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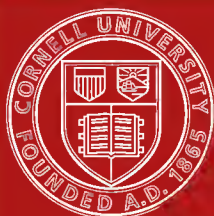
Annie Mae Vetric

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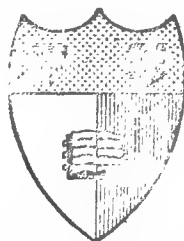
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**“We may live without poetry, music and art;
We may live without conscience, and live without heart;
We may live without friends, we may live without books;
But civilized man cannot live without cooks”.**

Recipe for a Day



TAKE a dash of water cold,
And a little leaven of prayer,
A little bit of sunshine gold,
Dissolved in the morning air.
Add to your meal some merriment,
And a thought for kith and kin,
And then as a prime ingredient
Plenty of work thrown in.
But spice it all with the essence of love
And a little whiff of play,
Let a wise old Book and a glance above
Complete the well spent day''.

SOUPS

Consommé, or stock, forms the basis of all meat soups. Fresh, uncooked beef, with the addition of cracked bones, makes the best stock, as the glutinous matter contained in them renders it important that they should be boiled with the meat to add to the strength and thickness of the soup.

Meats for soup should be put to cook in cold water, in a covered pot, and allowed to simmer slowly for several hours, and should be carefully skimmed to prevent them from becoming turbid. Never boil fast, and add hot, not cold water. Do not salt until meat is tender. Allow a quart of water to a pound of meat and bone, and a teaspoon of salt. Strain.

BOUILLON

1 pound of beef	1 turnip
1 carrot	cabbage leaf
celery	parsley

Makes one quart. One pound of beef, upper part of round. Cut vegetables in small pieces and let lie in cold water. Cut meat in cubes, no fat, wash and put on stove in three quarts of cold water with vegetables. Season to taste. Cook ten hours. Strain.

BLACK BEAN SOUP

	<i>Mrs. O. M. Shuman.</i>
1 pint black beans	$\frac{1}{4}$ saltspoon cayenne
1 quart cold water	1 lemon
1 small onion	2 eggs
1 teaspoon salt	1 quart beef stock
1 saltspoon pepper	

Soak the beans over night in cold water. In the morning, drain off and put in a sauce pan with cold water. Add the onion and cook until soft. Mash through colander, add the beef stock, salt and pepper. Slice hard-boiled eggs and lemon. Place one slice lemon and eggs as desired, to each plate of soup.

CHICKEN SOUP

stock from 1 chicken	2 tablespoons parsley
2 tablespoons rice	2 tablespoons celery

Stock from fricasseed chicken. Skim off grease. Take 1 quart of stock. Put in rice, parsley, celery. Cook one hour. Season.

BASIS FOR CREAM SOUP

1 cup milk	$\frac{1}{4}$ teaspoon salt
1 tablespoon butter	$\frac{1}{8}$ teaspoon pepper
1 tablespoon flour	1 to 2 cups vegetable pulp

Cook vegetables until soft. Strain. To one quart of soup, add from one to two cups of vegetable pulp. Add salt and pepper.

ASPARAGUS SOUP

	<i>Mrs. C. H. Smith.</i>
$\frac{2}{3}$ can asparagus	1 tablespoon butter
1 pint scalded milk	1 tablespoon flour
	salt and pepper to taste

Cook asparagus until very tender. Rub through strainer. Add this to scalded milk. Rub flour and butter together and stir into the milk. Cook up. Season with salt and pepper. Serve.

CREAM OF ASPARAGUS SOUP

Mrs. Ben. F. Wright.

1 can asparagus	1 cup evaporated cream
2 cups boiling water	butter, size of walnut
1 tablespoon flour or corn starch	salt and pepper

The canned asparagus makes delicious soup this way:—First cut off the tender ends and press the pulp from the fibrous stems by rubbing through a sieve. Add this pulp to the juice from the can. Have ready the boiling water, in which the corn starch or flour has been thoroughly cooked. Then add the cream, the juice, and the pulp, and let it just reach the boiling point. Add the tender tips, salt, pepper, and butter. Serve.

CREAM OF CELERY SOUP

Mrs. C. H. Smith.

1 pint of cooked celery	1 tablespoon flour
1 quart of milk	1 teaspoon onion juice
1 tablespoon butter	$\frac{1}{2}$ teaspoon celery salt
	$\frac{1}{2}$ saltspoon white pepper

Add stewed and sifted celery to the following foundation. Milk, butter and flour creamed, onion juice, celery salt, white pepper and a dash of cayenne or little slices of sweet pepper.

MARROW BALLS FOR ABOVE

Mrs. C. H. Smith.

1 tablespoon marrow	1 teaspoon chopped parsley
3 tablespoons bread crumbs	salt and pepper to taste
part of raw egg	

Mix together cooked marrow, bread crumbs, parsley, salt and pepper. Add enough raw egg to this mixture to insure the balls not coming to pieces in cooking. Form into balls the size of filberts. Roll in raw egg and fine bread crumbs or flour. Simmer in soup a few minutes before serving.

CORN SOUP

Mrs. C. H. Smith.

1 pint or 1 can corn	1 teaspoon flour
1 pint water	2 teaspoons butter
1 quart milk	1 slice onion
	salt and pepper to taste

Cook the corn in the water thirty minutes. Scald the milk with the onion, and when it boils add the butter and flour, creamed. Cook for a few minutes. Add the corn. Cook a little longer. Strain and serve.

MONGO SOUP (*Very nutritious*)

1 cup mingo	salt, pepper and
1-1/2 quarts water	other seasoning

Wash mingo. Cover with water and let it stand in water all day. Drain. Add water, salt, pepper, and any other desired seasoning, and simmer until the mingo is tender (about two hours). Press through a sieve. Add onion. Serve.

If desired, some cocoanut milk may be added in place of some of the water, but if the milk is used, add after the milk is ready to serve, as boiling cocoanut milk causes it to separate. If the mingo is ground (put through a coffee mill), it will be much more nourishing, as much of the nourishment clings to the skins.

PUREE OF PEAS*Mrs. C. H. Smith.*

1 can or pint of shelled peas	1 tablespoon butter
2 cups white stock (made of veal or chicken)	2 tablespoons flour
2 cups milks	salt and pepper to taste

Proceed as with corn soup.

POTATO CHOWDER*Mrs. G. A. Miller.*

Into a stew pan put some slices of bacon. When hot put in sliced potatoes. Add enough water to cover. After the water has boiled down add crackers. Cover with diluted cream and simmer until done.

TOMATO SOUP

12 tomatoes	5 tablespoons flour
2 teaspoons sugar	3 tablespoons butter
1/4 teaspoon soda	1-1/2 teaspoons salt
4 cups ginetan	1/8 teaspoon pepper

Place tomatoes in boiling water. Remove skins. Cook them for fifteen minutes, with sugar and soda. Run through a sieve.

Mix the ginetan (obtained by pouring hot water through grated cocoanut) and flour well together. Heat until thickened, stirring constantly. Add butter, salt and pepper. Combine the mixtures and reheat.

TOMATO SOUP

Mrs. F. W. Van Buskirk.

1 quart stewed tomatoes	½ teaspoon soda
1 medium size onion	1 quart milk
butter size of an egg	1 cup cooked rice

Slice onion. Fry in butter until it begins to brown. Add tomatoes and stir together. Cook until onion is thoroughly done. Strain. Add soda, then milk. Let it boil up and serve. The addition of cooked rice makes it very nice.

PUREE OF TOMATO SOUP

Mrs. F. W. Van Buskirk.

1 can tomatoes	¼ teaspoon soda
1 tablespoon flour	1 cup canned cream
1-½ teaspoons butter	1½ tablespoons sugar
1 tablespoon salt	

Boil tomatoes twenty minutes. Strain. Mix together flour and butter. While tomatoes are boiling stir in flour and butter. Add soda and cream, diluted with half water, salt and sugar. Serve almost immediately. Six people.

QUICK TOMATO SOUP

Mrs. G. E. Seybolt.

1 can tomatoes	2 tablespoons flour
1 slice onion	1 teaspoon sugar
some celery	1 teaspoon salt
2 tablespoons butter	1 saltspoon pepper
	1 saltspoon soda

Put tomato, onion and celery into a sauce pan. Cover. Bring to a boiling point. Add flour and butter rubbed together. Stir carefully until mixture boils and thickens. Add sugar, salt, pepper and soda. Press through a sieve. Reheat and serve.

FISH

We have received numerous requests for information regarding edible fish of the Philippine Islands. We can give nothing definite concerning the seasons for special fish nor the cost in different parts of the Islands, but we give as follows, from the *Philippine Journal of Science*:

"There are four different species of anchovies in these waters, called Dilis by the Filipinos. This fish is almost transparent with very thin deciduous scales. It is a delicate little fish with a fine flavor in oil or spice, or if made into a paste.

"The Herrings consist of thirteen distinct species and abound in almost all the Islands. They are commonly called Siliñasi. These are generally dried by the natives, but when fresh are gray blue on the back and sides and white underneath. They are small fish.

"The Silverside, called "Guno" in Tagalog and Moro, and "Ti-i" in Ilocano, is without doubt the most abundant in the Philippines. They grow to a length of from ten to twelve centimeters and have a greenish tint on the back, and a bright silvery band on both sides.

"There are eight species of the Mackerel Family found in the Islands, the most important of which is the "Tanguingue" which is a true Spanish Mackerel, and is regarded by many as the finest food fish in the Philippine waters. This species is fairly abundant and sells from one to four pesos a fish. It has a blue stripe on the back and dark blue stripes across the sides, and is white underneath.

"Red Snappers, getting their name from their bright, red color, are among the most delicious of the island fish. When full grown they range from twenty-five to ninety centimeters in length. They can be found in nearly all of the markets and especially in Zamboanga, where a large one may be bought for forty centavos. In Manila however they are much more expensive.

"The Pompanos called "Talakitok" in Tagalog are very abundant in almost all markets. They range from thirty-two to thirty-six centimeters in length and are a greenish yellow color with brown stripes across the back.

"The Basses are composed of thirty-three different species weighing from twenty-five to thirty-five kilos. The largest branch of this family is called "Lapo-lapo" in Tagalog, "Garopa" in Visayan and "Kukkut" in Moro. These fish bring a high price in the Manila market and are a favorite sea food for many Americans. They are brown with darker brown spots all over them.

"The Mullets can always be found in the market, and when quite fresh and properly cooked are most delicious. They are about forty centimeters in length and are of an almost uniform silver gray color.

"The milk fishes are called "Baños" by the natives and resemble the Mullet, but have only one fin on the back while the Mullets have two. These sometimes reach the size of a meter in length. The milk fish is the most abundant fish in the Manila market. Frequently during protected rough weather it is the only variety obtainable."

In selecting fish, choose those only in which the eye is full and prominent, the flesh thick and firm, the scales bright, and fins stiff. They should be thoroughly cleaned before cooking.

BAKED FISH

Fill the fish with a nicely prepared stuffing of rolled cracker or stale bread crumbs, seasoned with butter, pepper, salt, sage, etc. Sew up. Bake fish slowly, basting often with butter and water.

FISH STUFFING

1 cup bread crumbs	1 teaspoon chopped onion
$\frac{1}{4}$ teaspoon salt	1 teaspoon chopped parsley
$\frac{1}{8}$ teaspoon pepper	1 teaspoon capers
$\frac{1}{4}$ cup melted butter	1 teaspoon pickle
mix well	

BAKED FISH

<i>Dressing</i>	<i>Sauce</i>
4 hard boiled eggs, chopped fine	4 eggs, hard boiled
1 cup bread crumbs	$\frac{1}{2}$ cup vinegar
salt and pepper to taste	1 tablespoon butter
pinch of parsley	salt and pepper to taste
chopped onion	

Clean, dry well, and fill with dressing. Tie well with cord to keep the dressing in. Put in baking pan with a little water; keep moist while cooking by basting. When done put on a platter and clip the string. Make a sauce of eggs, vinegar, butter, pepper and salt. Let it cook until thick and then pour over the fish.

BOILED FISH

Put fish into cold water and set on the fire to cook gently, or the outside will break before the inner part is done. When boiling fish add a little vinegar and salt to the water, to season and prevent the nutriment from being drawn out. The garnishes for boiled fish are parsley, sliced beets, lemon, or sliced boiled eggs.

CREAMED FISH

2 cups cold fish	<i>Cream Sauce</i>
1 cup cream sauce	2 tablespoons butter
salt and pepper to taste	1 tablespoon flour
squares of buttered toast	1 cup milk or cream

Shred any left over fish, taking out bones and skin; then mix with hot sauce. Stir until smooth. You can serve on squares of buttered toast, or put in a deep dish, cover with bread crumbs, and brown.

Sauce:—Mix butter and flour into smooth paste. Add milk or cream. Cook until thick and smooth. Pour over fish.

CREAMED FISH*Mrs. G. E. Seybolt.*

1 tablespoon butter	1 level teaspoon salt
1 tablespoon flour	1 salt spoon pepper
½ pint milk	1 pint cooked fish

Rub together butter and flour. Add milk. Stir until boiling. Take from fire. Add salt and pepper and cold cooked fish picked into flakes. Stand this over hot water until thoroughly heated. Serve on toast, in *pâté* shells, potato cases, or in a potato border.

FRIED FISH

Season with salt and pepper. Dredge with flour. Brush over with beaten egg. Roll in bread crumbs, and fry in hot lard or drippings sufficient to cover. If the fat is very hot, the fish will fry without absorbing it, and it will be palatably cooked. When browned on one side, turn it over in the fat and brown the other; draining when done. Serve with tomato sauce, garnished with sliced lemons.

SCALLOPED FISH IN RAMEKINS*Mrs. J. B. Rodgers.*

1 medium can fish-flakes	½ onion
2 hard-boiled eggs	white sauce

Pick over can of fish-flakes. Chop onion and eggs. Mix all together with rich white or cream sauce. Bake in ramekins. Dust top of each with buttered bread or cracker crumbs.

CREAMED CODFISH

½ pound salt codfish	dash of pepper
1 tablespoon butter	1 egg yolk
1 tablespoon flour	¼ teaspoon salt
½ pint of milk	

Pick apart codfish. Wash thoroughly in two waters. Soak over night in cold water. Next morning, drain, cover with boiling water and cook below the boiling point for five minutes. Drain and press. Rub butter and flour together. Add milk. Stir until boiling. Add a dash of pepper and the codfish. Cover and stand over hot water ten minutes. Add the beaten yolk of an egg and salt, and serve with plain boiled potatoes.

SALT CODFISH WITH MACARONI

Mrs. G. E. Seybolt.

2 ounces macaroni	½ pint strained tomato
½ pound boneless codfish	¼ tablespoon grated onion
1 tablespoon butter	½ teaspoon salt
1 tablespoon flour	1 saltspoon white pepper

Break macaroni into two inch lengths. Throw them into boiling water and boil rapidly for thirty minutes. Drain. Blanch for fifteen minutes in cold water; then cut in pieces half inch long. Wash codfish, cut into dice and cover with cold water. Bring just to the boiling point. Drain. Cover again with boiling water, and let it stand for five minutes, then drain. Rub together butter with flour. Add strained tomato, onion, salt and pepper. Stir until boiling. Add macaroni and fish. Stand over hot water five minutes and serve in a heated dish.

CODFISH BALLS AND CODFISH SOUFFLE

½ pound salt cod	1 saltspoon pepper
1 pint mashed potatoes	2 egg yolks
1 rounding tablespoon butter	bread crumbs

Pick apart salt cod, cover with cold water, bring to boiling point and drain. Cover with boiling water again and let stand five minutes; drain and press; add hot mashed potatoes, butter, pepper and the yolk of eggs; mix thoroughly and form balls, dip in beaten egg, roll in bread crumbs and fry in deep, hot fat. Serve plain with tomato sauce.

Persons who do not eat fried foods may change the recipe into codfish souffle by adding the well beaten whites of the eggs and baking the mixture a golden brown.

FISH CHOWDER

1 pound of white fish	salt
3 medium size potatoes	pepper
1 large onion	celery seed
1 pint boiling water	tomatoes
1 pint of milk	
1 tablespoon butter	
powdered thyme	

Wash and cut in squares any white fish. Pare and cut into dice potatoes. Chop fine the onion. Put in the bottom of the kettle a layer of the potatoes, then a layer of fish, then tomatoes. Add a teaspoon of onion, ½ teaspoon thyme, a saltspoon of salt, a dash of pepper, ½ teaspoon celery seed, and so continue until the materials are all used. Have the top layer potatoes. Pour over a pint of boiling water, cover the kettle and cook over a moderate fire, without stirring, for twenty minutes. Meantime heat milk in double boiler, take the chowder from the fire and cover the top with crushed water crackers, pour over the milk, add butter, cut in bits, and serve.

FISH (*Hawaiian Style*)*Miss A. L. Ide.*

3 pound haddock	1 large onion
4 tablespoons butter or olive oil	1 clove of garlic
2 potatoes	1 saltspoon ground cloves
½ can tomatoes	1 bay leaf
1 sweet chili pepper	1 level teaspoon salt
	1 rounding tablespoon butter

Clean, wash and dry haddock, dust it with salt and pepper. Pour butter, or olive oil, into a shallow baking pan. When hot drop in the fish, brown on both sides, then put in hot oven and cook slowly for thirty minutes, turning once. While this is cooking put potatoes that have been peeled, tomatoes, grated onion, clove of garlic, mashed, cloves and bay leaf in sauce pan; cook for five minutes, press through a sieve. Add a level teaspoon of salt, a dash of cayenne, sweet chili, chopped fine, and butter. Place the fish on heated dish, pour over this mixture, and send to the table with a plate of plain boiled potatoes.

SALT MACKEREL

Wash the fish and soak over night with the skin side up. Next morning dry, put in wire broiler and broil, flesh side down, until a golden brown. Turn and broil the skin side quickly. Put on heated platter, moisten with butter that has been rubbed with an equal quantity of lemon juice, and serve.

SALMON LOAF

<i>Loaf</i>	<i>Sauce</i>
1 can salmon	1 cup milk
1 egg	2 tablespoons flour
½ cup milk	1 tablespoon butter
½ cup bread or cracker crumbs	
salt and pepper	

Mix well and steam one hour. Turn on platter and pour over the sauce made of milk, flour, and butter.

SALMON LOAF

<i>Loaf</i>	<i>Sauce</i>
1 can salmon	liquor from salmon
4 eggs	1 tablespoon flour
2 tablespoons butter	1 cup milk
1 cup bread crumbs	1 egg
salt and pepper	a little salt

Drain off the liquor for the sauce, pick out the bones, mash salmon fine with a spoon, add the eggs well beaten, melted butter, grated bread crumbs, and salt and mix well. Steam three-quarters of an hour either in a mould or a bag, serve with the sauce below:—

Add to the liquor from salmon milk, flour, egg, a little salt, and boil till it thickens. Slice the loaf, pour the sauce over slices, and garnish with bits of parsley and slices of lemon.

STEAMED SALMON

Mrs. Quinan.

<i>Salmon loaf</i>	<i>Sauce</i>
1 can salmon	oil from can salmon
1 tablespoon butter	$\frac{1}{2}$ cup water
3 eggs	1 teaspoon catsup
$\frac{1}{2}$ cupful cracker crumbs	1 teaspoon corn starch
salt, pepper and parsley	

Remove bones and skin from salmon and rub butter into it. Beat up eggs and mix with salmon. Add cracker crumbs with salt, pepper and parsley. Pack in buttered mould and steam one hour.

Sauce for above:—Cook until thick the oil drained from salmon, one-half cup water, the catsup and corn starch. Serve hot.

WHITE FISH IN PIMIENTO CASES

Rosamund Lampman.

$\frac{1}{2}$ pound of white fish or halibut	<i>Sauce</i>
dash of cayenne pepper	2 tablespoons butter
1 teaspoon onion juice	1 tablespoon flour
whites of 4 eggs	1 cup hot water
pimientos	1 tablespoon lemon juice
	1 egg yolk
	$\frac{1}{2}$ cup shrimps
	1 saltspoon salt
	pepper

Cook white fish, or halibut, in salted water, then drain and rub through a sieve. Season with a few grains of cayenne pepper and lemon juice, then add cream sauce. Blend thoroughly, and fold in the beaten whites of eggs. Butter individual moulds and line with pimientos. Fill with the mixture, and stand moulds in pan of hot water. Cover tops with buttered paper, and bake in a moderate oven for twenty minutes. Unmould on a hot platter. Garnish with parsley and serve with shrimp sauce.

To make the sauce:—Melt butter, add flour, and gradually hot water. Stir and cook until smooth. Season with salt, a dash of pepper, lemon juice. Then add the yolk of an egg. Reheat and stir in shrimps, mashed and cut into pieces.

SHELL FISH

CRAB WITH RED PEPPERS

From Philippine Education.

4 eggs	1 cup milk
2 tablespoons bread crumbs	1 cup crab meat
1½ tablespoons pimientos	½ teaspoon salt
4 tablespoons butter or lard	1 teaspoon lemon juice a bit of nutmeg

Boil the crabs and take the meat from the shells. Boil 4 eggs hard. Chop the whites and mash the yolks. Mix with fine soft white bread crumbs and chopped red peppers (the canned pimientos). Melt but do not brown butter or lard; stir in the eggs, add slowly milk, and lastly crab meat. When hot, put in salt, nutmeg, and lemon juice. Serve at once on toast or with rice.

DEVILED CRABS

6 crabs	juice of 1 lemon
bread crumbs	butter, size of walnut
3 hard boiled eggs	salt and pepper to taste

Pick the meat from boiled crabs and cut into fine bits. Add one-third as much bread crumbs, chopped eggs, the juice of one small lemon, salt and pepper, and butter the size of a walnut.

Clean the shells well and fill with the mixture; place bits of butter over the top and brown in the oven.

Snow potatoes made by pressing hot boiled potatoes through a potato strainer, are nice to serve with the above for either luncheon or dinner.

