit well before removing it from the stems and toss it in a cloth to dry as much as possible; then remove the stems and put the currants on the fire to boil, using only a little more than enough water to prevent them burning and crushing some of the fruit to help make a liquid. If the jelly is intended to be used chiefly on the dinner-table with meats, three-fourths of a pound of sugar to a pint of juice will produce a more

acceptable article than when more sugar is used. Regarding the quantity of currants required, it will be found, if the fruit is very good, that a "box" of fruit will make two half-pint glasses of jelly.

QUINCE JELLY—Remove the down with a dry cloth, also remove the blossom end, and cut the fruit in pieces, using seeds and cores. If very light-colored jelly is desired, the seeds should not be put in; but if they are omitted, the juice must be boiled after dripping thirty minutes instead of twenty. Add water to the fruit until it can be easily seen all through it, but not enough to cover it. Allow only three-fourths of a pound of sugar to a pint of juice. If you wish to know how many glasses to have in readiness, weigh the quinces after they are cut in pieces and ready for boiling; twelve pounds will generally yield nine pints of juice, which will make two dozen glasses.

RHUBARB JELLY—Wash the stalks thoroughly, cut into pieces one inch long, boil to a soft pulp and strain through a jelly bag. To each pint of juice add one pound of loaf sugar and boil again, skimming often. When the juice "jellies" on the skimmer remove it from the fire and pour into jars.

BARBERRY JELLY—Follow the recipe for Currant Jelly, allowing one cup of water to each peck of barberries.

RASPBERRY JELLY—These berries have a very delicate flavor but they need the addition of currants to make jelly of the proper consistency; used alone they never produce anything more than a thick syrup. Use two boxes of raspberries to one of currants, and follow the directions for currant jelly. The three boxes of fruit will yield five glasses of jelly.

CRAB-APPLE JELLY—This is generally the cheapest jelly made, as the fruit is less expensive than that required for the other kinds. Rub each apple until it shines, removing the blossom end and any spots that show signs of decay. If the apples are very small and seem to be dusty, they may be washed, for the rubbing is very tedious unless the fruit is of fairly good size. Four quarts, measured after the apples are cut in pieces will make eleven glasses of jelly. The seeds are always left in for the boiling. Allow a pound of sugar to a pint of juice, unless a very tart jelly is desired, when three-fourths of a pound will be sufficient

GREEN-GRAPE JELLY—This is to be served only with meats and is of a most delicate color. If possible, use wild grapes; their flavor is much finer for this purpose than the cultivated varieties.

Do not gather the grapes too green; and if a few are slightly turning, it will do no harm. Look the fruit over carefully and wipe all that is dusty. Stew the grapes with the skins on, adding but little water, as the fruit is very rich in juice. Allow a pound and a half of sugar to every pint of juice. The jelly is of a light-green color and adds to the effect of the dinner-table.

MINT JELLY—Make either crab apple or green grape jelly, according to previous recipes, adding to the boiling mixture at the last moment several bruised mint leaves. Color with a little green vegetable coloring. If preferred, instead of adding the bruised mint when the jelly is in the glass, place two mint leaves in the top of each glass before pouring on the paraffine.

This jelly takes the place of mint sauce and is very delicate.

WHITE GOOSEBERRY JELLY—Follow recipe for currant jelly. Fill half the jelly tumbler with the gooseberry jelly and half with currants, raspberry or mint, as suggested in directions for Jelly Making, giving a two-color effect.

JAMS

PINT jars are better for jam than quarts, unless the family is unusually large, for it is best to use all the jar contains soon after it is opened. Do not use any sugar but granulated, unless you wish to pay the difference and get loaf sugar, which is even finer in flavor. Do not use coffee sugar; it imparts a very unpleasant taste to the jam. Use a porcelain-lined or a granite kettle.

STRAWBERRY JAM—Many persons consider that to cook a strawberry is to ruin its flavor; and, this is, perhaps, true in regard to the large cultivated berry. But the small strawberry (really the last of the picking) is sweeter and stands cooking very well. Small, wild strawberries are by far the best for jam, as their flavor is not lost in the cooking. Carefully examine the berries and remove any hulls that may have been left on. Weigh the fruit, and to every pound allow three-quarters of a pound of sugar. Put the fruit on the fire alone, mashing it as it heats; a wooden potato-masher is best for the purpose. Add a scanty pint of water to every four pounds of fruit, and allow it to boil thirty minutes, stirring almost constantly and crushing any berries that may remain whole. Meanwhile place the sugar in a pan in the oven so that it will be thoroughly warmed at the end of the

thirty minutes; then add the sugar to the fruit, and boil both together twenty minutes longer, stirring well to prevent burning.

Just before the time is ended, place the jars in water as hot as the glass will stand without cracking; drain them and at once adjust the rubbers. Take the jam out a cup at a time, and, placing the jar on a plate to prevent waste, fill it to overflowing. As the jam runs out of the top, screw down the metal cover tightly. Use the wrench that comes for this purpose, as the top can thus be made perfectly tight. After all the jars have been filled, wash and dry them thoroughly, and set the jars away in a cool, dark place. Jam made in this may may be kept for an indefinite period.

RED RASPBERRY JAM—Red raspberry jam is made the same as strawberry, and is the choicest jam that is made. The quantity of fruit required in making jam is in the proportion of about six boxes of berries to six pint jars of jam, the boxes being of the size commonly known as quarts, although they do not hold that amount by any means.

RASPBERRY AND CURRANT JAM—Allow three-quarters of a pound of sugar to each pound of fruit, and one pound of currant juice to every four pounds of fruit.

Mash the fruit, add the currant juice and boil thirty minutes, stirring the fruit well up from the bottom; then add the sugar and cook twenty minutes, stirring constantly.

GOOSEBERRY JAM—This is made in the same way as strawberry jam, with, however, much additional boiling. The fruit should be boiled one hour alone, then the sugar added, and boiled one hour longer, stirring constantly during the last half hour of the cooking.

BLACKBERRY JAM—Mash the berries, cook them in their own juice until they are thoroughly heated, then press them through a sieve to remove the seeds which are objectionably large if left in. Measure this liquid, and to every pint allow one-half pound of sugar. Return the sugar and the fruit to the fire, and boil rapidly twenty-five minutes, stirring constantly. Then set away as directed. Blackberries are not as often used for jam as the other varieties of berries, on account of the large seeds, but by pulping the fruit through a sieve as directed, this objection is overcome, and the jam is certainly all that can be desired. The medicinal properties of the blackberry are well known, and juice made of the berries is often medicine as well as food.

GRAPE JAM—Separate the pulp and skins, place the pulp in a kettle, and when scalded pass it through a colander or coarse sieve. Add the skins to the strained pulp, measure the whole, and allow one-half pound of sugar to every pint. Place all together in a preserving-kettle, boil slowly twenty-five minutes, and set away.

GREEN GRAPE JAM—This is made in the same way as grape jam, allowing, however, three-quarters of a pound of sugar to every pint of juice and skins.

MARMALADES

THESE are really the same as jams, the only difference being that for marmalade only the larger fruits are used, while jam proper is always made of berries. Marmalade requires a little more cooking than jam, and will keep well in glasses or pots made for the purpose.

ORANGE MARMALADE No. 1—Rather sour oranges and those with thin, smooth skins, are the best for this purpose. Weigh the oranges and allow three-fourths their weight in sugar. Remove the peel in quarters. Cover the peel with boiling water and cook until tender. Drain, cool, and remove the inner white part of peel with a spoon. Cut this thin yellow rind into thin strips with a pair of sharp scissors. Divide the oranges into sections, remove the white skin and seeds, place in preserving kettle, and, when at the boiling point, commence adding the sugar gradually. Cook slowly for one hour. Add the bits of rind and cook one hour longer. Pour into glasses.

ORANGE MARMALADE, No. 2—The following recipe makes a small quantity and the proportions may be easily doubled. One grapefruit, one lemon, two oranges. Cut the fruit very thin, taking out all seeds. Cover with two and one-half quarts of cold water and let stand until next day. Then boil ten or fifteen minutes. The following day add two and one-half quarts of sugar (scant) and boil for one hour and a quarter. Put up in jelly glasses or small jars.

RHUBARB MARMALADE—The rhubarb for marmalade should be young and fresh. Cut it into inch lengths without peeling. Weigh it and allow three-quarters of a pound of sugar to every pound of the plant. Place the sugar and the plant in a preserv-

ing-kettle, heat it very slowly and boil three-quarters of an hour, stirring constantly. Put up the same as jam.

In making marmalade or jam constant stirring is necessary from the beginning. Indeed, there is no preparation of fruit that requires so much attention during the entire process. Always use a wooden spoon, scraping the bottom of the kettle at every turn. If the fruit adheres to the bottom ever so slightly, empty the kettle at once and thoroughly cleanse it, for when once the fruit begins to adhere to the kettle it grows continually worse, and cleansing is the only sure preventive.

QUINCE MARMALADE—Pare, core, and weigh the quinces, allowing sugar as for rhubarb marmalade. Drop the fruit into clear water as soon as the core is removed, to prevent it from turning black from exposure. Stew the parings and cores slowly for three hours in just enough water to cover them, and strain through a bag made of coarse linen cloth, squeezing it at the last to obtain all the juices of the fruit and the gelatinous substance of the cores. Much trouble will be saved if this part of the work is done one day and the marmalade finished the next. Put the quinces in the kettle with the water strained from the parings, and boil them until the fruit has been broken and well crushed—usually three-quarters of an hour.

Add the sugar, and boil ten minutes longer, skimming if necessary. Put in glasses and cover.

CANNING

Fruit

JARS—In canning, sugar is not the "keeping" power as in preserves; it is the entire exclusion of air from the fruit that preserves it, and with this fact in mind it will be seen that great care must be exercised to have all the jars in perfect condition. We repeat our former directions for testing the jars. Purchase for the purpose a glass jar having a glass or metal top with a rubber. Thoroughly cleanse the jars, and if the rubbers have been used before and seem hard or worn, get new ones; they may be purchased at any store where the jars are sold. Partly fill the jar with water, place the rubber in position, and put on the top securely. Then turn the jar up-side down and let it remain in this position at least five minutes. If any water

oozes out, the jar is imperfect and should be set aside for some other work that does not require the exclusion of air. Simply changing the top or putting on a new rubber will often render the jar perfectly safe.

FRUIT—The fruit used should be firm and as large as can be obtained, except in the case of strawberries. With them the smaller the better, and the wild variety is to be preferred. All other berries should be firm and large. Look them over carefully, removing any that are crushed or over-ripe. Do not buy berries that seem settled compactly in the box, for you may be sure they are either too ripe or have been too long picked. Blackberries, no matter how fine or of what kind, are never satisfactory or appetizing when canned.

To prevent discoloration, all large fruits should after being peeled be thrown at once into cold water until needed.

Cherries are canned with the pits in, as they add much to the flavor.

Pineapples should be peeled and the "eyes" carefully extracted with a sharp, pointed knife. This fruit should not be cut in pieces or slices, but stripped from the stump or core with a silver fork, care being taken that the pieces are not too large.

Quinces should be pared, cored and quartered, the parings and cores being saved to add to the quinces used in making jelly.

Pears should not be too large; the Bartlett is always satisfactory. Pare and cut them in halves, leaving the seeds in, for they add to the flavor as well as to the appearance.

Peaches should be pared, halved, and pitted.

When ready to begin, place the rubber in position on the top of each jar, with the top that has been tested by the side of the jar. Do not mix the tops, as one that is true to one jar may not fit the next, this being particularly the case when the screw-top jar is used. Place the fruit in the jars as soon as it is prepared, shaking each jar to fill the interstices as closely as possible—that is, when quinces, pears or any of the firmer fruits are used. Berries must not be packed closely. If pears are used, turn some of the pieces with the core side out, as it adds to the effect when finished. When peaches are being prepared, five or six of the pits should be distributed through each jar, for they improve the flavor. The pits are removed before the fruit is sent to the table. Just as

the fruit is laid when the jar is filled so it will remain all winter, for there is no further handling of it.

Find in the table appended the amount of sugar allowed for a quart jar of the fruit you wish to can, and use as many times this quantity as you have jars of fruit; place the sugar in a saucepan on the stove with just enough boiling water to dissolve it. When thoroughly melted, allow it to cool a little and then divide the syrup among the cans, a spoonful at a time. If after all is distributed, it does not fill the jars (and it seldom does), add enough lukewarm water to each jar to fill it and loosely screw on the top. If the glass top jar is used, put the glass in position but do not "lock" it, for if steam is not permitted to escape the jar may burst. Have in readiness a deep porcelain kettle with as wide a bottom as possible; set the jars closely together in this, and fill the kettle with water as warm as you can hold your hand in, until the water is within an inch of the top of the jars; then set the whole over the fire to boil.

Those who have not a sufficiently large preserving-kettle will find the wash-boiler convenient—indeed, if there are a large number of jars, the boiler is much to be preferred. The fruit is cooked in this way, the water gradually heating in the kettle and heating at the same time the fruit and syrup in the jars, really *steaming* the fruit. The water should not boil too fast. If a boiler is used, care should be taken with the fire at the start, for the tin of the boiler heats much faster than the thicker vessel. It is never wise to place the boiler directly over the fire. Do not fear the cracking of the jars, for if the whole is heated gradually there is little danger.

After the water has boiled ten minutes, remove the cover from one of the jars, and if the fruit can be easily pierced with a steel fork and each piece seems softened through, it has cooked enough. Ten minutes are usually sufficient for berries to boil, but more time is necessary for the larger and more solid fruits. It is impossible to give a definite time for boiling, as the worker will realize when she compares such firm fruit as quinces with soft berries. By the exercise of a little common sense, however, she will soon learn the length of time required in each instance. It will be seen that by cooking the fruit in this way no aroma escapes, all the flavoring remaining in the jar.

After making sure that the fruit is sufficiently cooked, set the kettle back where it will not boil, and secure on the top of each

jar as tightly as possible in order that the jars may be more conveniently lifted out. Then, wrapping the hand in a dry towel, lift a jar out of the water, take off the top and pour in *boiling* water until the jar is overflowing, then quickly adjust the top again for a final fastening. Treat each jar in this manner, and invert them all for a final test as to air-tightness. If any syrup oozes out after a jar has cooled, the fruit can be saved only by turning it into a saucepan and, when boiling, placing in a perfect jar, as in the old method of canning; but this will never be necessary if proper care be exercised in the first instance. If the leak is detected while the jar is still hot, it can be again filled with boiling water and sealed after substituting a new rubber or a different top.

As the jars cool, if the screw-top variety is used, endeavor to tighten them more by using the wrench that comes for the purpose. On the following day, when the jars are perfectly cold, tighten the tops more if possible, and then set them in a cool, dry place as free from a strong light as possible. Do not handle them after they are once set away, as any shaking of the jars is likely to be followed by fermentation of the fruit. Fruit canned in this way will not go to pieces; on the contrary, being cooked in the jar and not handled when in a breaking condition, it remains as whole as when put in the jar.

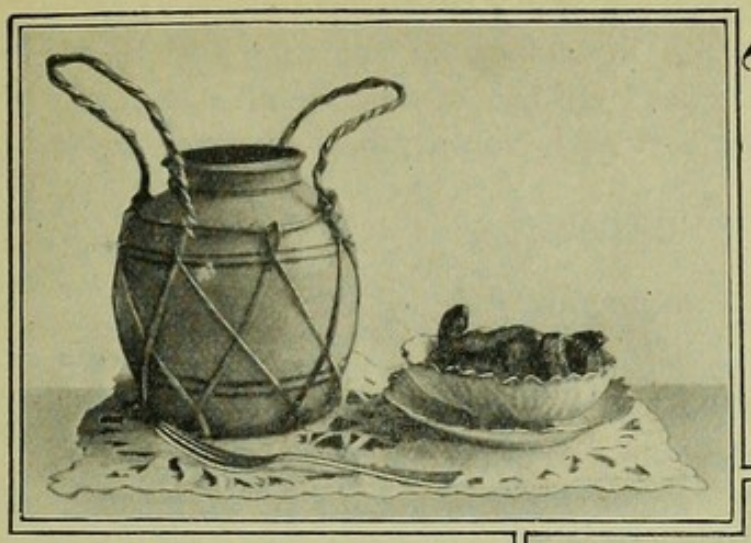
Canned fruit should always be opened two or three hours before it is needed, as the flavor is much finer when the oxygen, of which it has been so long deprived, is thus fully restored.

The amount of sugar necessary for each quart jar of fruit is as follows:

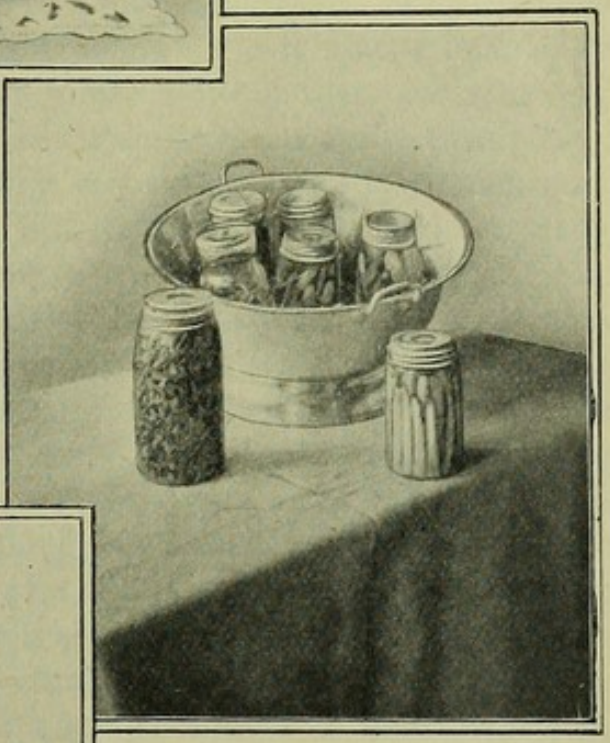
For Cherries,	8	ounces.
" Raspberries,	6	"
" Strawberries,	10	"
" Whortleberries,	6	"
" Quinces,	12	"
" Small Sour Pears (whole),	10	"
" Peaches,	6	"
" Bartlett Pears,	8	"
" Pineapples,	8	"
" Siberian or Crab Apples,	10	"
" Plums,	10	"
" Ripe Currants,	10	"

CANNED BERRIES—The following recipe is given as illustrative of this method of canning: Carefully examine the berries, which should be firm as possible and not over ripe. Discard any that are bruised or imperfect. Place the berries in the jars as they are examined. The less they are manipulated the better for the fruit. Shake the jars gently but not enough to at all pack the fruit. The jar should have been "tested" before the berries were put in them, a description of which process was given in the previous directions. Six quart jars being filled with the fruit a glance at the table tells us that thirty-six ounces or two and one-fourth pounds of sugar is required for this quantity. Place this over the fire in a granite pan and add boiling water sufficient to dissolve the sugar, adding for this quantity about one quart. When the sugar is entirely dissolved apportion the syrup among the jars, using a teacup, and turning in a half-teacup at a time in each jar until all has been used. Fill with warm water the space that will remain in each jar, adjust the tops, but not tightly, and set the jars in a wash boiler on the stove. Add luke-warm water to the boiler until it reaches within an inch of the top of the jars. Place the cover on the boiler and set it in a very moderate heat. As the water heats the berries are cooked.

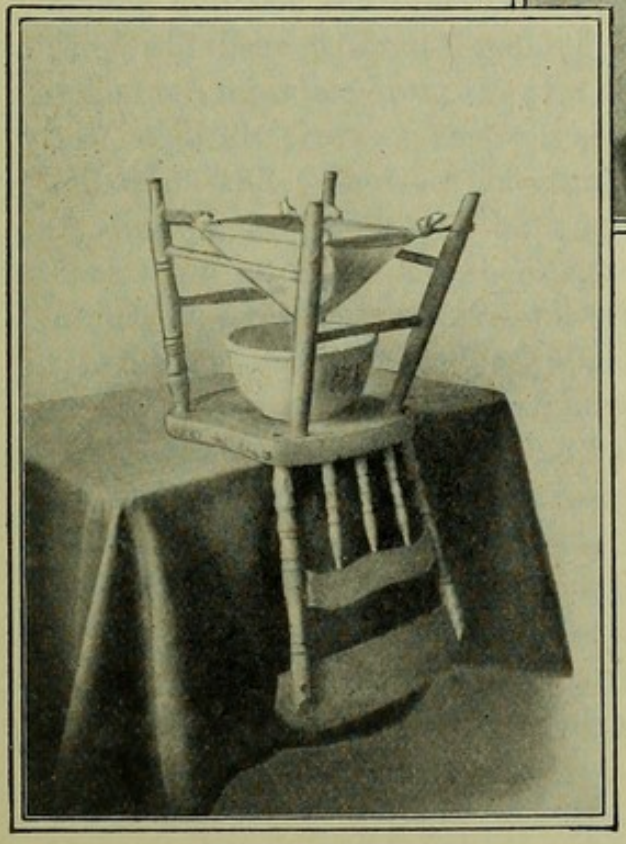
Berries require less cooking than any other fruit, and when the water in the boiler is nearly boiling they are generally cooked enough. When they are tender and a little soft they are ready to take off. Wrap a cloth about the hand, give the top of the jar sufficient tightening to lift out the jar by its top and place one jar on the table. Have ready a quantity of boiling water in the tea-kettle, unscrew the top of the jar, and fill the jar to over-flowing with the water direct from the kettle. While the water is running over the top of the jar fasten on the metal top, screwing it in place as tightly as possible. Do this with all of the jars, taking out and finishing one before removing a second from the kettle. Place the boiler on the back of the stove while this finishing is going on. Turn the jars upside down, resting each on its top. In this way any leakage will be discovered. If the jar is not perfect it will leak at once and can usually be made perfect by adding a tighter rubber, or changing the top. Remove the imperfect top, make the changes, again fill the jar with boiling water, until it overflows, and seal as before.



AN INVITING WAY TO SERVE PRESERVED GINGER



HOW TO PACK PRESERVING JARS FOR STEAMING SO THAT THEY WILL NOT TOUCH



A GOOD DEVICE FOR STRAINING

Stand the jars out of a draft of air, and when cold, give the tops a final trial to tighten them further if possible. Set them away in a dry, cool place free from light.

CANNING

Vegetables

THE canning of some of the vegetables is similar to the canning of fruit. It is well to bear in mind that the exclusion of air is the one thing needful to a successful result. In these days of moderate priced canned goods many deem it unwise financially to can their own vegetables for winter use, but there are also very many who much prefer to do their own, having a dislike to anything preserved in tin cans. The first cost of the jars for canning may seem a considerable expense, but as they may be used for many years they prove themselves an economy.

TOMATOES—Tomatoes, classed as a fruit, but considered as a vegetable, are very generally canned at home. Pour boiling water over them to loosen the skins, and these being removed, cut the tomatoes in halves and place them in a kettle. Heat slowly to boiling and boil ten minutes. Put the jars in as warm water as they will bear without breaking; and when the tomatoes have boiled ten minutes, drain the jars and pour in the tomatoes boiling hot. Quickly screw on the tops as described above.

TOMATOES (Whole)—The tomatoes may be peeled or not, as desired, but they will be more successful if used unpeeled. Pack them into wide-mouthed jars and fill the jars with cold water. Adjust the top on each jar and set the jars in a wash-boiler, the same as described in fruit canning. Place sufficient warm water in the boiler, to reach three-quarters of the height of the jars. Cover the boiler, set in a moderate heat and gently bring the water to the boiling point. Boil three hours. Cover the hand with a cloth, lift out a jar by its top, fill to overflowing with boiling hot water and screw on the top as tightly as possible. Invert the jar to discover any leakage. If any is found, remedy it the same as when canning berries. Stand the jars in a place free from draft, and when cold again tighten the tops and place the jars in a cool, dark place.

TOMATOES—Scald and peel ripe tomatoes and cut them in fine pieces, being careful to cut out the stem end. Cook from two to

three hours, and then add a scant tablespoon of salt for each quart. Put into jugs or jars and securely seal.

TOMATOES—Take ripe tomatoes, scald, peel, (and if large, cut into quarters) and fill the cans with them, also letting some cook at the same time in another vessel to fill the cans up with as the tomatoes shrink in cooking. Put the cans in a kettle of water and boil until the tomatoes are cooked through. Fill up the cans as suggested, seal tightly, and leave in the kettle to cool. Tomatoes canned in this way will remain whole, or, if cut, the pieces will retain their form.