OYSTER COCKTAIL

Mrs. E. P. Kincaid.

1 pint raw oysters	1 teaspoon grated horse-radish
1 cup tomato ketchup	juice of 1 lemon
1 teaspoon Worcestershire sauce	tobasco sauce to taste

Take oysters, ketchup, Worcestershire sauce and grated horseradish, the juice of a lemon and enough tobasco sauce to make very hot. Put in glasses and place on ice to cool.

OYSTER COCKTAILS IN PEPPERS

as many peppers as needed	dash paprika
oysters	shredded cabbage
1 tablespoon tomato catsup	French dressing
1 teaspoon horseradish	
1 teaspoon prepared mustard	
6 drops Worcestershire sauce	

Selected bullnosed peppers, one for each guest, slice off stem end and remove all seeds and white membrane. Fill with oysters and a sauce made of catsup, horseradish, mustard, Worcestershire sauce, and a dash of paprika. Set each pepper in a wreath of shredded cabbage with French dressing.

DEVEILED OYSTERS

50 oysters	1 tablespoon butter
1 pint liquor and milk	2 egg yolks
1 tablespoon flour	1 tablespoon celery salt and cayenne pepper

Wash and drain oysters. Shake them over the fire until the gills curl. Drain, saving the liquor. Chop the oysters fine. Rub together flour and butter. Add enough oyster liquor and milk to make a pint. Stir until boiling. Add the oysters, the yolks of eggs slightly beaten, salt, a dash of cayenne, and chopped celery. Turn into a baking dish, cover thickly with soft bread crumbs, and bake in a quick oven about ten minutes.

FRICASSEE OF OYSTERS

50 oysters	1 teaspoon salt
1 pint liquor and milk	cayenne pepper
2 tablespoons butter	2 egg yolks
2 tablespoons flour	4 tablespoons cream parsley

Drain and wash oysters. Cook until the gills curl. Drain, saving the liquor. Add to it sufficient milk to make a pint. Put butter and flour in a saucepan. Mix. Add liquor and milk, and stir until boiling. Add salt, cayenne pepper and the oysters. Heat over hot water. Beat the yolks of eggs with cream. Stir them quickly into the oysters. Take from the fire, and serve on toast, or in a dish, garnished with triangular pieces of toast. Sprinkle finely chopped parsley over the top.

OYSTER GUMBO

1 chicken	1 quart chicken stock
1 sliced onion	1 teaspoon salt
1½ pints water	1 teaspoon paprika
1 quart young okra	dash cayenne
50 oysters	

Prepare a chicken as for fricassee. Put in baking pan. Add onion, half pint of water and bake until tender. Wash and cut okra into thin slices; put in a saucepan, add pint of water and cook slowly for half hour. Lift the chicken to a soup kettle. Add chicken stock or boiling water. Simmer gently for twenty minutes. Add salt, cayenne, paprika. Add okra and oysters, Cover the saucepan, cook for five minutes, and send to the table.

OYSTER STEW

50 oysters	salt and pepper
1 quart milk	2 tablespoons butter

Drain, wash and drain again, good, fat oysters. Shake over the fire until the gills curl. Heat milk in double boiler. Add hastily to the oysters. Take from the fire. Add salt, pepper and butter. Serve with oyster crackers. If thickening is liked, rub one tablespoon of butter and one of flour together and add to the milk.

NEW ORLEANS JAMBALAY

36 fresh shrimps	thyme
1 onion	bay leaf
1 tablespoon lard	parsley
1 cup rice	pepper and salt

Boil shrimps. When cold peel. Cut onion fine. Fry in lard. Add rice well washed to the onion. Let it fry brown, stirring constantly. Flavor with thyme, bay leaf, parsley, pepper and salt. When brown, add enough water to cover. Let boil until the rice is well cooked. Mix with the shrimps and serve.



ADDITIONAL RECIPES

SAUCES for FISH and MEAT

DRAWN BUTTER

¼ pound fresh butter
1 tablespoon flour

½ cup hot water

Cut up butter and mix with flour. Place in saucepan and add hot water. Cover the pan and place in boiling water. Move pan around continually in the same direction, till butter is entirely melted and begins to simmer. Then let pan rest till it boils up. If set on too hot a fire, contents will be oily. If not well mixed, the butter and flour will be lumpy. Avoid too much water.

EGG SAUCE

2 tablespoons flour
½ cup warm water

2 hard-boiled eggs
1 pint boiling water

Stir flour and butter together. Gradually add the boiling milk, then chopped eggs. Do not let sauce boil, but keep just under boiling point. Pour a little over fish and serve rest separately.

FISH SAUCE

1 pint drawn butter
1 tablespoon pepper sauce
or Worcestershire sauce

Mrs. G. E. Seybolt.
6 hard-boiled eggs
sliced lemon
salt

To drawn butter add pepper or Worcestershire sauce, a little salt and hard-boiled eggs chopped fine. Pour over boiled fish and garnish with sliced lemons.

HOLLANDAISE SAUCE FOR FISH

½ juice leman
2 egg yolks
juice ½ lemon

cayenne pepper
½ teaspoon salt
½ cup boiling water

Cream the butter and the yolks, lemon juice, salt and pepper. Place the bowl in a dish of hot water on the stove, and beat the mixture with an egg beater one minute. Add the boiling water, beating all the time. When of consistency of custard, it is done.

MUSHROOM SAUCE

12 mushrooms	$\frac{1}{2}$ tablespoon lemon juice
1 tablespoon butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ tablespoon chopped onion	1 cup hot water or stock
1 tablespoon flour	

Melt the butter, and stir into it the flour and onion. Then pour in the hot water or stock, a little at a time. Put through a strainer and add salt and mushrooms. Stir and cook long enough for the mushrooms to become thoroughly heated, and just before serving add lemon juice.

OYSTER SAUCE

1 pint oysters	2 tablespoons cold butter
1 cup milk or cream	cayenne and salt
	1 tablespoon flour

Heat oysters in their own liquor until they begin to ruffe. Skim out the oysters into a warm dish. Add to the liquor the milk or cream, butter, pinch of cayenne and salt. Thicken with flour stirred to a paste. Boil up and add to the oysters. Served with fish, boiled turkey or white meats.

TOMATO SAUCE

1 quart tomatoes	1 ounce butter
1 slice onion	1 tablespoon flour
2 cloves	
pepper and salt	

Boil together for twenty minutes tomatoes, onions, cloves, salt and pepper. Strain through a sieve. Melt butter in another pan. As it melts, stir in flour until mixture browns and froths a little. Mix the tomato pulp with it, and it is ready for the table. Excellent for mutton chops or roast beef.

ADDITIONAL RECIPES

MEATS

If meats, poultry, fish or any other articles of food, when found frozen, are thawed by putting into warm water or placing before the fire, they will be spoiled and rendered unfit to eat. Immerse them in cold water. This should be done as soon as they are brought from market, so that they may have time to be well thawed before they are cooked. If meat that is to be boiled has been frozen, put in cold water.

TO MAKE TOUGH MEAT TENDER

1 large onion	1/3 cup vinegar
1/4 pound bacon or pork	2/3 cup water
salt	pepper
butter	flour

Place in the bottom of kettle, slices of onion and thin slices of bacon and pork. Pound the meat well, sprinkling it with salt and plenty of pepper. Lay on onions and bacon. Cover closely and cook until brown on both sides. Add water and vinegar. Keep closely covered and cook until tender, one and a half to two hours. When first placed in kettle, spread butter over the meat. After removing the meat, add a little water and thicken slightly with flour.

ROAST BEEF

beef	flour
salt and pepper	1 cup boiling water

Best cuts for roasting are:—tip or middle sirloin (for small family); back of rump (for large family); or first three ribs.

One essential point in roasting beef is to have the oven well heated when the meat is put in, as this prevents the escape of the juices.

Place your rib or loin roast in a dripping pan and baste it well with butter or suet fat. Set in the oven. Baste frequently with its own drippings. When partly done, season with salt and pepper; then dredge with sifted flour to give it a frothy appearance. Remove when done. Skim the drippings from all fat. Add a tablespoon of sifted flour, a little pepper and teacupful of boiling water. Boil up once and serve hot in a gravy boat. Seven or eight pounds require about two hours.

POT ROAST

3 cups boiling water	flour
3 pounds beef rump or top-side	salt and pepper to taste
1 small onion	

The beef must not be too fat. Wash and put it into a pot with barely sufficient water to cover it. Set over a slow fire and after it has been stewed an hour, salt and pepper. Then stew slowly until tender, adding a little onion if liked. Do not replenish the water at the last, but let it nearly boil away. When tender, pour the gravy into a bowl; put a large lump of butter in the bottom of the pot; then dredge the meat with flour and return it to the pot to brown, turning it often to prevent burning. Remove the fat from the gravy and pour it in with the meat. Stir in a large spoonful of flour, wet with a little water. Let it boil up 10 or 15 minutes and pour into a gravy dish. Serve hot.

BEEF A LA MODE

Mrs. Agatha Cook.

4 pounds round of beef	2 bay leaves
$\frac{1}{4}$ pound fat salt pork	$\frac{1}{4}$ teaspoon mace
6 small fresh carrots	2 small onions
6 peppercorns	2 tablespoons cider vinegar
$\frac{1}{4}$ pound suet	

Have butcher skewer beef and tie the roll with stout twine. Make five or six incisions and thread them with salt pork, carrots, peppercorns, mace, onions and bay leaves. Pour over all two tablespoons cider vinegar. Cover the vessel and let stand all night in a cool place. (On top of refrigerator may do, but not inside, as it will affect milk and butter.) By morning the seasoning will have permeated the meat. Then cook as a pot roast. Pour off the juice that has drawn during the night and start roasting with small piece of suet. When this is sizzling hot, put in meat with more suet, and after the meat has browned on both sides, add little by little the juice. Simmer slowly until the meat is tender and let it cool in remaining juice. Hominy boiled very dry goes well with this meat, which is better served cold.

BEEFSTEAK

beef	salt and pepper
butter	

The best cuts for beefsteak are porterhouse, sirloin, and second and third cuts from round.

Have the frying pan very hot. Rub over the bottom with a rag dipped in butter. Place your steak in pan. Turn, season with salt, pepper and butter.

BEEFSTEAK WITH ONIONS

beefsteak	drippings or butter
1 dozen onions	

Have ready in a frying pan a dozen onions cut in slices and fried brown in a little beef drippings or butter. Dish your steak and lay the onions thickly over the top.

BEEFSTEAK WITH OYSTERS

beefsteak	3 ounces butter
1 quart oysters	1 tablespoon sifted flour

Put oysters with very little of the juice into stew-pan. When they come to a boil, remove the seum. Stir in butter mixed with flour. Let boil one minute until it thickens. Pour over the steak. Serve hot.

ROAST STEAK*Mrs. Fox.*

beefsteak	1½ teaspoon salt
1 pint boiling water	1 onion
1 teaspoon pepper	1 teaspoon butter

Put a very thick piece of steak into the baking pan in boiling water. Add pepper and salt, onion and butter. Roast one hour if wanted well done, or less time if preferred rare.

SCALLOPED STEAK*Mrs. G. A. Miller.*

beefsteak	onions
potatoes	butter

Alternate layers of steak chopped fine with layers of potatoes and onions. Season each layer and add a piece of butter. Over all pour stock or water. Bake.

STUFFED STEAK*Mrs. F. W. Van Buskirk.*

round steak	1 teaspoon butter
2 cups dry bread	¼ teaspoon mixed herbs
1½ cup boiling water	1 egg yolk
salt and pepper	

Make stuffing by pouring over bread ½ cup boiling water; mash; add butter, herbs, yolk of egg; beat together; salt and pepper; put in steak. Put in pot to brown as for pot roast; add one cup boiling water; let it simmer one and one half hours; then roast in oven one half hour. Round steak not essential but preferable.

BEEFSTEAK PIE*Mrs. C. H. Smith.*

sirloin	salt and pepper
1 onion	few slices bacon
mushrooms, or oysters, or kidneys	

Chop the flank end of the sirloin rather coarsely. Cover with cold water and simmer until the juice is extracted, adding more water if necessary. Cut the tenderloin into thin slices crosswise. Rub the slices with the cut side of an onion, if desired, and dust with a very little pepper. Roll the slices and put a layer of them into a small buttered baking dish. Add some tiny pieces of bacon and a few mushrooms. Pour some of the broth around the meat. Add pepper and salt; then another layer of beef rolls and the rest of the broth. (Oysters may be used with this if desired.) Cover with crust.

This pie can be made with kidneys in the place of mushrooms and bacon by preparing the kidneys as for any stew and using them with the beefsteak. The English always use them with their famous beefsteak pie, making the crust of suet, flour, salt, water and egg; and steaming for two hours or more.

CRUST

2 cups flour	$\frac{1}{4}$ cup butter
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup cream
1 teaspoon baking powder	

Sift together flour, salt and baking powder. Chop into this the butter. Mix lightly with enough cream to make a moist dough (less than one half cup will be needed). Turn onto a board, and pat out to fit baking dish. Puncture top and bake 45 minutes.

LIBERTY STEAK PIE

Mrs. Ryan.

$1\frac{1}{2}$ pounds beefsteak	3 eggs
1 pint milk	salt
2 tablespoons flour	onion
	parsley

Chop beefsteak. Add a little salt, onion, parsley, milk, flour and eggs. Bake one hour in a quick oven.

MEAT BALLS

beef (topside or sirloin)	salt
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Select a thick piece of topside or sirloin, and with a dull knife scrape with the grain of the meat, leaving all the stringy white fibre behind. Roll this pulp into balls about the size of small marbles. Have a clean, smooth frying pan. Sprinkle a little salt in it; shake until brown; then lay in four balls at a time, and with a spoon keep them rolling and turning for just a minute or two. The salt gives them a delicious flavor, while they will be rare inside and delicately brown outside. Prepared in this way they can be digested by the weakest stomach.

BEEF LOAF

3 pounds lean beef	1 tablespoon black pepper
1 dozen butter crackers	1 tablespoon salt
4 eggs	butter size of an egg

Chop beef finely. Add crackers, eggs beaten, pepper, salt and butter. Mix thoroughly, mould into two bricks, and bake like a roast. Sliced cold this makes a very nice dish for tea. A very little sage may be added, if desired.

KIDNEY STEW

1 kidney	chopped parsley
1 onion	salt and pepper to taste

Wash kidney thoroly, pulling off the thin skin and removing all membrane. Cut into pieces the size of a walnut. Wash again and squeeze out the blood. More than cover with hot water and simmer slowly in a covered stew-pan two or three hours, until nearly done. Take off the scum. Add boiling water when necessary to keep the meat covered, and salt about fifteen minutes before removing from the fire. Let the kidney cool in the juice and stand over night if convenient. Take kidney from juice and cut into small pieces the size of lima beans. Return to juice, add chopped onion, salt and pepper to taste, and boil slowly until thoroly done. Thicken with a little flour mixed with water or milk. Add chopped parsley and serve with rice.

ROAST MUTTON

four	salt and pepper
mutton	butter

Wash and dry with a clean cloth; lay in dripping pan and add a little water to baste it with at first; afterwards baste with its own gravy. Allow in roasting about 12 minutes to a pound, if fire is strong as it should be. When it begins to roast well, salt and pepper. Baste often; and about a quarter of an hour before you think it will be done, dredge with flour and baste with butter. Skim the gravy well and thicken very slightly with brown flour. Serve with currant jelly or other tart sauce.

LAMB STEW

3 pounds lamb (fore-quarter)	3 raw potatoes
salt pork	salt and pepper
2 onions	milk
flour	short biscuit dough

Cut up the lamb into small pieces removing the fat. Wash it well and put it over the fire, with just enough cold water to cover it well, and let it heat gradually. It should stew gently until partly done; then add a few thin slices of salt pork, one or two onions sliced, salt and pepper and two or three raw potatoes, cut up into inch pieces. Cover it closely and stew until the meat is tender. Drop in a few dumplings, made like short biscuit, cut out very small. Cook fifteen minutes longer. Thicken the gravy with a little flour moistened with milk.

VEAL LOAF

1½ pounds veal
 1½ pounds pork
 2 eggs
 ½ cup cream

Mrs. G. A. Miller.
 3 crackers
 ½ onion
 salt to taste
 pinch of sage

Use less pork and more veal if preferred. Put veal and pork through food chopper. Add eggs, cream, cracker crumbs, little onion, salt, and sage. Mould into a loaf and bake.

BREAKFAST SAUSAGE

1 pound lean veal
 ¼ pound Swift premium bacon
 ¼ teaspoon pepper
 ½ teaspoon powdered sage

Mrs. C. H. Smith.
Cream sauce
 1 teaspoon butter
 1 tablespoon flour
 cream
 bacon grease

Grind veal and bacon in a beef chopper. Add salt, pepper and sage. Form into balls and fry in bacon grease. Serve with cream sauce made by adding butter, flour and cream to the bacon grease. Delicious when used with flannel cakes for breakfast.

ADDITIONAL RECIPES

POULTRY

FRIED CHICKEN

Mrs. Ben F. Wright.

1 chicken	1 teaspoon butter
1 teaspoon lard	salt
flour	

Wash the chicken thoroughly before cutting. Afterwards lay in a pan to cool. Have a thick, iron, frying pan piping hot. Put in a spoonful each of lard and butter. Fry the chicken very quickly until brown, then add just enough hot water to moisten and steam. Set back on the stove, cover very tightly and steam until tender an hour or more as required. Add salt just in time to let it penetrate well before serving. The top may be dredged with flour just before adding the water.

FAVORITE CHICKEN STEW

From Philippine Education.

2 small chickens	1 cup ripe tomatoes
1 cup rice	salt and pepper
½ pound fat pork	

Cut up chickens. Cover with cold water and bring slowly to a boil. Drain that water off and cover well with more. When boiling, and the meat is getting tender, add washed rice and pork cut into small dice, and tomatoes pared and cut into pieces. Add salt and pepper to taste and boil until the rice is well done. This stew should be thick enough to dip, not to pour.

ARROZ A LA VALENCIANA

1 chicken	1 small can peas
2 cups rice	1 small can pimiento
1 cup stewed tomatoes	3 hard-boiled eggs
1 large onion	6 tablespoons lard
a few cloves of garlic if liked	
salt and pepper to taste	

Sort, wash and soak the rice in water for one hour. Dress and joint chicken with salt and pepper and fry until light brown. Remove the chicken from frying pan, sauté minced onion and bruised garlic until clear and tender. Add the tomato, fried chicken and just enough boiling water to moisten and steam the rice. Add the rice, and chopped pimiento and cook slowly until the rice is done. Watch closely to prevent burning. Add peas ten minutes before dishing. Season to taste with salt and pepper. Serve the mixture on a hot platter, garnished with slices of hard-boiled eggs.

BONED CHICKEN

1 chicken	¼ teaspoon black pepper
⅛ kilo fresh pork	1 teaspoon sage, crushed and sifted
⅛ kilo beef or chicken meat	¾ cup bread crumbs
1½ teaspoons salt	stock or milk

Select a young chicken. Use a board and sharp pointed knife. Singe and remove the pin feathers, head, tendons and feet. Loosen the skin around the end of the leg bone. Lay the chicken on the board, breast side down. Cut the skin on the middle of the back half way down from the neck.

Find the backbone. With the back of the knife or the fingers, scrape the meat from the backbone down to the free end of the shoulder blade. Free the shoulder blade from flesh. Keep pushing the flesh away until you reach the joint connecting the wings and body. Remove the tip of the wing at the joint. Push the meat away from the bone in the wing, being careful not to tear the skin. Repeat this process with the other wing and shoulder blade. Push the flesh away from the collar bone down to the breastbone. Be careful not to tear the skin on the breastbone.

Separate the crop from the flesh. Scrape the flesh off the ribs. Be careful not to puncture the membrane lining the body cavity. Push the flesh away from the bone in the second joint, then from leg. Pull it off just as a glove finger when it fits tightly. Do this with the other leg. Free the skin from the backbone. Lift the skeleton away from the meat. To make the forcemeat grind the meat, mix the seasoning with the bread crumbs, mix all the ingredients and moisten them with stock or milk.

Wipe the fowl inside and out and turn the legs and wings so that the skin side is out. Fill the wings and legs with forcemeat. Fill very full because forcemeat does not expand in cooking.

Sew up the slit in the skin from the neck down. Then fill the body full of forcemeat. Truss and skewer the wings and legs in shape just as in preparing a fowl for roasting. Fasten strips of pork over the legs.

Roast as any fowl. Allow two and a half to three hours, according to size of fowl. A long time is required if pork is used in the filling. Cook all the bones for stock.

Serve the fowl with giblet gravy. To carve, remove the wings and legs and then slice the fowl straight across. It may be served cold or hot.

GIBLET GRAVY

Place giblets and neck in a small stewpan, cover with cold water and bring to boiling point. Let cook until tender. Remove from stewpan, and chop. Save water in which they were cooked.

Pour off the liquid in pan in which chicken was roasted. Skim off three tablespoons of fat from this liquid, add three tablespoons flour, and cook until brown. Add a cup of the broth in which giblets were cooked. Cook five minutes, season with salt and pepper to taste.

ROAST TURKEY

turkey	salt and pepper
stuffing	lard or butter

Stuff the breast first, but not too full, or it will burst in cooking. The body should be stuffed rather fuller than the breast. Sew the openings with strong thread. Rub thoroughly with salt and pepper, then lard it or butter it over the breast. Place in a hot oven at first, then graduate to a moderate heat until the turkey is done, allowing about twenty minutes for each pound and twenty minutes additional. Boil the giblets until tender in a separate vessel. Chop fine and add to gravy.

PLAIN STUFFING

bread	melted butter
1 egg	onions

Use bread at least a day old. Crumble fine, mixing in one egg and enough melted butter to have it crumble and be moist in the hands. Season highly with salt and pepper.

or Additional flavoring of powdered sage or chopped raw liver, onion and a little thyme is delicious.

or Mushrooms and oysters, chopped fine and added to the dressing, are good.

or A seasoning of chopped celery, apples, raisins and parsley may be substituted.

CHESTNUT STUFFING

2 quarts large roasted chestnuts	salt and pepper
1 ounce butter	1 teaspoon olive oil

Mash chestnuts, add melted butter, pepper and salt, and, if desired, one teaspoon olive oil.

or

1 pint chestnuts	1 pint sausage meat
1 teaspoon powdered sage	

ROAST DUCK

1 duck	butter
flour	

Pick, draw, clean thoroughly, and wipe dry. Cut the neck close to the hack; beat the breastbone flat with a rolling pin; tie the wings and legs securely and stuff.

STUFFING

3 pints bread crumbs	2 onions, chopped
6 ounces butter or part butter and part salt pork	1 teaspoon sage 1 teaspoon black pepper 1 teaspoon salt

Do not stuff very full; sew up the openings firmly to keep the flavor in and the fat out. Place in a baking pan with a little water; baste frequently with salt and water; turn often that it may be nicely browned. When nearly done baste with butter and a little flour. Young ducks take from twenty-five to thirty minutes; full grown, an hour or more. Serve with jelly or tart sauce.

ROAST GOOSE OR ROAST DUCK WITH CHESTNUT STUFFING.

goose	1 teaspoon butter
1 onion	1 tablespoon currant jelly
	1 orange

Select a young plump or duck; mince the giblets with a spoonful of fresh butter and a small onion.

Add to gravy a tablespoon of currant jelly and juice of an orange.

STUFFING

1 pint large Spanish chestnuts	fresh butter
2 teaspoons milk	salt and pepper

Boil chestnuts; peel and mash with fresh butter, pepper and salt and milk. Stuff the goose with this.

TURKEY AND OYSTER PIE

Elizabeth W. Morrison.

biscuit crust	turkey
brown sauce	onions
oysters	turkey dressing
green parsley and sliced lemons	

For the day after Christmas this will be found a delicious substitute for the usual cold turkey. Use only the roughest pieces, reserving the best for luncheon some other day.

Make a rich biscuit crust; roll out one-quarter inch thick and line an earthen dish. Have ready a thick brown sauce seasoned well. Put a layer of parboiled onions cut very thin, turkey dressing, if there is any left, and sauce. Cover with dough and bake. When done slip spatula under pie, slide onto a hot dish, garnish with green parsley and sliced lemons.

ADDITIONAL RECIPES

VEGETABLES

BAMBOO SHOOTS

Select a fresh crisp shoot; cut into thin slices, then into small pieces. Soak in cold water four hours, changing the water twice. Put into cold water and allow it to come to a boil. Pour off the water and boil for ten minutes. Change the water again and boil until tender. Unless the water is changed many times, the bamboo is bitter.

SAUCE FOR BAMBOO

1 cup hot milk	salt and pepper to taste
2 tablespoons butter	1 cup water in which bamboo
$\frac{1}{2}$ tablespoon flour	was boiled

Boil until thick, milk, butter, flour, salt and pepper, and one cup of water in which the bamboo was boiled. Beat until smooth, then pour over the bamboo and serve hot.

BAMBOO GULAY (greens)

Eduviges Medina.

Take bamboo sprouts from a few inches to a foot high and remove the outside. Take the inside and scrape very fine or cut into very thin slices. Put into boiling water or coconut milk and boil thirty or forty minutes. If liked, bacon or any dry meat can be boiled with it, or it can be served with butter, salt and pepper.

FRIED BANANAS

Juan Cabrera.

3 bananas	4 tablespoons milk
$\frac{3}{4}$ cup flour	salt

Use the banana called "Saba" for frying. For four persons use three bananas. Cut in slices the long way. Dip in a batter made of flour, milk and a little salt. Fry in hot fat. Pour over the fried bananas a syrup made of sugar and water.

BAKED BANANAS

6 bananas	3 tablespoons sugar
2 tablespoons butter	1 tablespoon lime or lemon juice

Peel and cut bananas into halves lengthwise. Place slices in a shallow granite pan. Melt the butter and stir in sugar and lime or lemon juice. Pour one-half of this mixture over the bananas. Place the pan in a slow oven and bake twenty minutes. While baking, baste the bananas occasionally with the remainder of the syrup mixture.

BEAN AND POTATO PUFF

1½ cups bean pulp	½ cup bread crumbs
1 cup mashed potato	1 beaten egg
salt and pepper to taste	½ small onion

Blend all the ingredients, season with pepper and salt and drop by spoonfuls on a greased tin. Bake in a moderately quick oven until puffy and brown. Turn on a platter and garnish with parsley.

LIMA AND KIDNEY BEANS

Put in boiling water, a little more than enough to cover them, and boil until tender, from half an hour to two hours. Serve with butter.

BAKED KIDNEY BEANS

Mrs. G. W. Wright.

½ kilo kidney beans	2/10 kilo fat salt pork
½ cup molasses	1 small onion

Wash thoroughly kidney or red beans. Soak over night. Drain and cover with boiling water and boil thirty minutes. Drain and season to taste with salt, molasses, and one small onion if desired. Add fat salt pork, and enough boiling water to come to top of beans but not to cover. Place in fireless with two very hot disks and bake from four to six hours.

BOILED BEETS

Wash carefully. Do not cut or pierce. Put in boiling water, and boil until tender, from one to two hours. When done, put into cold water and slip off the outside skin. Cut into thin slices and while hot, serve with butter, salt, pepper and very sharp vinegar.

BOILED CABBAGE

cabbage

salt

Clean the cabbage thoroughly. The large drum head cabbage requires an hour to boil; the green savory cabbage will boil in about thirty minutes. Add considerable salt to the water when boiling. Do not let cabbage boil too long or it will become watery. When done, drain and serve. Boil with bacon if liked.

LADIES' CABBAGE*Mrs. G. E. Seybolt.*

1 firm white cabbage
2 eggs
1 tablespoon butter

3 tablespoons rich milk or cream
salt and pepper to taste

Boil cabbage fifteen minutes, changing the water from the boiling tea-kettle. When tender set aside to cool. When cold, chop fine and add two beaten eggs, butter, pepper and salt, and rich milk or cream. Stir all well together, and bake in buttered pudding dish until brown. Serve very hot. This dish resembles cauliflower and is very digestible and palatable.

SCALLOPED CABBAGE

cream sauce
cabbage

bread blocks
butter

Chop any bits of cabbage that are not used, or use left-over stewed cabbage. Make a cream sauce and mix with the cabbage. Put a layer of bread blocks in the bottom of a baking dish, then a layer of cream cabbage. Repeat, having the top layer bread. Place bits of butter over the top and bake in a quick oven for twenty minutes. No odor.

CABBAGE PUDDING*Mrs. M. O. Fox.*

1 cabbage
1 pint milk

2 eggs
1 tablespoon butter

salt and pepper to taste

Boil the cabbage until tender and chop fine. Place in a baking pan with milk, eggs and butter, and pepper and salt to taste. Mix well and bake one-half hour.

CABBAGE WITH TOMATOES*Maria Magno Alvarez.*

1 cabbage
3 tomatoes

2 small onions
bit of garlic

Let a cabbage boil until tender, then cut into small pieces. Fry together until cooked, two or three sliced tomatoes, two small onions sliced and a bit of garlic. Add salt. When cooked tender, spread over the cabbage and serve.

STEWED CARROTS

carrots	2 tablespoons butter
salt and pepper	flour
	milk

Wash and scrape the carrots and divide them into strips. Place in water enough to cover them. Add a spoon of salt. Boil slowly until tender. Drain and replace in pan, with two tablespoons of butter rolled in flour, salt and pepper. Add enough milk to moisten the whole, let it come to a boil and serve hot.

BOILED GREEN CORN

Prepare the corn and put into boiling water. If not entirely fresh, add a tablespoon sugar to the water, but no salt. Boil fast about twenty minutes and serve.

CORN PUDDING

Mrs. M. O. Fox.

1 pint corn	1 tablespoon butter
2 eggs	salt and pepper to taste
1½ cups milk	

Mix well together corn, well beaten eggs, milk and butter, salt and pepper to taste. Bake one-half hour.

SCALLOPED CORN

1 can corn	1 pint milk
cracker crumbs	butter
	salt and pepper to taste

Cover the bottom of buttered baking dish with crackers rolled fine. Add layer of corn with bits of butter, salt and pepper. Alternate layers of cracker crumbs and corn until material is used up. Let the last layer be cracker crumbs with plenty of butter. Pour over it one pint of milk and bake one hour.

CORN CAKES

1 cup corn	½ cup flour
1 cup milk	1 egg
pinch of salt	1 teaspoon butter

Mix well corn, milk, flour, egg, salt and butter into thick batter and fry in small cakes in very hot butter or substitute. Serve with plenty of butter and powdered sugar, if so desired.

CREAMED CUCUMBER*Mrs. Marvin Rader.*

Use large cucumbers. Remove seeds. Cut into small pieces. Boil in water until tender, then serve with a cream dressing.

BAKED EGGPLANT

1 large eggplant	$\frac{1}{2}$ cup cooked rice
1 cup bread crumbs	1 beaten egg
3 large ripe tomatoes	salt and pepper to taste

Pare the eggplant, cut into slices and steam until soft. Scald and peel tomatoes, press them through a sieve. Mix all the ingredients together, season and bake in a well greased dish.

FRIED EGGPLANT

eggplant	1 egg
cracker or bread crumbs	butter

Take fresh, purple eggplant; cut into slices a quarter of an inch thick and soak for half an hour in cold salt water. Dry; dip in cracker or bread crumbs; then in beaten egg, more crumbs, and fry to a light brown. Do not remove from the water until ready to cook.

STUFFED EGGPLANT*Maria Magno Alvarez.*

1 eggplant	2 tablespoons grated crumbs
minced ham	1 tablespoon butter
	$\frac{1}{2}$ minced onion
salt and pepper to taste	

Cut eggplant in two; scrape out all the inside and put it in a saucepan with a little minced ham; cover with water and boil until soft; drain; add crumbs, butter, onion, salt and pepper; stuff each half of the hull; add a small lump of butter to each and bake fifteen minutes. Minced veal or chicken is equally as good as ham, and many prefer it.

STUFFED EGGPLANT

1 eggplant	$\frac{1}{2}$ cup nuts
$\frac{1}{2}$ cup bread crumbs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ small onion	pinch of parsley

Put the whole eggplant into boiling water; boil twenty minutes or until tender. Cut in two and scoop out the center, leaving a wall one-half inch thick. Chop the center, mixing it with bread crumbs, nuts, salt, parsley and a little onion. Stuff the eggplant and bake in a moderate oven for about an hour, basting a few times with butter.

GREENS (all kinds)

Clean carefully through several washings of salt water. Allow to stand in salt water a half hour or so. Put in boiling water with a handful of salt; boil until the stalks are tender. Long continued boiling wastes the substance, therefore cut away any tough stalks. When tender, drain, chop them a little, and return to the fire long enough to season with salt, pepper and butter. Vinegar may be added if it is liked. Serve while hot.

THE LANCA (bread fruit)*A Filipino Friend.*

Take the fleshy covering from the lanca seeds and boil forty or fifty minutes. Put on in boiling water. Season with salt and butter before serving. This is a good substitute for cabbage and tastes much like it if eaten with a little vinegar.

LANCA SEEDS*A Filipino Friend.*

The seeds of the lanca are rich and palatable, either cooked alone as a vegetable or used in a dressing for fowl the same as chestnuts. They improve a vegetable salad when chopped and mixed in well.

MACARONI A L'ITALIENNEmacaroní
cheese

soup stock

Divide the macaroni into four-inch pieces. Simmer fifteen minutes in plenty of boiling water, salted. Drain. Put the macaroni in a saucepan and turn over it a strong soup stock, enough to prevent it burning. Strew over it some grated cheese; when the cheese is melted, dish. Put alternate layers of macaroni and cheese; then turn over it the soup stock and bake half an hour.

MACARONI AND TOMATO SAUCE

Prepare as above; drain; arrange neatly on a hot dish, pour tomato sauce over it and serve while hot. See "Sauces" for the tomato sauce.

BOILED OKRA

Put young tender pods in salted boiling water in granite, porcelain or tin-lined pan (iron will discolor it). Boil fifteen minutes; remove stems and serve with butter, pepper, salt and vinegar if preferred.

BOILED ONIONS

onions
butter

salt

Peel off the outside; cut off the ends; put into cold water and let them scald two minutes. Pour off water; add cold water with a little salt; boil slowly until tender, thirty or forty minutes. When done drain quite dry; pour a little melted butter over them and season to taste.

STEWED ONIONS

onions
1 cup milk
butter size of an egg

salt and pepper to taste
1 tablespoon flour

Cook as boiled onions; drain. Add milk, butter, pepper and salt, flour stirred to a cream. Let all boil up at once. Serve.

SCALLOPED ONIONS

8 or 10 good sized onions
bread crumbs

milk or cream
butter
salt and pepper

Take onions, slice and boil until tender. Cover bottom of buttered baking dish with onions. Add layer of bread crumbs with bits of butter, pepper and salt. Add more onions and more bread crumbs until dish is almost full. Add milk and cream until full. Bake twenty minutes or half an hour.

FRIED ONIONS

onions
butter or lard

salt and pepper

Peel, slice and fry onions brown in equal quantities of butter, lard, or nice drippings; cover until partly soft; remove the cover and brown them; salt and pepper.

CREAMED GREEN ONIONS

Mrs. Marvin Rader.

Cut tops and all into small pieces. Boil until tender; make a rather thick cream dressing. Serve on toast.

SCALLOPED POTATOES

Mrs. Ben F. Wright.

raw potatoes
hot milk
1 onion

salt and pepper
flour

Peel and slice raw potatoes thin. Butter a deep dish; put in a layer of potatoes; season with salt, pepper and butter, also onion if liked; sprinkle in a little flour, another layer of potato and seasoning, and so proceed until the dish is filled. Pour over enough hot milk to cover; put into oven and bake until tender, about three-fourths of an hour.

OLD FASHIONED POTATO PUDDING

Mrs. W. A. Kincaid.

4 medium sweet potatoes
1 pint rich milk.
3 eggs

1/3 cup butter
pinch of salt
cinnamon, cloves, or nutmeg

Grate potatoes on a coarse grater. Add milk, eggs well beaten, butter and salt; flavor with cinnamon, cloves or nutmeg. Put into a hot buttered baking dish and cook until done.

BROWNE POTATOES WITH ROAST

potatoes
salt and pepper

1 onion
flour

Peel, cook and mash the required amount; adding while hot, salt, pepper and a very little chopped onion. Form into small balls; dredge with flour; place around roast and bake about twenty minutes before serving.

STUFFED POTATOES

4 large potatoes
1 pint chopped meat
1 tablespoon grated onion

salt and pepper
1 tablespoon grated parsley
1/2 cup stock

Wash potatoes and cut them in halves crosswise; with a scoop take out the centers leaving a wall at least half an inch thick. Bake these shells in a hot oven twenty minutes. Chop sufficient meat to make a pint; add salt, pepper, onion, parsley; add sufficient stock to make the mixture moist (about 1/2 cup). Remove the potatoes from the oven; fill with this mixture, rounding it up. Dust with bread crumbs and bake until brown. A luncheon or supper dish.

POTATO CROQUETTES

Mrs. G. E. Seybolt.

1 pint mashed potatoes	salt and pepper
4 tablespoons milk or cream	grating of nutmeg
1 teaspoon onion juice	2 eggs
bread crumbs	

Put cold mashed potatoes in a saucepan; add milk or cream, salt, pepper, onion juice and nutmeg; stir and beat until smooth and hot. Take from the fire; add yolks of two eggs and form into cylinder-shaped croquettes. Beat the white of one egg and to it add a tablespoon water; roll the croquettes in this, then in bread crumbs and fry in hot fat.

POTATO PANCAKES

Mrs. Agatha Cook.

4 or 5 large potatoes	1 egg
1 small grated onion	salt to taste

Wash, peel and grate four or five large potatoes with a small grated onion, one beaten egg and salt to taste. Stir well. Fry in thin pancakes in lard, covered up, as this will make them nice and crisp and prevents the fat from being all over the stove. Always stir the batter again before taking out for the next panful.

POTATO PUFF

Mrs. G. E. Seybolt.

1 pint mashed potatoes	2 egg whites
½ cup milk	

Put cold mashed potatoes in a saucepan; add milk; stir and beat until the potatoes are hot and smooth. Take from fire; fold in the well-beaten whites of two eggs; heap in a baking dish and brown quickly in a hot oven. Serve with roast or broiled beef.

CREAMED OR HASHED POTATOES

Mrs. Agatha Cook.

potatoes	milk
salt and pepper	

Chop cold boiled potatoes rather fine; season with salt and pepper; put them in a baking dish; pour over sufficient good milk to just cover and put in a quick oven until nicely browned.

HASHED BROWN POTATOES

Mrs. J. J. Peterson.

½ pint boiled potatoes
3 tablespoons cream

salt and pepper
1 tablespoon butter

Chop cold boiled potatoes rather fine; to each half pint add three tablespoons cream, salt and pepper; mix; put a tablespoon butter into a shallow frying pan, and put in the potatoes; flatten them in a perfectly smooth layer; cook slowly until a golden brown; fold one half over the other and turn out on a heated dish.

POTATOES AU GRATIN

cold boiled potatoes
salt and pepper

cream sauce
cheese

Chop cold boiled potatoes rather fine; season with salt and pepper; put them in a baking dish; pour over sufficient cream sauce to just cover; dust the top with grated plain or Parmesan cheese, and put in a hot oven until nicely browned.

LYONNAISE POTATOES

potatoes
1 onion

butter
salt and pepper
1 tablespoon minced parsley

Dice potatoes. Heat butter in a frying pan: fry in it one small onion until it begins to change color; put in the potatoes; sprinkle well with salt and pepper; stir and cook about five minutes, taking care not to break them. They must not brown. Just before taking up, stir in a tablespoon minced parsley. Drain dry by shaking in a colander. Serve very hot.

RUSSIAN FRIED POTATOES

Mrs. C. H. Smith.

Pare potatoes, and keep on paring in curls. Fry these curls. Very pretty if nicely done. It is necessary to have fat very hot and plenty of it.

POTATO STRAWS

Mrs. H. E. Stafford.

Cut potatoes in slices, then lengthwise to thickness of straws; put into cold water for an hour; wipe dry in a towel. Fry in hot fat.

SARATOGA CHIPS

Slice potatoes as evenly as possible; drop into ice water; have a kettle of hot lard; put a few at a time into a towel, shake dry and then drop into the boiling lard. Stir occasionally and when a light brown remove with a skimmer and they will be crisp, not greasy. Sprinkle salt over them while hot.

BAKED SWEET POTATOES

Mrs. M. O. Fox.

3 sweet potatoes
sugar

½ cup boiling water
butter

Have boiled three large sweet potatoes with their jackets on; when done, remove the skins and slice into a baking dish. Sprinkle sugar and small pieces of butter over the potatoes and pour over all one half cup boiling water. Bake a light brown.

FRIED SWEET POTATOES

Maria Magno Alvarez.

potatoes

1 coconut

Slice the sweet potatoes one fourth of an inch thick. Then fry with coconut oil, or other fat, until brown. Pour over them a thick syrup and serve.

To make the coconut oil, grate a coconut and put it in a frying pan. Let it remain until it curdles, and the curds brown. Separate the curds from the oil.

BAKED CAMOTES

Boil until soft; mash with a fork; then beat until light and creamy. Add a little hot milk in which a small piece of butter has been melted, salt and pepper; turn lightly into a dish and brown in the oven.

TO BOIL RICE

1 cup rice

salt

Pick over the rice carefully; wash it in warm water, rubbing it between the hands and rinse in several waters; then let it remain in cold water until ready to be cooked. Have saucepan of water, slightly salted; when boiling hard, sprinkle rice into water by degrees to keep particles separated. Boil steadily for twenty minutes; take from fire; drain. Place the pan, with lid off, on the back of the stove, where it is only moderately warm, to allow the rice to dry. Each grain will be separate.

BAKED RICE

Mrs. M. O. Fox.

2 cups cooked rice	2 eggs
$\frac{1}{2}$ cup cheese	1 tablespoon butter
1 pint milk	$\frac{1}{2}$ tablespoon salt

Mix well rice, cheese in small bits, milk, eggs, butter and salt. Place in baking dish with cheese and a little butter on top. Bake half an hour.

SPINACH

To retain its fresh appearance do not cover while cooking. Pick over carefully, and wash through several waters; drain and put into boiling water. Fifteen to twenty minutes are generally enough to boil spinach. Be careful to remove the scum. When quite tender, drain and squeeze well; chop fine and put into pan with a piece of butter, salt and pepper. Stew five minutes, stirring all the time until quite dry. Turn into dish, shape into a mould and serve with hard-boiled eggs over the top.

LUNCH EGGS WITH SPINACH

6 eggs	1 cup milk
2 cups of cold spinach	4 tablespoons grated cheese
pepper, salt and butter	bread crumbs

Boil eggs very hard; cool and cut lengthwise. Heat spinach in a few tablespoons of hot water, and rub thru a colander; mix with pepper, salt and butter; put in bottom of baking dish. Lay the halves of egg about on the spinach and pour over them a sauce made from the milk thickened and seasoned with salt, pepper and cheese. Cover with bread crumbs and set in oven. Serve when slightly brown.

BOILED SQUASH

Pare squash; take out the seeds; cut it in pieces and stew slowly from twenty to forty minutes until quite soft, in a very little water. Drain, squeeze and press well. Season, when mashed, with salt, pepper and a very little butter.

BAKED SQUASH

Cut open the squash; take out the seeds and without paring cut into large pieces. Place in a moderately hot oven and bake about an hour. When done, serve the pieces hot, to be eaten with butter like sweet potatoes. Squash retains its sweetness this way better than when boiled.