LIMA BEANS—Shell the Limas and fill the jars full of them, add cold water to the jars and finish the same as the preceding recipe. Peas can be canned in the same way, or according to a formula given below.

ASPARAGUS—Pack the vegetable in the jars, leaving all the tips at the mouth of the jars. Add cold water and finish as in tomatoes (whole).

CORN—Cut the corn from the cob and pack it in the jars until they are full, adding no water. Place in the boiler the same as directed and boil three hours. Fill to overflowing with boiling water, fasten the tops and set away.

CORN (Another Method)—Boil the corn in the ears five minutes. Then cut it from the cobs, pack the jars to within an inch of the top, and fill the rest with water. Put on the tops and screw partly down. Put the jars in water and boil two hours. Then screw the tops down tightly. Corn canned in this way is said to keep perfectly.

STRING BEANS—String the beans, break them into inch lengths, pour over them boiling water and boil fifteen minutes. Have the jars ready filled with hot water thoroughly to heat them. Turn out the water and quickly fill the jars with the beans, adding as little as possible of the water in which they were boiled. Fill the cans until they are overflowing. Fasten on the tops and set away.

BEANS—Boil young string beans until quite tender. Then put them into cans, fasten down the tops and boil two hours.

PEAS—Can in the same manner as beans. (See recipe above.)

CANNED RHUBARB—Remove the skin from the rhubarb and cut the plant into inch lengths. Pack it closely in glass jars, fill the jars to overflowing with cold water and screw the top on

tightly. Invert the jar to disclose any leak. If the jar is perfect, this canning, simple as it is, will be successful; if the jar is not air-tight it will not be.

The vegetable is delicious for pies in the winter. No cooking is required for the preservation of the plant.

PRESERVING

UNLIKE canned fruit, preserves depend entirely upon the sugar used in them to prevent their "spoiling," and the old rule of "pound for pound" (a pound of sugar to each pound of fruit) is still followed. Preserves are of necessity so sweet that many housewives do not make them at all, preferring the mild flavor of the canned fruit. This is not to be wondered at when we reflect that preserves as many prepare them, have no flavor to tempt the taste, save that of excessive sweetness.

It is not necessary that preserves be kept air-tight, but they should not be put up in large vessels, or a mold will be apt to form on the top after a jar is opened, which involves a waste of the portion of preserve to which it adheres and imparts a disagreeable taste to the remainder. If possible, use quart jars; those put aside as unsafe for canning are as good as any. If the jars have tops, close them when filled as in canning; if not, cover the preserve with paper that has been dipped in brandy, after which paste a circular piece of paper over the top of the jar the same as for jelly. Preserves may be kept in this way for a long time without appreciably diminishing in flavor.

Use granulated sugar in preserving fruit, and always look the fruit over carefully before using. It should not be over ripe, for if it is too soft, it will quickly break during the process and have an uninviting look when ready to set away.

GREENGAGE PRESERVE—Place the fruit in a wire basket, immerse the basket in boiling water, and when the skins loosen take them out of the water and peel them. Weigh the fruit and allow one pound of sugar for every pound of fruit. Place a layer of the fruit in a large earthen jar, sprinkle it with some of the sugar, then add another layer of fruit and sugar and when all is used set the jar aside until the next morning. In the morning draw off the juice that has formed. Boil it, skimming it as the scum rises. When the juice is quite clear add the fruit and cook

it gently about half an hour, or until the greengages are clear and tender. Skim out the fruit, place it on a large platter, and boil the syrup until it is as thick as desired, draining into the kettle all that drains from the fruit on the platter. When thick enough return the fruit to the syrup, and when hot set away.

GREEN GOOSEBERRY PRESERVE—Stem the berries, remove the blossom end and wash the fruit in cold water, draining well. Allow one pound of fruit; one and one-fourth pound of sugar; one and one-half pint of water.

Cover the berries with boiling water, and set the kettle in a moderate heat to scald the fruit. Put the sugar and water together in another kettle. Boil, skim and set aside to cool. As soon as the fruit is tender skim it from the boiling water, placing it carefully in a pan of cold water. When the berries are cool, turn them into a colander, drain well and then place them in boiling syrup. Cook them gently about twenty minutes, when the fruit should be clear. If the berries grow tender to breaking before the syrup is thick enough, skim them out and boil down the syrup, returning them for a final heating just before sealing or setting away.

PRESERVED GINGER—Pare the roots of fresh green ginger, using a very sharp knife, and place each piece into cold water, as it is peeled. When all is peeled drain it from the water. Weigh the ginger and place it in a preserving-kettle, covering the ginger with cold water. When the water is quite boiling, skim out the ginger and place it again in cold water. When quite cool, again return it to the kettle, add more cold water, and when boiling, skim out and lay in cold water as before. Do this three times, when the ginger will be tender, leaving it at last in the cold water. Allow one pound of ginger; one pint of water; one pound of sugar; one egg (white only).

Place the sugar and the water together in a preserving-kettle, and heat slowly, boiling gently until the sugar is dissolved. Beat the white of the egg until it froths, and stir it into the syrup. When it boils skim until quite clear, then stand aside to cool. This is called clarifying syrup.

Drain the ginger, wipe it dry with a soft cloth, and when the syrup is cold, place the ginger in it and let it stand thirty-six hours. Drain off the syrup, let it come to a boil, take from the fire, and when again cool, place in the ginger, and let it remain twenty-four

hours. Drain off the syrup again, heat to boiling, and this time turn it over the ginger while hot. In a week again drain it off, boil it and turn it on hot. Cover closely, and it will be ready to use in two weeks. This ginger is considered a great delicacy.

PRESERVED QUINCES—Never make the mistake of cooking quinces in syrup before steaming or boiling them tender in clear water, as sugar hardens the uncooked fruit. Rub off the fur with a coarse towel, then peel, core and quarter, dropping the pieces into cold water to prevent discoloration. Save all the good parings and cores in a separate vessel. Put two layers of the quince quarters in a preserving kettle, cover with cold water and cook over a slow fire until the fruit is tender, then skim out and lay on a flat dish. Repeat this process until all the quinces are cooked, saving the water in which they are boiled to be used with the parings, cores and gnarly fruit for jelly. Make a rich syrup, allowing four quarts of the prepared fruit, measured before cooking, to two quarts of sugar and one quart of water.

Put sugar and water in the preserving kettle, stir until the sugar is dissolved, skim well and boil twenty minutes. Pour half the syrup in a second kettle and put some of the fruit in each vessel, as much as can be accommodated without crowding. Simmer gently about half an hour, or until the fruit turns a rich red. Lift out with a silver spoon and drop piece by piece into wide-mouthed glass cans that have been thoroughly sterilized. Let the syrup boil a little longer, then pour over the fruit until the juice runs down the sides of the can and seal.

PINEAPPLE PRESERVE—Pare the pineapples, and with a sharp, pointed knife extract the eyes; then with a silver fork tear the fruit off the cores in pieces of moderate size. Weigh when all is stripped from the cores, and allow a pound of sugar to a pound of fruit; place in a kettle alternate layers of fruit and sugar until all is used, adding a scanty cup of water to every pound of sugar. Heat slowly to the boiling point, and when the fruit has been scalded three minutes, skim it and spread on a platter, returning to the kettle all the syrup that drains from the fruit. Boil the syrup half an hour, skimming frequently; then add the pineapple, and boil fifteen minutes, when it should be done. If the syrup is not as thick as you wish, skim out the fruit, again, and boil the syrup down to the desired consistency, cooling a little in a saucer to test its thickness, and always remembering that it will become much

richer in color after it has been set away a short time. Return the fruit again for a final scalding, and set it away for use.

PEACH PRESERVE, No. 1—Weigh the peaches after they have been pared and pitted, and allow a pound of sugar to each pound of fruit. Save all the pits. Crack a quarter of them, cut the kernels in pieces, cover with water, and steep slowly in a covered vessel until the flavor is extracted—about ten minutes is sufficient. Place the fruit and sugar in alternate layers in the preserving-kettle, until all of both is used; then add the strained water from the kernels, and heat all very slowly to draw out the juice of the fruit; this is the only wetting required. Boil until the fruit is tender, stirring frequently to prevent burning, but being careful not to break the peaches. When boiled sufficiently, skim out the fruit and lay it on a platter, returning to the kettle the syrup that drains from it. Put the remaining pits in the syrup, and boil until it is as thick as desired, skimming off any froth that may appear. Skim out the pits and set them aside, and return the fruit to the syrup for a final heating; then place the peaches in glass jars, distributing the pits through them. The stones add much to the flavor and color, but they should, of course, be removed before the preserves are sent to the table. Twelve pounds of peaches will make eight quart jars of preserve.

PEACH PRESERVE, No. 2—For this variety of preserve use the clingstone peaches, paring them and leaving in the stones. Allow three-fourths of a pound of sugar to a pound of fruit. Place in the kettle a teacup of water for every four pounds of fruit and then the fruit and sugar in alternate layers. Boil until the peaches can be pierced with a steel fork, after which skim out the fruit and boil down the syrup to the same consistency as in the preceding recipe; then return the fruit for a final heating. This preserve should be kept in wide-mouthed glass jars or a small stone jar.

TOMATO PRESERVE—Select the little yellow tomatoes that are but little larger than small plums; pour boiling water over them and cover tightly for two minutes, then quickly drain and cover with cold water. This will generally loosen the skins. Peel the tomatoes, being careful not to break them; and if any are found with the skins still unloosened, set them aside, to be again treated with boiling water. Weigh the tomatoes, and allow a pound of sugar to each pound of fruit. Place the sugar and tomatoes in the preserving-kettle, in layers as previously directed, but do not

add any water. Heat very slowly, and boil until the tomatoes look withered, being careful to keep them whole. Now skim them out lay them on a platter, and boil down the syrup to the desired thick-, ness. Return the fruit to the kettle; when scalded it is ready to be set away in glass jars. Have in readiness some thin slices of lemon cut crosswise of the fruit (do not peel the lemon nor remove the seeds); place two of these slices in a jar, then a cup of preserve, then two more slices of lemon, and so on until the jar is running over; then screw on the top. This preserve is remarkably piquant in flavor. Four quarts of tomatoes and at least five lemons will be needed to make two quarts and a pint of preserve.

GREEN TOMATO PRESERVE—One peck of green tomatoes; six pounds of sugar; six lemons; one tablespoon of ginger; one-half pint of water.

Wash the tomatoes, remove any dark crust about the stems and weigh them. Cover them with boiling water, let them stand five minutes, then drain them and cut them into slices—slicing them into the preserving-kettle, placing in a layer of the vegetable, then a layer of the sliced lemon, then the sugar with the ginger sprinkled over. Add the water, cover the kettle and cook very slowly one hour and a half. Skim off whatever scum rises in boiling. When boiling this length of time remove the kettle from the fire and set aside to cool. When perfectly cool, return it to the fire and simmer gently for another hour. Put up in jars, and set in a cool place.

PLUM PRESERVE—Select small purple plums, and be sure they are sound and not too ripe. Remove the stems, wash the fruit, and pierce each plum with a steel fork. Put into the kettle a cup of water to every six pounds of fruit, and allow a pound of sugar for every pound of fruit. Place plums and sugar in the kettle as previously directed, and boil slowly. The fruit must be closely watched, as it is apt to go to pieces in boiling. After it has boiled a short time, remove it from the kettle, and boil down the syrup. Plum preserve may be safely kept in a stone jar. Four quarts of plums will make three quart jars of preserve.

BLACKBERRY PRESERVE—The berries are prepared in the same manner as plums, excepting that water is not added, the berries being usually very juicy. Use glass jars in preference to stone ones.

FRUIT PRESERVED IN THE SUN—Sun-preserved fruits are acknowledged to be better than those cooked in the ordinary way. Strawberries and raspberries may be preserved in this way, and, where one has access to a hot-bed, the labor is much lessened. Place the berries in a wire basket and plunge into a pan of cold water. Drain thoroughly, pick over, stem, being careful not to bruise the fruit. Weigh the berries and to each pound allow one pound of granulated sugar. Heat large earthenware plates in the oven, sprinkle with a layer of granulated sugar and over this place the berries. Cover with glass and stand in the sun's hottest rays. Shift the plates as the sun changes its position. About four o'clock bring the plates in and stand over night in a cool place. Bring them out again the next day into the hot sun, as before. By this time they will have a semi-transparent look and be tender, but perfectly preserved in form. With a fork lift each berry separately and place in a tumbler or jar. Boil the syrup for a few moments until it thickens somewhat, then strain, cool and pour over the berries.

BUTTERS

BUTTERS are usually made in large quantities, and the proportions alone are given in the following recipes. At least three times the amount should be made at a time, if a moderate quantity is desired. Butter made of fruits or vegetables is a piquant addition to the dinner, when a roast is served.

PEACH BUTTER—Four pounds of fruit; one lemon; one pound of sugar.

Pare, stone, and weigh the fruit, allowing sugar as above. Place the fruit in the preserving-kettle and heat very slowly, adding no water. When it is quite soft pass the peaches through a fine sieve, return the pulp to the fire, add the sugar, and boil twenty minutes. Just before taking from the fire add the lemon juice. Put up the same as jelly.

APPLE BUTTER—Two gallons of reduced cider; one peck of apples; cinnamon, nutmeg to taste.

New cider is used for this butter, and to "reduce" it it should be boiled until but half of the original quantity remains. As this requires some time for the boiling down, it is obviously wise to do this the day before the butter is to be made. Pare, core and quarter

the apples and place as many of them in the kettle as the cider will moisten, adding more of the apples as the first are cooked. Stir almost constantly, beating the apples to a pulp as fast as they soften. When the whole is reduced to a thick paste, add the spices to taste, and after boiling a few minutes longer take from the fire and seal. The butter should be rich, dark-red brown. No sugar is allowed, the cider being sweet enough. If the butter becomes too thick at the last of the boiling, thin it with a small quantity of fresh cider; if it is not thick enough, add more apples.

CIDER APPLE SAUCE—This is a variety of butter dear to the hearts of the old-fashioned housekeeper, in whose home it formed part of the winter preserve. Reduce a quantity of cider, as directed in the preceding recipe. Pare, core and quarter the apples, and the larger the fruit the better for this purpose. Cook the apples in cider, a few at a time, until they can be pierced with a straw, cooking them very slowly and putting in only so many at a time as will float on the top of the cider. Great care should be taken to keep the apples from breaking. Skim them out carefully, lay them out upon flat dishes, returning to the kettle all the cider that drains from the fruit. Add more apples to the cider, and when cooked lay upon the dish and so continue until all are stewed. A quart of this "boiled-down" cider will generally be sufficient for a quart of apples; but this cannot be always depended on, as some varieties of the fruit absorb much more largely than do others. When all the apples are cooked, boil the cider down one-third again or until it is like thin syrup. Place the apples in a stone jar, pour the cider on them, and set away. It will keep well all winter, and has a deliciously dark color.

BRANDIED FRUITS

BRANDY has long been used in preserving, and while the expense is certainly not small, the outcome is most satisfactory.

BRANDIED PEACHES, No. 1—Make a syrup, allowing three-fourths pound sugar and three-fourths cup of water for every pound fruit. Let it come to a boil and skim. Put in the peaches carefully, a layer at a time, let them boil until tender, then take up and pack in cans. Boil the syrup a little longer until thick, take from the fire and add a cup best brandy for every pound fruit.

BRANDIED PEACHES, No. 2—Four pounds of fruit; one pint of brandy; four pounds of sugar.

Peel the fruit as directed in the preceding recipe and cook it in the syrup in the same way. Boil the syrup down until quite thick, then add the brandy and take the kettle at once from the fire. Heat glass jars by pouring hot water in them, drain well, place the fruit, in them, filling as full as possible, pour in the hot syrup until the jar is full, and seal.

If after the fruit is placed in the jars some of the juice oozes from it, pour this off before turning on the syrup.

Pears are brandied the same as peaches and should be peeled also.

Plums when brandied should not be peeled; instead, they should be pricked well before cooking.

BRANDIED CHERRIES—Four pounds of cherries; two pounds of sugar; one-half pint of water; one pint of brandy.

Stem, stone and weigh the fruit. Make a syrup of the sugar and water and boil it, removing all the scum. Place the fruit in a preserving kettle off the fire, and pour on the boiling syrup. After standing one hour place the kettle on the stove, heat slowly, boil four minutes, skim out the cherries and lay them on a flat dish. Boil the syrup twenty minutes, place the brandy into it, add the fruit, take at once from the fire, and seal.

Berries are brandied in the same way as cherries.

TUTTI FRUTTI PRESERVES—Into a stone jar put one cup of sugar, one cup of brandy and one cup of ripe strawberries. Stir thoroughly. All through the summer add each fruit in its season, always adding the same quantity of sugar as fruit, but no more brandy. Cherries and plums should be stoned. Large fruit like peaches and oranges should be cut into small pieces. These delicious preserves will be ready to use in the autumn, after the last of the native fresh fruits have been added.

CHAPTER XXVII—PICKLES AND CATSUPS

N preparing pickles, avoid the use of metal vessels. Pickles kept in them any length of time will become poisonous. Always use the best vinegar, and when it is necessary to boil it, do so in a porcelain kettle or in a stone jar on top of the stove. A small quantity of alum is an improvement to pickles, but too much is injurious. Keep them in either glass or hard stoneware. A few pieces of horseradish root placed among pickles will prevent the gathering of scum on top of the vinegar.

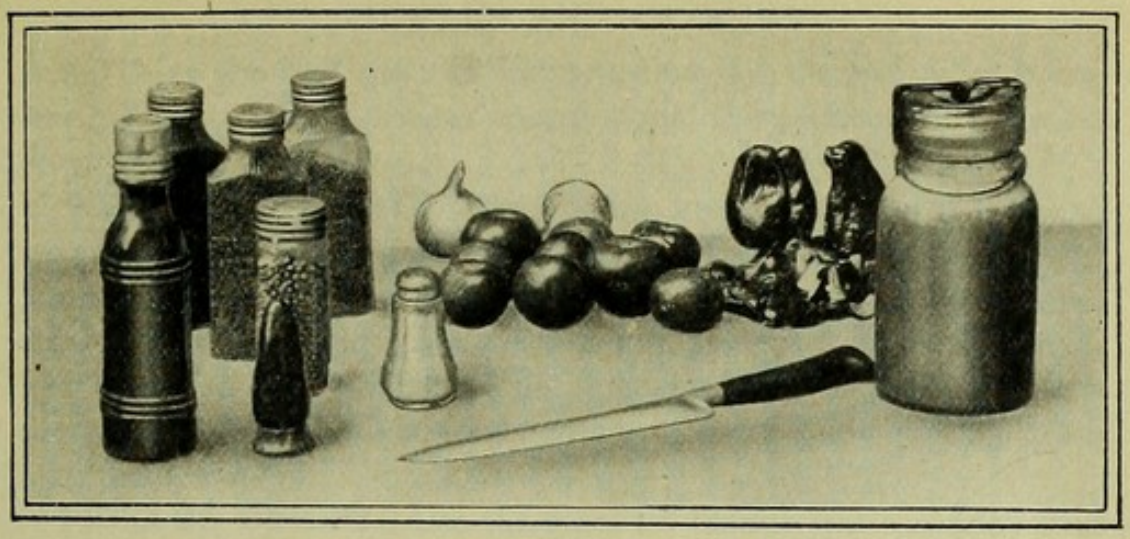
CUCUMBER PICKLES—Use the smallest cucumbers you can procure, making two and one-half inches the limit of length. To each one hundred cucumbers allow one ounce of mustard seed, one ounce of cloves, one large tablespoon of salt, one cup of sugar and two small red peppers. Put the spices in thin muslin bags, using at least two bags to each one hundred pickles. Place the cucumbers in a kettle on the stove with enough good vinegar to cover them; also place the bags of spices in the vinegar, together with the peppers cut in slices. Heat the vinegar as slowly as possible; and when it is scalding hot the pickles are ready to set away. If this recipe is carefully followed, perfectly satisfactory results will be obtained.

SWEET CUCUMBER PICKLES—Sweet cucumber pickles made by the following recipe will keep for several years without being sealed: Place the cucumbers, which should be very small, in a weak brine over night. Next morning remove the cucumbers scald the brine, turn it over the pickles and let them stand for two days. Repeat this process on the third morning, let the pickles stand for two days longer, and then scald the brine (removing the pickles as before) each morning until the eighth day. Then take enough vinegar to cover the pickles, and add a little molasses, enough sugar to make the vinegar as sweet as desired, and cinnamon, allspice, and cloves to taste. Remove the pickles from the brine, place them in the seasoned vinegar, heat thoroughly, and place in jars.

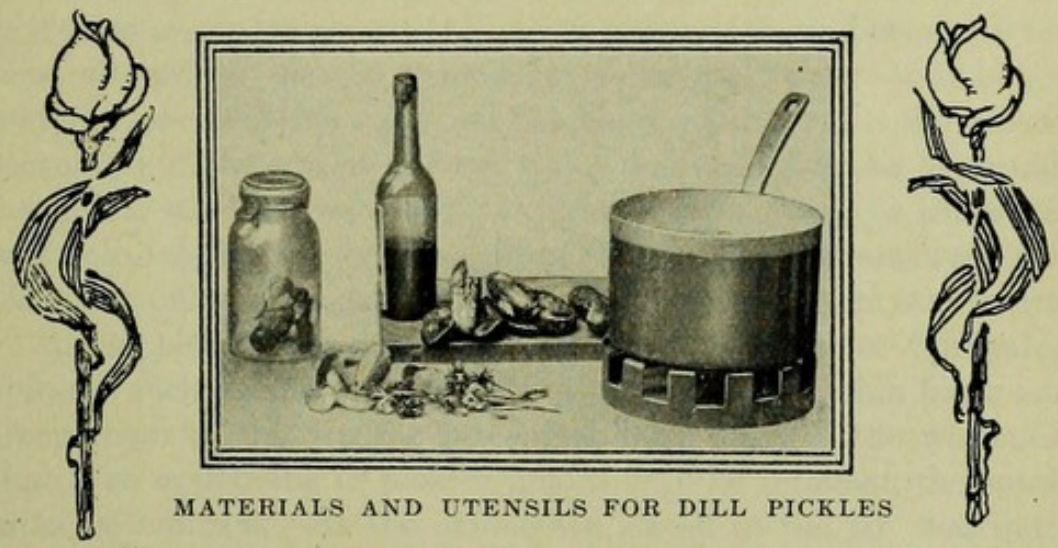
DILL PICKLES—To put up dill pickles, select smooth cucumbers of medium size, wash them thoroughly in cold water, and pack them in a cask, placing first a layer of dill (aromatic seeds so well known to German cooks) and vine leaves, then a layer of cucumbers and so on until the desired quantity has been obtained. Then tightly close the barrel, making a brine from nine quarts of water to one of salt and pour enough through the bung-hole to cover well the cucumbers. After two or three days drain the brine from the cucumbers, boil again and after it has cooled pour it over the cucumbers. The bung-hole in the top of the barrel is left open until the cucumbers begin to ferment, after which it is closed with a stopper. To obtain a good result, the cucumbers should be kept well under the brine. When the barrel is open a stone should be placed on the pickles to keep them down.

PICCALILLI—Chop very fine one peck of green tomatoes, six green peppers and four onions. Stir all together with one cup of salt, and let the mixture stand over night. In the morning pour off what water may have accumulated and cover with vinegar, adding one cup of horseradish; one cup of sugar; one tablespoon of cloves; one tablespoon of cinnamon; one tablespoon of allspice. Cook slowly until tender, tasting at last, and adding more salt if needed. Do up in wide-mouthed bottles.

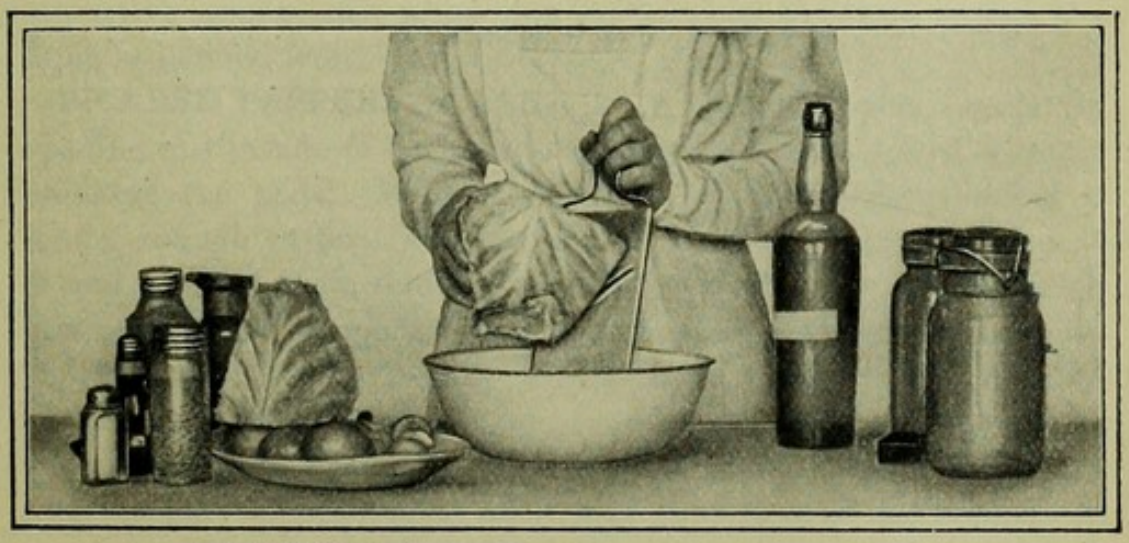
PICKLED CAULIFLOWER—Break off the flowers into small sprays or bunches, and boil three minutes in brine made according to the directions for pickled peppers. Drain the cauliflower, and lay it in a sieve, sprinkling layer after layer with salt. Let the cauliflower stand thus over night; in the morning brush off the salt and place the cauliflower in a stone jar, distributing here and there a slice of red pepper. Now pour cold vinegar over it, and allow it to stand two days, after which drain off the vinegar, and season. To every gallon of vinegar allow one cup of sugar, one dozen blades of mace and one tablespoon each of coriander seed and whole mustard, placing the spices in thin bags. Boil the vinegar with the spices five minutes and pour it over the cauliflower; repeat this scalding process once a week for three weeks, always leaving the spices in the vinegar to draw out their flavor. Be sure the vinegar is boiling when poured on the cauliflower. Lay a plate on the pickle to keep it under the vinegar. Pickled cauliflower should be carefully examined at least once a month, as it is very difficult to keep through the year. How-



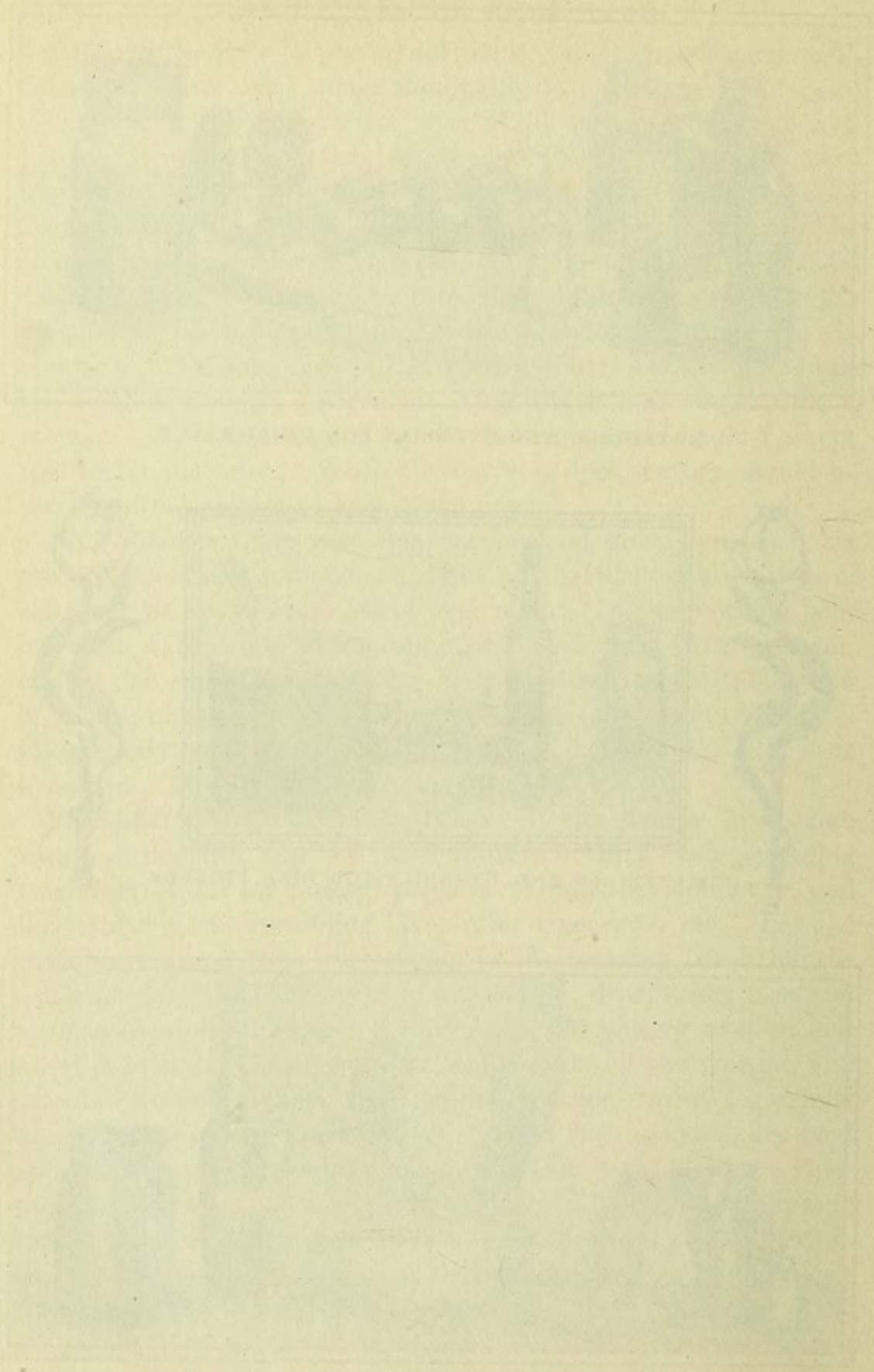
MATERIALS AND UTENSILS FOR CHILI SAUCE



MATERIALS AND UTENSILS FOR DILL PICKLES



SHREDDING CABBAGE ON A VEGETABLE SLICER



ever, if. at the first signs of fermentation the vinegar is re-boiled according to the previous instructions, the pickle can be easily kept perfectly sound.

PICKLED NASTURTIUMS—Use the green seed, and in pickling retain a short length of stem on each. Lay them in cold salted water for two days, and then place them in cold water for another day. Drain well and place the seed in a glass jar, cover with vinegar heated to the boiling point, and close the jar tightly. In a few days the seeds will be ready to use. They are an excellent substitute for capers.

PICKLED ONIONS—Use the smallest onions you can find, pour hot water on them, and when their skins can easily be removed, make enough strong brine to cover the onions; let them remain in it from one morning until the next; replace the old brine with the new, allowing it also to remain on the onions twenty-four hours, and change the brine again on the third morning; on the fourth morning put the onions in fresh water and heat them to the scalding point, stirring frequently. A pint of milk added to the water will help whiten the onions during this boiling. Drain well, and place the onions in a jar, pouring scalding hot vinegar over them. If spiced pickles are desired, place one-half pound of "prepared spices," such as may be procured at the grocer's, in thin bags, and steep them in the vinegar fifteen minutes. But if the whiteness that is so appetizing in pickled onions is to be retained, the spices must be omitted. As the onions are placed in the jar, distribute sliced red peppers through them. These pickles present a very attractive appearance when put up in glass jars and sealed the same as canned fruit.

PICKLED PEPPERS—Use the large green peppers, make an opening in the side of each and carefully remove the seed without breaking the pods. Make a brine of salt and water, having it strong enough to float an egg. Place the peppers in this when it is cold, and let them remain for twenty-four hours. Make a fresh brine, drain the peppers, and lay them in it, letting them remain another twenty-four hours. Drain them again, rinse in cold water, place them in a stone jar, and allow to twenty-four peppers one quart of vinegar and one quart of water. Heat the water and vinegar to the boiling point and pour it over the peppers in the jar. When perfectly cold, drain off the vinegar and throw it away. Heat fresh vinegar this time, adding no water, and pour

it over the peppers while boiling hot. Cover the jar closely and set it in a cool place.

RIPE TOMATO PICKLE—For ripe tomato pickle choose small red tomatoes, which should be thoroughly ripe but firm. Prick each tomato with a pin, and place in a stone jar with about thirty nasturtium seeds to every quart of tomatoes, scattering the seeds. Cover the tomatoes with cold vinegar. They will be ready for use in about two weeks.

PICKLED WALNUTS—For walnut pickle, the walnuts should be gathered early in July. They should be so soft that a pin can be run through them. Lay them in salt and water for ten days, changing the water two or three times during this period. Rub off the outside with a coarse cloth and procceed to finish the pickle. For one hundred walnuts, make a pickle of two quarts of vinegar, one ounce of ground pepper, one ounce of ginger, and one-half ounce of mace, cloves, nutmeg and mustard seed. Put these spices in a bag, lay in the vinegar, and boil all together for a few minutes, then set the pickle away for use. If the vinegar is not very strong, add fresh vinegar to the last scalding of the pickle.

CLARET VINEGAR—Place sour claret in a small cask or jug, and add one pint of "mother" to every four quarts of wine. If the "mother" is not obtainable, a twenty-four-inch square of common brown paper may be used, but this method is much slower than the other. Set the cask in the sun, leaving out the bung; and tie a piece of thin muslin, cheesecloth or tarlatan over the opening. The vinegar should be ready for use in five or six weeks.

TARRAGON VINEGAR—Place two bunches of fresh tarragon in a quart preserving jar, fill the jar with white wine vinegar, cover tightly, and set away in a cool, dark place for two or three weeks; then strain, and bottle. Fill the jar once more with fresh vinegar, and set away. This will be ready to use in a month, but it need not be strained until the first is used.

CHILI SAUCE—Pare twelve large tomatoes, and chop them fine; peel two good-sized onions, and chop them also; chop very fine four medium-sized green peppers. Cut up each kind of vegetable separately. Stir all together, and add as follows: Two tablespoons of salt; two tablespoons of sugar; one tablespoon of cinnamon; three teacups of vinegar. Boil one and one-half hour, stirring well, and bottle the same as catsup. This sauce gives a delicious zest to any sort of cold meat.

COLD TOMATO CATSUP—A recipe used in the kitchen of General Washington is the following: Take one peck of ripe tomatoes and grate them over a coarse grater; strain through a wire sieve; put the liquor in a bag and let drip; take the pulp and thin with one pint of vinegar. Season with salt, pepper, garlic, allspice, and cloves. Bottle and seal. This catsup retains the taste of the fresh tomatoes and is an excellent flavoring for soups and sauces.

GREEN TOMATO SOY—Thinly slice two gallons of green tomatoes (not peeled) and twelve good-sized onions, and add one quart of vinegar; one quart of sugar; three tablespoons of salt; two tablespoons of pepper; two tablespoons of ground mustard; one tablespoon of allspice and one tablespoon of cloves. Mix all together thoroughly, and stew slowly until the tomatoes and onions are tender, stirring frequently. Put up in wide-mouthed bottles or in pint jars.

MUSHROOM CATSUP—Take one-half bushel of freshly gathered mushrooms; wipe them carefully with a damp cloth; put a layer in the bottom of a large stone jar; sprinkle with salt; add more mushrooms and salt until all are used. Let stand over night; mash them and strain off the juice. To every pint add one-half teaspoon of black pepper and one-half dozen whole cloves; put into a preserve kettle and boil slowly until thick. Strain and thin with two tablespoons of vinegar to every pint. Put in bottles and seal.

OLD VIRGINIA CATSUP—Take one peck of green tomatoes; one-half peck of white onions; three ounces of white mustard seed; one ounce each of allspice and cloves; one-half pint of mixed mustard; an ounce of black pepper and celery seed each; and one pound of brown sugar. Chop the tomatoes, and onions, sprinkle with salt, and let stand three hours; drain the water off; put in a preserve kettle with the other ingredients. Cover with vinegar, and set on the fire to boil slowly for one hour.

WALNUT CATSUP—Take one hundred walnuts; one onion (medium size); two quarts of vinegar; two tablespoons of pepper; six ounces of shallots; one-half pound of salt; two tablespoons of anchovies; one-fourth tablespoon of mace and one-half tablespoon of cloves. The walnuts should be green and tender enough to be pierced with a pin. Crush them in a mortar or a pan, and when well broken place them in a stone jar, with the shallots cut in pieces, the onion chopped fine, the vinegar and the salt. Let them stand

two weeks, stirring them well three times a day. At the end of this time drain off all the liquid, put it into a stewpan with the rest of the ingredients and boil slowly one-half hour, stirring it well. Strain it, and when cold, pour it clear from any sediment, bottle and cork tightly. Store it in a dry place.

RIPE TOMATO SOY—Take a bushel of ripe tomatoes, skin and cut them in slices; sprinkle the bottom of a tub with salt; put in a layer of tomatoes, cover with salt; add more tomatoes and salt until all are in the tub. Cover the top with a thick layer of sliced onions; let stand three days; turn into a large kettle, set over the fire and let boil very slowly for eight hours, stirring occasionally to prevent sticking. Take from the fire and stand aside over night. In the morning strain and press through a wire sieve; add four pods of red peppers chopped fine, an ounce of ground cloves, two ounces each of allspice and black pepper. Return to the kettle; set over a slow fire and let boil until very thick and smooth. When cool, put in small jars and seal.

CHOW-CHOW—To make chow-chow, take the following ingredients: One green pepper; four quarts green tomatoes (medium size); six small onions; one head of celery; one pint of peeled and chopped cucumbers; one cup of sugar (either brown or white); one saltspoon (heaping) of ground cinnamon; one saltspoon (heaping) of ground allspice, one tablespoon (scant) of ground mustard; one-half teacup of salt and one quart of vinegar. Chop the tomatoes, add the salt, and mix. Next morning drain the tomatoes, and add the onions, cucumbers, peppers, and celery, finely chopped, the vinegar and spices. Put the mixture in an enamel kettle, and boil slowly for six hours. Stir well with a wooden spoon, and pack in glass or stone jars.

DUTCH CHOW-CHOW—Two quarts of green tomatoes; one quart of white onions; four green peppers (large) and one large head of cauliflower. Chop all very fine with the exception of the cauliflower. Separate the cauliflower into flowerets, pour over these pieces boiling water and let stand for ten minutes. Drain off the water, and pour over the cauliflower a brine made of four quarts of water and one pint salt. Let this stand over night. In the morning drain off all the water, taking pains to drain very dry. Take one cup sifted flour, six tablespoons ground mustard, one teaspoon turmeric powder, and enough cold vinegar to make a stiff paste. Add to this one cup of sugar and two quarts of

vinegar. Boil this mixture until it thickens, being careful that it does not burn. It must be kept smooth by constant stirring. When smooth and thick add the vegetables and cook until they are tender.

MOCK OLIVES—Take two quarts of green plums; one and one-half tablespoons of mustard seed; two quarts of vinegar and two and one-half tablespoons of salt. Place the plums in a stone jar. Turn the vinegar into a preserving-kettle, and add the salt; bring it to the boiling point and pour it on the plums. Cover closely. The next day drain off the vinegar, again heat it and pour it on the plums. When cold put them in olive bottles and cork tightly.

CANNED SWEET RED PEPPERS—Wash outside of peppers thoroughly and wipe dry. Cut slice from stem end and remove seeds. Cut into thin strips with the scissors, or into long ribbons, working around and around the pepper. Scald well and then drop into ice water to make crisp. Drain well. Make a syrup of two cups of sugar and one of vinegar. Put peppers into jars, fill to over-flowing with hot syrup, cover and keep in a cold place.

These are effective to use in garnishing salads, cold meats, etc. See chapter on Garnishes.

PEACH MANGOES—Select large free stone peaches. Use them before they begin to mellow. Lay the fruit in a strong brine for a week. Dry them, cut a slice from the side of each peach and remove the stone, saving the slice to replace after the peach is stuffed. Make a stuffing of one teaspoon each ground nutmeg, mustard, mace, white sugar, celery seed and salad oil, a clove of garlic, chopped, a pinch of ginger, a dozen whole peppercorns, and a tablespoon of scraped horseradish. Mix all well and stuff into the hole in the peach.

Make it as full as it will hold, replace the slice cut out, sew in with strong linen thread and put the peaches into pickle. Make this by adding a cup of brown sugar to a gallon of vinegar and a half-teaspoon of cayenne.

PEPPER MANGOES, No. 1—Remove the stem end of green peppers, carefully extract the seeds, and lay the peppers in strongly salted water for twenty-four hours. Chop cabbage fine, and to every quart allow one tablespoon of salt, two tablespoons of white mustard seed, one tablespoon of cloves, one tablespoon of cinnamon and one cup of sugar. Mix well together, drain the pepper pods, stuff them with the mixture, replace the cap and sew

it to position. Pack the peppers in a stone jar and cover them with strong, cold vinegar. They are ready to use in two or three weeks.

PEPPER MANGOES, No. 2—Use large green peppers, cut a slit in the side and remove the seeds with a knife or an oyster-fork. Be careful not to touch them with your fingers at the risk of burning. Prepare a stuffing by the same recipe as that for the peach mangoes; fill the peppers with this, sew up the slit, lay them in a deep stone jar, and pour boiling vinegar on them. This must be drained off, reheated and poured over the peppers again three times, with an interval of two days between scaldings. Four months will be required to ripen these for the table.

SPICED CURRANTS—Stem the fruit, and if dusty wash it. To every four pounds of currants allow two pounds of brown sugar, one pint of vinegar, one tablespoon of allspice, one tablespoon of cloves and one tablespoon of nutmeg. Make a syrup of the sugar, vinegar and spices, and when the sugar is dissolved, boil the fruit in the syrup one-half hour. Put up in wide-mouthed bottles, lay a paper wet with brandy on top of the currants, and tie up the mouth of each bottle with paper.

SPICED PLUMS—Make a syrup, allowing a pound of sugar to each pound of fruit, and a scanty pint of vinegar to every three pounds of sugar. To each peck of plums allow a tablespoon of ground cinnamon, one tablespoon of cloves, one tablespoon of mace and one tablespoon of allspice. Prick each plum, add the spices to the syrup, and pour the latter, boiling hot, over the fruit. Let the whole stand three days, then skim out the plums, boil down the syrup until quite thick, and pour it hot over the plums. Set away in a stone jar.

SPICED GRAPES—Five pounds of grapes; four pounds of sugar; one pint of vinegar; one tablespoon of cloves; one tablespoon of allspice; one tablespoon of cinnamon; one-half tablespoon of mace. Pulp the grapes, place the pulp on the fire, and heat slowly, cooking about five minutes. Turn the fruit into a coarse sieve, and press the pulp through, thus separating the seeds from the grapes. Place the skins with this pulp, weigh the whole, and make the same as the spiced currants.

CITRON SWEET PICKLE—Two large citron melons, pared, and cut into squares. Place in kettle and turn on boiling water.

Add one-third teaspoon of powdered alum, and boil until easily pierced with a silver fork. Drain in a colander. Take three quarts of vinegar, not too strong, four pounds of white sugar and one-fifth of a pound of cassia buds. Boil together ten minutes, then add the squares of citron and boil for five minutes longer.

CUCUMBER SWEET PICKLE—Pare large seed cucumbers and cut in strips. Remove the seeds, wash thoroughly, then soak for four days in salt and water, changing every day. Soak the cucumbers in alum water one day and drain over night. For seven pounds of cucumbers, take three pounds of sugar, one ounce cinnamon, two ounces cloves, one grated nutmeg, one tablespoon ginger, one quart vinegar. Put the spices in a bag. Boil together for fifteen minutes or more. It is best to watch carefully and remove each piece when clear.

PICKLED PEARS—Seven pounds of fruit; three and one-half pounds of sugar; one pint of vinegar; and a few cloves. First, put a very little water into the kettle, then add fruit, vinegar, and, last, the sugar. Boil all together until fruit is well cooked. If thick syrup is preferred, boil down until the desired consistency is reached.

CHIPPED (or GINGER) PEARS—Cut eight pounds of pears into small cubes. Add six pounds of sugar and the juice and rind of four seeded lemons. Peel the lemons very thin, lengthwise, and cut the rind into thin strips, like straws. Add one fourth of a pound of green ginger. (Boil the ginger previously, until soft, take off skin and cut into bits.) Pour over all one-half pint of water and boil slowly for two hours. Put into a stone jar, or divide into large jelly glasses.

SWEET PICKLED PEACHES—Make a syrup by boiling two pounds of brown sugar, one pint of vinegar and a one-ounce-stick of cinnamon for fifteen minutes. Select large, firm peaches. Dip each one in hot water and then rub off the down with a towel. Stick four cloves in each peach, put into the syrup and cook until soft. This syrup is sufficient for a half peck of peaches, but it is better to put only half this quantity of peaches into syrup at a time. Pears may be pickled in the same manner.

SPICED PEACHES—Peel and weigh your fruit, and to every five pounds of it allow two and a half pounds of sugar, a pint of vinegar, and spices—cloves, cinnamon, and mace—to taste. Let the peaches lie in the sugar for an hour and then drain off the syrup

which has flowed from them and put it over the fire with a half-pint of water. As it boils, the scum will rise and must be taken off. When the scum does not rise any longer, put in the fruit. Boil for about five minutes, remove the peaches with a skimmer and spread on dishes. Put the spices and vinegar with the syrup and let it boil fifteen minutes. Arrange your fruit in glass jars and pour the syrup over it.

Some authorities suggest putting all the spices in a tiny cheese-cloth bag, which keeps the syrup clearer.

PICKLED WATERMELON RIND—Pare and cut into thick slices, the rind of a good-sized watermelon. Boil one ounce of alum in a gallon of water and pour over the sliced melon, letting it stand on the back of the stove for a half day. Remove from the alum water and let it lie in cold water until cold; drain. Have ready a quart of vinegar, three pounds of brown sugar, an ounce of stick cinnamon and half an ounce of cloves. Boil sugar and vinegar; strain; add the spices and rind, and boil until the rind is soft.

CHAPTER XXVIII—BEVERAGES: HOT AND COLD

COFFEE—The first consideration is the kind of coffee used, for satisfactory results cannot be expected from a cheap grade. A mixture of two-thirds Java and one-third Mocha is always excellent if purchased from a reliable dealer. Always buy coffee in the berry and freshly roasted, and grind it at home as needed. The second consideration is the water. If this is allowed to boil long and violently before being used, it will become flat and dead, all its sweetness being lost in the steam that is generated. In making coffee, then, place fresh water in the tea-kettle, and use it as soon as it is boiling. The kind of coffee-pot selected does not so much matter, if the pot is thoroughly scalded before the coffee is put in.

A cup of coffee is not perfect without cream. If cream cannot be used, the next best thing for many tastes is condensed milk. When this is disliked, hot milk may be substituted. The milk should be heated to the boiling point, but should not boil. Never serve cold milk with coffee nor the coffee in cold cups. Heat the cups with boiling water.

FILTERED COFFEE—The coffee should be ground as fine as the mill will make it. Allow one-half cup of the ground coffee to one generous quart of water; this makes sufficient for five cups of coffee. Place the coffee in the cloth or strainer in the top of the pot, arranged for the purpose, pour the boiling water upon it, and set the pot back, allowing the water to filter slowly through. When it is all through, set the pot over the heat, and when the coffee is just at the bubbling point, pour it out, and at once return it to the top of the pot to filter once more. Do this still again, making three times in all that the water has been poured upon the coffee; and serve at once. This produces a clear, bright coffee and requires at the most, not longer than five minutes in the making, if the heat is properly brisk. Coffee should be served as soon as made, or the bright flavor will be lost.

BOILED COFFEE—Allow a dessertspoon to each person and

one for the coffee-pot; put the coffee in the bowl with the white of an egg and a little cold water, stir all together thoroughly, then put it in the coffee-pot, pour boiling water over it and place on the stove; cover the spout of the coffee-pot to preserve the aroma; as soon as it boils up set it on the back of the stove to steep and settle. In serving coffee pour it over the cream and sugar in the cups. If milk is used heat it.