TOMATOES—FRENCH FASHION

6 small solid tomatoes	½ pint milk
1 rounding tablespoon butter	salt and pepper to taste
1 tablespoon flour	bread crumbs

Scald and peel small solid tomatoes. To each six, allow cream sauce made by rubbing together butter and flour. Add milk, stir until boiling, season with salt and pepper. Put a tablespoon of sauce in the bottom of a custard cup; put in a tomato and cover with another tablespoon sauce; dust top with bread crumbs; stand the cups in a pan of boiling water and bake in moderate oven for half an hour. Serve in the cups.

SHIRRED EGGS IN TOMATOES

6 eggs	6 tablespoon cream sauce
6 small solid tomatoes	6 slices toast

Peel small solid tomatoes and scoop out centers. Break an egg into each tomato; stand them in a baking dish, and bake slowly ten or fifteen minutes until the eggs are set. Add a tablespoon of cream sauce to each and serve on slices of toast.

TOMATO OMELET

4 eggs	1 tablespoon butter
½ cup chopped tomato	dash of cayenne pepper
	salt to taste

Beat eggs without separating until well mixed. Add tomato, salt and cayenne. Put butter into omelet pan; when hot add egg mixture; shake until set; fold and turn the omelet out on a platter.

STUFFED TOMATOES

Mrs. George Meyer.

tomatoes	1 level teaspoon salt
1 pint bread crumbs	pepper to taste
1 tablespoon chopped parsley	2 tablespoons melted butter
1 tablespoon grated onion	

Cut off a slice from the stem end of the tomatoes; scoop out seeds and a portion of hard centers. Mix bread crumbs, parsley, onion, salt, pepper and butter; stuff into tomatoes, heaping slightly. Stand them in a baking pan; add half a cupful of water and bake in a slow oven for three quarters of an hour, basting once or twice with a little melted butter.

STUFFED TOMATOES*Mrs. G. E. Seybolt.*

4 large solid tomatoes
½ cup rice
½ pint pecan nuts

1 teaspoon onion juice
bread crumbs

Cut tomatoes into halves. Scoop out the centers and seeds. Boil rice twenty minutes; drain and add nuts, salt and onion juice. Mix and stuff into tomatoes. Dust the tops with bread crumbs and bake very slowly for an hour. Do not allow them to cook to pieces. Serve with brown sauce made in the pan.

BOILED TOMATOES

small solid tomatoes

butter and salt to taste

Select small solid tomatoes; throw into a pan of boiling water; boil five minutes and serve. To eat, open, add butter and salt and dip out with a spoon. Boiled tomatoes are nice with toast for breakfast.

ADDITIONAL RECIPES

SALADS

MAYONNAISE DRESSING

Mrs. G. A. Miller.

Yolks of two eggs; beat constantly; add olive oil drop by drop, until enough to stand alone. As the mixture becomes thick drop in slowly a little vinegar or lemon juice; thicken again with oil. So proceed until the required amount of dressing is obtained. Season to taste with salt, black and cayenne pepper and mustard.

FRENCH DRESSING

Mrs. G. E. Seybolt.

½ teaspoon salt	4 tablespoons olive oil
1 saltspoon pepper	1 tablespoon vinegar or lemon juice

Put salt and pepper in bowl, add slowly the oil, stirring all the time. When salt is dissolved add vinegar. When well mixed, serve.

ITALIAN DRESSING

Mrs. G. E. Seybolt.

½ teaspoon salt	4 tablespoons olive oil
1 tablespoon tomato catsup	1 clove of garlic
dash of cayenne	1 tablespoon vinegar

Put salt, cayenne and catsup in a bowl; gradually add the oil, mixing all the time. Add garlic that has been mashed to pulp and vinegar.

COOKED SALAD DRESSING

1 egg	½ teaspoon mustard
1 tablespoon butter	¼ teaspoon salt
1 teaspoon flour	2½ tablespoons sugar
1 tablespoon water	1 tablespoon sugar
3 tablespoons cream	dash celery salt

Rub together butter, flour, salt, mustard and sugar; add the egg and mix well; add vinegar and water, cook over slow fire, stirring all the time until thick. When almost cool add cream.

SALAD DRESSING

3 eggs	1 teaspoon mixed mustard
3 teaspoons oil	2 teaspoons powdered sugar
¼ teaspoon salt	3 teaspoons cream

Boil eggs until hard; pound yolks to a smooth paste; add oil little by little, and all other ingredients, stirring until all are thoroughly incorporated.

MUSTARD DRESSING*Mrs. Quinan.*

2 eggs	1 teaspoon salt
1 tablespoon butter	1 teaspoon pepper
2 teaspoons sugar	4 tablespoons vinegar
2 teaspoons mustard	

Take yolks of eggs, salt, sugar, mustard, pepper and butter, mix thoroughly and stir in slowly the vinegar. Cook in double boiler, stirring occasionally until thickness of cream.

BANANA SALAD

bananas	chopped nuts
peas	chopped parsley
mayonnaise	

Peel large bananas; scoop out centers, making them boat shaped, and fill with the following mixture:

Small peas, chopped nuts, chopped parsley and the banana which was taken from the center. Mix with stiff mayonnaise. Place half kernels of walnuts and sprigs of parsley on top.

BANANA AND PEANUT SALAD

4 bananas	salted peanuts
1 egg	

Peel bananas. Dip in white of egg and roll in chopped salted nuts. Serve on lettuce.

CHERRY SALAD*Gertha Lockard.*

maraschino cherries	english walnuts
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Fill maraschino cherries with English walnuts, sprinkle nuts around cherries and pour dressing over all—

Dressing:—

2 egg yolks	1 cup vinegar
1 teaspoon dry mustard	1 pint cream
1 teaspoon butter	salt, red and black pepper to taste

Beat yolks of eggs, butter, mustard, salt, red and black pepper together. Add vinegar and cook until thick. When cold add the cream, beating it in well. Serve on lettuce leaves.

CHERRY SALAD

1 can cherries

hazelnuts

Take large cherries, stone and put hazelnuts in place of stones. Serve on lettuce with any kind of dressing.

LANZONE SALAD

lanzones

Mrs. Quinan.

mayonnaise

Carefully peel lanzones and divide into sections, removing all the inner skin. Chill and dress with mayonnaise made with lemon instead of vinegar. Serve in orange shells. If the oil is objectionable butter may be used with the other ingredients.

PAPAYA COCKTAIL

(for four people)

Papaya cut in small pieces, juice of one large lemon, two tablespoonfuls of Heinz tomato catsup, one tablespoonful of Worcestershire sauce. Serve with cracked ice.

GREEN PAPAYA SALAD

Mrs. M. A. Rader.

2 small green papayas

3 tablespoons chopped walnuts

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

2 tablespoons grated cheese

dash of pepper

Peel papayas, cut into cross sections, remove seeds, and boil until tender. Shave enough fine to mix with nuts and cheese. Place in center of papaya, decorate with pimiento, and serve with mayonnaise.

PINEAPPLE SALAD

1 pineapple

 $\frac{3}{4}$ cup mayonnaise

1 apple

18 green grapes

cream cheese

Cut out inside of pineapple in small pieces, being careful not to break the shell, cut apple into small pieces. Mix grapes, apple and pineapple with mayonnaise and replace in pineapple shell.

Serve on lettuce leaves and garnish with cream cheese balls size of marbles.

PRUNE SALAD

prunes

walnuts

mayonnaise

An excellent salad may be made by stewing prunes until they are soft, without any sugar. Cut carefully on the side and remove the pit. Place a piece of English walnut inside and serve with mayonnaise dressing.

CHEESE SALAD

cheese

sliced lemon

lettuce

mayonnaise dressing

Arrange crisp, tender lettuce for individual serving; sprinkle freely with grated cheese; dress with mayonnaise and garnish with sliced lemons.

NUT SALAD

1 lb. English walnuts

mayonnaise

celery

Crack nuts, blanch and set aside to cool. Chop and mix with celery cut into small pieces. Serve on lettuce. Dress with mayonnaise.

NUT SALAD

1 cup apples

1 cup walnuts

1 cup celery

mayonnaise

Cut apples, celery and nuts in small pieces. Blend lightly with mayonnaise. Take hollowed out shells of perfect red apples and fill with mixture. Place a teaspoon of mayonnaise on top of each and serve with a border of crisp, bleached celery tops.

BAMBOO SALAD

Eduviges Medina.

bamboo sprouts

3 potatoes, cooked

1 onion

mayonnaise

Scrape the inside of bamboo sprouts very fine. Put in boiling water and cook half an hour. When it is done remove and drain. Have ready three or four potatoes sliced or diced and some minced onion. Mix all together and add mayonnaise, if desired, or other salad dressing.

BOLIVIA SALAD

2 cups potatoes	2 tablespoons red peppers
4 eggs	½ teaspoon salt

Boil potatoes; when cold cut in cubes; add hard boil eggs chopped fine, chopped peppers and salt, and mix all together. Serve with any dressing.

CABBAGE SALAD

	<i>Mrs. M. O. Fox.</i>
1 head cabbage	½ cup vinegar
2 eggs	½ cup sugar
1 teaspoon mustard	2 tomatoes
salt and pepper	

Take a firm head of cabbage, cut fine, add hard-boiled eggs, chopped fine, vinegar, sugar, mustard, and salt and pepper to taste. Mix well. Garnish with sliced tomatoes.

COLD SLAW DRESSING

	<i>Mrs. G. E. Seybolt.</i>
2 eggs	1 teaspoon mustard
2 tablespoons sugar	1 cup vinegar
1 teaspoon butter	pepper

Beat up eggs with sugar, add butter, mustard, pepper, and lastly vinegar. Cook like a soft custard.

Some like to add a cup of cream; in that case use less vinegar and add cream when dressing is cold.

HOT SLAW

½ head cabbage	1 tablespoon butter
½ cup vinegar	

Cut cabbage fine, cook in salt water slowly one hour. Drain off water. Let simmer in one cup of vinegar and water fifteen minutes, add butter and seasoning to taste, and serve.

MONGO BEAN SPROUT

1 quart mongo bean sprout	french dressing
1 onion	

Cook mongo bean sprout in salt water only a few minutes, pour off water and set to cool. When ready to serve, slice onion over top and serve with French dressing.

PERFECTION SALAD

Knox Gelatine Co.

1 envelope Knox gelatine	1 cup finely shredded cabbage
$\frac{1}{2}$ cup cold water	juice 1 lemon
$\frac{1}{2}$ cup mild vinegar	$\frac{1}{2}$ cup sugar
1 pint boiling water	2 cups chopped celery or tomatoes
1 teaspoon salt	$\frac{1}{2}$ can sweet red peppers

Soak the gelatine in cold water five minutes; add vinegar, lemon juice, boiling water, sugar and salt. Strain and when beginning to set add remaining ingredients. Put on ice for twenty-four hours, and serve with mayonnaise dressing. (If cabbage is scaded, drain that and tomatoes before using, or use less water.,

POTATO SALAD

3 potatoes	1 onion
$\frac{1}{2}$ cup mayonnaise	1 tablespoon vinegar

Boil potatoes in salt water. When cool, peel and dice. Cut onion very fine and mix with potato; sprinkle vinegar over the potato and set away to get cold.

Just before serving add mayonnaise. Celery and pimienta add to the salad.

RUSSIAN SALAD

Mrs. C. M. Smith.

Russian salad is a vegetable salad made of all the pretty colors you can get, the canned sweet pepper here making a bright spot in this salad. Cut all the larger cooked vegetables such as potatoes, carrots, beets, etc., into pretty forms. Then use peas, string beans, mushrooms, etc. Alternate all these with French dressing and serve with mayonnaise. It is very pretty to put the mayonnaise in the bottom of the salad dish and arrange the vegetables, each into a section by itself, alternating the pretty colors.

SOMERSET SALAD

tomatoes	green peppers
cucumber	french dressing
	lettuce

Peel medium sized tomatoes; chill; cut in halves crosswise. For each portion arrange one-half tomato on a nest of lettuce leaves and garnish top of each with slice of cucumber (fluted edges) and a smaller slice of green pepper. Serve with French dressing.

STRING BEAN SALAD

string beans

French dressing

Select young, tender beans; string and cut each one in three pieces lengthwise. Cover with boiling salted water; boil twenty minutes and drain. Throw them into cold water for ten minutes; then put them in boiling unsalted water, and cook for fifteen minutes longer. Drain and cool. Arrange them neatly on a small platter; cover with French dressing.

TOMATO AND CHEESE SALAD

tomatoes

red peppers

cream cheese

French dressing

Peel the tomatoes after scalding them and slice thickly. Wipe each slice dry and cover with a layer of cream cheese mixed with chopped red pepper and garnished with small rounds of the pepper. Serve with French dressing.

TOMATO AND MUSHROOM SALAD

4 tomatoes

1 onion

1 cup mushrooms

 $\frac{1}{2}$ cup celery tops

mayonnaise

lettuce

Scald tomatoes and chill. Mince onion, chop mushrooms and celery, moisten with mayonnaise. Cut a slice off the top of the tomatoes, take out seeds and fill with mixture. Put mayonnaise on top and serve on lettuce.

TOMATO JELLY

Hannah Kallum. $\frac{1}{2}$ can tomatoes

1 slice onion

3 cloves

 $\frac{1}{2}$ teaspoon thyme

1 bay leaf

1 teaspoon salt

 $\frac{1}{4}$ box gelatine

1 teaspoon sugar

mayonnaise

 $\frac{1}{4}$ teaspoon pepper

Boil tomatoes and spices together. When done strain and add gelatine which has been soaked in one half cup water. Place on ice and serve with mayonnaise.

CHICKEN SALAD*Mrs. M. O. Fox.*

1 large chicken	½ pint pickles
6 eggs	1 tablespoon mustard
1 pint green celery or white cabbage	1 teaspoon pepper

Boil chicken in salt water; when cold, skin, take from bones and chop fine. Hard-boil eggs, cut celery in small pieces (tender white cabbage, shredded, will answer if no celery) chop pickles, add mustard and pepper. Mix thoroughly.

FISH SALAD

2 lemons	mayonnaise dressing
1-½ pint fish	capers and anchovies

Take cold cooked fish and break into flakes. Pour juice of lemons over this. Arrange crisp lettuce leaves to form a bed on round plate. Lay fish upon it and over the top put a few capers and some fillets of anchovy. Dress with mayonnaise and garnish with sliced lemon.

SALMON AND CUCUMBER SALAD*Mrs. Trowbridge.*

1 can salmon	mayonnaise
1 green cucumber	

Drain oil from salmon, pick it apart, remove skin and bones. Select a green, crisp cucumber; pare and cut in thin slices and soak in salt ice water one hour. Drain dry and mix with salmon. Serve with mayonnaise.

ADDITIONAL RECIPES

CHEESE

CHEESE CRACKERS

6 crackers
6 teaspoons grated cheese
pinch cayenne

Cover crackers with cheese seasoned with cayenne pepper. Heat in oven until cheese melts.

CAYENNE CHEESE STRAWS

Mrs. G. E. Seybolt.

1 cup of flour
2 ounces butter
2 ounces grated cheese
1 egg yolk
pinch of salt
few grains of cayenne

Mix all into paste. Roll out to the thickness of silver quarters, four or five inches long; cut into strips an inch wide; twist as you would a paper squill and lay on baking sheet, slightly floured. Bake in moderate oven until crisp, but not the least brown. Serve cold.

CHEESE STRAWS

Mrs. Miller.

1 cup grated cheese
1 cup flour
 $\frac{1}{4}$ cup butter

Mix cheese, butter and flour together, moisten with a little cold water. Roll thin, cut into strips and bake in medium oven.

CHEESE CUPS

1 cup cheese
1 cup milk
2 eggs
1 teaspoon Worcestershire sauce
salt and pepper

In a saucepan melt cheese, add milk slowly. When mixture begins to thicken, add eggs slightly beaten, stir until the consistency scrambled eggs; add seasoning.

Take rolls cut in half, scoop out soft portion and butter surface, crisping them in oven. Fill with mixture.

CHEESE CUSTARDS

- 4 eggs
- $\frac{1}{2}$ cup milk
- 3 tablespoons grated cheese
- salt, pepper and paprika to taste

Beat up eggs, add boiling milk and grated cheese, seasoning of salt, pepper and paprika; pour into small buttered moulds, stirring all the time so as not to let cheese settle. Cover with buttered paper and steam gently until set. Cut thin slices of bread and stamp out rounds a little larger than the moulds, fry in hot melted butter to a golden brown. Turn out the custard on the bread; put a little pile of grated cheese on top of each and brown in oven. Serve garnished with cress.

CHEESE FONDU

Mrs. Barre.

- 1 tablespoon butter
- 1 cup milk
- 1 cup fine bread crumbs
- 2 cups grated cheese
- 1 saltspoon dry mustard
- 2 eggs
- pinch of cayenne

Melt butter and whisk it into the boiled milk; add the dissolved bread crumbs; let cool. Beat the yolks of eggs; put in seasoning, add cheese, mix all together. Add whipped whites of eggs; pour into deep tin lined with buttered paper. Allow for rising. Bake about twenty minutes and serve immediately on taking from oven.

CHEESE OMELET

- 2 eggs
- 1 tablespoon grated cheese
- $\frac{1}{2}$ teaspoon meat extract
- 1 tablespoon hot water
- 1 tablespoon butter
- salt, pepper and grated nutmeg

Beat up the whites of eggs; add the yolks, salt, pepper, grated nutmeg, cheese and meat extract dissolved in the hot water; stir lightly.

Melt the butter in omelet pan; pour in the mixture and fry very carefully till light brown; then put in oven to brown top. Fold over and serve on hot dish.

CHEESE PATTIES

pie crust

grated cheese

currant jelly

Make patties of rich pie crust and bake. Fill with layer of jelly, a layer of grated cheese, another layer of jelly and last the cheese. Put in oven to brown. Good served with meat or fowl.

CHEESE PUDDING $\frac{1}{2}$ lb. grated cheese

1 cup milk

2 eggs

1 teaspoon flour

1 teaspoon butter

1 tablespoon bread or cracker crumbs

salt, pepper and paprika to taste

Mix together grated cheese, flour, bread crumbs, salt, pepper and paprika to taste; then add the milk, boiling hot, butter, the yolks of eggs and the whites stiffly beaten. Mix gently; pour into buttered pudding dish and bake twenty minutes, in moderate oven. Serve hot.

CHEESE SOUFFLE

1 ounce butter

1 ounce flour

 $\frac{1}{4}$ pint milk

3 ounces finely grated cheese

3 eggs

pinch of salt and cayenne pepper

Melt butter, mix smoothly with it the flour and seasoning, add to the milk and simmer over fire, stirring continually till as thick as melted butter; add cheese, turn into bowl and add the well beaten yolks of two eggs. Whisk three whites of eggs to stiff froth and just before soufflé is baked put in these whites and pour into round tin. Soufflé will rise very high. Bake twenty minutes and serve immediately. Sufficient for six people.

ENGLISH MONKEY

2 tablespoons butter

1 cup minced cheese

1 cup bread crumbs

1 pint milk

1 egg

salt and pepper

Soak bread crumbs in milk, add cheese, butter, egg and seasoning. Stir together until well cooked. Serve on hot crackers.

FOR THE CHAFING DISH*Mrs. Hatheway.*

- 3 cups Eastern or California cheese
- 3 cups bread crumbs
- 3 cups milk
- 3 eggs
- 1 tablespoon Worcestershire sauce
- salt to taste
- paprika

Soak bread in milk one hour before using. Cut cheese in small pieces. Let the cheese melt, cover with paprika, add bread and milk, then the eggs well beaten. Serve on crackers or toast.

WELSH RAREBIT

- 3 ounces grated dry cheese
- 2 egg yolks
- 4 ounces grated bread
- 3 ounces butter
- 1 dessert spoon made mustard
- pinch of salt and pepper

Mix cheese with the yolks of eggs; add the grated bread and butter and seasoning.

Toast slices of bread cut thin into shapes and spread the paste thick upon them and put in oven. Let them become hot and slightly browned. Serve hot.

ADDITIONAL RECIPES

ENTREES including CURRIES

All the so-called "French Entrees" are simply re-warmed meats. Re-heat white meats in white or yellow sauce; dark meats in tomato or brown sauce.

The meat from soup may be used for curries, bobotee, or any dish calling for high seasoning. Cold mutton may be made into pilaf, stewed mutton with rice, or hash, or a casserole, etc.

BRAISED CHOPS

chops of pork, mutton or veal
3 tablespoons melted butter
3 tablespoons flour
4 cups water
salt and pepper

Take any kind of chop; put butter in skillet, when hot lay in chops. When well browned place in stew kettle and prepare it with a sauce made from three tablespoons melted butter, flour, salt and pepper to taste, and warm water; cook this to a boiling point, stirring all the time. Turn over chops and cook slowly till tender.

CHICKEN CROQUETTES

1 large chicken
5/8 cups flour
1½ cups broth
1 tablespoon butter

Melt butter. When hot add flour and broth and cook until very thick. Stir in minced chicken and make into shape.

Dip into beaten egg and then into cracker crumbs and fry in deep fat. If no broth on hand, use milk.

CHICKEN ENTREE

Mrs. Ingalls.

2 chickens
2 eggs
1 tablespoon butter
18 sticks macaroni
2 cans mushrooms
salt and pepper

Remove meat from bones. Chop fine. Boil the bones in water enough to cover them, for half an hour.

Add to the chopped chicken the eggs well beaten and sufficient of the stock to make a smooth paste. Season with salt and pepper, add butter. Boil macaroni until tender, being careful not to break. Line a buttered porcelain bowl with the macaroni and fill with mixture. Set in saucepan of boiling water and cook for half hour, or until chicken is tender. Reverse in circular chop dish, surrounded with mushrooms and serve hot.

CHICKEN IN RICE CASSEROLE

- 1 cup rice
- 2½ cups milk
- 3 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 pint cold chicken
- 1 cup peas
- salt and pepper

Wash rice; put in boiling water and cook twenty minutes, then drain. Add one half cup milk, one tablespoon butter, salt and pepper. Stir into rather smooth paste. Brush custard cups with butter and line to the depth of one inch with rice mixture. Put two tablespoons butter and two of flour together; add one pint milk, stir until boiling, add salt and pepper and chicken nicely seasoned and blocked. Fill this mixture in center of cups, cover with rice, stand in pan of boiling water and cook in oven twenty minutes. Turn carefully on to heated dish, garnish with nicely seasoned peas and serve.

CROQUETTES

Mrs. G. E. Seybolt

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|---------------------------|---------------------------|
| 1 quart cold chopped meat | 2 teaspoons salt |
| 2 tablespoons butter | ½ teaspoon white pepper |
| 4 tablespoons flour | dash cayenne |
| 1 pint hot milk | 1 saltspoon grated nutmeg |
| 1 egg | 1 tablespoon onion juice |
| bread crumbs | 2 tablespoons parsley |

This recipe will answer for all kinds of meat croquettes. Chop sufficient cold meat to make one quart; rub together butter and flour; add them to a pint of hot milk; stir and cook until a smooth thick paste, then take from fire. Add to meat, salt and pepper, nutmeg, parsley and onion juice. Mix thoroughly; add cream sauce; mix again and turn out to cool. When cold form into croquettes; dip in egg, roll in bread crumbs and fry in hot fat.

JAMBALAY*Mrs. M. H. Crawford.*

1 cup rice	½ pound ham, chopped
1 large green pepper	½ pound sausage <i>or</i>
1 small red pepper	½ pound shrimp <i>or</i>
1 onion	½ pound chicken
2 tomatoes	1 pint boiling water
3 tablespoons tomato catsup	sprig parsley

Wash rice and soak in cold water for one hour. Fry the other ingredients in Crisco, then add the boiling water. Stir in the rice and meat. Cover the pot and cook slowly for thirty minutes. Add salt.

If it boils too low, add boiling water.

MEAT SOUFFLE*Mrs. Barre.*

1 cup minced meat
1 egg
1 teaspoon chopped parsley or celery pinch cayenne pepper
1 saltspoon salt
1 lemon

Beat egg separately. Mix the meat, yolk of egg and seasoning and beat thoroughly. When ready for oven, fold in the white of egg and sprinkle with cracker crumbs. Bake fifteen minutes. Garnish with slices of lemon.

MINCED LAMB*Mrs. G. E. Seybolt.*

1 pint chopped lamb
½ pint milk
1 tablespoon butter
1 tablespoon flour
1 tablespoon chopped mint
½ teaspoon salt dash of cayenne
6 slices toast
6 eggs

Rub butter and flour together and the milk and seasoning. Cook until boiling. Add the mint and lamb. Place over hot water while you make the toast. Trim toast, butter and cover each slice with a thick layer of minced lamb, leaving a hole in center. Poach six eggs. Put one in each center.

MOCK TERRAPIN*Mrs. G. E. Seybolt.*

1 pint fowl	$\frac{1}{2}$ pint milk
2 tablespoons butter	3 egg yolks
1 tablespoon flour	1 teaspoon Worcestershire sauce
	salt and pepper

Rub together butter, flour and seasoning, add milk; stir until boiling. Add this to the hard boiled yolks of eggs, rubbing all the while. When you have a smooth yellow sauce, add the cold cooked fowl, which has been cut in cubes of an inch. Serve very hot.

MONGOS AND RICE

$\frac{1}{2}$ cup mongos	2 tablespoons lard
$\frac{1}{2}$ cup rice	1 onion
$\frac{1}{2}$ cups stewed tomatoes	salt and pepper to taste

Wash mongos, cover with cold water and bring to a boil. Drain, rub off husks, cover with boiling water and cook until tender. Boil rice in a separate stewpan.

Slice onion and sauté in hot lard until clear and tender, but not brown. Add boiled rice, boiled mingo and stewed tomato. Season with salt and pepper. Heat thoroly and serve while hot.

REMNANTS

cold meat
1 egg
cracker
stock or gravy

Take remnants of cold meat, grind or chop very fine, salt and pepper to taste; add one well beaten egg, one third as much cracker crumbs as chopped meat, and stock or gravy enough to moisten. Steam in well buttered cups until thoroughly heated.

RICE AND CHEESE*Jacinto Jobes.*

$\frac{1}{2}$ cup rice	2 cups water
$\frac{1}{2}$ cup grated cheese	1 teaspoon salt
1 tablespoon Worcestershire sauce	$\frac{1}{2}$ cup cream
dash of red pepper	

Cook rice for twenty minutes. Take grated cheese, salt, Worcestershire sauce, red pepper and cream and make a sauce.

Place alternate layers of rice and cheese in dish and bake.

TONGUE OR HAM ON TOAST

- 1 cup minced tongue or ham
- 2 egg yolks

Stir eggs over fire until creamy. Serve on buttered toast.

TURKEY PATTIES

- 1 cup cold turkey
- 1 cup cream
- 3 tablespoons flour
- 3 tablespoons butter
- 1 pint oysters
- salt and pepper

Mix butter and flour. Add the cream, salt and pepper, and cook until thick. Then add turkey; let simmer five minutes. Stir in oysters and cook until they are plump. Fill patty shells and serve.

INDIAN CURRY MADE FROM CURRY POWDER

Mrs. W. F. Oldham.

- 1 onion
- 1 tablespoon curry powder
- 1 tablespoon butter
- 1 pint cold meat
- 1 cup cream or
- 1 cocoanut

Chop onion very fine and mix with curry powder, working it up to smooth paste. Brown this in butter till golden brown. Add the meat cut in small cubes, and simmer slowly for a few minutes. When curry is ready to serve, season with salt, lemon or vinegar. Lastly, add the milk, or cream, bring to boil. If cocoanuts are obtainable, grate cocoanut, pour half pint boiling water on it and press out all the milk. You can use this instead of milk or cream. Meats to be curried should be cooked tender before putting in curry.

CHUTNEY

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|------------------------|---------------------|
| juice 3 lemons | 8 pounds tomatoes |
| 1 pound raisins, stone | 4 pounds onions |
| 2½ pounds brown sugar | 1 pound figs |
| ½ pound prunes | 1 pound red peppers |
| ½ pound salt | 6 pounds apples |
| 2 ounces ground ginger | 5 quarts vinegar |

Pound these ingredients with pestle and mortar, and boil in vinegar till it is the consistency of chutney.

Pass with curried dishes.

CHICKEN CURRY

Mrs. Stunts.

- 1 chicken
- 1 tablespoon butter
- 1 cup rice
- salt and pepper

Prepare chicken for frying, brown in butter, then cover with boiling water and simmer till tender. Season with salt and pepper. Add to the curry made from "Indian Curry" recipe. Serve with boiled rice. In serving curry and rice, Indian Relish, chutney, pickles or tart jam should be used.

INDIA CURRIED ONION

- onions
- 1 tablespoon butter *
- 2 eggs
- 1 lemon

Fry sliced onions in butter, salt well. Add one teaspoon curry powder and stir in two raw eggs. Add a few drops of lemon juice just before removing from fire.

VICTORY STEAK CURRY

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| ½ pound victory steak | 1 green mungo |
| 1 small onion | 3 small green peppers |
| 2 tablespoons butter | ½ cup cream |
| ½ tablespoon flour | 1 tablespoon curry powder |

Take the steak and roll in balls size of hickory nuts. If firmly rolled, they will not separate. Pour sufficient hot water over to cover. Simmer for half hour. Slice onion fine, fry in butter till rich brown. The onion may be left in or taken out. Take curry powder and flour, mix and put into hot butter. Take the meat balls from liquid and fry in curry for a few minutes, then add liquid. A few slices of green mungo stewed in the curry is nice. It gives tartness to the curry; if used, simmer long enough to cook tender. If you like a hotter curry, two or three small green peppers may be added. After ⁵ liquid let simmer few minutes. A half cup cream added just before removing from fire makes a richer curry.

ADDITIONAL RECIPES

EGGS

CREAMED EGGS ON TOAST

8 slices of bread	1 tablespoon butter
5 hard boiled eggs	1 teaspoon corn starch
1½ cups milk	1 saltspoon salt

Toast the bread and arrange on a platter; cut around the eggs so as to remove the yolks. Butter the toast, on which lay the whites cut in rings, and upon this grate the yolks. Have ready a cream sauce made with milk, butter, corn starch (dissolved in a little milk) and salt; bring this to a boil; pour over the prepared toast and sprinkle with a little pepper. Serve.

EGGS À LA CARACAS

Mrs. G. E. Seybolt.

½ pound dried beef	2 tablespoons grated cheese
1 can tomatoes	1 teaspoon onion juice
eggs	salt and pepper
1 tablespoon butter	

Mix shaved dried beef with thick part of canned tomatoes, grated cheese, onion juice, salt and pepper. Pour into a pan in which the butter has been melted. After all is well blended and thick, beaten eggs are stirred in and the whole is cooked just long enough to set the eggs.

EGG CUTLETS OR CROQUETTES

Mrs. C. H. Smith.

4 hard boiled eggs	2 tablespoons flour
1 cupful milk	1 teaspoon onion juice
1 tablespoon butter	1 tablespoon chopped parsley
1 teaspoon salt	dash pepper

Rub butter and flour into a ball and stir into the hot milk until dissolved. Cook well, adding all other ingredients, parsley last. Let stand until thoroughly stiff, then form into cutlets or croquettes; dip into egg and crumbs. Fry in wire basket, in very hot fat. For cutlets, add paper squill to end, to look like well served chop.

DEVEILED EGGS

Mrs. M. O. Fox.

6 boiled eggs	vinegar
1 teaspoon melted butter	salt and pepper
1 teaspoon celery seed	mustard to taste

Boil eggs; cut in halves, remove yolks; mash the yolks and add melted butter, celery seed, a little vinegar, salt, pepper and mustard to taste. Mix well and put back in the white cup of the eggs.

FORCED EGGS

Mrs. H. E. Stafford.

eggs	bread crumbs
Worcestershire sauce	salt and pepper to taste

Hard boil; cut in halves; remove yolks; season with salt, pepper, Worcestershire sauce; replace in the holders; paste together with white of raw egg. Roll in egg and bread crumbs and fry in hot lard to amber brown. Serve on nest of potato straws.

LUCAUIAN EGGS

Mrs. Hathaway.

5 hard boiled eggs	1 $\frac{3}{4}$ cups white sauce
1 cup cooked macaroni	salt and pepper
$\frac{1}{2}$ cup grated cheese	onion juice
	anchovy essence

Cut eggs in eighths lengthwise. Add cooked macaroni, cheese, and white sauce seasoned with salt, pepper, onion juice and anchovy essence. Turn into a buttered baking dish; cover with buttered crumbs and set in the oven long enough to bake crumbs.

OMELET

Mrs. G. E. Seybolt.

milk	eggs	butter
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Beat separately yolks and whites of required number of eggs. To the yolks add salt and pepper and one tablespoon of milk for each egg. Mix well and add stiffly beaten whites. Mix well and cook in hot well-buttered frying pan. When brown, fold and serve.

PICNIC EGGS

Mrs. C. H. Smith.

$\frac{2}{3}$ cupful milk	$\frac{1}{3}$ teaspoon dry mustard
$\frac{1}{2}$ cupful bread crumbs	1 raw egg
1 cupful cooked ham	6 hard boiled eggs

Put milk on the fire with bread crumbs until bread has absorbed milk. Take from fire and add finely chopped ham, dry mustard and raw egg. Put this mixture around each hard-boiled egg, place in wire basket and fry; wrap in paraffine paper and take to picnic.

SCALLOPED EGGS*Mrs. G. E. Seybolt.*

12 eggs

1 cup milk or cream

2 cups bread crumbs

Hard boil eggs; slice thin in rings; place in well buttered baking dish a layer of bread crumbs, then a layer of eggs, etc. Have crumbs on top. Over the whole pour a large cup of cream or milk, and brown nicely in a moderately heated oven.

SPINACH AND EGG*Mrs. H. E. Stafford.*

eggs

cooked spinach

Hard boil eggs, cut lid off the tops, take out yolks, stuff with boiled spinach. Press yolk through sieve, and dust over the top. Serve.

ADDITIONAL RECIPES

BREAD and HOT BREADS

POTATO YEAST

2 medium sized white potatoes	2 teaspoons salt
3 $\frac{1}{2}$ cups water	2 tablespoons sugar
1 tablespoon hops	

Cook potatoes in two and a half cups water. Take the potatoes from the water, mash them very fine and return them to the water in which they were boiled, which should be about two cups. While the potatoes are cooking, boil one level tablespoon of hops (they may be purchased from grocery firms in Manila) in a cup of water and strain the water. Add one cup of the hop water to the potatoes, and stir into the mixture two teaspoons of salt and two tablespoons of sugar.

Put this mixture into a jar, cover it, and let it stand until the potatoes rise to the top, which will be in about two days. The yeast is then ready for use.

YEAST BREAD

2 medium sized potatoes	4 tablespoons sugar
4 $\frac{1}{2}$ cups water	4 tablespoons lard
2 teaspoons salt	2 cups boiling water
4 tablespoons sugar	flour

In the evening, boil two potatoes of medium size in four and a half cups of water. Take the potatoes from the water, mash them fine, and return them to the potato water.

To the potato water add two teaspoons of salt and four level tablespoons of sugar. When the mixture is lukewarm add the potato yeast. Cover it and set it aside until morning, when it should be light and foamy.

In the morning put four tablespoons of sugar and four tablespoons of lard into a large mixing bowl and pour over the ingredients two cups of boiling water. When this liquid has cooled to lukewarm, stir the potato yeast into it, reserving about one and one-fourth cups for a start for the next baking. Stir into the liquid enough sifted flour to make a stiff sponge and beat it well. Cover this sponge and set it in a warm place. When it is light, which should be in about one hour, stir into it enough sifted flour to knead.

Knead this dough for about twenty minutes, return it to the mixing bowl and set it in a warm place to rise. When it has doubled in size, which should be in about one hour, mould into loaves or rolls and put into greased pans. Cover and set aside to rise. When the dough has again doubled in size, put into a well regulated oven and bake.

SALT RISING BREAD*Mrs. C. J. McKee.*

1 tablespoon corn meal	2½ pints warm water
½ cup scalding milk	1 teaspoon salt
pinch of soda	

Stir corn meal into scalded milk at night. Set in warm place; in the morning take a pint of warm water, a pinch of soda, and make a stiff batter. Stir in the mixture that has stood over night; beat well; set in a kettle of warm water at an even temperature. It should be light in two hours. Then add one and a half pints of warm water, salt and sufficient flour to work into loaves. Knead until smooth; put into bread pans and set over warm water or in some warm place to rise. Then bake. A pinch of soda, or a teaspoon of lime water mixed with the corn meal and milk will prevent souring over night.

BRAN BREAD*Mrs. G. W. Wright.*

1½ cups graham flour	1 pint sweet milk
1 cup wheat bran	1½ teaspoons soda
1 cup cornmeal	1 teaspoon salt
½ cup molasses	

Stir all together and steam in fireless three hours and a half, or bake in oven forty minutes.

BAKED BROWN BREAD

2 eggs	1½ cups bran or graham flour
1 teaspoon salt	1 cup white flour
5 tablespoons molasses	1 teaspoon soda
1 cup sweet milk	1½ cups seeded raisins

Sift together bran or graham flour and white flour. Add flour mixture to liquid. Sift soda into raisins; add raisins to bread mixture. Bake in moderate oven fifty-five minutes. A good change can be made by using one cup of raisins and one-half cup of chopped nuts instead of one and a half cups of raisins.

BOSTON BROWN BREAD*Mrs. G. W. Wright.*

1½ cups graham flour	1 pint sweet milk
½ cups corn meal	1½ teaspoons soda
½ cup molasses	1 teaspoon salt

Stir all together and steam in fireless three hours and a half, or bake in oven forty minutes.

STEAMED BROWN BREAD

1 cup corn meal	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup flour	1 cup sour milk
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup molasses

Sift meal, flour, soda and salt together; add the sour milk and molasses. Steam three hours if cooked in one loaf. Empty baking powder cans which have been tested for leakage may be used for small loaves.

CORN BREAD*Mrs. Warren Smith.*

1 cup cornmeal	1 teaspoon salt
2 cups flour	1 cup milk
4 tablespoons sugar	2 tablespoons melted butter
9 teaspoons baking powder	2 eggs

Mix and sift dry ingredients.

Add milk, eggs well beaten, and butter. Bake in shallow buttered pan in hot oven twenty minutes.

BOILED CORN BREAD*Mrs. Quinan.*

$\frac{1}{2}$ cup sweet milk	2 cups corn meal
$\frac{1}{3}$ cup molasses	1 teaspoon soda
$\frac{1}{2}$ cup flour	1 cup sour milk

Mix sweet milk, molasses, flour, corn meal and soda, dissolved in sour milk. Pour into a greased mould (a small lard pail answers the purpose), cover and boil for two hours.

The canned cream will sour if allowed to stand and may be reduced to the consistency of milk, or add one tablespoon of vinegar to a cup of sweet milk to sour it.

NUT BREAD*Mrs. Hartford Beaumont.*

2 cups graham flour	$\frac{1}{2}$ cup molasses
1 cup white flour	2 cups sour milk
2 cups English walnut meats	2 teaspoons baking powder
2 cups seedless raisins	1 teaspoon soda dissolved in
$\frac{1}{2}$ cup sugar	2 teaspoons hot water
large pinch of salt	

Mix and sift dry ingredients, add nuts and raisins. Add molasses, milk, and soda dissolved in water. Bake forty five minutes in slow oven.

PILI NUT BREAD

Mrs. John H. Lamb.

4 cups flour	1 cup pili nuts, broken in
6 teaspoons baking powder	fourths
1 cup sugar	2 eggs
1 teaspoon salt	1 cup milk

Mix together flour, baking powder, salt and sugar; sift; add nuts. Add milk and eggs beaten together. Put in buttered pans two loaves, and let stand twenty minutes. Bake half an hour.

The batter is very stiff, but do not knead; if necessary add very little more milk to wet any dry flour if the batter is not smooth.

Walnuts may be used in place of pili nuts.

Raisins may be used instead of nuts, but in that case use only one half cup sugar, or bread will be too sweet.

Very good if half cup raisins and half cup nuts used, with three-fourths cup sugar.

CINNAMON ROLLS

1 liter bread sponge	3 tablespoons butter
1 egg	flour
2 teaspoons sugar	powdered cinnamon

To bread sponge add well beaten egg, sugar and butter. Stir into the sponge enough sifted flour to knead.

Knead the dough for about ten minutes, put it into a mixing bowl, and set it in a warm place to rise. When it has doubled in size, pour it out on a well-floured board, roll it to a thickness of about one centimeter, spread it with butter, sprinkle it with sugar and dust with powdered cinnamon. Roll up the dough like a jelly roll, cut it into pieces about five centimeters thick and put the slices, cut-side down, into a greased pan. Let them rise to double in size, and bake them in a quick oven.

FRENCH ROLLS

1 cup yeast	1 teacup hot water
1 quart milk	1 mashed potato
3 quarts flour	2 tablespoons lard or butter
½ teaspoon soda	salt and sugar to taste

Mix together yeast, milk and flour. When this is light add soda in hot water, potato, butter or lard, and flour enough to make a soft dough. Add salt and sugar to taste. Let rise four hours or until light; make it into rolls; let rise again and bake. Half the quantity is enough for the average family.

RUSKS

3 cups sifted flour	$\frac{1}{2}$ nutmeg (grated)
3 teaspoons baking powder	1 teaspoon cinnamon
1 teaspoon salt	2 cups milk
3 tablespoons sugar	4 eggs

Take sifted flour, baking powder, salt, sugar, nutmeg and cinnamon, mix these together; add milk and well beaten eggs. Mix into a soft dough with floured hands; make into round balls; rub the tops with sugar and water, and sprinkle with dry sugar and cinnamon. Bake immediately.

APPLE JOHNNY CAKE

Mrs. E. J. Pace.

1 cup sour milk	$\frac{2}{3}$ cup flour
1 tablespoon melted butter	$\frac{3}{4}$ teaspoon salt
1 cup cornmeal	4 apples

Sift together dry ingredients, add butter and milk, and apples cut finely; stir well and bake quickly.

CORN MUFFINS

1 cup corn meal	3 eggs
1 cup sweet milk	$\frac{1}{4}$ cup sugar
1 cup flour	3 teaspoons baking powder
$\frac{1}{4}$ cup butter	

Mix together cornmeal, milk, flour, butter, eggs and sugar, and add baking powder just before baking.

MUFFINS

Mrs. M. O. Fox.

2 eggs	$1\frac{1}{2}$ teaspoons baking powder
$1\frac{1}{2}$ cups sweet milk	1 tablespoon butter or lard
salt	flour

Beat eggs and milk with sufficient flour to make a moderately stiff batter. Add baking powder, melted butter or lard, and salt. Bake quickly.

MUFFINS

Mrs. G. E. Seybolt.

1 egg	1 cup milk
1 tablespoon butter	3 cups flour
1 tablespoon sugar	3 teaspoons baking powder
1 teaspoon salt	

To the beaten egg add butter, sugar and salt, all beaten until light. Then add milk, flour, and baking powder. One-half graham and one-half rye meal may be used instead of wheat flour, or two cups corn meal and one of flour. Drop on well greased patty pans and bake twenty minutes in a quick oven.

ROLLED OAT MUFFINS

2/3 cups rolled oats	3 tablespoons sugar
1 cup scalded milk	3/4 teaspoon salt
1 1/2 cups flour	4 teaspoons baking powder
3 tablespoons shortening	1 egg

Turn scalded milk on oats, let stand five minutes; add sugar, salt and melted shortening; sift in flour and baking powder, mix thoroughly and add egg well beaten.