PERCOLATED COFFEE—The percolator is a popular apparatus for making coffee. The coffee itself is placed in a strainer in the upper part of the pot and the water boils up through a tube, percolating through the coffee into the lower part, where it is sent boiling to the tube again. The glass top renders it easy to see when the coffee is strong enough. Flame can be turned low, so as to keep the coffee hot but not boiling. When it is not boiling the grounds are above the coffee, so that the strength remains the same, the bitter qualities not being drawn from the grounds.

AFTER-DINNER COFFEE—The best after-dinner coffee is made with a filter. If really black coffee is desired, use two heaping tablespoons of finely ground coffee to each large coffee-cup of freshly boiled water. Wet the strainer in cold water before adding the coffee, pour the boiling water slowly upon the coffee, and leave the pot over the heat while the water is finding its way through the fine grains and absorbing their flavor. When all the liquid has dripped through, the coffee is done and should be served at once.

CAFÉ BRÛLÉ—Make strong after-dinner coffee. When serving pass French brandy and cut sugar. Two pieces should be allowed for each small cup, as coffee should be quite sweet when served with brandy. One piece of sugar should be placed in the cup and the other in the spoon. Fill spoon with brandy and light. When the sugar has dissolved and the brandy somewhat burned away, blow out the flame, put the spoon and contents into the cup of coffee and drink.

Another method is to serve a tiny glass of brandy with each cup of coffee. The coffee is sweetened, the brandy poured on the surface and lighted. When the brandy is nearly burned away, blow out the flame and drink the coffee.

VIENNA COFFEE—This is the same as the ordinary coffee, with the addition of whipped cream at serving.

CAFÉ AU LAIT—This is made of equal quantities of filtered coffee and boiled milk.

TEA

TEA—In making tea a tin or granite pot should not be used, but one of either earthen, china or silverware. When a metal pot is used, the tannic acid acts upon the metal, thus producing a poisonous compound. The water should be freshly boiled and used at the first boil, as after it boils a few minutes it parts with its gases and becomes flat and hard. Pour boiling water into the pot, and let it remain long enough to heat the pot thoroughly; then pour it out, put in the tea, pour over it the quantity of boiling water required, and stand the pot on the back part of the stove for from five to eight minutes, according to the kind of tea used.

Most varieties of teas will be ready in five minutes, but the English breakfast, than which there is no better tea, requires fully eight minutes to extract its full strength. This tea should be placed in a greater heat than any other kind. It should be almost hot enough to boil, but the boiling point should, of course, never be quite reached. The quantity of dry tea to be used for each person depends altogether upon individual taste. The old rule, "a teaspoon of tea for each person and one for the pot," is a good one to follow, and by allowing a generous one-half pint of water for each spoon of tea, a moderately strong brewing is obtained. When several cups of tea are required the proportion of tea may be reduced.

Tea is often made on the table—a tea-kettle with spirit lamp being used to boil the water. This is always the method adopted for Afternoon Tea.

Tea-balls made of silver are also used to put the tea in. The ball is placed in the cup and boiling water poured in. This is not as good a method as using a teapot, for the aroma is lost and the water becomes cold before it extracts the pure essence from the tea leaves.

When tea is served with cream and sugar the sugar should be placed in the cup first, the tea next and lastly the cream.

RUSSIAN TEA—This is made by placing a slice of lemon in each cup before pouring in the boiling hot tea. A clove in each cup is a pleasant addition.

Formosa oolong is the most delicate in flavor for iced tea, and

should not be too strong. To every quart of tea add the juice of half a lemon. Fill the glasses half full of broken ice and put a thin slice of lemon on top, then pour over the tea, which should be thoroughly chilled.

PLAIN ICED TEA—This is a favorite drink in summer. Make the tea as above directed, strain from the leaves, and set it on the ice for three or four hours. Serve with broken ice in each glass and slices of lemon.

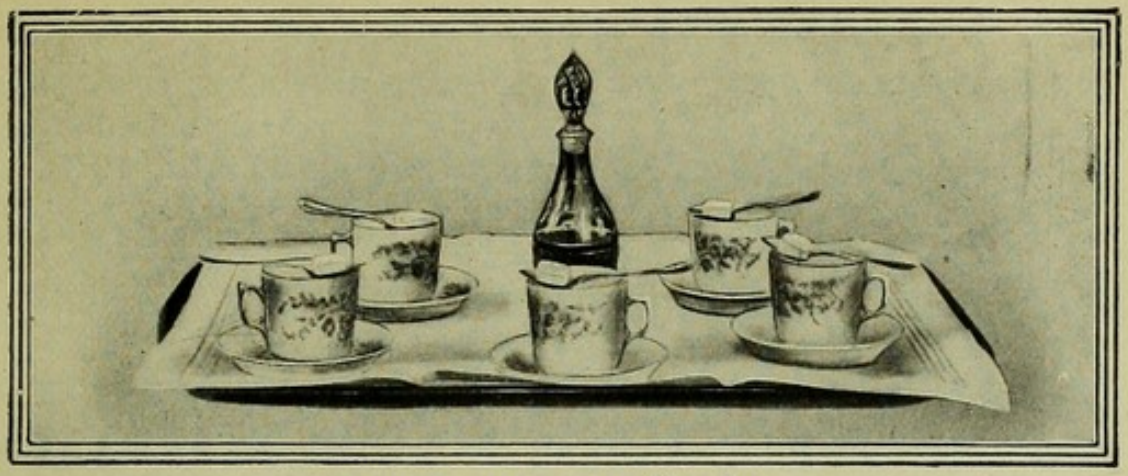
CHOCOLATE AND COCOA

CHOCOLATE, No 1—Take two squares of chocolate; one quart of milk; three tablespoons of sugar; three tablespoons of water. Scrape the chocolate fine, place it in a granite-ware pan, add the water, and beat slowly until the chocolate is melted to a thick liquid. Place the milk in a double boiler or in a stewpan set in another pan containing boiling water; and when it is boiling add the melted chocolate, stir until the latter is thoroughly dissolved, put in the sugar, and whip with an egg-beater until the chocolate is light and frothy. One spoon of sweetened whipped cream placed upon each cup of chocolate is a desirable addition.

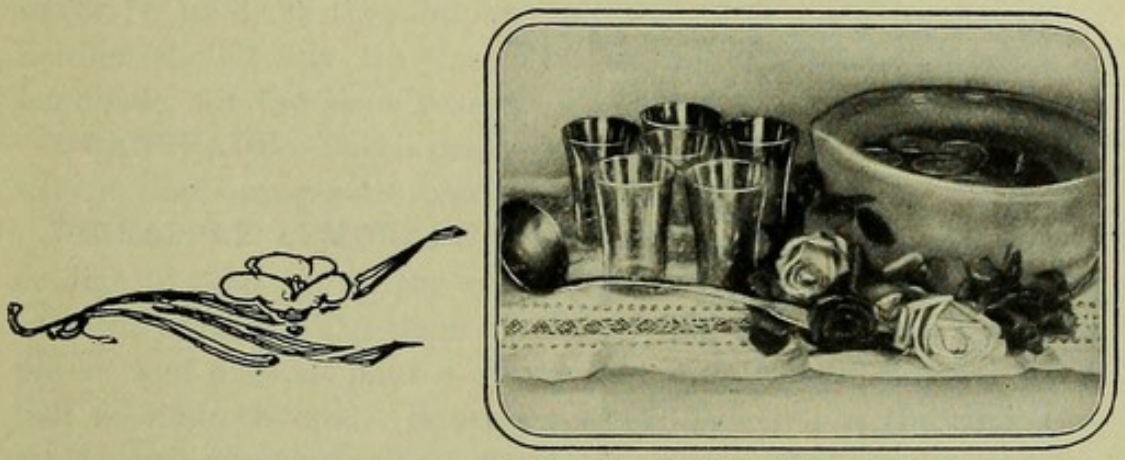
CHOCOLATE, No. 2—For fifty guests take five quarts of milk; three-fourths pound of chocolate; one pound of sugar; one cup of boiling water. Melt the chocolate over hot water. Heat the milk to boiling, add the water to the chocolate, making a paste, then turn it into the hot milk. Add the sugar, boil for ten minutes and strain before serving. Add one teaspoon of whipped cream to the top of each cup when serving.

COCOA—Take one quart of milk and four full teaspoons of cocoa. Put the milk on the fire in a farina kettle. Moisten the cocoa with a little cold milk, and pour it into the milk in the kettle as soon as it boils, stirring all the while it is being added. Stir until the milk again boils, cover the kettle, boil five minutes, and serve. Whipped cream is often served with cocoa.

COCOA SHELLS—Take one-half cup of cocoa shells; two quarts of water; one pint of cream. Place the cocoa and water together in a double boiler, and boil them for two hours, when they



SERVICE FOR CAFÉ BRÛLE



SERVICE FOR TEA PUNCH

A SERVICE FOR PUNCH

should be reduced in quantity one-half. Heat the cream, add it, strain, and serve.

HOT AND COLD BOUILLONS—See chapter on Soups.

FANCY BEVERAGES

LEMONADE—Allow to each one-half pint of strained lemon juice three pints of iced water and a heaping pint of sugar. Lemonade should invariably be served very cold, excepting, of course, in cases of cold and similar illness, when it is most beneficial taken very hot. Metal lemon-squeezers should never be used, as they impart an unpleasant taste to the juice; neither should any tin vessel be utilized in the preparation of lemonade, for the same reason.

ORANGEADE—This is prepared in the same manner as lemonade, except that oranges are used instead of lemons.

PINEAPPLE LEMONADE—Slice pineapple and pare deep enough to take out all the eyes. Prepare the inside to serve, and save the centers. Put them in a kettle, add the rinds, cut into inch pieces, and over all pour a quart of boiling water. Simmer for a half an hour covered. Squeeze one lemon and put the rind into kettle with pineapple rind. Strain the water off through a cheese-cloth, pressing hard to get all the juice of the rind. Add one cup of sugar and one cup of tea. As some pineapples are much more sour than others, more sugar may be necessary.

SELZER LEMONADE—Make a strong lemonade and when serving dilute with one-third the quantity of selzer.

Shaved ice may be compressed into balls which resemble snowballs. Place one snowball in each glass when serving punch.

ICED STRAWBERRY SHRUB—This shrub is one of the most delightful and refreshing drinks during warm weather and is made in this manner. Sprinkle over twenty pounds of ripe berries thirty cents' worth of tartaric acid; cover the berries with cold water, and let the whole stand for twenty-four hours; then strain. If a very rich shrub be desired, this juice should be poured over twenty pounds more of fresh berries and allowed to stand for from twelve to twenty-four hours; then strain again and add a pound of sugar for every pint of juice. Boil rapidly for five minutes, then simmer awhile, cool and bottle. For a pleasant and

healthful beverage use one-third shrub to two-thirds water, and serve in glasses, with a lump of ice in each, and a straw though which to drink the shrub.

RUSSIAN PUNCH—Take the juice from five lemons and five oranges, and over the rinds pour a quart of boiling water. Drain, and to it add a quart of sugar. Boil for five minutes and cool. Add the juice of the lemons and oranges, a pint of tea, two wine-glasses of sherry and one wine-glass of rum. Serve in glasses filled with shaved ice.

RASPBERRY VINEGAR—To six pounds of picked raspberries add one pint of white vinegar; let them be placed in a covered stone jar and kept in a cool temperature for ten days. At the end of that time remove the surface carefully, filter the raspberry vinegar, mix it with equal proportions of 36 degrees syrup in an earthen pan then bottle and keep it in a cool place. When used, mix the vinegar with either spring water or any kind of aerated mineral waters.

GINGERADE—Dissolve three pounds of loaf sugar in two gallons of water; then add the well-beaten whites of three eggs, and two ounces of ground Jamaica ginger; it is well to moisten the ginger with a little water before adding it to the whole. Now place this over the fire in a porcelain kettle, bring slowly to the boiling point, skim and stand aside to settle; when cold, add the juice of one large lemon and one-fourth of a yeast cake, dissolved in two tablespoons of warm water; mix thoroughly and strain. Fill into bottles, cork tightly and tie the corks, and stand at once in a cool place. It will be ready to use in about two days.

EGG-NOG—Beat the white of an egg to a stiff, dry froth. Beat into this one tablespoon of sugar. Next beat in the yolk of the egg and a tablespoon of brandy. Add one and one-half gill of sweet milk and a slight grating of nutmeg. Pour into a tumbler, and serve at once. A tablespoon of rum or wine may be substituted for the brandy.

MILK PUNCH—Put into a bowl three gills of sweet milk, two tablespoons of sugar, and two of rum, brandy or whiskey. Stir well. Pour this mixture from one bowl to another to froth it. Hold the bowl high as you pour the liquid. When it is frothed, pour it into a tumbler and serve.

CLARET PUNCH—One quart of tea (not too strong); the juice

of three oranges and one lemon; a glass of claret; a half dozen Maraschino cherries cut in halves; and a wine glass of the liquor; a half-cup of cooked pineapple and juice, the pineapple cut in small dice. Add one pint of charged water.

MINT SANGAREE—Follow recipe given for Claret Punch adding one-half bunch of mint leaves, bruised in the punch. Garnish with sprigs of mint.

RASPBERRY PUNCH—The juice of two lemons, two cups of raspberries and two cups of currants. Strain, and without taking the pulp from the cloth, put into another dish and over it pour one quart of boiling water. Drain off but do not squeeze or it will be muddy. Add two cups of sugar and stir until sugar is dissolved. Cool thoroughly before adding the juice and three cups of tea. This may bear more water, but the melting ice dilutes it. Canned raspberries may be used and currant jelly, heated and diluted with water, may be added.

MOCK CAFÉ PARFAIT—Partially fill tall glasses with shaved ice. Fill to within an inch of the top with cold coffee diluted with cream and slightly sweetened. Place unsweetened whipped cream on top and serve with long handled spoons.

CHILLED GRAPE JUICE (Purple Grapes)—Wash grapes and boil until skin, pulp and seeds separate. Press through jelly bag and to every pint of juice add one quarter pint of sugar. Boil for twenty minutes and bottle.

LIMEADE—Limeade is made the same as lemonade; a little more sugar is needed than for lemons. This is very refreshing and preferable to lemonade in the summer.

GRAPE HIGH BALL (Niagara Grapes)—Use the light colored Niagara grapes. Proceed as for recipe for Chilled Grape Juice. Serve in tall glasses half filled with shaved ice and add equal quantity of charged water.

CLARET CUP—For twenty-five guests, take two quarts of claret; two glasses of sherry; two glasses of liquor; two thin slices of cucumber; juice of two oranges; and one quart of soda water. Add sugar to taste and ice to cool.

ROOT BEER—A recipe for making root beer may be found in the package of any extract sold for this purpose.

CHAPTER XXIX—FOODS AND BEVERAGES FOR INVALIDS

DILUTED MILK—If milk disagrees with a patient, it may be made more digestible, by diluting it with lime water, barley water or oatmeal water. Two teaspoons of lime water, and two tablespoons of barley or oatmeal water are allowed to a full glass.

HOT MILK—This is considered a good stimulant after much fatigue. It should not be allowed to boil, but should just reach that point and be served as hot as possible the cup being heated before being used, and the milk being covered with the inverted saucer while on its way to the sick-room. The patient should sip the milk as hot as can be borne.

GRAIN FOODS—In preparing any of the grain foods for a sick person, extra care should be taken that they are sufficiently well cooked, else the result may be hurtful. Of the laxative articles of diet, oatmeal is one of the most important. It stands before all other grains in point of nutrition. Rice is also a very valuable article of food in cases of digestive derangement.

FLOUR BALL GRUEL—Tie loosely into a half-yard square of thick white cotton cloth one pint of sifted bread flour, place it in a pan of boiling water and let it boil for six or eight hours. The flour will come out a solid chalky ball. To make the gruel, grate from this ball two tablespoonfuls and stir into boiling water with a pinch of salt. Cook for twenty minutes and then add a little cream or milk.

BARLEY GRUEL—The prepared flour is generally used for the barley preparations.

Wet one tablespoon of the flour, with one and one-half tablespoons of cold water. Pour on gradually, one and one-half cups of boiling water, stirring constantly, and boil hard one-half hour. Salt to taste. This is simply a water gruel; if milk is to be combined with it, omit one-half cup of the boiling water and add one-half cup of cold milk to the hot mixture when serving. Never

heat the milk with the gruel. Strain gruel through a very fine sieve.

BARLEY WATER, No. 1—Prepare exactly as gruel, but use two teaspoons of the barley flour to one pint of boiling water.

BARLEY WATER, No. 2—Wash two tablespoons of pearl barley, and soak it for five hours in one quart of cold water. Cook steadily until it has boiled down to a pint. Strain twice.

BARLEY JELLY—Prepare as barley gruel, using two tablespoons of flour and two cups of boiling water. Strain into a mold, chill, and serve with sugar and cream.

OATMEAL PREPARATIONS—The oatmeal gruel and water are made after the same recipe as the barley where the prepared oat flour is used. They may however be made out of either the coarse oatmeal or the rolled oats. If the latter are used they should be prepared as described under "Cereals," and the following proportions observed:

Oatmeal Gruel—One-fourth cup rolled oats; one-third cup coarse oatmeal; one and one-half cups water.

Oatmeal Water—One and one-half tablespoons rolled oats; two tablespoons coarse oatmeal; two cups water.

Oatmeal Jelly—four tablespoons rolled oats; five and one-half tablespoons coarse oatmeal; one and one-half cups water.

INDIAN MEAL GRUEL—Take one quart of boiling water; one-half teaspoon of salt; two tablespoons of meal; one tablespoon of flour; four tablespoons of cold water. Place the meal and flour in the cold water, rub them smooth, and stir the paste into the boiling water.

Stir well, and when the gruel boils, set it back where it will simmer gently for two hours. Add the salt, cook for one-half hour longer, and serve with cream or milk, the same as in the preceding recipe.

PANADA—Sprinkle one teaspoon of salt between two large Boston, soda or graham crackers or hard pilot biscuit. Place the crackers in a bowl, and pour on just enough boiling water to soak them well. Set the bowl in a vessel of boiling water, and let it remain twenty or thirty minutes, until the crackers are quite clear, but not at all broken; then lift them out carefully without breaking and lay them on a hot saucer. Serve very hot with sugar and cream.

RICE JELLY—Mix enough water with two tablespoons of rice

flour to make a thin paste, and then add one coffee-cup of boiling water. Sweeten to taste, and boil until the rice is transparent. If intended for a person suffering from intestinal trouble, boil it with a stick of cinnamon; if for a fever patient, add, when done, several drops of lemon juice.

Wet a mold with cold water, pour in the jelly, and when cold serve with milk and sugar.

WHEY—This is made with sweet milk and an acid. It contains the sugar, salt and other saline principals necessary for digestion and the repair of the mineral part of the body.

WINE WHEY—One cup of new milk; one-half cup of sherry wine; sugar to sweeten. Place the milk in a small saucepan set in another of boiling water. When the milk boils, add the wine, stir well, and leave in a mild heat until the curd and whey separate; then strain, sweeten and serve.

LEMON WHEY—One cup of milk; two tablespoons of lemon juice.

ORANGE WHEY—Two cups of milk; one orange (juice).

ALBUMEN WATER—Stir the white of an egg with a silver fork, and add one glass of water which has been sweetened and flavored. Mix well.

SHERRY AND EGG—Beat the yolk of an egg and one teaspoon of sugar together, and add to this two teaspoons of sherry, brandy or port, stirring well. Beat the white of an egg to a very stiff froth, stir it in, beating well, and serve at once. This will quite fill the glass. If wine is not desired, nutmeg may be used for flavoring.

CURRANT WATER—Stir one tablespoon of currant jelly into one glass of water. Sweeten slightly, if desired. When currant juice is obtainable, use three tablespoons of the juice and add enough water to dilute to the desired acidity. Acid drinks are most refreshing in fever.

FLAXSEED LEMONADE—This is very soothing to patients suffering from colds. One quart of boiling water; four tablespoons of whole flaxseed; two lemons; sugar. Boil the flaxseed in the water for three hours, letting it steep slowly. Strain, sweeten to taste, and add the juice of the lemons. If too thick, add a little water.

HOT LEMONADE—This should be drunk only just before retiring; it is excellent for colds, but care should be taken to

avoid all exposure on the following day. One lemon; three-fourths cup of boiling water; sugar to taste. Squeeze the lemon juice into the water, and add the sugar. Serve hot.

TOAST WATER—Toast two or three slices of stale bread until brown all through, but not at all scorched. Break the toast in small pieces, and put one cup of it into a pitcher, using none of the toast that is not thoroughly brown. Pour on the toast three cups of boiling water, let this stand for ten minutes, strain, and serve when cold.

KOUMISS—Heat one quart of milk to seventy-five degrees, add one and one-half tablespoons of sugar and one-fourth of a yeast cake, dissolved in lukewarm water. Fill sterilized beer bottles to within one and one-half inches of the top, cork tightly and shake. Invert the bottles and place where they will be in a temperature of about seventy degrees for ten hours. Place on ice and let stand for two days, shaking now and then to prevent the cream from forming in the mouth of the bottle.

ARROWROOT BLANC MANGE—Put half a pint of milk into a double boiler, scald and stir into it three heaping teaspoons of arrowroot which have been dissolved in one-half cup of cold water. Stir until thick and smooth; remove from the fire, flavor with a half teaspoon of vanilla, and pour into a mold to cool. Serve with sugar and cream.

BEEF JUICE—When much nourishment must be given in small compass, the best nurses now prepare beef juice. This is made of the round of beef cut at least an inch thick. Take a piece of the meat about four inches square, place it in a wire broiler, and broil it over a bright fire until both sides have been browned and the meat has been well warmed through to start the juices. If the fire is bright, two minutes of broiling will generally be sufficient. Lay the beef on a plate, sprinkle it with salt, cut it in pieces, place in a small piece of cheesecloth or a presser, and squeeze out all the juice. About three tablespoons of juice will usually result from a piece of meat the size mentioned.

Sufficient juice for two servings is generally prepared at one time, and the second portion will, of course, require warming. This must be done very carefully, as too high a degree of heat will cause the juice to coagulate. Place the juice in a cup, set the cup in boiling water, stir the juice constantly until it is a little above blood heat, and then serve.

BEEF TEA—Place one pound of finely chopped lean beef in a wide-mouthed bottle, or in a fruit-jar. Add to it one-half pint of cold water, and let it stand for one hour, then place the bottle in a saucepan of cold water, place the pan on the fire, and heat the water slowly almost to the boiling point, but be careful not to let it boil. Cook in this way for two hours; then strain, and season with salt to taste.

The thick sediment that falls to the bottom of beef-tea after it has stood for a short time, is the most nutritious part of the preparation, yet many serve only the clear and poorer part to the patient.

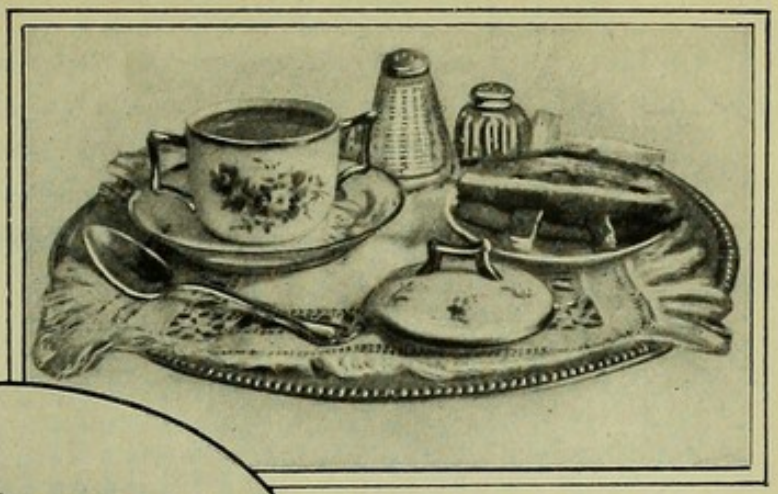
SCRAPED RAW BEEF SANDWICHES—Scrape very fine two or three tablespoons of fresh, juicy raw beef, season it slightly with pepper and salt, spread it between two thin slices of lightly buttered bread, and cut for serving into little diamond shapes, two and one-half inches long and one inch wide.