GOLDEN CREAM TOAST

1 pint milk	2 tablespoons flour
1 tablespoon butter	3 hard boiled eggs
	salt, pepper and mace

Cut slices of stale bread diamond shaped and toast to a pale brown. Make a rich white sauce of milk, butter, flour, salt to taste. Cook until smooth and add the grated yolks of hard boiled eggs and pour over the toasted bread. Add pepper and mace if the flavor is desired.

BISCUITS

Mrs. M. O. Fox.

1 quart flour	3 teaspoons baking powder
1 tablespoon butter	1 teaspoon salt
cream	

Take flour, baking powder, salt and butter. Mix up soft dough with one part cream to two of water. Roll out to the desired thickness, kneading as little as possible.

BRAN BISCUIT

Mrs. G. W. Wright.

1 quart wheat bran	2 teaspoons soda
1 pint flour	1 tablespoon lard
3 cups sour milk	6 tablespoons molasses
	salt to taste

Mix dry ingredients; add molasses mixed with sode dissolved in little water, lard and milk. Stir well and bake in gem tins.

MASHED CAMOTE BISCUIT

2 cups sifted flour	4 teaspoons baking powder
1 teaspoon salt	3 tablespoons shortening
1 cup mashed camote	liquid to make a soft dough

Sift all dry ingredients. Cut or rub fat into dry ingredients. Rub the camote into this mixture. Add just enough milk or water to make the mass cling together. Do not knead. Place on floured board, roll to about two centimeters thickness; cut with round biscuit cutter, place on a lightly floured biscuit tin and bake fifteen to twenty minutes in a moderately hot oven.

FRITTERS

	<i>Mrs. G. A. Miller.</i>
2 eggs	4 apples or bananas
1 cup milk	1 tablespoon sugar
1 teaspoon baking powder	
1½ cups flour	

Beat eggs, add milk, flour, baking powder. Chop either apples or bananas, add to the batter. The sugar may be added if desired. Fry in smoking hot lard.

JAPANESE FRITTERS

	<i>Mrs. C. H. Smith.</i>
2 eggs	stale bread or cake
1 cup milk	powdered sugar or jelly

Beat eggs; add milk. Cut stale bread into fingers about one inch square and three inches long, free from crust. Put these slices into the milk and egg, and let soak until they have absorbed the milk. Drain carefully; roll in bread crumbs. Place in wire basket and fry in hot fat. Serve with powdered sugar or with sauce or jelly. Stale cake can be used in the same way.

BREAD PANCAKES

4 slices bread	½ pint of milk
1 egg	salt and pepper

Break stale bread into small pieces; pour over a little boiling water. When soft beat in egg; add milk, a pinch of salt and a little sugar. Add prepared flour enough to make a batter.

RYE PANCAKES

Mrs. E. J. Pace.

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| 1 cup rye | 2 level teaspoons soda |
| $\frac{1}{2}$ cup wheat flour | $\frac{1}{2}$ teaspoon salt |

Sift together dry ingredients and add enough buttermilk to make batter.

Or use $1\frac{1}{2}$ cups wheat flour,

Or use $\frac{3}{4}$ cups rye flour, $\frac{3}{4}$ cups wheat flour,

Or use $\frac{1}{2}$ cup cornmeal, 1 cup wheat flour.

WAFFLES

Mrs. Hartford Beaumont.

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|-------------------------|-----------------------------|
| 2 eggs | 1 cup flour |
| $\frac{3}{4}$ cup water | $\frac{1}{2}$ teaspoon salt |
| 1 tablespoon sugar | 1 teaspoon baking powder |
- Enough to make two round waffles.

WAFFLES

Mrs. C. H. Smith.

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|-----------------------------|---|
| 2 cups milk | $\frac{1}{2}$ cup butter and lard mixed |
| 3 eggs | 2 teaspoons baking powder |
| $\frac{1}{2}$ teaspoon salt | flour |

Take milk, eggs (whites and yolks beaten separately), melted butter and lard mixed, baking powder, flour enough to make a batter as stiff as pancake batter. Add baking powder and the whites of eggs the last thing before cooking.

ADDITIONAL RECIPES

SANDWICHES

CHEESE SANDWICHES

Mrs. G. E. Seybolt.

1 hard boiled egg	1/2 teaspoon mustard
1/4 pound grated cheese	1 teaspoon melted butter
1/2 teaspoon salt	1 tablespoon vinegar <i>or</i>
1/2 teaspoon pepper	cold water

Crumble the yolk of the egg, put in the butter and work smooth; add other ingredients, mixing all well. Spread between biscuits or oat cakes. If too highly seasoned, season to taste. Extremely nice and easily made.

DATE SANDWICHES

In preparing dates for tea sandwiches, clean them and cover with cold water for three minutes; then drain and lay on a plate, and put in hot oven for five minutes; remove stones, cut in slices and place between thin buttered slices of bread.

EGG SANDWICHES

Mrs. G. E. Seybolt.

eggs	salt and pepper	nutmeg
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Hard-boiled eggs, cut moderately thin, and placed between some bread and butter cut as thin as possible, and seasoned with salt, pepper and nutmeg. Preferable to hard-boiled eggs on picnic parties.

FUDGE SANDWICHES

Mrs. G. W. Wright.

1 cup sugar	1/2 tablespoon butter
1/2 cup milk	1 square chocolate

Make fudge as usual, beat until *almost* stiff, and before it hardens spread on thin buttered bread for sandwiches.

GREEN PEPPER SANDWICH

2 green peppers
1/2 cup grated cheese
mayonnaise

Scald peppers and put on ice to chill. When chilled, cut up fine and mix with grated cheese and mayonnaise.

HAM SANDWICHES*Mrs. G. E. Seybolt.*

chopped ham	pinch red or white pepper
½ cup butter	pinch of salt
1 tablespoon mixed mustard	yolk of one egg
1 tablespoon salad oil	

Rub the butter to a cream, add other ingredients and mix thoroughly; then stir in as much chopped ham as will make it consistent, and spread between thin slices of bread.

Omit salad oil and substitute melted butter if preferred.

HAM SANDWICHES**(A Provincial Invention)**

1 can deviled ham	butter the size of an egg
6 pickled cucumbers	½ teaspoon dry mustard
	little onion if desired

Mince the pickles and onions and mix all together thoroughly. Spread thinly on thin slices of bread.

MUSHROOM SANDWICHES*Mrs. G. E. Seybolt.*

tongue	French mustard	mushrooms
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Mince beef tongue and mushrooms together, add French mustard and spread between bread.

NUT SANDWICHES*Mrs. G. E. Seybolt.*

peanuts	jelly
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Apricot jelly or any tart jelly mixed with chopped peanuts makes a nice sandwich.

NUT AND CHEESE SANDWICHES*Mrs. G. W. Wright.*

grated cheese	salt
English walnuts	cayenne pepper

Mix equal parts of grated cheese and chopped English walnut meats, season with salt and cayenne and spread on thin slices of bread. Especially good with brown bread.

SARDINE SANDWICHES

Mrs. G. E. Seybolt.

2 cans sardines

salt and pepper to taste

tiny pieces of lettuce

or few drops lemon juice

Take sardines and throw into hot water, having first drained off the oil. A few minutes will free the sardines from grease. Dry in a cloth; scrape off the skin and reduce to a paste, add salt, pepper and tiny pieces of lettuce, which adds to the flavor. Spread between thin slices of bread.

Or chop sardines fine and squeeze over them a few drops of lemon juice. Spread on bread or cold biscuit.

ADDITIONAL RECIPES

CAKE

All ingredients should be properly prepared before commencing to mix any of them.

Eggs beat up much lighter and sooner by being placed in a cold place some time before using. Flour should always be sifted before using, and cream of tartar or baking powder should be thoroughly mixed with the flour; butter should be placed where it will become moderately soft, but not melted.

Eggs should be well-beaten, whites and yolks separately. Always stir the sugar and butter to a cream, then add the beaten yolks, the milk, the beaten whites, and lastly the flour. If fruit is used, dredge with sifted flour, and stir in gradually and thoroughly. Never stir cake after the butter and sugar is creamed, but beat it down from the bottom up, and over; this laps air into the cake batter and produces little air cells which cause the dough to puff and swell when in contact with the heat. To ascertain when cake is done, run a broom straw into the middle of it; if it comes out clean and smooth, the cake will do to take out.

FROSTINGS—ICINGS—FILLINGS

Allow, for the white of one egg, one small teacupful of powdered sugar. Break the eggs and throw a small handful of the sugar on them as soon as you commence beating; keep adding it at intervals until it is all used up. The eggs must *not* be beaten until the sugar has been added this way, which gives a smooth tender frosting, and one that will dry much sooner than if made the old way. Add flavoring.

BOILED ICING

To white of one egg allow one small teacupful of sugar, and just water enough to moisten well. Boil your sugar and water until the syrup spins a thread, then beat slowly into well beaten whites of eggs, beating steadily until all is thoroughly mixed and light. Add flavoring. For chocolate stir your ground unsweetened chocolate into the boiled icing.

BOILED FROSTING

- 1 pint granulated sugar
- 3 tablespoons water
- 2 eggs (whites only)

Boil sugar and water until it spins threadlike when slowly dropped from tip of spoon. Have the whites of eggs beaten stiff and pour hot syrup over, beating hard all the time. Flavor with any preferred extract.

ALMOND FROSTING

3 eggs
1 pound almonds

3 cups sugar

Blanch almonds, pound them in a mortar with a little sugar, till a fine paste.

Beat eggs and fine white sugar to stiff icing, then add almond paste, mixing thoroughly. Cover cake with thick coating of this and afterward with plain icing.

MAPLE FROSTING

$\frac{1}{4}$ cup maple syrup
2 tablespoons Karo corn syrup
2 egg whites

Boil maple syrup and Karo corn syrup to 240 degrees F., or to the soft ball stage. Pour in a fine stream on the whites of eggs, beating constantly meanwhile; beat occasionally until cold. If the frosting does not hold its shape, set the bowl in a double boiler (over boiling water) and keep moving it from the bottom until it thickens perceptibly. Leave it rough on cake.

TUTTI FRUITI ICING

1 ounce chopped citron
1 ounce seedless raisins
1 ounce blanched almonds

1 ounce candied cherries
1 ounce candied pineapple

Mix with boiled icing.

BANANA FILLING

Cut fine the desired amount of bananas, mix thoroughly with sufficient sugar to make paste that will spread well, and place between the layers. Cover the cake with boiled icing, and if to be served soon, lay long pieces of banana on top.

CARAMEL FILLING

1 cup brown sugar
 $\frac{1}{2}$ cup cream
1 tablespoon butter

Boil until it starts to string from spoon.

CHOCOLATE FILLING

Mrs. Gibson.

1 cup sugar	3/4 cup milk
1 tablespoon butter	2/5 cake chocolate
pinch of salt	

Boil together until it thickens, stirring constantly.

CREAM FILLING

1/4 cup hot water	1 egg white
1 cup powdered sugar	1/2 cup chopped walnuts
1 tablespoon grated cocoanut	1/2 cup raisins

Put water on sugar, let them simmer. Beat white of egg and mix with syrup. When cold add nuts, raisins and cocoanut. Place between layers.

FIG FILLING FOR CAKE

1 cup chopped figs	1 cup sugar
1/2 cup water	

Place in double boiler and boil until thick.

Dates may be used in same way.

FRUIT FILLING

4 tablespoons citron	4 tablespoons raisins
1/2 cup almonds	1/4 pound figs
3 eggs	1/2 cup sugar

Beat the whites of eggs to stiff froth, add sugar. Then thoroughly mix into this the whole of the chopped ingredients. Put between layers of cake while it is hot.

FRUIT AND NUT FILLING

1 cup seeded raisins	1 cup chopped nuts
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Make a boiled icing and add the chopped raisins and nuts. Save out a few nuts to sprinkle over top of cake.

ORANGE FILLING

3 cups powdered sugar	1 orange
2 egg whites	1/2 lemon

Mix sugar with beaten whites of eggs, the juice and grated rind of orange and juice of lemon, flavoring with orange extract. Spread between layers. Ice top with boiled icing and decorate with sections of mandarin oranges.

PLAIN CAKE*Mrs. C. Sullivan.*

3 cups flour	½ cup butter
2 cups sugar	1 cup milk
3 eggs	3 teaspoons baking powder

Cream butter and eggs. Add the well beaten yolks and milk. Sift flour three times, sifting baking powder the last time, and add. Lastly, fold in the well beaten whites.

PLAIN CAKE

3 eggs	½ cup cream
1 cup sugar	½ cup water
3 teaspoons baking powder	1 teaspoon vanilla
1 tablespoon butter	3 cups sifted flour

Cream butter and sugar. Beat eggs separately. Add the yolks, then milk and flour, baking powder sifted in flour, and whites of eggs. Bake in one pan.

BLACK ANGEL CAKE*Mrs. C. H. Smith.*

I.

1 cup brown sugar	2 cups flour
½ cup butter	3 eggs
½ cup milk	2 scant teaspoons soda

II.

½ cup milk	1 cup grated chocolate
½ cup sugar	1 teaspoon vanilla

While this is warm, stir in first mixture.

APPLE SAUCE CAKE*Mrs. C. A. Gunn.*

1 cup brown sugar	1 teaspoon soda
½ cup butter	½ teaspoon cinnamon
or other shortening	½ teaspoon nutmeg
1 cup cold apple sauce	2 cups flour
1 cup chopped raisins	

BROWN STONE FRONT*Mrs. G. E. Seybolt.*

Part I.

1 egg yolk	1 cup sugar
$\frac{3}{4}$ cup milk	1 teaspoon vanilla
4 squares chocolate (unsweetened)	

Grate chocolate, mix with milk and yolk of one egg and sugar, boil until thick. When cool add vanilla.

Part II.

1 cup sugar	3 eggs
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
2 cups flour	1 teaspoon soda

Cream butter and sugar, add the egg yolks well beaten, and milk. Then add flour and soda. Mix in Part I, and, lastly, fold in well beaten white.

Bake in layers and put together with boiled icing.

BURNT LEATHER CAKE*Mrs. O. M. Shuman.*

$1\frac{1}{2}$ cup sugar	3 eggs
$\frac{1}{2}$ cup butter	1 cup water
$2\frac{1}{2}$ cups flour	2 teaspoons baking powder
1 teaspoon vanilla	

Burn syrup. One-half cup sugar stirred in a pan until it burns. Add one half cup boiling water and boil until thick syrup.

Cream butter and sugar, add the yolks of eggs well beaten, water and two cups of flour, sifted three times. Beat for five minutes, then add three teaspoons of burnt syrup, baking powder stirred into one half cup of flower, whites of eggs well beaten.

ICING

1 cup sugar	white 1 egg
$\frac{1}{4}$ cup water	

Boil sugar and water until it balls in water; pour over the stiffly beaten white of egg, and color with burnt syrup.

COCOANUT CAKE

5 eggs	$\frac{1}{2}$ cup boiling water
3 cups sugar	2 cups flour
1 teaspoon baking powder	1 orange
1 cup grated cocoanut	

Beat together until thick and light colored, the yolks of five eggs, whites of three, and two cups of sugar. Add the grated rind and juice of orange; then, in succession, boiling water and stiffly beaten whites of three eggs, flour mixed with baking powder, and cocoanut. Make a boiled icing of two whites of eggs, a heaping cup sugar, half cup water and juice of one orange.

Bake in sheet about an inch thick, in moderate oven. When cool, spread with jelly and cover with icing.

COFFEE CAKE

Mrs. C. A. Gunn.

butter, melted, size of an egg	2 cups flour (before sifting)
$\frac{3}{4}$ cup sugar	3 teaspoons baking powder
2 eggs	1 teaspoon salt
1 cup milk	

Sprinkle with sugar and cinnamon and bake twenty minutes.

COFFEE CAKE

Mrs. Peterson.

1 cup brown sugar	$\frac{1}{2}$ cup butter
1 cup molasses	4 cups flour
1 cup strong cold coffee	1 teaspoon soda
2 pounds raisins	$\frac{1}{4}$ pound citron
1 tablespoon cinnamon	1 teaspoon cloves
1 cup walnuts	2 eggs

Cream butter and sugar. Add coffee and molasses, then eggs well beaten. Next fruit, spices and nuts, and flour. Bake in one pan.

EGGLESS LOAF CAKE

3 cups flour	2 cups sugar
1 tablespoon baking powder	$\frac{1}{2}$ cup butter
2 cups milk	lemon or vanilla extract

Cream sugar and butter. Sift together four times flour and baking powder. Mix all together with milk. Flavor.

When cold, ice with Eggless Icing—1 cup sugar, five tablespoons milk. Stir until it boils, then boil five minutes without stirring, and beat until smooth and creamy.

FEATHER CAKE

½ cup butter	1 cup milk
2 cups sugar	3 cups flour
2 teaspoons baking powder	3 eggs

Cream butter and sugar. Add milk and yolks of eggs well beaten. Sift flour three times, add baking powder last sifting. Add flour and lastly, the well beaten whites.

Bake in three layers, put together with any good frosting or jelly.

ICE CREAM CAKE

	<i>Mrs. F. F. Van Buskirk.</i>
<i>Filling</i>	<i>Cake</i>
1 cup powdered sugar	1 cup powdered sugar
yolk 1 egg	½ cup butter
1 teaspoon vanilla	whites 3 eggs
	1 cup prepared flour
	1 teaspoon lemon juice

Mix ingredients for filling well and place on ice.

For cake cream butter and sugar, add flour and well beaten whites and lemon juice. Bake twenty minutes in two layers.

MAPLE SYRUP CAKE

	<i>Mrs. P. P. Herrick.</i>
½ cup shortening	2 teaspoons baking powder
1 cup sugar	¾ teaspoon soda
1 cup maple syrup	½ cup hot water
2 eggs	½ cup ginger
2½ cups flour	½ cup hot water

Beat shortening to a cream; beat in one half cup of sugar, eggs, well beaten; then add alternately, flour, baking powder, soda and ginger sifted together, and hot water.

Bake in a pan about thirty-five minutes. Use a pan about ten and one half by seven inches. When cold, invert and cover the surface with maple icing and decorate with halves of nut meats.

MARSHMALLOW CAKE

Bake angel cake in two layers. Make boiled icing of one large cup sugar to whites of two small eggs. Cut marshmallows in halves and put on coating of icing, then more icing. Flavor with two-thirds vanilla and one-third almond.

WHITE MOUNTAIN CAKE

2 cups sugar	2½ cups flour
½ cup butter	2 tablespoons baking powder
1 cup milk	4 eggs

Cream sugar and butter. Add milk, flour and baking powder. Have whites of eggs well beaten and fold in batter.

Bake in layers or loaf. A little more flour is used for loaf.

For nut cake add one and a half cup chopped nuts to loaf cake batter and bake slow in oven.

GINGERBREAD

Mrs. O. M. Shuman.

2 cups molasses	3½ cups flour
1 cup butter	1 cup boiling water
3 eggs	2 teaspoons ginger
1 teaspoon cinnamon	1 teaspoon cloves
3 teaspoons soda (heaping)	

Cream butter, add well beaten eggs, molasses and spices—dissolve soda in water and add—stir in flour.

Bake in one pan.

MOLASSES CAKE

Mrs. Barre.

1 egg	½ cup molasses
½ cup sugar	1 teaspoon soda
½ cup butter	1 tablespoon cinnamon
½ cup cold tea	1 cup flour
	pinch salt

Bake in shallow pan.

MOLASSES CAKE

Mrs. C. Sullivan.

1 cup butter	½ cup molasses
1 cup sugar	1 cup milk
1 egg	3 cups flour
2½ teaspoons baking powder	

Cream sugar and butter; add beaten egg, molasses and milk; stir in flour sifted with baking powder. Bake twenty minutes.

Baked in layers and filled with boiled icing is very delicious.

WAR CAKE

2 cups brown sugar	1 heaping teaspoon soda
2 cups water	1 heaping teaspoon salt
2 tablespoons cocoanut oil	1 level teaspoon cloves
or any melted shortening	1 level teaspoon cinnamon
2 cups raisins	1 level teaspoon nutmeg
3 cups flour	

Boil sugar, water, shortening and raisins together for five minutes. When cool add flour, salt, soda and spices, sifted together. Bake in sheet in moderate oven.

FRUIT CAKE*Mrs. O. M. Shuman*

12 eggs	1 pint sherry
4 pounds raisins (whole)	1 bottle vanilla
4 pounds currants	1 tablespoon mace
1 pound citron	1 tablespoon cinnamon
1 pound sugar	1 tablespoon cloves
1 pound butter	3 nutmegs
1 pint molasses	1 pound flour
1 pint brandy	

Cream butter and sugar, add spices and yolks of eggs, well beaten, and molasses. Stir in flour and whites of eggs, well beaten, alternately.

Just before adding fruit and brandy, take out enough batter to cover top of cakes. Use extra flour to flour fruit thoroly, before adding to batter.

Add brandy and sherry and bake in two pans for three hours, in moderate oven.

FRUIT AND NUT CAKE

½ cup butter	1 cup milk
1 cup sugar	1 cup raisins (seeded)
1 cup nuts	1 cup currants
½ cup citron	2 teaspoons baking powder
3 eggs	flour

Cream butter and sugar. Add well beaten eggs and milk. Chop nuts and citron; flour fruit before adding to mixture. Flour enough to make thick batter. Bake in slow oven.

AUNT LIZZIE'S SPICE CAKE

Mrs. C. V. Powers.

1 cup sugar (half brown)	1 teaspoon allspice
½ cup butter	½ teaspoon nutmeg
½ cup molasses (black, full cup)	¼ cup strong coffee (if wished)
1 teaspoon cinnamon	3 eggs (leave out 1 white)
1 teaspoon cloves	¾ cup sweet milk
1 cup raisins	3 rounding teaspoons baking powder
	¼ teaspoon soda
	2½ cups flour

OLD FASHIONED POTATO DOUGHNUTS

Mrs. P. P. Herrick.