MEATS—Of meats, none is so juicy and appetizing as a beef-steak from a proper cut and properly cooked. Pork and veal should never be given in any form to a sick person.

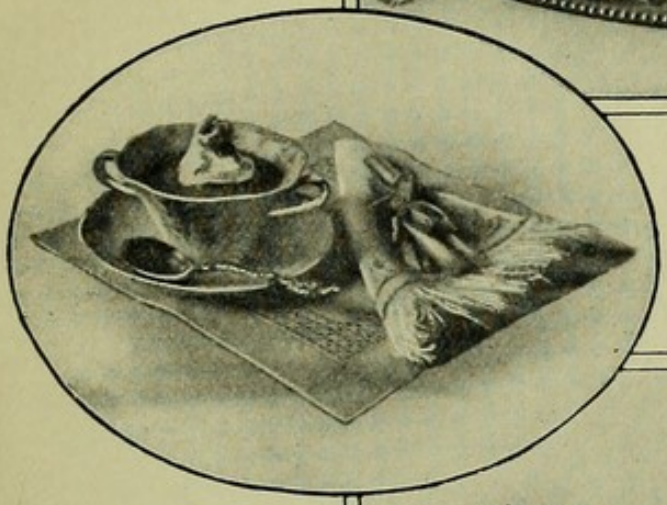
Some physicians claim that venison is the most easily digested and assimilated of meats, and class mutton next and beef third; but beef can often be eaten when no other variety of meat can even be tasted.

CLAM BROTH—See chapter on Soups.

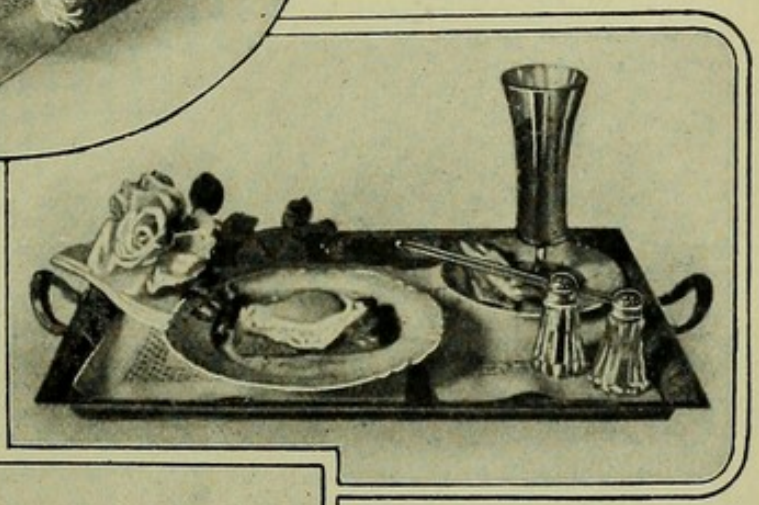
CHICKEN BROTH—Cut up a young fowl, and remove all of the skin and fat. Wash the chicken, cut it into small pieces, crack the bones well, and place it in a kettle with two quarts of cold water. Set the kettle on the fire in a slow heat, and gradually bring the water to the boiling point. Skim carefully, and set it back where it will gently simmer for three hours, keeping the kettle tightly covered. Season with salt, strain off the broth, and serve. If sago, tapioca or rice is not objectionable to the patient, it may be added with advantage. Soak two tablespoons of the grain for one hour in cold water, drain, add it to the strained broth, and simmer slowly for twenty minutes. If the kettle is kept well covered and the cooking is as slow as it should be, the liquid will not boil away appreciably. Should the broth be needed very quickly, the rice may be boiled by itself in just enough water to keep it from browning, and both water and rice may be added to the broth, care being taken that there is not enough water with the rice to weaken the broth.



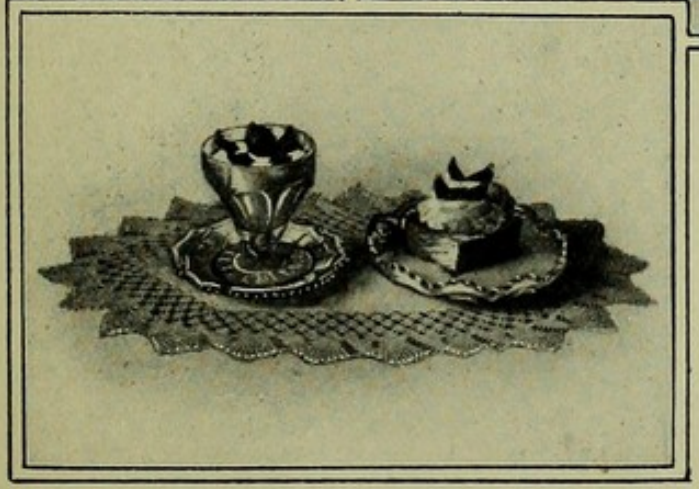
BEEF TEA WITH IMPERIAL STICKS



CHICKEN BROTH WITH BREAD STICKS



AN ARRANGEMENT TO INVITE THE INVALID



BLANC MANGE IN CUP; JUNKET ON SPONGE CAKE TOAST

CHICKEN JELLY—Use the recipe for chicken broth and strain. When cold skim off any grease that has risen, heat, add salt and pepper, then pour into a mold. Chill and serve.

JELLIED SOUPS—See chapter on Soups.

ICED CLEAR SOUPS—See chapter on Soups.

CHAPTER XXX—CHAFING-DISH RECIPES

MOST chafing-dishes have two pans, the under one for holding hot water and the upper one to hold the preparation being cooked. The under pan is called the "hot water pan" the upper one the "blazer." The hot water pan may be used for keeping the food hot while serving and it is also used when the blazer contains any combination of eggs or milk, which might easily burn if cooked over the direct flame.

Oysters, clams, eggs, lobster, cheese and the great variety of creamed dishes are favorites with those who practice chafing-dish cookery. It is unwise to attempt too elaborate dishes, the more simple preparations, well made, being far preferable.

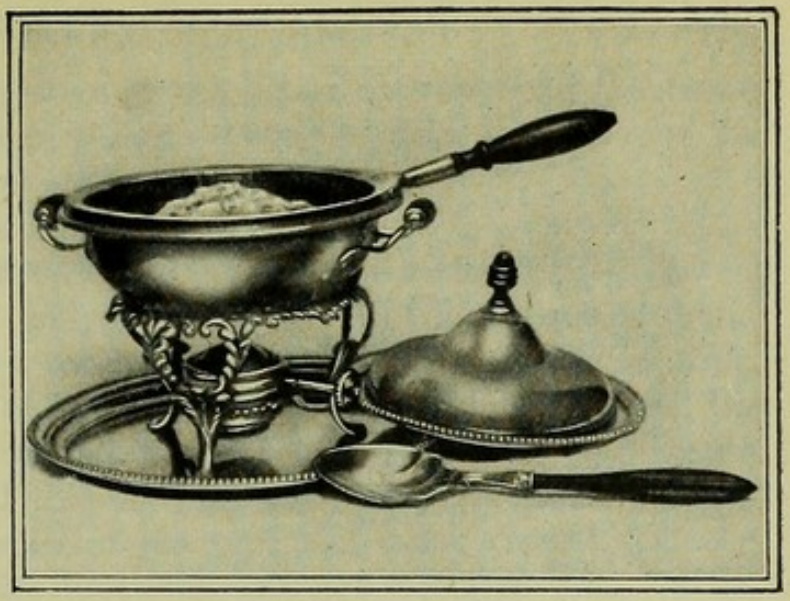
Following are some representative chafing-dish recipes:

PANNED OYSTERS—Drain and wash sufficient oysters for the number of persons to be served. Put a tablespoon of butter in the blazer and when hot turn in the oysters, adding the juice of a half lemon and a teaspoon of chopped parsley. The oysters should be left only until plumped and the gills a little ruffled. They must not change color, or be fried in the least. Season with salt and white pepper and serve on toast.

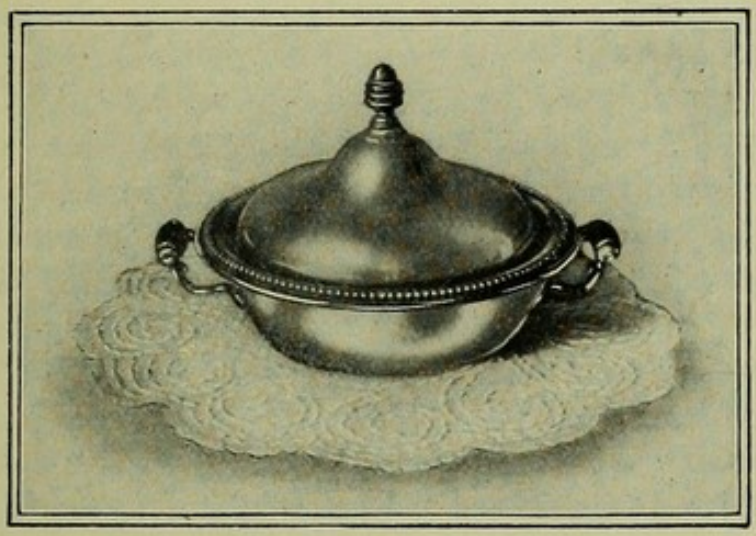
CREAMED OYSTERS—Cook one tablespoon of butter and one of flour in the blazer until they bubble. Add gradually one cup of rich milk or cream and stir until it forms a thick, creamy sauce. Add to this one pint of oysters and season with pepper and salt. Two tablespoons of sherry and the beaten yolks of two eggs will change this into "Oysters à la Newburg."

Note: The above cream sauce or "white sauce" may serve for innumerable dishes of fish, fowl and vegetables.

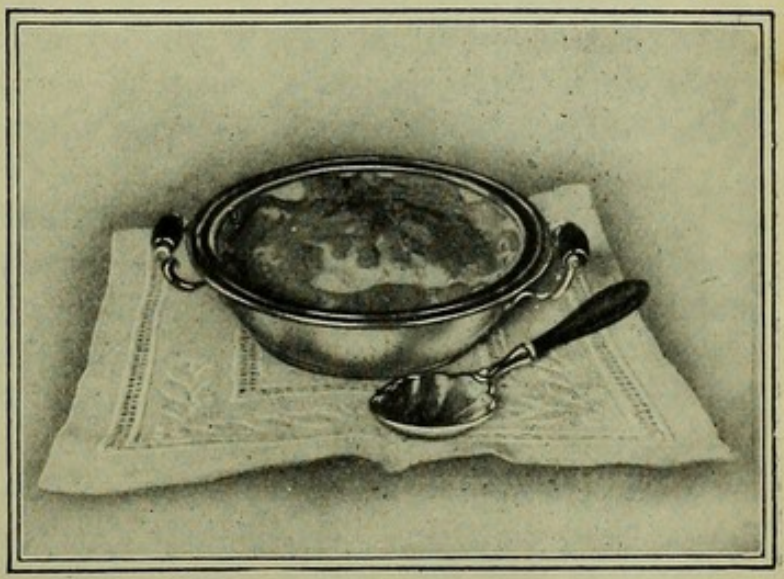
OYSTERS À L'INDIENNE—Drain and wipe dry large oysters and wrap each in a slice of bacon, fastened with a wooden toothpick; stick two cloves in each oyster. Mix two tablespoons of Chutney sauce; two of worcestershire sauce; one tablespoon of minced parsley; six olives cut fine and a half teaspoon of



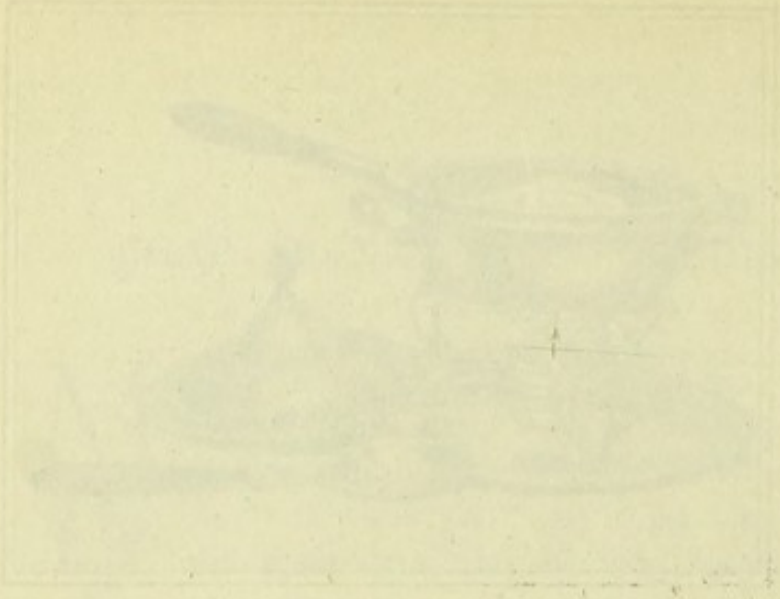
A CHAFING-DISH EQUIPMENT



COVERED HOT-WATER PAN USED AS SOUP TUREEN



A BAKING-DISH SET IN HOT-WATER PAN



paprika. Put the oysters in the blazer and cook till the bacon is crisp and the oysters plump. Pour the sauce mixture over the oysters, stirring it thoroughly into the gravy.

Serve from the chafing-dish.

LOBSTER À LA NEWBERG—Take two tablespoons of butter; two tablespoons of water; one teaspoon of flour; one medium-sized lobster, or one can of lobster; one pint of boiled milk; three eggs (yolks only); one-half cup of sherry. Place the butter in the blazer and stir it as it foams. Rub the flour smooth with the water, add this and the salt and pepper, then one-half of the milk, stirring all of the time and being careful that the flame is not too hot. Beat the yolks of the eggs until frothy, add the remainder of the milk and stir all into the chafing-dish. When the mass is of the consistency of cream, add the sherry, then the lobster cut up coarsely, and when thoroughly heated, serve. If using the fresh fish, split it down the middle, remove the coral and creamy green fat and set them to one side. Make the sauce as above, and, just before adding the lobster, rub the coral and the fat together until a paste is formed, then stir this in. When quite mixed, add the lobster.

CURRIED LOBSTER—Cut one large lobster into dice. Put one tablespoon of butter into the blazer, add one tablespoon finely chopped onion. Let cook slowly for five minutes. Add one tablespoon of curry powder that has been mixed with two tablespoons of flour. Let all boil for a minute or two and then gradually add one pint of warmed milk, rubbing it smooth. When well blended, add the diced lobster and, as it has previously been boiled, allow it to remain over the flame just long enough to become thoroughly heated in the sauce.

GRILLED SARDINES—Drain large sardines and cook in a chafing-dish until thoroughly heated but not fried. Pour over them while in the chafing-dish a tablespoon of lemon juice and served on finger-length pieces of toast.

WELSH RAREBIT AND GOLDEN BUCK—See chapter on Cheese Dishes.

CRAB RAREBIT—Melt one tablespoon of butter, add two tablespoons of flour and cook thoroughly. Add two cups of cream in which has been dissolved a pinch of soda and cook until thick, seasoning with salt, red pepper, and minced parsley. Then add one cup or more of chopped cooked crab meat. When the mixture

is heated add two tablespoons of Parmesan cheese and the same quantity of sherry. Arrange squares of buttered toast on a hot platter. Pour the crab mixture over them, sprinkle with grated cheese and serve piping hot.

MEAT RÉCHAUFFÉ WITH CURRANT JELLY SAUCE—Cut cold mutton, lamb or beef into well-shaped pieces, and lay with a little butter in the hot pan. Add a half-pint of stock, a little pepper, a quarter of a teaspoon each of dry mustard and curry-powder, and three large tablespoons of currant jelly. When boiling, put in a glass of sherry. Take the pieces out, pour the boiling gravy over all, and serve instantly.

ENGLISH MONKEY—One cup of stale bread crumbs soaked in one cup of milk until soft. Melt one tablespoon of butter in blazer, and one-half cup of mild American cheese cut in dice. When cheese has melted add the softened crumbs, one egg and salt and pepper. Cook three minutes longer and pour the hot mixture over squares of toast.

CHICKEN HASH—Take one and one-half cups of cold chopped chicken; one cup of cold boiled potatoes; one-half cup of stock or water; two tablespoons of butter;one tablespoon of chopped parsley; salt and pepper to taste. Chop the chicken and potatoes separately then mix them lightly together. Melt the butter in a chafing-dish, add the potato and meat, the seasoning and the stock, and cook until heated, browning if desired. For this dish the bath is not used.

If liked, one-fourth cup of chopped green peppers may be added to this recipe.

RÉCHAUFFÉ—This is a delicate dish that may be prepared in the chafing-dish for the Sunday night tea. The remnants of cold veal, lamb, chicken or game may be used, or a combination of veal and chicken, lamb or game, if there is not enough of one kind of meat. Chop the meat not too fine, removing all the gristle, season with salt and pepper and set in a cold place until needed; There should be one pint of meat for these proportions. Open a can of mushrooms, cut each in four pieces and set aside in a cold place. When ready to use, make a cream sauce of one and one-half pints milk and three tablespoons of flour dissolved in some of the milk, adding butter, salt and pepper to taste. Add the meat and the cut mushrooms to this sauce, cover and set over the flame until thoroughly heated. The réchauffé should not boil,

as that would toughen the mushrooms. Arrange slices of buttered toast on a heated platter, pour the mixture over them, garnish with parsley and serve.

STIRRED EGGS—Take three eggs; one-fourth pint of milk; one tablespoon of butter; one-fourth saltspoon of salt. Place the butter in the chafing-dish, beat the eggs until light, add to them the milk and salt, and when the butter is quite hot add this mixture, stirring with a silver fork until the eggs are creamy and cooked sufficiently. Serve on toast.

EGGS WITH CREAM—Melt one tablespoon of butter, stir in one cup of thin cream and when hot slip in carefully four eggs, taking care that none of the yolks are broken. Season with salt, pepper and cayenne to taste. When the whites are almost done sprinkle with cheese, finish cooking and serve on four slices of toast.

CHEESE SOUFFLÉ—Melt one tablespoon of butter in the blazer and stir in one tablespoon of flour. When smooth add one cup of milk and one cup of cheese cut in very small pieces. Into this drop the yolks of three eggs and stir until the mixture thickens. Beat the whites of the three eggs very stiff and fold lightly into the materials already in the chafing-dish. Put the blazer over the hot water pan, cover, and let steam for twenty minutes. Season with salt, pepper and paprika.

BANANA SAUTÉ—Put one tablespoon of butter in the blazer. Peel three bananas, cut in half lengthwise, roll lightly in flour, place in the hot butter. When well browned on one side, turn and brown on the other. Sprinkle with sugar and serve on oblongs of sponge cake.

CHAPTER XXXI—CASSEROLE COOKING

THE expression "en casserole" is frequently misunderstood for the reason that the word casserole is used in two quite different ways by writers on domestic subjects. Properly speaking a casserole is the coarse, clay saucepan so common in France and in which meat and vegetables are not only cooked, but served on the table. The other usage of the word casserole is intended to describe a case or mold, either of potato, rice or fried bread, inside of which is placed some preparation of meat or vegetables. The word casserole in this case really signifies a border or croustade and is, therefore, more or less misleading. This latter form of casserole will be found treated in the chapter on Garnishes.

Casseroles are very cheap, quaint in shape and come in all sizes from the individual ones, or ramekins, up to the largest size which will hold a couple of chickens.

It should always be borne in mind that casserole cooking should never be more than a gentle simmering, and, as this would take altogether too much time the preliminary cooking is often done in the ordinary way and the half-cooked article removed to the casserole for final cooking. The cover of the casserole should set well into the dish and make it practically air-tight. This should be borne in mind in fitting a cover to a casserole when purchasing. Unless this is done, it will be necessary to cover the line where cover and dish meet with a strip of dough. This swells in cooking and hermetically seals the casserole. It is easily removed afterward.

CHICKEN EN CASSEROLE—Wash and separate the chicken into pieces and sauté in a little olive oil or dripping, turning first on one side and then on the other until nicely brown. Transfer to a casserole, add a pint of rich brown stock, cover, and let cook in a moderate oven for an hour or more according to the size of the chicken. Meantime melt two tablespoons of butter in a saucepan

and brown in this a dozen button mushrooms and a dozen or more each of potato balls, slices of carrot, and tiny onions. Add more broth if needed in the casserole and turn in these sautéed vegetables. Season with salt, pepper and paprika and three or four tablespoons of sherry. Leave uncovered in the oven long enough for the chicken to beeome a rich brown in color before serving.

SIRLOIN STEAK EN CASSEROLE—Have the steak an inch and a half thick. For a steak weighing two pounds, brown three tablespoons of butter in a frying-pan and stir into it the same quantity of flour, blending thoroughly and allowing it to become well browned. Add two cups of brown stock and season with salt and pepper. To this sauce add balls of turnip, carrot and potato which have been previously cooked in a little brown stock until tender. For each person allow a half dozen little balls of each of these vegetables and two small onions. Keep this sauce hot while you pan-broil the steak until about half done, then transfer to heated casserole, pour vegetables and sauce over steak, cover, and place in oven until steak is sufficiently cooked. When ready to serve sprinkle the steak with finely chopped parsley.

ROUND STEAK EN CASSEROLE—Sear both sides of a steak weighing about two pounds sufficientiy to prevent the juices from escaping. This is best done on an iron griddle or iron frying-pan. Place in casserole, which has previously been heated, and add whatever vegetables are preferred,—carrots, potatoes cut in balls, and small onions, peeled. Over all pour two cups of rich brown stock or hot water and beef extract if stock is not obtainable. Cover and allow to cook slowly for about an hour. Add more stock if needed. The vegetables used in a casserole should alway be browned in a little butter or dripping before being placed in the casserole.

PIGEONS EN CASSEROLE—Clean and wash thoroughly young pigeons and tie a strip of bacon around each one, or the breasts may be larded, if preferred. Place three tablespoons of butter in a casserole, slice a mild, Spanish onion, set the pigeons on the onion in the casserole and allow them to cook on top of the stove for fifteen minutes. If a coal stove, place the casserole on the back of the range. If a gas stove, protect the casserole from direct heat and insure slow cooking, by placing an asbestos mat under the casserole. After this preliminary cooking, add enough veal broth or white stock to half cover the pigeons and cook in the oven

until tender. When nearly done, vegetables may be added. At serving time thicken the liquor in the casserole by stirring into it flour mixed smooth in a little water.

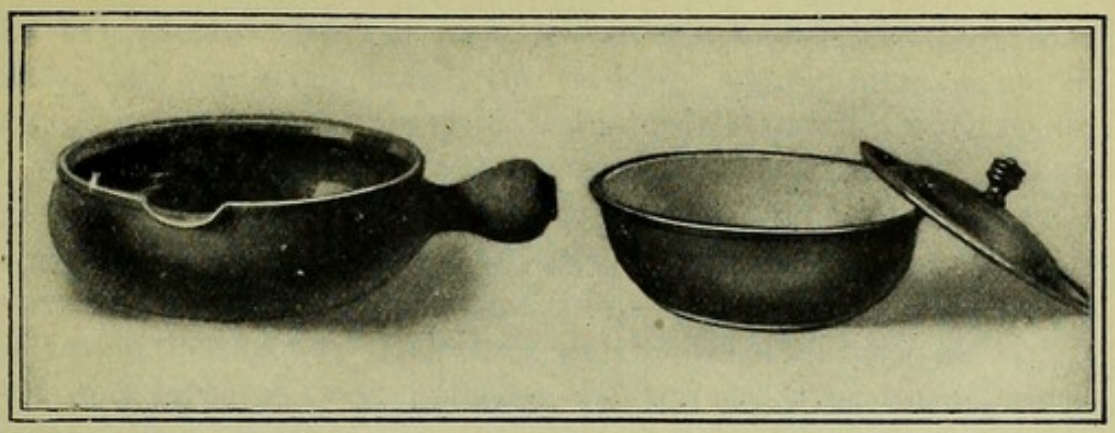
POTTED PIGEONS EN CASSEROLE—See chapter on Game.

LAMB EN CASSEROLE—Cut thick slices from a leg of lamb and sear in an iron frying-pan, browning both sides. Brush with melted butter and place in casserole with a little brown stock. When tender, add balls of potato and carrot which have been previously cooked, also a dozen small cooked onions. Add more brown stock, three tablespoons of sherry or Madeira wine, salt, pepper and paprika.