1 tablespoon butter	4 eggs
2 cups sugar	5 cups flour
½ cup milk	5 teaspoons baking powder

Cook potatoes, mash dry and add other ingredients. Sift baking powder with the flour. Use cinnamon or nutmeg to flavor. Roll, fry in lard, and sprinkle with sugar.

"EAT PLENTY".

DOUGHNUTS

1 cup sugar	3 1/3 cups flour
3 eggs	3 teaspoons baking powder
1 cup milk	¼ teaspoon cinnamon
1½ teaspoon salt	½ teaspoon nutmeg
2 tablespoons shortening	

Beat the eggs until light. Add sugar and shortening (creamed) and milk. Sift the flour, add baking powder, spices and salt, and sift again. Add this gradually to mixture, stirring constantly. If necessary add more flour, enough to roll, but remember too much flour makes doughnuts tough. Knead one half mixture, and pat to one fourth inch thickness; cut out doughnuts with floured cutter.

Test fat, when hot enough, put in two or three gently. When brown turn with a fork, once only. When done, pick one up with a fork (without piercing doughnut) and immerse quickly in pan of hot water, and drain. Reheat fat and test before using again. If fat is too hot, the doughnuts will sear over and not rise. Just before serving, roll in powdered sugar.

If desired, add teaspoon grated ginger to dough and small piece of ginger root to hot fat. The doughnuts will be less greasy, less fat will be needed and the taste of ginger be scarcely perceptible.

ENGLISH DROP CAKES

Mrs. C. A. Gunn.

1 cup sugar	2 cups flour (before sifting)
½ cup butter	2 teaspoons baking powder
2 eggs	flavoring

Drop from teaspoon into pans. A walnut on top of each drop cake is a pleasing addition.

EGG KISSES

Mrs. W. A. R. Tenny.

8 eggs, whites	1 pound granulated sugar
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Beat egg whites very light, add sugar; mix quickly, and bake from thirty to forty minutes in very moderate oven. Before mixing the kisses, place paper (not buttered) on a pan turned upside down. Drop the mixture in spoonfuls, placed well apart. When baked, slip paper off pan on to table, slip knife under kisses and take at once off paper. These are fine filled with whipped cream, prepared as for Charlotte Russe.

TEA CAKES

Mrs. C. H. Smith.

1 cup sugar	½ cup milk
1 cup flour	4 tablespoons melted butter
1 teaspoon baking powder	3 eggs
vanilla	

ADDITIONAL RECIPES

COOKIES

PLAIN COOKIES

1 cup butter
2 cups sugar
3 eggs

1 orange
2 teaspoons baking powder
flour enough to roll

Cream butter and sugar; add eggs well beaten, juice of orange, baking powder and enough flour to roll out nicely. Bake in moderate oven.

CHOCOLATE COOKIES

Mrs. C. W. Edmunds.

1 cup light brown sugar
 $\frac{1}{2}$ cup shortening
1 egg
 $\frac{1}{2}$ cup milk
1 heaping teaspoon baking powder

$1\frac{1}{2}$ cups flour
2 squares chocolate
 $\frac{1}{2}$ cup walnuts
vanilla

Beat the egg; add the sugar and melted or soft shortening; cream thoroughly; add the milk; sift flour and baking powder, add slowly; stir in the melted chocolate, walnuts and vanilla. Drop for small cookies.

FROSTING

2 cups sugar
1 cup milk

1 tablespoon butter
2 squares chocolate

Make like fudge, being careful not to cook too much.

CHOCOLATE MACAROONS

Mrs. C. H. Smith.

butter size of an egg
2 ounces Baker's chocolate
1 cup sugar

2 eggs
1 teaspoon vanilla
1 cup flour
1 teaspoon baking powder

Melt butter, stir in grated chocolate until smooth. Add sugar, eggs not beaten, vanilla, flour, baking powder. Flour board and fingers; form dough into little balls and bake in greased pans, leaving room to spread; bake slowly.

COCOANUT DROP COOKIES

$1\frac{1}{2}$ cups flour
1 rounded teaspoon baking powder
1 egg

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup grated cocoanut (dry)
grated lemon rind
 $\frac{1}{2}$ cup sweet cream

Sift together flour and baking powder. Beat egg and sugar until light; add grated cocoanut and a little lemon rind, then alternately flour and cream. Drop in little pats on buttered pans, dusted with flour, allowing room to spread. Sprinkle a little grated cocoanut over each cake and bake in a moderate oven.

COCOANUT MACAROONS

3 eggs	3 cups shredded cocoanut (dry)
1 cup granulated sugar	2 teaspoons vanilla

To the unbeaten whites of the three eggs add sugar and beat until thick and light; add cocoanut and vanilla. Drop from end of oven until firm. Cheap and delicious.

EGGLESS FIG COOKIES

Mrs. C. W. Edmunds.

1 cup sugar	6 level teaspoons baking powder
½ cup shortening	1 teaspoon nutmeg
1 cup figs	1 teaspoon salt
½ cup milk	2 cups flour

Cream the sugar, shortening and the figs, which have been put through a food chopper; add the milk slowly, then the nutmeg and the salt; sift together baking powder and flour and add. Roll a quarter of an inch thick. Bake in a hot oven from twelve to fifteen minutes.

FRUIT COOKIES

Mrs. Peterson.

3 eggs	1 teaspoon cloves
1½ cups sugar	1 teaspoon allspice
1 cup butter	1 teaspoon cinnamon
1 large cup raisins	flour enough to roll
(stoned and chopped)	

Mix ingredients in order named. Bake in moderate oven.

ENGLISH GINGER SNAPS

Mrs. Agatha Cook.

1 cup butter	1 teaspoon hot water
or ½ butter, ½ lard	3 level teaspoons ginger
1½ cups granulated sugar	¼ teaspoon cinnamon
1½ cups molasses	flour to roll
½ teaspoon soda	

Cream the butter; beat in the sugar, then the molasses. Stir in a little flour, then add the soda dissolved in the hot water with the rest of the flour, being careful to keep the dough from getting too stiff. Make of a consistency to allow you to shape it with floured hands into small balls the size of a walnut. Place on greased baking sheet about two inches apart to allow for spreading. Flatten out slightly and bake in moderate oven.

RHODE ISLAND GINGER SNAPS

Mrs. S. E. Kennedy.

1 cup molasses	1 teaspoon ginger
2 teaspoons butter	1 teaspoon saleratus
1 tablespoon hot water	flour

Boil the molasses, add butter, ginger and saleratus. Dissolve the saleratus in tablespoon hot water and put into molasses while boiling. Stir in the flour when it is hot, roll thin and bake quickly.

HERMITS

1½ cups sugar	½ teaspoon cinnanon
1 cup butter	1 cup sour milk
3 eggs	1 cup chopped raisins
½ teaspoon cloves	1 cup currants
½ teaspoon nutmeg	1 teaspoon soda
2 cups flour	1 teaspoon salt

Mix soda and flour, add other dry ingredients and sift; add butter, eggs slightly beaten and milk. Mold in enough more flour to roll out.

LEMON COOKIES

Mrs. G. W. Wright.

1 cup butter and lard mixed	½ cup milk
2 cups sugar	3 teaspoons baking powder
2 eggs	2 teaspoon lemon extract
flour (about 2 cups)	

Cream butter and sugar; add eggs well beaten and milk; add flour and baking powder sifted together, and extract. Use flour enough to make stiff, roll thin, cut out and bake.

MARSHMALLOW MARGUERITES

thin unsweetened crackers

1 small box marshmallows

Take any variety of thin, unsweetened cracker, spread lightly with butter and set in a baking pan; on the center of each cracker put a marshmallow with a bit of butter above (the butter may be omitted). Put the pan into a hot oven until the marshmallow is softened and browned a little, then serve at once.

NUT COOKIES

1 tablespoon butter

$\frac{1}{2}$ cup sugar

2 eggs

1 cup flour

1 teaspoon baking powder

pinch of salt

4 tablespoons milk

1 cup ground hickory nuts
vanilla

Cream butter and sugar; add eggs, flour, baking powder, salt, milk and nuts; flavor with vanilla. Drop a teaspoonful on buttered pans about two inches apart; if too thick, add a little more milk.

OATMEAL COOKIES

Quaker Oats Co.

1 cup sugar

2 eggs

2 teaspoons baking powder

1 teaspoon vanilla

$2\frac{1}{2}$ cups uncooked Quaker Oats

1 tablespoon butter

Cream butter and sugar. Add yolks of eggs. Add Quaker Oats, to which baking powder has been added, and add vanilla. Beat whites of eggs stiff and add last. Drop on buttered tins with a teaspoon, but very few on each tin as they spread. Makes about sixty-five cookies.

ORANGE COOKIES

$\frac{1}{2}$ cup butter

1 cup granulated sugar

1 orange

2 cups flour

4 level teaspoons baking powder

1 egg

Cream the butter, add the sugar gradually and grated rind of orange, add without separating yolk and white, one fourth cup of orange juice and flour and baking powder sifted together. A little more flour may be needed to roll into a sheet, cut into squares, set in baking pan, dredge with granulated sugar and bake in a moderate oven.

PEANUT COOKIES*Mrs. C. W. Edmunds.*

2 tablespoons butter	1 teaspoon baking powder
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt
1 egg	$2\frac{1}{2}$ tablespoons milk
$\frac{1}{2}$ cup flour	$\frac{3}{4}$ cup chopped peanuts
	$\frac{1}{2}$ teaspoon lemon juice

Cream the butter, add sugar gradually; add well beaten egg. Mix and sift baking powder, salt and flour; then add milk, peanuts, and lemon juice. Drop on buttered sheets an inch apart. Bake twelve to fifteen minutes in a slow oven.

PEANUT COOKIES

$\frac{1}{2}$ cup butter	2 cups flour
1 cup sugar	2 teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon salt
4 tablespoons milk	$1\frac{1}{2}$ cups ground peanuts

Cream butter; mix well with sugar; add eggs and milk; then flour, baking powder and salt sifted together. Add nuts and flavoring. Bake in little drop cakes.

ROCKS

$1\frac{1}{2}$ cups brown sugar	$2\frac{1}{2}$ cups flour
1 scant cup butter	1 level teaspoon soda
3 eggs	$\frac{1}{4}$ cup hot water
1 cup raisins	1 cup nuts

Mix sugar and butter, add eggs, flour, soda dissolved in hot water, raisins and nuts; flavor; drop off the spoon'on to buttered tins.

SAND TARTS

$\frac{1}{2}$ cup butter	2 teaspoons baking powder
1 cup sugar	white 1 egg
1 egg	blanched almonds or pili nuts
$1\frac{3}{4}$ cups flour	1 tablespoon sugar
	$\frac{1}{4}$ teaspoon cinnamon

Cream the butter, add sugar gradually and egg well beaten; then flour mixed and sifted with baking powder. Chill, toss on floured board and roll one eighth of an inch thick. Shape with a doughnut cutter. Brush over with white of egg and sprinkle with sugar mixed with cinnamon. Split nuts and arrange three halves on each at equal distances. Place on buttered sheet and bake eight minutes in slow oven.

SOUR CREAM COOKIES*Mrs. C. A. Gunn.*

2 cups sugar	1 teaspoon soda
1 cup sour cream	1 cup sour cream

Sour the cream by adding one tablespoon vinegar to each cup of cream. Mix soft; roll thin; sift granulated sugar over and roll gently in. Cut and bake.

SUGAR COOKIES*Mrs. S. J. Kennerly.*

2 cups sugar	1 scant teaspoon baking powder
$\frac{3}{4}$ cup butter	4 eggs
$\frac{1}{2}$ cup sweet milk	flour enough to roll

Beat eggs very light, add sugar, beat again, add butter melted and sweet milk. Have flour and baking powder in bowl, pour the above mixture in the middle and mix in gradually with a spoon. Roll on a well floured cloth until very thin, sprinkle with granulated sugar, pass roller over lightly and cut. Bake in a moderately quick oven.

VANILLA WAFERS*Mrs. G. W. Wright.*

$\frac{1}{3}$ cup butter	2 cups flour
(or part lard)	2 teaspoons baking powder
1 cup sugar	$\frac{1}{2}$ teaspoon salt
1 egg	2 teaspoons vanilla
$\frac{1}{4}$ cup milk	

Cream the butter, add sugar, egg well beaten, milk and vanilla. Mix and sift dry ingredients and add to first mixture. Chill thoroughly, roll as thin as possible on floured board, place near together on buttered sheet and bake in moderate oven.

WHITE COOKIES*Mrs. Peterson.*

5 eggs	$\frac{1}{2}$ teaspoon vanilla
1 cup butter	$\frac{1}{2}$ teaspoon lemon extract
5 cups flour	$2\frac{1}{2}$ cups sugar
2 teaspoons baking powder	

Cream the butter and sugar; beat yolks and whites of eggs separately. All the ingredients must be fresh and of the best. Keep mixture cool until placed in oven.

ADDITIONAL RECIPES

$\frac{1}{2}$ cup butter, 1 cup
1 egg, 1 level teaspoon
2 tablespoons milk, About 30
oatmeal. Beat butter till
soft, add egg well beaten
then beat in sugar, grain
Dissolve soda in table spoon
and add to sugar & mix.

Work in oatmeal to make a
stiff dough. Knead till the
mixture holds together well.
Roll very thin lift carefully
cut in. Bake in oven
till light brown & crisp.
About 8 minutes.

PASTRY

GENERAL DIRECTIONS

Great care is requisite in heating an oven for pastry. If you can hold your hand in the oven while you count twenty, the heat is just right, and should be kept that way while the pastry is in. This heat will bake to a light brown, and will give the pastry a fresh flaky appearance. If the heat abates, the lower crust will become heavy, and the upper crust will fall in. Pie crust can be kept in a tightly covered dish in the ice chest for some days, and thus a fresh pie every day can be made without much trouble.

In baking custard, pumpkin or lemon pies, partly bake the crust first so that it will not absorb the filling.

Stewed fruits should be cold when put in the pie, or the crust will become sodden.

PLAIN PIE CRUST

2- $\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup butter	1 large teaspoon baking powder
$\frac{1}{2}$ cup lard	$\frac{1}{2}$ cup cold water

Rub the shortening into the flour, sifted with baking powder and salt, and mix with water. Mix as little as possible and handle very lightly.

FINE PUFF PASTE

1 quart sifted flour	1 cup butter
2 teaspoons baking powder	1 cup lard
1 teaspoon salt	$\frac{1}{2}$ cup ice water
white 1 egg	

Mix baking powder and salt with sifted flour and then sift again. Have ready butter and lard, hard and cold; rub the lard smoothly into the flour, and add ice water with which the white of an egg has been mixed, and make a very stiff dough. Roll into a thin sheet and spread on it one fourth the butter, dusting it with flour; roll up like a scroll, double the ends over to meet, flatten and roll again. Repeat this until all the butter is used. Put in an earthen dish and set in a cold place for an hour or more before making the pies.

PATTIES

Roll out puff paste thin and cut with a biscuit cutter. Cut center out of two of every three, put the two rings on the third and bake at once. If the cutters are dipped in hot water, it will make the patties rise higher in baking. This recipe may be used for either patties or tarts.

APPLE PIE

1 can apples	cinnamon
2 tablespoons sugar	butter

One can of apples for two pies. Slice into lower crust, sprinkle a tablespoon of sugar over each, a little cinnamon and some slices of butter, a very little juice. Cover with upper crust and bake.

APPLE CUSTARD PIE—No. 1

3 cups milk	2 cups thick stewed apple
4 eggs	nutmeg or cinnamon
1 cup sugar	

Strain thick stewed apples through a colander, add sugar. Beat yolks lightly and mix with apple; flavor with nutmeg or cinnamon. Beat into this the milk, and lastly the well beaten whites. Bake with one crust and let that bake before putting in the filling.

APPLE CUSTARD PIE—No. 2

4 eggs	sugar to taste
1 quart milk	seasoning to taste
apples	

Lay a crust on your pie plates, slice apples thin, and half fill plates; pour over them a custard made from eggs and milk, sweetened and seasoned to taste.

APRICOT MERINGUE PIE

White House Cook Book.

1 can apricots	1 egg
½ cup sugar	1 tablespoon sugar

A canned apricot meringue pie is made by cutting the apricots fine and mixing them with half a cup of sugar and the beaten yolk of an egg; fill the crust and bake. Take from the oven; let stand a few minutes, cover with meringue made from white of egg and one tablespoon of sugar; bake in a slow oven until golden brown. Can be made into a tart by omitting meringue and adding crisscross strips of pastry when the pie is first put into the oven.

BANANA PIE

Mrs. W. J. Scott.

3 eggs	3 tablespoons flour
1 cup sugar	1 pint milk
1 tablespoon butter	vanilla
2 bananas	3 tablespoons sugar

Put milk into vessel to boil. Mix egg yolks, cup of sugar, butter and flour; beat mixture well and add to boiling milk. Cook until real thick. Set off to cool and flavor with vanilla. Make a rich crust and bake. Then slice bananas in the crust and pour custard over them. Beat the egg whites until stiff with three tablespoons sugar. Spread on the pie and brown.

CHOCOLATE PIE—No. 1

Mrs. Charles E. Gordon.

1 pint milk	2 eggs
1 cup sugar	$\frac{1}{4}$ cup chocolate, melted
1 heaping teaspoon cornstarch	

Mix sugar, cornstarch, egg yolks and chocolate and stir into boiling milk. Beat white for meringue. Bake in half set pie crust.

CHOCOLATE PIE—No. 2

1 egg	chocolate
sugar	custard pie

Put some grated chocolate into basin and place on back of stove, let it melt but do *not* add any water. Beat egg with some sugar in it; when melted spread this over custard pie. Lovers of chocolate will like this.

COCOANUT PIE

1 pint milk	meringue
1 grated cocoanut	3 tablespoons sugar
3 eggs yolks	white 3 eggs
1 cup sugar	

Mix cocoanut with well beaten yolks and cup of sugar; stir in the milk, filling the pan even full and bake. Put over top meringue made of whites of eggs and three tablespoons sugar. Brown quickly.

MOCK CREAM PIE

3 eggs	pinch salt
1 pint milk	small piece butter
1 cup sugar	nutmeg
3 tablespoons flour	

Beat sugar, flour and egg yolks together. After the milk has come to a boil add the mixture, salt and butter. After it has cooled, place in baked crust and sprinkle over it a little nutmeg. Place meringue over top and brown in oven.

CUSTARD PIE*White House Cook Book.*

4 eggs	nutmeg or vanilla
4 tablespoons sugar	1 quart milk
pinch salt	

Beat together until very light egg yolks and sugar; flavor with nutmeg or vanilla; then add beaten whites, salt and, lastly, a quart of milk; mix well and pour into tins lined with paste. Bake until firm.

LEMON PIE*Mrs. Peterson.*

1 small cup sugar	1 lemon
2 tablespoons flour	4 eggs
1 small tablespoon butter	pinch of salt
1 cup hot water	4 tablespoons sugar

Mix together sugar, butter, flour, juice and one half grated yellow rind of lemon, egg yolks, salt and hot water; cook until thick. Put in *baked* crust; cover with whites of eggs beaten stiff with four tablespoons sugar. Brown quickly and serve cold.

MANGO PIE—No. 1*Mrs. J. S. Day.*

3 mangoes, rather green	1 teaspoon vinegar
4 tablespoons sugar	1 teaspoon spices
2 tablespoons flour	1 teaspoon butter

Pare and slice fine mangoes, add sugar, flour, vinegar, spices and butter. Bake with two crusts.

MANGO PIE—No. 2

8 green mangoes	spice
1½ cups sugar (or more)	

Peel and boil mangoes until tender; pour off water; slice mango from seed. Mix with plenty of sugar, at least a cup and a half; add spice and fill into crust; cover and bake.

MINCE PIE*Mrs. W. S. Harris.*

1 can Heinz mince meat	¼ box raisins
½ can S & W apples	⅛ pound citron

MINCE PIE A LA MODE

Serve mince pie with vanilla ice cream on top of each piece.

PINEAPPLE PIE

1 cup sugar	5 eggs
½ cup butter	1 pineapple
1 cup cream	

Beat butter and sugar to a cream; add beaten yolks, then grated pineapple and cream, and lastly the beaten whites whipped in lightly. Bake with under crust only.

PRUNE MERINGUE PIE

½ pound prunes	1 tablespoon lemon juice
½ cup sugar	white 2 eggs
	cinnamon

Soak, stew and stone prunes. Sweeten and flavor with lemon juice; add a little cinnamon. Line the pan with good paste, fill with prunes and bake until done. Draw the pie to the mouth of the oven and spread with a meringue made with well beaten white of eggs and one spoon of sugar. Brown.

PUMPKIN PIE—No. 1

	<i>Mrs. Momer Stuntz.</i>
1 egg	½ pint rich milk
½ cup sugar	salt
2 tablespoons stewed pumpkin	cinnamon or nutmeg

Stew pumpkin, cut into small pieces, in half pint of water, and when soft mash fine with potato masher; let the water dry away, watching closely to prevent scorching or burning. For each pie take one well beaten egg, half cup sugar, two tablespoons pumpkin, half pint rich milk, little salt; stir well together, and season with nutmeg or cinnamon; bake with under crust in hot oven. Some steam pumpkin instead of stewing.

PUMPKIN PIE—No. 2

	<i>Mrs. Charles H. Smith.</i>
1 cup pumpkin or squash	2 eggs
½ cup sugar	1 large teaspoon flour
1 tablespoon molasses	pinch salt
2 cups milk	1 teaspoon cinnamon.

Mix well pumpkin or squash with sugar, molasses, beaten eggs, flour, salt, cinnamon and about two cups of milk; place in crust and bake.

RAISIN PIE

1 cup seeded raisins	1 cup water
1 cup sugar	juice $\frac{1}{2}$ lemon
1 tablespoon cornstarch	pinch salt

Boil all together five minutes; put in crust and bake.