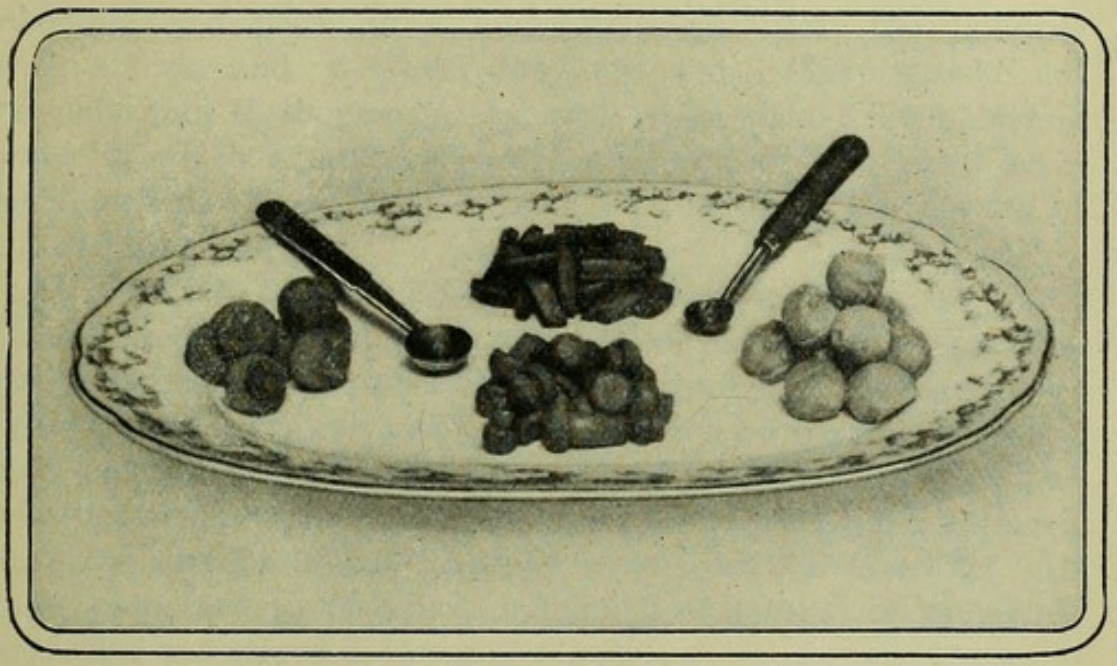
CASSEROLE OF RICE AND LIVER—After boiling a half pint of rice in a quart of water, mash the rice smooth with two tablespoons of butter and salt and pepper to taste. Line a well-greased casserole with the mixture, pressing the paste firmly against bottom and sides, and leaving a large hollow in the center. Set in a cold place until firm. Meanwhile boil a pound of lamb's liver, drain and chop fine. Heat in a saucepan two cups of soup stock, season with a teaspoon of caramel, thicken with browned flour and stir into this sauce the minced liver. Fill the hollow in the center of the rice with the liver mixture, sprinkle with crumbs and set in the oven to brown.

CALF'S LIVER EN CASSEROLE—Wash a calf's liver thoroughly and wipe dry. Fry several slices of bacon in a pan, and, when all the fat is tried out of it, strain, return the fat to the pan, place the liver in it and cook for about a minute on each side, sufficient to sear thoroughly. Transfer to casserole, add a pint of brown sauce, and a cup of sautéd button mushrooms. Cook for about an hour and a half in a steady oven, adding more sauce if necessary, but otherwise not disturbing the casserole. Just before serving add potato balls which have been fried in deep fat and thoroughly drained.

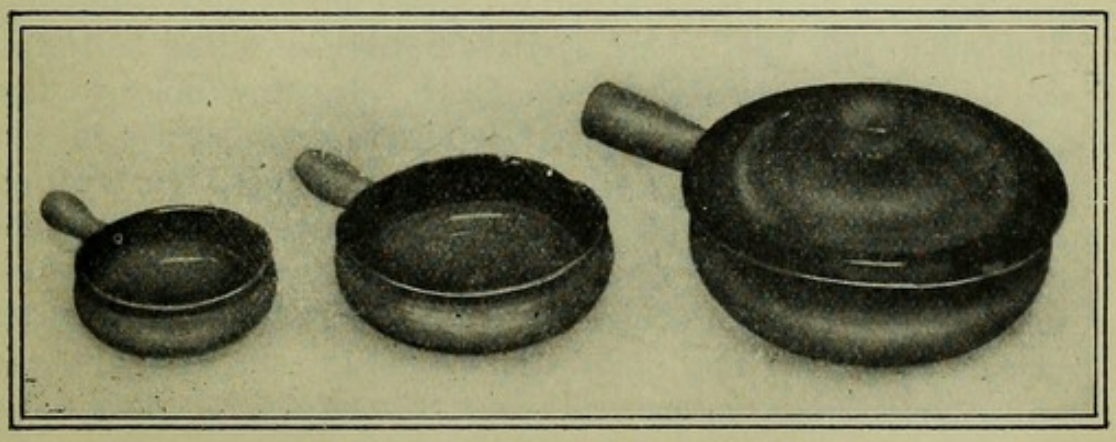
HUNGARIAN GOULASH—Slice a couple of onions and cook until brown in a little bacon fat. Remove the onion and put into the frying-pan a pound of raw veal, cut in inch cubes. When the meat has become a little browned remove it from the fat, transfer to casserole and pour over it three-fourths of a pint of brown sauce, seasoning with pepper and paprika. Add more fat to that in the frying-pan and brown in this potato balls, small onions, and slices of carrot and turnip. Add these vegetables



EARTHEN DISHES FOR STEWING



VEGETABLES IN FANCY SHAPES FOR CASSEROLE COOKING



CASSEROLES IN VARIOUS SIZES

to the casserole when the meat is partially cooked, and, at same time, add the salt. Finish the cooking, adding more sauce if necessary as the heat dries it up, and if broth is too thin when ready to serve, thicken slightly with browned flour rubbed smooth in water. The total time for cooking this dish should be almost two hours.

SWEET POTATOES EN CASSEROLE—Parboil medium sized sweet potatoes, and, when a little soft, cut in halves, lengthwise and drain thoroughly. Melt three tablespoons of butter in casserole, put in a layer of sweet potatoes and sprinkle over them brown sugar. Place another layer of potatoes over the first, dot with butter and sprinkle with sugar and a little salt. If this does not fill the dish, put in a third layer of potatoes. Cover the casserole, and place in a moderate oven. Test the potatoes with a fork, and, if tender they are done. They should not be dry, and, if they seem so, pour over them a little boiling water in which a tablespoon of butter and a little sugar have been melted. There should be a little syrup in the bottom of the dish when served.

AU GRATIN DISHES EN CASSEROLE—The many au gratin dishes, directions for which are given in all cook books are particularly adapted to the casserole. The mixtures of chicken, sweetbreads, fish, macaroni and vegetables may be entirely prepared before placing in the casserole, and simply transferred to it, topped with buttered crumbs and cheese, if liked, and placed in a hot oven until the crumbs brown. Always serve from the casserole. All these preparations, placed in individual casseroles, or ramekins, are baked and served in the same manner.

TURBANS OF FISH EN CASSEROLE—Prepare slices of halibut about the size of one's hand, with all bone and skin removed and sufficiently thin to roll easily. Trim all to uniform size, dip each in melted butter, squeeze over them lemon juice and onion juice and sprinkle with salt. Beginning at the widest end, roll the slice of fish and secure with two toothpicks. Set the turbans in a buttered and heated casserole and pour in a little stock made by simmering the bones and trimmings of the halibut in a little water, together with a few slices each of carrot and onion. Baste occasionally while these turbans are cooking in a moderate oven. When done, drain off the liquid and add to it enough white sauce to thicken. Return this sauce to the casserole, and, after a moment or two more in the oven, serve.

BANANAS EN CASSEROLE—A delicious sweet entrée to be served with game, mutton or beef is made from bananas baked en casserole and served from the dish. Peel a sufficient number of bananas which are not too ripe. They should be very firm and sound. Remove the coarse threads and divide in quarters, cutting first crosswise and then the long way. Place in buttered and heated casserole and pour over them a sauce made by melting a small glass of currant or wild grape jelly in a cup of boiling water and mixing with it the juice of a small lemon. Cover the casserole and bake until bananas are tender. The cover may be removed at last moment and the bananas sprinkled with granulated sugar and allowed to brown slightly.

CHAPTER XXXII—THE FIRELESS COOKER

AS a practical saver of fuel, time and labor, the fireless cookers now on the market deserve to be better known than they are at present. The principle involevd is a simple one,—the retention of heat by complete insulation. To think of putting food heated to the boiling point into an air-tight compartment and having no occasion to give it attention until meal-time seems marvelous, but this is what is done every day in families where a fireless cooker is used. In the preparing of slow-cooking articles, such as beans, stews, cereals, steamed breads and puddings, the fireless cooker is perhaps at its best as the article needs simply to be heated thoroughly on the stove, then transferred to the cooker, and let alone until needed. Cereals, dried fruits and steamed breads may be prepared over night and be ready for serving in the morning, without fear of either burning or overcooking.

Each cooker furnishes directions and recipes applicable to its own particular requirements, but the following are a few general rules. Place the food in the cooker vessel and boil a few moments on the ordinary gas, coal or wood stove. This does not usually exceed fifteen or twenty minutes at the outside. Now transfer the vessel and its contents to the cooker, being sure that the contents are actually at the boiling-point. Cover with a tight-fitting lid and leave until ready to serve. If necessary for any reason to open a vessel in which food is cooking, as in the case of a boiled dinner where the vegetables are to be added after the meat is partially cooked, take the vessel out, and set over the fire for a few moments until the contents of the vessel have again reached the boiling-point and regained the heat they have lost, then return to the "nest." If only a small amount of food is required, use a small vessel inside a larger one holding boiling water, thus obtaining a greater volume of heat. A large amount of food will retain its heat longer than a small amount. Dry foods, such as beans, dried peas and lentils and dried fruits, must be soaked first in cold water, as ordinarily done.

CEREALS—Cereals do not need quite so much water as when cooked on the range, where considerable evaporation takes place. Have the water boiling and lightly salted, stir in the cereal, cook rapidly for five or ten minutes, cover, set in the cooker, cover that, and let stand overnight if desired for breakfast.

BOILED TONGUE—This should be cooked the day before serving. If very salt, soak in cold water for several hours. Add one onion sliced and a bouquet of soup herbs and bring to a boil. Skim thoroughly, cook fifteen minutes, season with salt and pepper, then place in the cooker and leave all day or overnight. Remove the skin while still warm, then return the tongue to the liquor in which it was cooked and leave until cold.

BEEF Ã LA MODE—Wipe and trim four or five pounds of beef cut from the round. Let stand in a prepared vinegar, made by boiling one cup of vinegar with a finely chopped onion, two teaspoons of salt, and one-half teaspoon each of cloves, pepper and dry mustard. After standing in this marinade for several hours, turning frequently, lard with strips of salt pork, and place in hot fat until brown. Remove the beef to the pail used in the fireless cooker and to the hot fat add enough boiling water almost to cover the meat. Boil for twenty minutes in the pail of the fireless cooker, add a small bag of mixed herbs, and pack in the fireless cooker for four or five hours. When ready to serve, season to taste and thicken the water in the pail with flour, for gravy. Boil this for three minutes on the fire, strain, pour over the meat and garnish the platter with vegetables cut in fancy shapes.

CHICKEN FRICASSEE—Cut the fowl in convenient pieces and sear each piece in a little hot fat in a frying-pan. Have a quart of boiling water in the pail of the cooker, put in the chicken, cover closely and set in the cooker for about five hours. If it seems at all tough, cooking may be hastened by putting it on the fire for the last half hour, or the pail may be again set on the stove, re-heated, and returned to the cooker.

Thicken the liquor, add cream, stir in some boiled rice, and serve around the chicken.

BOILED DINNER—Three or four pounds of corned beef, well washed. Place in the pail of the fireless cooker and cover with cold water. Let boil slowly for twenty minutes. Add a small head of cabbage, a few carrots, potatoes and turnips. Boil for five

minutes longer, then, without removing the cover place in the cooker for about five hours.

BOILED HAM—Cover the ham with cold water and let it boil for thirty minutes. Add a wineglass of sherry, remove to the fireless cooker and allow it to remain there for about seven hours. Remove from the water, trim the rind, stick cloves over it, sprinkle with brown sugar and bake in a moderate oven for a half hour.

BOILED FISH—Place the fish in a square of cheesecloth and tie the four corners together. Have the pail of the cooker half full of boiling water and lower the fish into it, adding the juice of a half lemon and a teaspoon of salt. Boil for ten minutes and then remove to the fireless cooker for two or three hours according to the size of the piece of fish to be boiled. Drain thoroughly, remove the cloth and serve on a large platter, covering the fish with drawn butter and finely chopped parsley, and garnishing the platter with slices of lemon.

BAKED BEANS—Soak one quart of white beans over night. In the morning let them come to a boil. Drain and place in the pail of the cooker with one-half pound of salt pork. Gash the rind of the pork several times and cover the whole with boiling water. Boil for ten minutes and then without removing the cover place in the fireless cooker for about five hours. Remove the beans to a baking-dish, put a well shaped piece of the pork in the center and season with salt, pepper, three tablespoons of molasses. Place in oven until pork is thoroughly cooked and beans tender. Serve either hot or cold.

STEWED PRUNES—Look over the prunes carefully, wash, cover with cold water and let stand over night. The next morning turn them into the kettle of the fireless cooker and boil five minutes, using the same water in which they were soaked. Sweeten and place in the fireless cooker for six hours.

CRANBERRY SAUCE—One quart of cranberries, two cups of sugar and one cup of water. Place all in the kettle of the fireless cooker, put over the fire and boil slowly for ten minutes. Pack in the fireless cooker and leave for two hours.

COLD DESSERTS—and those that are frozen by packing rather than stirring, are easily made by means of the fireless cooker. as intense cold is retained as well as heat. Mousses, parfaits, etc. are successfully made in this way.

CHAPTER XXXIII—CANNED GOODS

IN these days, when a request on a postal card, will bring to a housekeeper the grocery catalogue of any of the great city stores, there is little excuse for the home caterer being ignorant in the matter of what is new and desirable in the line of canned goods. These catalogues are compiled with the greatest care and are often a revelation to the housekeeper living far from the large cities. There are, each year, many additions to the already long list of canned goods, and, with a well stocked store-room of these goods, any emergency which may arise may be met without embarrassment. An entire meal may be easily and quickly prepared, either using canned goods in connection with other materials at hand, or having the entire meal composed of food put up in glass or tin. Salted and smoked meats and fish are also excellent for the impromptu larder and too much cannot be said in favor of the many good and reliable brands of canned and condensed soups and meat extracts.

Canned fowl or fish, heated and served with a cream sauce may be served in individual cases or ramekins and add another course to an otherwise meagre meal. Canned vegetables are invaluable as a ready-to-serve salad material, and canned tomatoes, the cheapest of all, make attractive jelly which may be molded in cups and used as a substitute for fresh tomato salad. Asparagus adds elegance to a simple dinner and should be served as a separate course, either hot with Hollandaise sauce or cold with Vinaigrette sauce. The same may be said of artichokes.

Macaroni should always be kept on hand together with a supply of grated cheese, as, with these materials, a substantial luncheon or supper dish may be easily prepared. Macaroni in any of its various forms is always acceptable as a vegetable with dinner. Even bread is now put up in cans, and delicious Boston brown bread should always be on the list of canned goods to be ordered, A re-steaming is all that is necessary before serving.

Pâté de fois gras potted and devilled meats and game, and fish pastes should always be on hand for the making of sandwiches, which may be accompanied by olives, gherkins and pickles in many varieties. There are all kinds of condiments and sauces for the seasoning of savory dishes.

Various fruit and cake puddings come in sizes and shapes adaptable to all families. Either the round or square cake puddings may be re-steamed, sliced, and served with either canned wine sauce or the simple canned custard pudding sauce which also comes in tin. Rice puddings and junket are also procurable for the emergency store-room.

An infinite variety of sweet crackers and wafers are now put up in pasteboard and tin which prove excellent substitutes for cake, and, with canned or preserved fruit, furnish an acceptable sweet course for luncheon or dinner. Evaporated or dried fruits, nicely prepared, around a center mold of blanc mange or cold boiled rice, make an inexpensive and attractive dessert. Plain boiled rice may also be used acceptably as a substitute for potatoes, or as a hot or cold pudding, either with or without raisins.

Prepared flours, condensed milk, chocolate and egg powder are also important items for the provident housekeeper who dreads being caught unawares.

A list of the more important articles now to be had in glass and tin has been added here for the benefit of the housekeeper not familiar with modern canned goods. Full directions accompany all goods and where cooking is necessary, recipes are furnished as well.

In using canned goods, the contents should be emptied from the can as soon as opened and allowed to stand in a cool place for an hour at least in order to become re-oxygenated. Asparagus, beans and peas should be turned into a colander and thoroughly rinsed from their own liquor. Holding the colander under the cold water faucet is the easiest and most desirable way of accomplishing this. Dried vegetables should be soaked in water several hours before cooking. Crackers and cereals should be crisped in a warm oven before serving.

Canned fruit, preserves, jellies and marmalades come in a vast variety but are so well known that it is hardly necessary to enumerate them.

SOUPS

CANNED—Chicken, Chicken Consommé, Chicken Gumbo (Okra), Strained Okra, Mulligatawny, Clam Chowder, Ox Tail (thick), Ox Tail (clear), Mock Turtle, Tomato, French Bouillon, Consommé, Vegetable (clear or thick), Julienne, Clam Broth, Petite Marmite, Printanière, Pea, Beef, Mutton Broth, Green Turtle (clear), Green Turtle (thick).

CONDENSED—Tomato, Vegetable, Chicken, Clam Chowder, Beef, Tomato Okra, Chicken Gumbo, Consommé, Julienne, Mulligatawny, Ox Tail, Mock Turtle, Cream of Celery, Mutton Broth, Bisque of Tomato, Bisque of Oyster, Purée of Lima Beans, Cream of Peas, Bouillon, Cream of Asparagus.

BROTHS FOR INVALIDS—Beef Tea, Chicken Broth, Clam Broth, Mutton Broth, Clam Bouillon, Meat Juice, Meat Extracts (solid, fluid).

FISH

IN GLASS, IN CANS, PICKLED, DRIED, ETC.—Anchovies in Oil, Anchovies in Salt, Anchovy Paste, Bloaters, Bloater Paste, Bombay Ducks, Caviare, Clams (Little Neck), Codfish, Codfish Balls, Crabs, Crab Meat (with shells), Crabs (soft shell), Finnan Haddies, Herrings in Brine, Herrings (smoked), Herrings (kippered), Filet Herrings in Wine Sauce, Haddock, Lobster, Mackerel (soused), Mackerel in Oil, Oysters, Oysters (pickled), Salmon (fresh), Salmon (smoked), Sardellen, Shrimp, Shrimp Paste, Sardines, Sardine Paste, Tunny Fish, Turtle Meat (green), Roes, Cod Roes, Herring Roes, Eels in Jelly, Eels (smoked).

MEATS

CANNED—Corned Beef, Rolled Ox Tongue, Lamb's Tongue, Boned Chicken, Boned Turkey, Luncheon Beef, Brisket Beef, Roast Beef, Roast Beef Hash, Roast Mutton, Veal Loaf, Irish Stew, Chicken Loaf, Hamburger Steak and Onions, Chili Con Carne, Chicken Tamales, Curried Fowl, Pâté de Foie Gras, Smoked Beef, Boiled Tripe, Sliced Bacon, English Style Brawn, Corned Beef Hash, Sausages, Pork Sausage Meat, Meat Pâté.

ENTRÉES—Braised Beef, Beef à la Mode, Calf's Tongue, Tomato Sauce, Chicken Sauté a la Marengo, Beef (Burgundy Style), Goulash (Hungarian Style), Veal and Green Peas, Calf's Tongue (Sauce Piquante), Chicken Curry (à la Indienne), Chicken Provencale.

GAME PÂTÉS TRUFFLED—Chicken, Chicken Liver, Grouse, Partridge, Quail, Wild Duck.

VEGETABLES

IN TIN AND GLASS, ETC.—Artichokes, Asparagus, Beans, (Baked, Lima, Red Kidney, Stringless, Wax), Beets, Cauliflower, Carrots, Cepes, Corn. Flageolets, Gumbo Filé, Haricots Verts, Macedoines, Mushrooms, Okra, Okra with Tomatoes, Peas, Pumpkins, Sauerkraut, Spinach, Sprouts (Brussels), Succotash, Spanish Red Peppers (Pimentoes), Squash, Sweet Potatoes, Tomatoes, Truffles, Turnips.

DRIED VEGETABLES—Beans, (Black, Lima, Marrow, Medium, Pea, Red Kidney, French Red Kidney), Peas, (Green, Whole; Split, Yellow), Flageolets, Julienne (for soups), Lentils, Mushrooms.

MACARONI—Spaghetti, Vermicelli, Noodles.

CHAPTER XXXIV—MENUS

FAMILY BREAKFASTS

No. 1

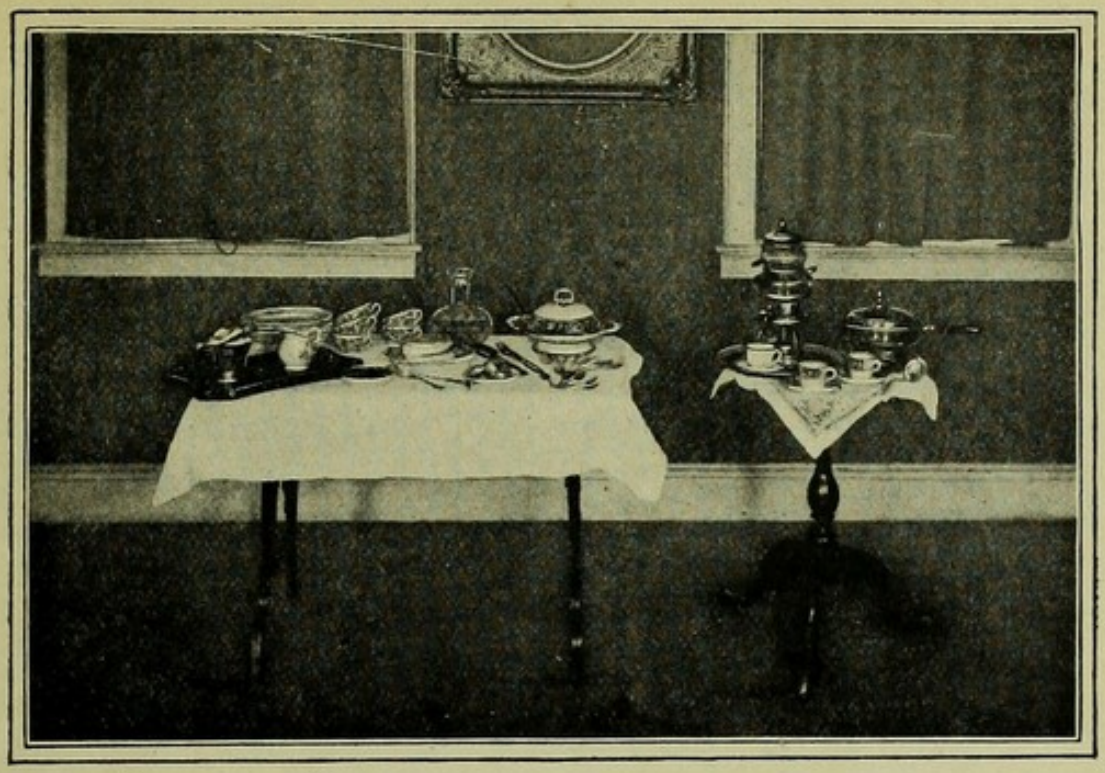
Fresh Fruit *Cereal*
Broiled Smoked Salmon *Creamed Potatoes*
Pop-overs *Coffee, Tea or Cocoa*

No. 2

Strained Orange Juice in Glasses
Hominy
Codfish Balls *Soft Boiled Eggs*
Baking Powder Biscuit
Coffee, Tea or Cocoa

No. 3

Baked Apples and Cream
Oatmeal
Bacon and Eggs
Toast and Marmalade *Coffee, Tea or Cocoa*



"STILL-LIFE" WAITRESSES ARE OF GREAT ASSISTANCE

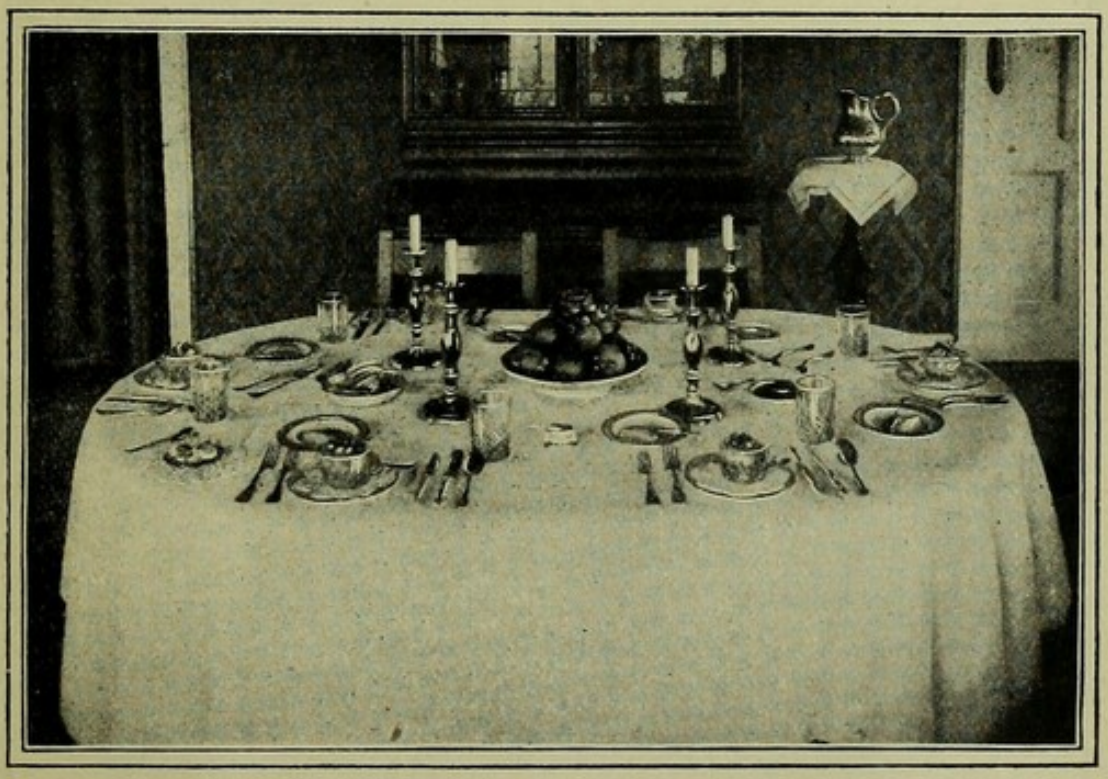


TABLE SET FOR A COURSE LUNCHEON TO BE SERVED WITHOUT A WAITRESS

No. 4

Fresh Fruit
Cracked Wheat
Broiled Shad Roe, Watercress *Creamed Potatoes*
Graham Gems, *Coffee, Tea or Cocoa*

FAMILY LUNCHEONS

No. 1

Cream of Tomato Soup
Scalloped Oysters *Toasted English Muffins*
Canned Fruit *Cake*
Tea or Cocoa

No. 2

Creamed Canned Salmon
Baked Potatoes *Pickles*
Lettuce and Onion Salad
Layer Cake
Tea or Cocoa

No. 3

Clam Chowder
Creamed Eggs *Macaroni and Cheese*
Fresh Fruit
Tea or Cocoa

No. 4

Consommé
Frizzled Beef *Stuffed Potatoes*
Lettuce and French Dressing
Hot Gingerbread and Whipped Cream
Tea or Cocoa

FAMILY DINNERS

No. 1

Clam Broth with Whipped Cream
Boiled Fish *Dressed Cucumbers*
Panned Chicken
Riced Potato *Stuffed Green Peppers*
Celery and Lettuce Salad
Queen of Pudd ngs *Crackers and Cheese*
Coffee

No. 2

Mock Turtle Soup
Pulled Bread
Fried Whitebait *Tartare Sauce*
Roast Duck *Green Grape Jelly*
Asparagus Tips
Potato Soufflé
Mocha Pudding *Fancy Cakes*
Coffee

No. 3

Oysters on the Half Shell
Cream of Lobster Soup, with Croutons
Roast Crown of Mutton with Mint Jelly *Stuffed Tomatoes*
Cauliflower
Celery Mayonnaise
Hot Rice Pudding with Raisins
Coffee

No. 4

Mixed Fruit Cocktail
Corn Soup
Creamed Sweetbreads in Cases
Roast Beef and Yorkshire Pudding *Potato Croquettes*
Creamed Salsify
Asparagus, Vinaigrette
Toasted Wafers *Club Cheese*
Prune Soufflé *Coffee*

FORMAL DINNER (Warm Weather)

Watermelon Cocktail

Jellied Chicken Broth or Cold Fruit Purée

Fish Timbales *Cucumbers*

Stuffed Olives

Broiled Spring Chicken *Duchess Potatoes*

Asparagus and Hollandaise Sauce

Currant and Raspberry Sorbet

Braised Tongue in Aspic *Tomatoes en Surprise*

Cheese Sticks

Strawberry Mousse with Whipped Cream *Fancy Cakes*

Coffee *Bonbons*

Mineral Water may be served throughout the meal

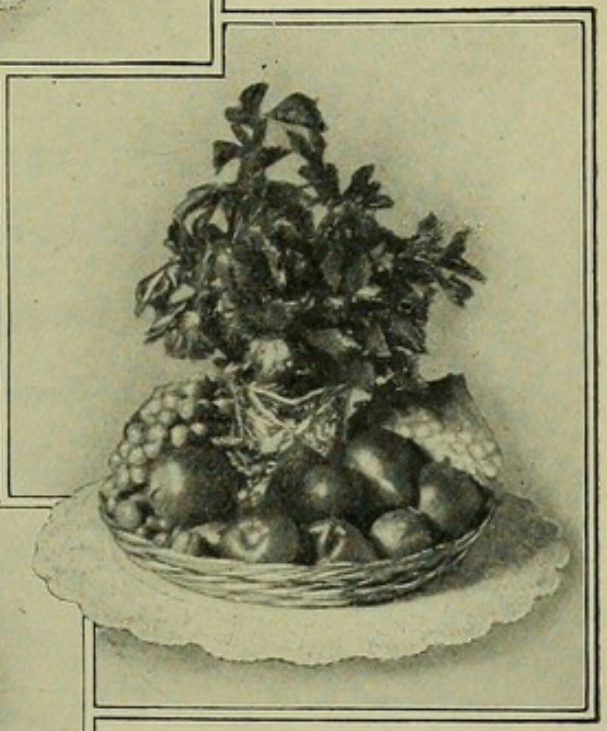
Where liquors are used, serve as follows:

With Fish *White Wine*

With Game *Claret*

Other Courses *Champagne*

FLORAL CENTERPIECE



A CENTERPIECE FOR
HARVEST HOME

ROSE DECORATED CANDLESTICK

FORMAL DINNER (Cold Weather)

Clam or Oyster Cocktail

Dinner Rolls

Consommé Royale

Lobster Patties with Mushrooms

Celery *Ripe Olives* *Salted Almonds*

Filet Mignon *Cauliflower, Hollandaise Sauce*

Chestnut Roulettes

Roman Punch

Broiled Squab *Alligator Pear Salad* *Guava Jelly*

Crisped Wafers

Individual Charlotte Glacé with Preserved Ginger

Brie or Camembert Cheese *Toasted Water Crackers*

Café Brulé

Wine or Mineral Water, as preferred

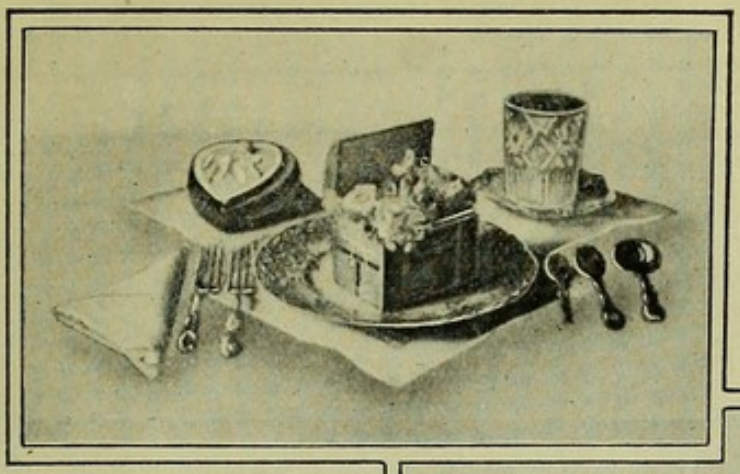
THANKSGIVING DINNERS

No. 1

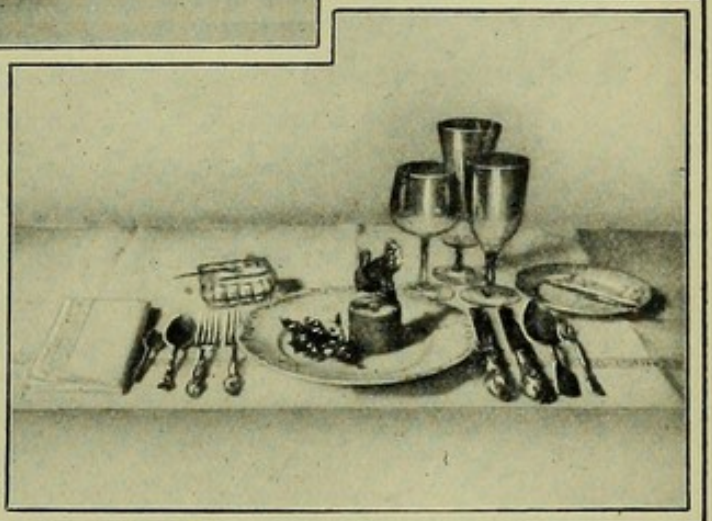
Anchovy Canapés
Clear Soup *Bread Sticks*
Salted Almonds *Celery* *Olives*
Roast Turkey, Chestnut Stuffing *Cranberry Jelly*
Giblet Sauce *Brussels Sprouts* *Fried Squash*
Chicken Pie
Romaine Salad with French Dressing
Cheese Wafers
Bar-le-Duc.
Marshmallow Pudding *Hot Mince Pie* *Macaroons*
Nuts and Raisins *Bonbons*
Coffee

No. 2

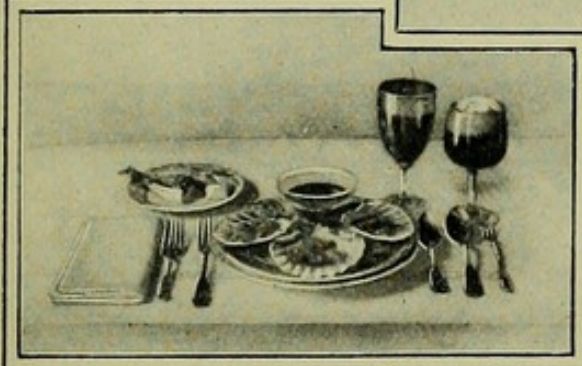
Giblet Soup *Dinner Rolls*
Ripe Olives *Celery* *Salted Pecans*
Boiled Turkey, Oyster Sauce *Potato Croquettes*
Creamed Onions
Endive Salad with French Dressing
Pumpkin Pie *Banana Ice Cream*
Sweet Cider *Nuts* *Raisins*
Coffee



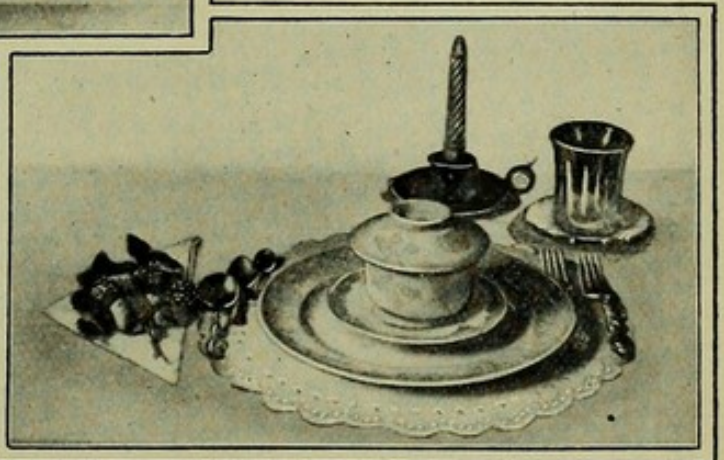
COVER FOR VALENTINE LUNCHEON



A THANKSGIVING COVER



MARCH COVER FOR TABLE SERVICE



APRIL "FOOLISH FEAST" COVER

No. 3

Oysters on the Half Shell
Consommé
Pulled Bread
Pimolas *Salted Peanuts*
Roast Turkey, Celery Stuffing *Creamed Cauliflower*
Giblet Sauce *Potato Puffs*
Black Currant Jelly
Cranberry Sherbet
Watercress and Walnut Salad
Cream Baskets *Mince Pie*
Edam Cheese *Toasted Crackers*
Nuts *Raisins* *Bonbons*
Coffee

No. 4

Tomato Bisque
Mock Almonds
Celery *Mixed Salted Nuts*
Roast Turkey, Oyster Stuffing *Cranberry Jelly*
Glazed Sweet Potatoes *Stuffed Onions*
Lettuce, French Dressing
Bar-le-Duc *Neufchâtel Cheese* *Wafers*
Pumpkin Pie *Mince Pie*
Café Parfait
Coffee

CHRISTMAS DINNERS

No. 1

Oyster Cocktails in Green Pepper Shells
Cream of Asparagus Soup
Celery *Ripe Olives*
Lobster à la Newburg in Cases
Roast Goose with Potato Stuffing *Apple Sauce*
String Beans *Potato Puff*
Riced Cheese and Lettuce Salad *French Dressing*
Bar-le-Duc *Toasted Wafers*
Mince Pie *English Plum Pudding*
Nuts and Raisins *Bonbons*
Coffee

No. 2

Fruit Cocktail
Oyster Soup *Bread Sticks*
Salted Almonds *Radishes*
Grilled Sardines *Potato Balls and Parsley Butter*
Roast Goose with Cider Apple Sauce
Glazed Sweet Potatoes *Stewed Celery*
Endive Salad, French Dressing
Plum Pudding with Brandy Sauce
Bombe Sultana *Petits Fours*
Coffee

No. 3

Clam Cocktail

Cream of Tomato Soup

Boiled Salmon with Parsley Butter

Roast Duck, Olive Sauce and Fried Hominy *Riced Potato*

French Peas *Creamed Salsify*

Grapefruit Sorbet

Celery Mayonnaise

Cheese Wafers

Suet Pudding, Brandy Sauce *Banbury Tarts*

Coffee

No. 4

Cream of Celery Soup

Bread Sticks

Salted Peanuts *Stuffed Olives*

Devilled Crab Meat in Shells

Roast Beef, Yorkshire Pudding *Potato Soufflé*

Spinach in Eggs

White Grape Salad with French Dressing

Toasted Crackers *Guava Jelly*

Plum Pudding, Foamy Sauce *Vanilla Mousse*

Raisins *Nuts* *Bonbons*

Coffee

MENU FOR CHILDREN'S BIRTHDAY PARTY

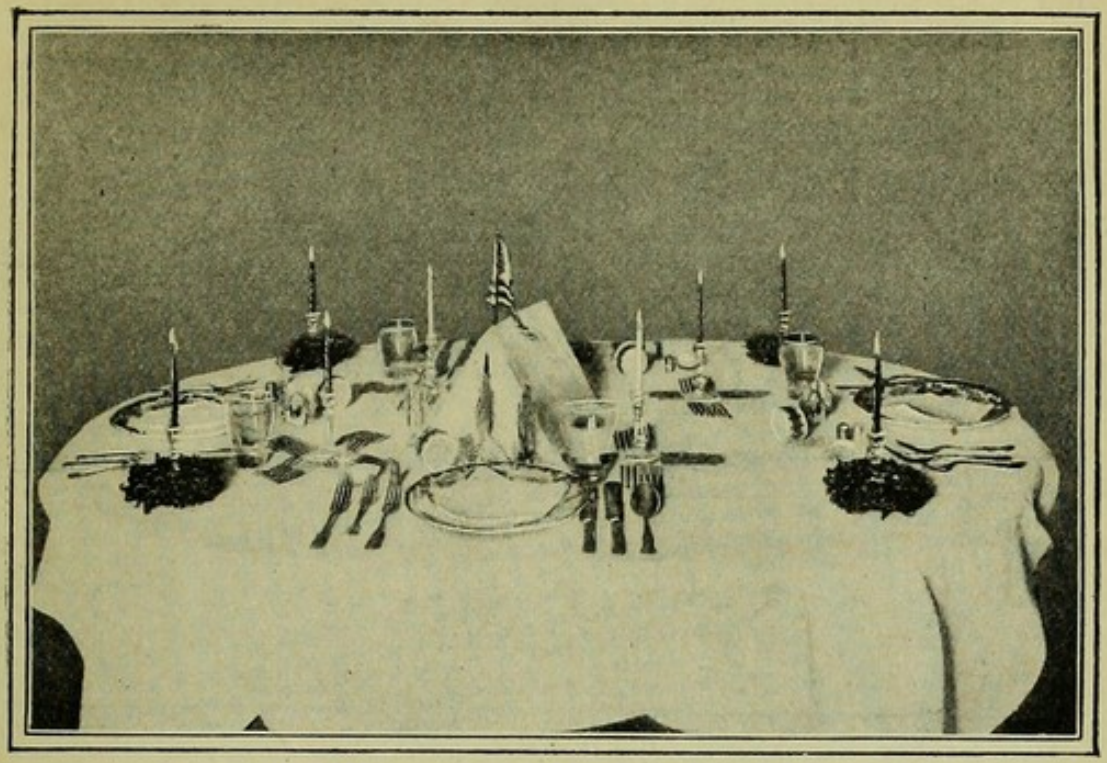
Chicken Sandwiches *Jam Sandwiches*
Plain Ice Cream *Small Cakes*
Birthday Cake, with Name, Date and Candles
Fruit *Candy*
Orangeade

AFTERNOON TEAS

No. 1		No. 2	
Assorted Sandwiches	*Cakes*	*Assorted Sandwiches*	
Tea	*Chocolate*	*Tea*	*Fancy Cakes*
Bonbons	*Nuts*	*Claret Cup*	*Bonbons*

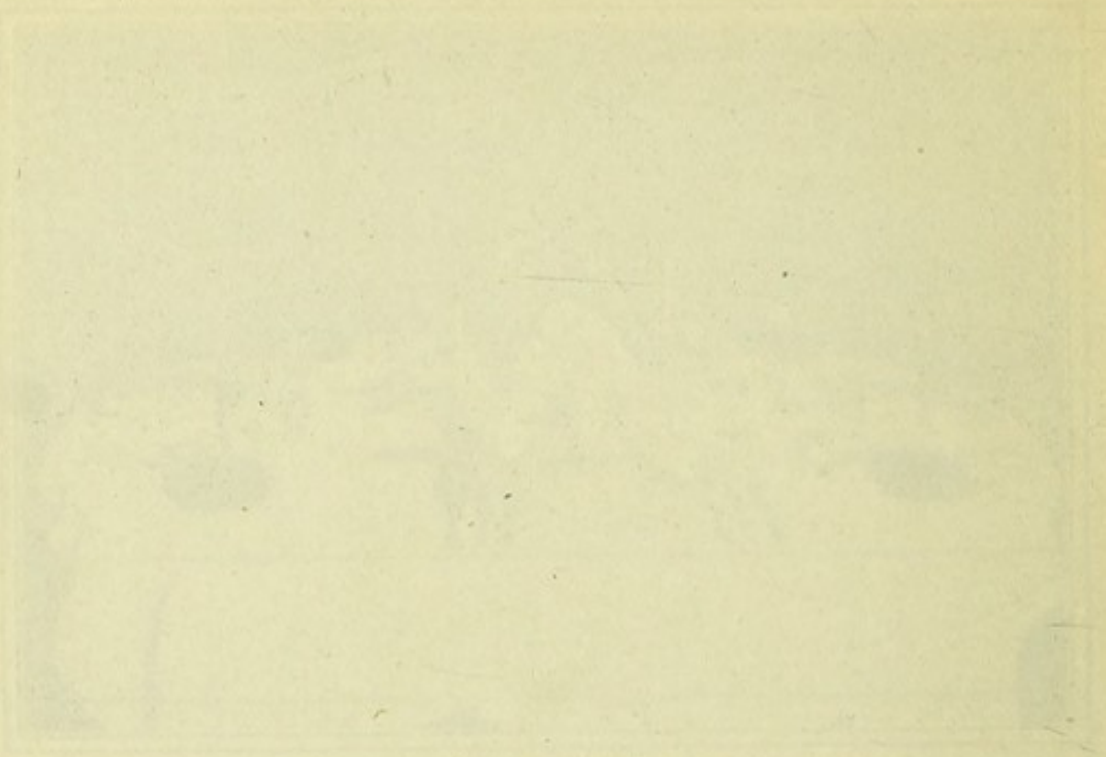
EVENING CARD PARTY

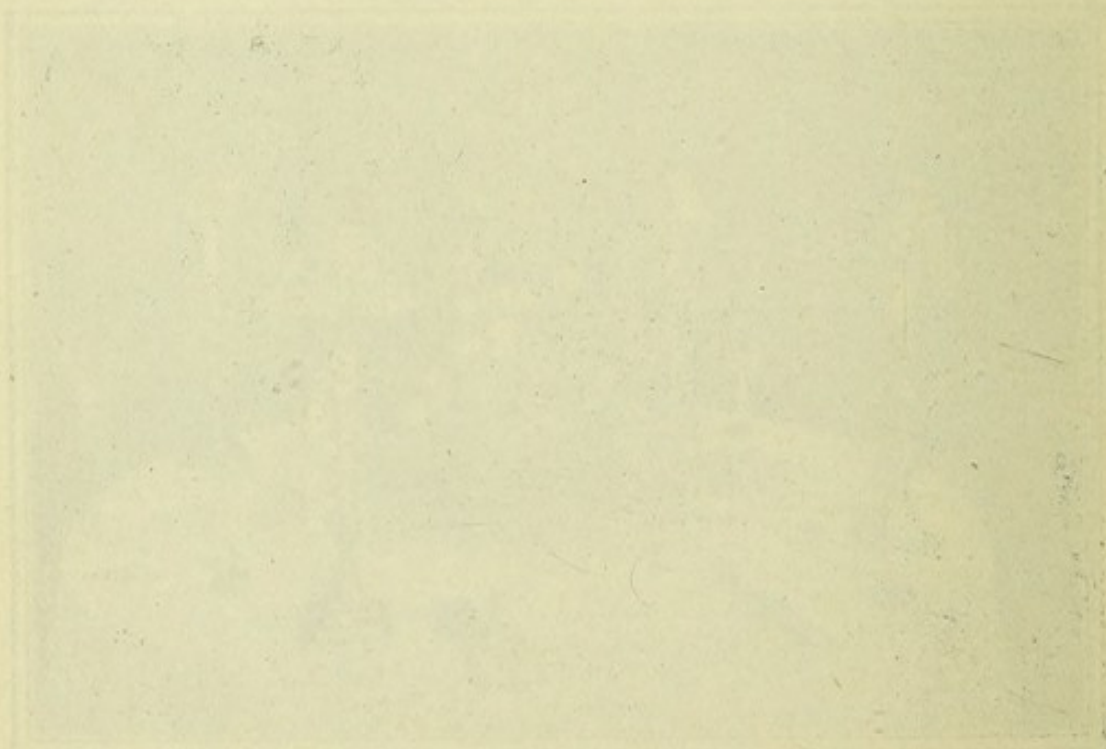
Rolled Chicken Sandwiches
Lobster Salad
Olives *Petits Fours*
Ice Cream *Chocolate* *Coffee*
Russian Punch



A SUGGESTION FOR A FOURTH-OF-JULY TABLE

AN ATTRACTIVE ARRANGEMENT FOR HALLOWE'ĔN





CHAFING DISH SUPPER

Canapés of Anchovy Paste

Crab Flakes à la Newburg *Nut Brown Bread Sandwiches*

Swiss Cheese with French Mustard

Beer or Ale

AFTERNOON RECEPTION

Cold or Hot Bouillon

Assorted Sandwiches

Chicken or Lobster Salad *Eggs with Chaud-Froid Sauce*

Chestnut Croquettes

Individual molds of Ices or Creams *Fancy Cakes*

Salted Almonds *Bonbons*

Claret Punch

INDEX

Albumen Water. 328
Alligator Pear. 170
Almonds, salted. 282
Almonds, mock. 24
Almond Sandwiches. 212, 213
Anchovy Canapés. 1
Anchovy Sauce. 109
Anchovy Sandwiches. 213
Angel Cake. 223
Apple, baked,. 113, 286
Apple Butter. 206
Apple Dumpling. 257
Apples, fried. 286
Apple Charlotte. 257
Apple Filling. 231
Apple Fritters. 137
Apple Omelet. 188
Apple Pie. 244, 245
Apples, preserved in sun. 306
Apple Roly-Poly. 257
Apple Tapioca. 259
Apple Tart. 249
Apple Sauce. 113, 117, 286, 307
Apples, steamed. 286
Apples, stewed. 113, 286
Appetizers. 1–4
Arrowroot. 329
Artichokes. 138
Aspic Jelly. 113
Asparagus. 139, 173
Asparagus, canned. 139, 300, 347
Asparagus Cream Soup. 17
Asparagus Omelet. 186
Asparagus Salad. 173
Asparagus Timbales. 126

Bacon and Eggs 84, 177
Bacon, fried. 84
Bacon and Liver. 72
Banbury Tarts. 252
Bananas. 137, 140
Bananas, en casserole,. 340
Banana Salad. 173
Bananas, sauté. 335
Barley Gruel. 326
Barley Jelly. 327
Barley Water. 327
Bass (Black). 47
Batter (for Fritters). 136
Beans. 18, 140, 142
Beans, baked (soup) 17, 343
Beans, canned 300
Beef. 58–64
Beef Croquettes. 131
Beef Juice. 329
Beef Tea. 330
Beets. 142
Berries. 285
Berries, canned. 298
Berry Ice Cream. 276
Berry Pies. 245, 246
Berry Sauce. 262
Beverages. 321, 325
Beverages, for invalids,. 328, 329
Biscuits. 199, 201, 205
Biscuits, beaten.. 204
Biscuits, glacé 279
Bisque of Clams. 19
Bisque of Lobster. 21
Bisque of Oyster. 19
Bisque of Tomato (cream). 16
Blackberry. 285, 298, 345
Blackberry Jam. 292
Blackberry Preserve. 305
Blackberry Pie. 246
Blue Fish. 49
Boiled Dinner. 60, 342
Boiled Fish. 47, 342
Boiled Frosting. 234
Boiled Lobster. 41
Boiled Mutton. 66
Bones. 129, 130
Bouillabaisse (fish stock) 13
Bouillon. 7, 18
Bouchées. 29
Brandied Fruits. 307, 308
Brandy Sauce. 262
Brains. 128
Bread. 195, 210
Bread Croustades. 29
Bread Croutons. 24
Bread Pudding. 253
Bread Sauce. 110
Breakfast Menus. 348, 349
Breast of Lamb. 64
Breast of Veal. 68
Brioche. 200
Broth, Chicken. 330
Broth, Clam. 19
Broth, Mutton. 12
Broth, Scotch. 9
Brown Betty 253
Brown Bread. 197
Brown Sugar, Candy. 283
Brown Sugar Frosting. 234
Brown Soup Stock. 6
Brussels Sprouts. 142
Buns. 202
Butters (fruit). 306
Butters (drawn). 108

Cabbage. 142, 143, 172
Cake 221–241
Calf's Feet. 73
Calf's Head. 73, 74
Canapés. 1, 3, 211
Candies. 281–284
Canning. 294–301
Canned Foods. 344, 347
Cantaloupes. 286
Caper Sauce. 111
Caper Sauce (imitation). 111
Caramel Cake. 222
Caramel for Soups (see Sauces) . 26
Caramel Filling. 231, 236
Caramel Sauce. 262
Caramels. 282, 283
Card-Party Menus. 358
Carrots. 143
Casserole Cooking. 333
Cauliflower. 143, 144
Caviare. 2
Cereals. 218–220
Celery. 142, 167, 168
Celery Sauce. 111
Celery Soup. 14
Celery Stuffing. 106
Chafing-Dish Recipes. 332–335

Chafing-Dish Supper Menu. 359
Champagne Sauce. 117
Charlotte Russe. 271
Cheese. 190-194
Cheese Biscuits. 192
Cheese (Calf's Head) 73, 74
Cheese Canapés. 2
Cheese (Cream), Salad. 171
Cheese Croquettes. 132
Cheese Cutlets. 135
Cheese, Pork Head. 81
Cheese Soufflé. 193, 335
Cheese Sticks. 24, 193
Cherry Cocktail. 23
Cherry Pie. 246
Cherry Pudding. 256
Cherry Purée. 22
Chestnut Cream Soup. 10
Chestnut Croquettes. 134
Chestnut, Roulettes. 179
Chestnut Sauce. 112
Chestnut Stuffing. 104
Chicken. 89–96
Chicken Broth. 330
Chicken Cream Soup. 10
Chicken Croquettes. 133
Chicken Cutlets. 135
Chicken, en casserole. 336
Chicken Forcemeat. 27
Chicken Gumbo. 12
Chicken Hash. 334
Chicken Jelly. 331
Chicken Omelet. 185
Children's Birthday Menus. 358
Chili Sauce. 312
Chocolate and Cocoa Beverages, 322, 323
Chocolate Cake. 222, 223
Chocolate Cream. 227, 229
Chocolate Cornstarch. 254
Chocolate Filling. 231, 233
Chocolate Sauce. 263
Chops, Lamb. 65
Chops, Mutton. 66
Chops, Pork. 78
Chops, Oyster. 43
Chowders. 21, 22
Christmas Dinner. 356, 357
Chutney. 115
Citron. 316
Clabber. 193
Clam Broth. 18, 19
Clam Bisque. 19
Clam Chowder. 21
Clam Fritters. 137
Clams. 35, 36
Claret Cup. 325
Claret Punch. 324
Claret Sauce. 118, 264
Clearing Soups. 5
Clear Soup (iced). 14
Cocktails. 3–4
Cocktails, Oyster. 30
Cocoa and Chocolate. 322
Cocoanut Cake. 229, 230
Cocoanut Drops. 240
Cocoanut Filling. 231
Cocoanut Pie. 246
Cocoanut Pudding. 259
Codfish. 47, 53, 54, 55
Coffee. 319, 320
Coffee Frappé. 278
Coloring for Soups. 26
Cold Dishes 1–4; 14; 163–174; 211–217
Cold Desserts. 265, 280
Consommé. 8
Cookies. 238, 239
Corn. 144, 145
Corn Bread. 205
Corn, canned. 300, 342, 347
Corn Chowder. 22
Corn Fritters. 136
Corn Muffins. 205
Corn Mush. 219, 220
Corn Soup. 17
Corn Succotash. 161
Corned Beef. 59
Corned Beef Hash. 63
Cornstarch. 271
Crab. 39–41
Crab à la Newburg. 40, 333
Crab Cutlets. 134
Crab Salad. 169
Crackers. 24, 209
Cranberry. 117
Cream Desserts. 265–269
Cream of Vegetables and Soups, (See under given names.)
Cress. 172
Croquettes. 131–134
Croustades. 29
Croutons. 24
Crumpets. 204
Cucumber. 146, 167, 172, 174
Cucumber Cream Soup. 10
Cucumber Sauce. 112
Currant Jelly and Sauce. . . . 112, 289
Curry of Chicken. 93
Curry of Eggs. 180
Curry of Mutton. 67
Curry Sauce. 112
Cutlets. 134–136
Cutlets, Lamb. 65
Cutlets, Mutton. 135
Cutlets, Veal. 69, 70
Custards. 254
Custard, Green pea 25
Custard, Royal 25
Custard Soufflé. 258

Dandelion. 172
Date Cream Candy. 281
Date Pudding. 263
Dates, Stuffed. 282
Deviled Bones. 129
Deviled Clams. 35
Deviled Corn 145
Deviled Crabs. 39
Deviled Eggs. 178
Deviled Goose. 88
Deviled Lobster. 44
Deviled Oysters. 33
Dinner Menus. 350–357
Doughnuts. 237
Drawn Butter. 108
Duck. 99, 100
Duck, Réchauffé. 334
Duck, Salmi of 125

Eclairs. 239, 240
Eels. 52
Eggs. 175, 189
Egg Balls. 24
Eggs, Creamed. 335
Egg-Nog. 324
Egg Plant. 153
Egg and Salt Fish. 55
Eggs, stirred. 335
Endive. 153
Entrées. 121–138
Escallops (see also Scallops)
Escalloped Chicken. 90
Escalloped Cauliflower. 143
Escalloped Eggs. 179
Escalloped Fish. 54
Escalloped Lobster. 44
Escalloped Mutton. 67
Escalloped Oysters. 33
Escalloped Potatoes. 151
Escalloped Sweet Potatoes. 149
Escalloped Tomatoes. 155

Farci Egg. 180
Farci Lobster. 43
Farina. 220
Farina Pudding. 260
Feet, Calves'. 73
Feet, Pigs'. 80
Fig Filling. 233
Fig and Ginger Pudding. 269
Fig Sandwiches. 212
Fillet of Beef. 59
Fillet of Flounder. 54
Fillet of Sole. 54
Fillet of Turkey. 87
Fillings for Layer Cake. . . . 231–241
Finnan Haddie. 56, 57
Fireless Cooker Recipes. . . . 341–343
Fish. 30–57
Fish Chowder. 21
Fish Cutlets. 134
Fish, en casserole. 339
Fish Forcemeat. 27
Fish Omelet. 185
Fish Salad. 168
Forcemeat. 27, 135
Frappé. 274, 278
French Salad Dressing. 164
Fricassee Beef. 62
Fricassee Chicken. 91
Fricassee Game. 88
Fritters. 136–138
Frosting. 233–236
Fruit Cocktails. 3, 4
Fruit Creams and Ices 276–279
Fruit Chartreuse. 269
Fruits, Fresh and Dried. . . . 285–287
Fruit Purées. 22, 23
Fruit Salads. 171, 270, 271
Fruit Soufflé. 259
Fudge. 283
Fudge Cake. 226

Game. 96–106
Garnishes. 28, 29
Gems. 203, 204
Glaze for Pastry. 244
Giblet Sauce. 108
Giblet Soup. 13
Gingerbread. 237, 238
Gingerade. 324
Ginger Preserve. 302
Gluten Bread. 198
Golden Buck. 191
Goslings. 88
Goose. 87–89
Gooseberry Jam. 292
Gooseberry Jelly. 291
Gooseberry Preserves. 302
Gooseberry Tarts. 250
Goulash. 338
Grapefruit Cocktail. 3
Grapefruit Salad. 174
Gravies for Meats. 108, 109
Greens, Beet. 142
Greens, Dandelion. 146
Greens, Endive. 153
Greens, Spinach. 160, 161
Griddle Cakes. 206, 207
Gruels. 327
Guinea Fowl. 88
Gumbo Chicken. 12
Gumbo Oysters. 33

Haddock. 47
Haggis. 67
Halibut. 47, 49, 52, 53
Ham. 83–84
Ham Croquettes. 132
Ham, Mousse. 123
Ham Omelet. 185
Hard Sauce. 261
Hare. 102
Harlequin Sandwiches. 213
Harlequin Slices. 26
Hash, Beef. 62
Hash, Corned Beef. 63
Hash, piquante. 67
Heart, Beef. 63
Heart, Veal. 74
Herrings. 48, 53
Hominy, Croquettes. 134
Hominy Grits. 219
Hominy (Samp). 219
Horseradish. 115
Huckleberry Pie. 245
Hungarian Goulash. 338

Ice Cream and Ices. 273–280
Iced Clear Soup. 14
Iced Tea. 322
Iceland Moss Jelly. 268
Indian Meal Gruel. 327
Indian Pudding. 255
Invalid Food and Beverages 326–338

Jams. 291–293
Jellies. 267–269
Jelly Making. 288–291
Jelly Sauce. 115
Jellied Soups. 14
Julienne Soup. 8

Kale. 153
Kedgeree. 51
Kidney. 71, 128, 130
Kisses. 240
Koumiss. 329

Lady Baltimore Cake. 227
Lady Cake. 224
Lady Fingers. 240
Lamb. 64–65
Lamb, en casserole. 338
Layer Cake. 228
Lemonade. 323
Lemon Filling. 232
Lemon Pie. 246, 247
Lemon Sauce. 115
Lemon Tartlet. 251
Lemon Wafers. 239
Lentils. 146
Lettuce. 166
Liver and Bacon. 72, 73
Liver, en casserole. 338
Loaf Beef. 62
Loaf Cake. 223, 228
Loaf, Veal. 71

Macaroni. 25, 127, 154
Macaroons. 241
Macaroons and Orange Pudding. 258
Mackerel. 50, 56
Made-Up Dishes (see Entrées) 121, 138
Mangoes. 315, 316
Maple Sugar Cake. 230
Maple Sugar Frosting. 234
Maple Sugar Fudge. 283
Maple Sugar Sauce. 262, 263
Marmalade. 293, 294
Marinade. 107, 108
Marrow Balls. 26
Marshmallow Cream. 235
Marshmallow Pudding. 279
Mayonnaise. 164, 165
Menus. 348–359
Meringues. 240, 261
Millefeuilles. 251
Milk Punch. 324
Milk Frosting. 234
Mince Meat. 248
Mince Pie. 248
Mint Sangaree. 325
Mocha Cake. 229
Mocha Frosting. 235
Mocha Pudding. 267
Mock Turtle Soup. 13
Mousses. 274, 279
Muffins. 201, 204, 205
Mulligatawny. 11
Mushrooms. 156–158
Mushroom Catsup. 313
Mushroom Omelet. 186
Mushrooms, with oysters. 32
Mushrooms, with sauce . 59, 116, 117
Mushrooms, with steak. 61
Mussels. 39
Mutton 65–68
Mutton Broth. 12
Mutton Stock. 6

Napoleons. 251
Nesselrode pudding. 279
Noodles. 25
Nougat. 284
Nut Cake. 222
Nut Candy. 281
Nut Cream. 227
Nut Salad. 174
Nuts, salted. 283
Nut Sandwiches. 212

Oatmeal. 219
Oats, rolled. 219
Okra. 12, 158
Olives, Canapés. 2
Olives, mock. 315
Omelets. 184–189
Onions. 158
Onions and Beefsteak. 60
Onion Cream Soup. 16
Onion Omelet. 186
Onion and Potato Soup. 17
Onion Salad. 166
Orange Cocktail. 3
Orange Filling. 233
Orangeade. 323
Orange, Iced Juice. 285
Orange Mint Cup. 3
Orange Marmalade. 293
Orange Pudding. 258
Orange Puree. 23
Orange Sauce. 264
Orange Salad. 173
Orange Tarts. 251
Oranges. 285
Oysters à l'Indienne. 332
Oysters à la Newburg. 333
Oyster Bisque. 19
Oyster Chowder. 22
Oysters, creamed. 332
Oyster Cutlets. 134
Oysters, curried. 333
Oyster Forcemeat. 27
Oyster Fritters. 136
Oysters, mock. 145
Oyster Omelet. 187
Oysters, panned. 332
Oyster Plant (salsify). 159
Oyster Salad. 169
Oyster Sauces. 118
Oyster Stuffing. 105
Ox-Tail Soup. 13

Panada. 327
Paté à choux. 25
Paté de Foie Gras. 129
Patties. 122, 123
Parsley Butter. 119
Parsley Omelet. 187
Parsnips. 138, 158, 159
Pastry. 242, 252
Peas. 152, 153
Peas, canned. 300
Peas, Cream of. 15
Pea Custard. 25
Pea (green) Soup. 11, 16
Pea (split) Soup. 11
Pea Fowl. 88
Peach Butter. 306
Peaches, brandied. 307, 308
Peaches, canned. 294–297
Peaches, dried. 287
Peach Fritters. 137
Peach Mangoes (pickle). 315

Peach Preserve. 304
Peach Pudding. 256
Peach Purée (cold fruit). 22
Peach Short Cake. 258
Peach Snow. 270
Peach Soufflé (fruit) 259
Peaches, spiced. 317
Peaches, sweet pickle. 317
Peach Tart. 251
Pears Brandied. 308
Pears, Canned. 295
Pear Cakes. 241
Pear Ginger. 317
Pears, Pickled. 317
Pear Sweet Pickle. 317
Peppers with Macaroni. 127
Pepper Mangoes. 315, 316
Peppers (red, pickled). 315
Pepper Pot. 8
Peppers and Shrimps. 37
Peppers, stuffed. 154
Perch. 53
Petite Marmite. 10
Pie, ... 244-249
Pie, Beefsteak. 62
Pie, Chicken. 92
Pie, Game. 97
Pie, Oyster. 34
Pie, Pot. 70, 95
Pie, Pork. 79
Pie, Rabbit. 103
Pie, Veal. 72
Pie, Venison. 101
Pickles and Catsups. 309, 318
Pickled Oysters. 34
Pig. 77
Pigs (in Blankets). 30
Pigeon. 98
Pigeon, en casserole. 337
Pigeon (squab). 97
Pineapple, canned. 295, 297
Pineapple Cocktail. 3
Pineapple Lemonade. 323
Pineapple Preserve. 303
Pineapple Salad. 174
Pineapple Sherbet. 278
Plum, canned. 297
Plum Cake. 225
Plum Mousse Fruit 279
Plum Preserve. 305
Plum Pudding. 256
Plum Pudding Sauce. 263
Plums, spiced. 316
Plums, sun-dried. 306
Pompano. 50
Porgies. 53
Pork. 76–84
Pork Cake. 228
Potato. 147–152
Potato Border. 29
Potato Cream Soup. 15
Potato Croquettes. 131, 133
Potato and Onion Soup. 13
Potato Salad. 166
Potato (sweet). 149, 150, 339
Pot Roast. 59
Pot Pie. 70, 95
Prawn Salad. 171
Preserving. 301, 308
Prunes. 286
Prunes, jellied. 268
Prune Soufflé. 259
Puddings. 253, 261
Pudding, Corn. 145
Pudding Sauces. 261, 264
Pudding, Yorkshire. 58
Puff Paste 22, 24, 44
Pumpkin Pie. 247
Purées. 22, 23

Quail. 97
Queen of Puddings. 260
Quince Jelly. 290
Quince Marmalade. 294
Quince Preserving. 295, 297, 303

Rabbit. 102, 103
Rarebit, Crab. 333
Rarebit, Welsh. 190, 191
Raspberries, canned. 297, 298
Raspberries, dried. 306
Raspberry Fritters. 137
Raspberry Jam. 292
Raspberry Jelly. 290
Raspberry Punch. 325
Raspberry Purée. 22
Raspberry Vinegar. 324
Réchauffé (warmed over). 334
Reception Menus. 359
Red Snappers. 47
Rhubarb, canned. 300
Rhubarb Meringue. 248
Rhubarb Pie. 249
Rice. 159
Rice à la Creole. 128
Rice Border. 28
Rice Croustades. 29
Rice Croquettes. 134
Rice, Curry of, with chicken. . . . 93, 123, 126
Rice, Curry of, with mutton. . . . 67
Rice Fan Tan. 129
Rice Gems. 204
Rice Pudding. 253
Rice Stuffing. 106
Rice Waffles. 208
Rissoles (sweet). 25
Roe. 48, 50, 52, 53, 132
Rolls. 199–201
Root Beer. 325
Rum Omelet. 188
Rusks. 201
Russian Punch. 324

Saddle of Lamb or Mutton. 66
Salads. 166-174
Salad Dressing. 163-166
Salmi of Game. 97, 125
Salmon. 50, 51, 133
Samp (see Hominy.)
Sandwiches. 211, 217
Salsify (Vegetable Oyster). 159
Sardines Canapés. 3
Sardine Sandwiches. 211, 216
Sauces for Fish, Meat, Poultry and Game. 107-120
Sauces for Puddings 261-264
Sausage. 84, 106

Scallop of Clams. 36
Scallop of Fish. 51
Scallop of Mutton. 67
Scallop of Roe. 50
Scallops, broiled, fried, stewed. . 38
Scallops, à la Newburg 333
Scrapple 79
Seltzer Lemonade. 323
Shad. 48, 50, 51, 132
Sheepshead. 48
Sherbets. 277, 278
Shrimp. 36, 37
Shrimp Salad. 171
Shrimp Sauce. 113
Shrub. 323
Slaw. 143, 172
Smelts. 50, 52
Sorbet. 274
Soufflé Cheese. 192, 335
Soufflé Chicken. 123
Soufflé Custard. 258
Soufflé Fruit. 259
Soufflé Spinach. 161
Soufflé Prune. 259
Soup. 5, 23
Soup Accessories. 24, 27
Souse. 80
Spaghetti. 32, 154
Spare Rib. 77
Spinach. 160, 161
Spinach Blocks. 26
Spinach Cream Soup. 15
Squab. 97
Squash. 159, 160
Squash Biscuit. 201
Squash Pie. 247
Squirrel. 104
Steak, Beef. 60, 61
Steak, en casserole. 337
Steak, Halibut. 49
Steak, Venison. 101
Stock. 6, 7, 8
Strawberries, canned. 297, 298
Strawberry Cocktail. 3
Strawberries, dried. 306
Strawberry Jam. 291
Strawberry Pudding. 258
Strawberry Purée. 22
Strawberry Short Cake. 257
Strawberry Shrub. 323
Stuffing, for Fish. 46, 47
Stuffing, for Poultry and Game 104, 106
Sturgeon. 49
Succotash. 161
Suet Paste. 244
Suet Pudding. 255
Sweetbreads, creamed. 128
Sweetbread Croquettes. 131
Sweetbreads, fried. 75
Sweetbreads, larded. 76
Sweetbreads in Peppers. 127
Sweetbread Salad. 171

Tamales. 125
Tartare Sauce. 120
Tarts. 249–252
Tea. 321, 322
Tea, Afternoon Menus. 358
Tea Cakes. 203
Thanksgiving Dinner Menus. 354 355
Timbales, Asparagus. 126
Timbale Cases. 121
Timbales, Egg. 178
Timbales, Egg and Cheese. 191
Tipsy Pudding. 270
Toast. 208, 209
Toast, Egg. 182
Toast, Water. 329
Tomato. 155, 156
Tomatoes, baked. 145
Tomato Blocks. 26
Tomatoes, canned. 300
Tomato Catsup. 313
Tomatoes, creamed. 16
Tomato Omelet. 187
Tomato Pickle. 312
Tomato Preserve. 305
Tomato Salad. 170, 173
Tomato Sauces. 114
Tomato Soup. 16
Tongue, Beef, smoked. 63
Tongue, boiled. 342
Tongue, braised. 126
Tongue, with Piquante Sauce. . . 130
Tongue Omelet. 185
Tongue, Virginia. 124
Tripe. 81, 82
Trout. 53
Turkey. 85–,87
Turkey Bone Soup. 9
Turnip. 156
Turtle. 76
Turtle (Mock) Soup. 13
Tutti Frutti. 269, 308

Veal. 68, 75, 132
Vegetables. 139, 162
Vegetable Omelet. 187
Venison. 100, 101

Waffles. 207, 208
Warmed Overs (see Réchauffées)
Walnut Catsup. 313
Walnut Pickle. 312
Walnut Salad. 167
Water Cress. 167
Watermelon. 285
Watermelon Cocktail. 3
Watermelon Rind pickle. 318
Welsh Rarebit. 190, 191
Whey. 328
Whipped Cream. 263
White Bait. 52
Whitefish. 49, 50
Whiting. 53
White Stock. 7
Wine Jelly. 267
Wine Sauce. 114, 115, 261
Wine Whey. 328
Woodcock. 124

Yeast. 195
Yeast Muffins. 201
Yorkshire Buck. 192
Yorkshire Pudding. 58

Zwieback. 210