VINEGAR PIE

1 egg	1 tablespoon sharp vinegar
1 heaping tablespoon flour	1 teacup cold water
1 teacup sugar	nutmeg

Beat well together egg, flour and sugar; add vinegar and water; flavor with nutmeg and bake with two crusts.

ADDITIONAL RECIPES

PUDDINGS and DESSERTS

COMMON BATTER

For boiled puddings, fritters, etc., 1 tablespoon melted butter
1 cup milk 1 cup flour
 $\frac{1}{2}$ teaspoon salt 1 teaspoon baking powder
2 eggs

Mix in very smooth batter, a little thicker than batter cakes.

ANGEL PUDDING

Mrs. C. H. Smith.

$\frac{1}{4}$ cup butter	2 tablespoons corn starch
$\frac{1}{4}$ cup flour	1 tablespoon butter
1 cup scalded milk	1 cup boiling water
2 eggs	$\frac{1}{2}$ cup jelly or jam
$\frac{1}{4}$ cup bread crumbs	$\frac{1}{4}$ cup sugar

Cream butter and flour, stir into scalded milk. Cook until mixture boils. Beat eggs and sugar lightly and when well mixed add to the first mixture. To this add sifted bread crumbs, and flavor with any desired extract. Bake in well buttered patty pans. This is sufficient for five persons. Bake until the mixture is well set and browned. Place on serving dish, dust with powdered sugar, and serve with royal sauce as follows:— Mix corn starch and butter, add gradually boiling water and jelly, or jam, and a little lemon juice if desired. If you use jam and the seeds are objectionable, strain before serving.

BAKED APPLE DUMPLINGS

Make a rich, short biscuit dough. Take piece of dough, roll out thin as pie crust. Put in each piece of dough four quarters of an apple; sprinkle on a spoonful of sugar, a pinch of cinnamon; turn in the ends of the dough over the apple and lap tight. Lay dumplings on dripping pan, well buttered, the smooth side up. When the pans are filled, put small piece of butter on top of each; sprinkle over a large handful of sugar; turn in cupful of boiling water; then place in moderate oven for three-quarters of an hour. Baste with liquor once while baking. Serve with hard sauce.

APPLE PUDDING

Mrs. Quinan.

<i>Cake Batter</i>	1 teaspoon baking powder
1 cup flour	1 can apples
$\frac{1}{2}$ cup sugar	cinnamon
$\frac{1}{2}$ cup milk	sugar
1 egg	butter
1 tablespoon butter	

Place canned apples with their juice or partly cooked fresh apples in baking pan. Sprinkle with cinnamon, sugar, and dot with butter. Make cake batter; pour over apples and bake half an hour. Serve with any desired sauce.

APPLE PUFF

Mrs. Ben. F. Wright.

1 cup sugar	1 can apples
1 tablespoon butter	cinnamon <i>or</i>
1 cup milk	nutmeg <i>or</i>
2 teaspoons baking powder	sliced lemon
flour for stiff batter	

Canned apples are good for this. Put them over the fire in a pudding dish, and wash, sweeten and flavor to taste. Cinnamon, nutmeg or sliced lemon are good. Let them cook while the oven heats, and while you are getting together sugar, butter, milk, enough flour to make a nice, ordinary cake batter, and lastly the baking powder. Be sure the apples have quite an amount of juice. Spread the batter over the boiling apple sauce. Bake and serve with any kind of pudding sauce.

BACHELOR'S PUDDING

Mrs. Ryan.

1 pound stale bread	1½ cups sugar
½ pound beef suet	1 lemon
2 large apples	4 eggs
2 teaspoons baking powder	

Take grated stale bread, suet chopped fine, apples cut fine, baking powder, sugar, the juice and grated rind of lemon, and well beaten eggs; mix well, adding eggs last. Boil four hours in a well buttered and sugared bowl.

BANANA PUDDING

Mrs. C. Sullivan.

stale cake	thin boiled custard
sliced bananas	

Cut cake in thin slices and line a dish with slices. Cover the cake with bananas sliced very thin. Over this pour a cupful of thin, boiled custard. Make another layer of cake, banana and custard. Set away to cool.

BREAD PUDDING

1 pint bread crumbs	2 lemons
1 quart milk	½ cup cocoanut
butter size of egg	whites 2 eggs
yolks 2 eggs	tart jelly
salt and nutmeg	

Soak bread crumbs until soft, add other ingredients and bake one hour. Serve with tart jelly on top.

The grated rind of lemons and cocoanut added to the above is very delicious. Frost top with meringue of whites of eggs, sprinkle with cocoanut and brown.

COTTAGE PUDDING

1 cup sugar	2 cups flour
2 tablespoons butter	2 teaspoons baking powder
1 egg	lemon or nutmeg
1 cup milk	

Mix ingredients; bake in small dripping pan and serve hot with creamy sauce. Fruit added to the above is very nice.

BOILED FIG PUDDING

Mrs. Ryan.

1 pound figs	½ pound beef suet
1 pound bread crumbs	4 eggs
1 cup sugar	1 lemon

Have figs and suet chopped fine and bread crumbs grated, add eggs, sugar, the juice and rind of lemon; mix well, adding eggs last. Place in a well buttered and sugared bowl and tie in a pudding bag. Boil four hours. Do not permit water to get into bowl.

MOCHA PUDDING

Mrs. G. E. Seybolt.

1 cup coffee	6 eggs
1 pint milk	6 tablespoons sugar
	⅓ teaspoon salt

Put strong, clear coffee with milk in double boiler. Beat yolks of eggs, sugar and salt. Mix well, then add milk. Turn back into boiler and stir ten minutes, till thick like cream. Cool quickly.

ORANGE PUDDING

3 large oranges	¼ teaspoon salt
1½ cups sugar	1 pint boiling milk
2 eggs	1 tablespoon corn starch

Peel the oranges; cut in thin slices, removing the seeds. Put in a pudding dish and sprinkle over one cup of sugar. Beat egg yolks with corn starch and two tablespoons of sugar; add salt and stir into boiling milk. When it thickens remove from the fire and when cold spread over oranges. Beat the whites of the eggs with two heaping tablespoons of sugar and put over pudding. Serve cold.

ORANGE SHORTCAKE

Mrs. Rader.

2 cups flour	3 tablespoons butter or lard
$\frac{1}{4}$ cup sugar	$\frac{1}{3}$ cup plus 1 tablespoon milk
3 teaspoons baking powder	nutmeg
	1 egg

Mix dry ingredients and sift well; work in shortening with fingers, egg well beaten and milk. Bake in layer cake pan; split, spread with butter and cover with oranges which have been cut in small pieces and have stood an hour with plenty of sugar. Serve with orange sauce. The "dalanghita" is the best orange.

RICE SNOWBALLS

Mrs. W. W. Barre.

boiled rice	1 pint of milk
3 eggs	1 teaspoon corn starch
	lemon flavoring

Boil rice and mould in a cup until cold. Make a custard of eggs, milk and cornstarch. Flavor with lemon. When cold pour over rice balls half an hour before using.

STEAM PUDDING

Mrs. George W. Dunlap.

2 cups grated raw potato	1 cup walnuts
1 teaspoon soda	1 tablespoon butter (heaping)
1 cup sugar	1 teaspoon cinnamon
1 cup flour	$\frac{1}{2}$ teaspoon cloves
1 cup raisins	1 nutmeg, grated

Grate potato and add soda; let stand a few minutes. Mix other ingredients and add. Steam three hours and serve with cocoanut sauce.

STEAMED PUFFS*Mrs. C. H. Smith.*

<i>Puffs</i>	<i>Sauce</i>
½ cup sugar	1 cup fruit juice
2 eggs	2 teaspoons corn starch
¼ cup butter	½ cup sugar
¼ cup milk	1 teaspoon butter
1 teaspoon baking powder	
flour	

Take sugar, eggs, butter, milk, baking powder and enough flour to make thick batter. Grease as many cups as you desire puffs. Fill each one about one quarter full; add any desired fruit; put in another spoonful batter; steam forty-five minutes. Serve hot with any good pudding sauce, or a sauce made from fruit juice as follows:—fruit juice, corn starch, sugar and butter.

STRAWBERRY SHORTCAKE*Miss E. J. Hannan.*

1 box Baguio strawberries	1 tablespoon sugar
1 pint flour	½ tablespoon butter
1 teaspoon salt	cold milk
1 heaping teaspoon baking powder	

Select firm clean berries. Wash in boiled or distilled water. Place in colander and deluge with boiling water quickly, turn out on platter or flat dish, mash, sweeten to taste and put on ice. Add salt, baking powder and sugar to flour, mix thoroughly, rub in butter and wet to a soft dough with cold milk. Roll out like biscuit; spread lightly with butter; fold once; bake; unfold; and spread mashed berries between layers and on top.

SUET PUDDING*Mrs. C. Sullivan.*

1 cup suet, chopped	2 cups graham flour
1 cup molasses	1 cup wheat flour
1 cup milk	1 teaspoon baking powder
1 cup raisins seeded	

Mix ingredients; steam three hours.

GULAMAN OR FRUIT JELLY

Filipino gelatine, called "gulaman", is found in the native markets. It is easily prepared and makes delicious jelly. Wash carefully after breaking into small pieces. To one cup gulaman take three cups water. Boil ten minutes, strain through cloth and add sugar and fruit juice. By adding the juice of tomatoes and a little salt, a jelly which is nice for salads or for garnishings may be made, as it cuts easily into any shape desired.

It also makes a good custard by adding sugar, milk, eggs and flavoring. Whipped cream may be served with "gulaman" or any sweet sauce desired.

APPLE FLOAT*Mrs. G. A. Miller.*

- | | |
|---------------------|-----------------|
| 4 eggs | 2 grated apples |
| 4 tablespoons sugar | custard |

Beat the whites of eggs until very light. Add powdered sugar and beat until fine and dry. Into this grate two apples, beating carefully until the meringue will hold no more apples. Spread this over a soft custard or whipped cream and serve at once.

APRICOT DELICATE PUDDING*Mrs. C. H. Smith.*

- | <i>Pudding</i> | <i>Sauce</i> |
|---------------------------|---------------------|
| 1 cup apricot juice | 2 cups milk |
| 1 cup water | yolks 4 eggs |
| ½ cup sugar | 3 tablespoons sugar |
| 3 tablespoons corn starch | flavor to taste |
| 4 eggs (whites) | |

One cup of any kind of fruit juice—either apricots, peaches, oranges, cherries, one cup of water,—one cup sugar (more according to fruit); place on stove, and when hot, add corn starch dissolved in cold water. Stir until entirely cooked. Add a pinch of salt. Add stiff froth of whites of eggs; stir up well from the bottom, place on back of stove and turn over and over to make the whites of the eggs a little solid. Put some of this mixture in the mould then a layer of the solid fruit and so on until the mixture is used. Place on ice. Serve with yellow sauce, made of milk, eggs yolks, sugar and flavoring to taste.

BANANA CUSTARD*Mrs. G. E. Seybolt.*

- | | |
|---------------------|-----------------|
| 4 ripe bananas | lemon flavoring |
| 1 pint cold custard | whipped cream |

Wash very ripe bananas; rub through a sieve; add to a pint of cold custard, and flavor with lemon. Serve in glasses with a tablespoon of whipped cream on top of each.

CAKE CUSTARD

- | | |
|----------------|---------------------------|
| 3 cups custard | 2 tablespoons peach jelly |
| 6 sponge cakes | or marmalade |
| | whipped cream |

Make a sweet boiled custard, about three cupfuls. While this is hot stir into it sponge cakes broken up very small, and jelly or marmalade. Beat hard and when cool set on the ice to get very cold. When ready to serve, heap on top of each dish a tablespoon of whipped cream, and in the center of the cream put a very little of the peach jelly.

CARAMEL CUSTARD*Mrs. C. H. Smith.*

4 eggs	1½ cups milk
8 tablespoons sugar	1 teaspoon vanilla

Beat eggs thoroughly; add four tablespoons of sugar, milk, and vanilla. Make custard. Make a caramel of four tablespoons sugar browned. Have ready little tin moulds and put in each one teaspoon of hot caramel; turn quickly in your fingers so as to coat the sides of the mould with caramel as evenly as possible. Then fill the moulds about three-fourths full of the above custard, place them in a pan of hot water, and bake in the oven until the custard is set. Turn out of the moulds while warm, and serve cold.

CHARLOTTE RUSSE*Mrs. Stafford.*

1 ounce gelatine	2 cups orange juice
½ cup cold water	4 eggs
1 cup sugar	lady fingers
½ cup lemon juice	

Soak gelatine in cold water half an hour. Make syrup of sugar, lemon and orange juice. Turn slowly into the beaten egg yolks; beat all the time. Put into double boiler and cook until thick. Add dissolved gelatine, strain and beat until cold. Add whites of eggs beaten to a stiff froth. In place of orange any flavor may be used. Line a mould with lady fingers, pour in the mixture and put on the ice to harden.

MOCK CHARLOTTE*Mrs. G. A. Miller.**Custard*

½ pint boiling water	¾ pint milk
1 cup sugar	yolks 2 eggs
1 teaspoon vanilla	2 teaspoons sugar
3 tablespoons corn starch	vanilla
white 4 eggs	

Take boiling water, sugar and vanilla, thicken with moistened corn starch. Pour this over the beaten whites of four eggs. Set on ice.

For the custard:—Take milk, yolks of eggs, sugar and vanilla. Pour the boiling milk gradually over the eggs, bring to a boil, but remove immediately from the fire to prevent curdling.

COCOANUT CUSTARD

3 eggs	1 tablespoon flour
1 cup sugar	2 cocoanuts

Mix eggs, sugar and flour. To this add one pint of cocoanut milk, obtained by grating, washing and squeezing well the meat of cocoanuts. Bake either in crust or in pudding dish without crust.

COCOANUT-MEAT DULCE*A Filipino Friend.*

3 cocoanuts

4 pounds brown sugar

To the grated meat of cocoanuts add dark sugar and when dissolved cook until it is a thick preserve.

COCOANUT PUDDING*Mrs. W. W. Barre.*

1 cocoanut

1 teaspoon vanilla

 $\frac{1}{2}$ cup cocoanut milk $\frac{1}{2}$ cup sugar

yolks 3 eggs

whites 2 eggs

2 cups sugar

Fresh cocoanut, grated, cocoanut milk mixed with it to make juice. Add beaten egg yolks, sugar and vanilla. Mix and bake ten or fifteen minutes. Boil sugar and a little water until it threads, add to the beaten whites of eggs and spread over pudding. Put in oven and brown. Make in morning for evening dinner.

COCOANUT PUDDING

4 tablespoons minute tapioca

2 tablespoons sugar

1 cup grated cocoanut

1 quart milk

4 tablespoons powdered sugar

4 eggs

Put tapioca in the milk and cook in a double boiler at least ten minutes. Beat the yolks of eggs and sugar together; add them to the milk and half of the cocoanut. Cook five minutes longer; take from the fire, and when cold turn into a shallow glass dish.

Beat the whites of eggs until light; add powdered sugar and beat again; spread this over the top and sprinkle over the remaining cocoanut. Place a few maraschino cherries over the top.

CORN STARCH PUDDING*Mrs. C. H. Smith.*

2 cups milk

whites 4 eggs

3 tablespoons corn starch

vanilla flavor

 $\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup grated cocoanut

Dissolve corn starch into a little of the milk. Stir sugar into the remainder and bring to a boil, add starch; stir constantly a few minutes, then add the stiffly beaten whites of eggs; and cook a little longer. Flavor with vanilla and mould, or add $\frac{1}{2}$ of a cocoanut, grated, before putting into a mould, serve with cream or a yellow sauce.

DATE TAPIOCA

6 tablespoons tapioca	4 cups scalded milk
12 tablespoons sugar	1 cup chopped dates
	pinch salt

Soak tapioca in cold water; mix with sugar, salt, add hot milk; cook fifteen minutes, add yolks of eggs; cook three minutes. Beat whites of eggs stiff, heap on top; place in oven to brown. Serve cold with lemon sauce or whipped cream.

FRUIT GELATINE*Mrs. G. E. Seybolt.*

$\frac{1}{4}$ pound dates	cherries <i>or</i>
$\frac{1}{4}$ pound figs	pineapple <i>or</i>
	bananas <i>or</i>
	orange

GELATINE

1 box gelatine	1 quarter boiling water
$\frac{1}{2}$ pint cold water	2 lemons
1 cup sugar	1 orange

Stone and chop dates, mix with equal amount of chopped figs; add candied cherries, or pineapple, or the pulp of orange, or sliced bananas. The mixture must be sufficient to fill a quart and a pint mould. Cover a box of gelatine with cold water and let it soak for half an hour. Add to it the sugar and boiling water and stir until gelatine is dissolved; add lemon and orange juice. Strain into the mould over the fruit and stand it aside to harden. When cold and quite firm, turn it out upon a glass dish and serve with or without whipped cream. The fruit must be put loosely into the mould or the jelly will not penetrate.

ITALIAN CREAM.*Mrs. Stafford.*

1 pint milk	1 ounce gelatine
3 eggs	flavoring
3 tablespoons sugar	dash of salt

Make custard of milk, egg yolks, sugar and salt. When cooked enough to coat the spoon, add ounce of gelatine, which has soaked half an hour in some of the cold milk. As soon as dissolved, remove from the fire, and when it begins to stiffen fold in carefully the whites of eggs whipped to a froth. Turn into a mould to set.

ITALIAN CUSTARD

6 eggs
sugar

currant jelly
lemon juice

Beat yolks of eggs to a cream, and while beating add sugar and lemon juice to taste. Beat until quite thick. Pour into glass cups. Beat the whites to a stiff froth, whip in enough currant jelly to give it color. Heap the glasses with this and place on ice to chill.

MANGO SAUCE

Pare green mangos and slice from the seed. Boil in plenty of water for a few minutes; pour off the water and boil again, being careful that the fruit is not broken by boiling too long and hard. After the last parboiling add a little water and sugar sufficient to sweeten. If the parboiling is carefully done so that sufficient acid is removed, the result will be like a delicious green apple sauce.

MARSHMALLOW DESSERT

Mrs. Hartford Beaumont.

pineapple
marshmallows

1½ cups whipped cream
maraschino cherries

Mix equal parts of diced pineapple (no juice) and quartered marshmallows, and let stand in ice box twelve hours to swell. When ready to serve add halved maraschino cherries. Mix well and add whipped cream. If the cream is not stiff enough add white of one egg beaten stiff.

MARSHMELLOW PUDDING

Mrs. Quinan.

½ tablespoon gelatine
1 tablespoon cold water
3 eggs
½ cup sugar
½ teaspoon vanilla

Custard
1 cup milk

Soak gelatine in water. Beat the whites of eggs stiff and dry; beat slowly into them one fourth cup of sugar and the gelatine which has been dissolved over boiling water. Add flavoring that is desired and mould in small cups. Stand on ice, and unmould at serving time by dipping the outside of the cup in hot water. Serve with whipped cream, or a spoonful of crushed fruit, or a custard made from the yolk of two eggs, milk and one fourth cup of sugar, cooked in double boiler.

ORANGE JELLY

½ box gelatine	3 cups boiling water
¼ cup cold water	3 oranges
1 cup sugar	whipped cream

Soak gelatine in cold water half an hour; add sugar and boiling water and stir until dissolved. Grate the peel of two oranges and squeeze the juice of three on the peel. Let stand for half an hour, while gelatine is dissolving, and then strain into jelly. Turn into halved orange skins as moulds. Serve in skins with whipped cream on top of each.

PAPAYA "APPLE" SAUCE

Mrs. C. Sullivan.

A delicious "apple" sauce can be made from green papayas. Select large green papayas in the market. Peel and cut in small pieces as with green apples; cook until very soft; remove from stove and put in a very little sugar and the juice of one lemon. Beat until very soft and smooth. Put in the ice box to cool and serve with roast pork or roast goose.

PINEAPPLE AND SAGO PUDDING

From The Philippine Education.

1 tablespoon sago	1 tablespoon sugar
1/3 cup boiling water	½ cup shredded pineapple

Soak sago over night; stir soft sago with boiling water, cook twenty minutes; add sugar, and stir until dissolved. Shred the pineapple with a fork and pour sago over it. Then cover with a meringue and brown slightly in the oven.

STEAMED AND BAKED PRUNES

Mrs. Townsend Wood.

Take a quantity of California prunes, pour scalding water over them, then wash in cold water. Add cold water enough to cover them. Cover closely and cook slowly until tender. If rich syrup is desired uncover and boil briskly. Turn into a baking pan, sprinkle a little sugar over the top and bake a few minutes. Serve with cream.

PRUNE PUDDING

Mrs. F. Seymour.

1 dozen large prunes	whites 5 eggs
1 cup powdered sugar	½ teaspoon cream tarter
	pinch of salt

Take stewed prunes, run through a colander. Beat eggs and whip in powdered sugar, with salt and cream tarter; bake twenty minutes in pan of hot water; serve with whipped cream.

PRUNE SOUFFLÉ*Mrs. G. E. Seybolt.*

½ pound stewed prunes	4 tablespoons powdered sugar
yolks 3 eggs	whites 6 eggs

Remove the stones from prunes, press through a sieve; add to them the yolks of three eggs slightly beaten with powdered sugar. Fold in the beaten whites of six eggs; turn into a baking dish; dust the top with powdered sugar; bake in a quick oven for five or six minutes, then send immediately to the table in the dish in which it was baked. Serve with whipped cream.

SNOW PUDDING*Mrs. Quinan.*

2 tablespoons corn starch	1 lemon
1½ cups boiling water	1½ cups sugar
	whites 2 eggs

Dissolved cornstarch in boiling water, add lemon juice and sugar, and boil in double boiler twenty minutes. When perfectly cold beat in the stiffly beaten whites of eggs and continue to beat ten minutes. Serve with any desire sauce.

TAPIOCA CREAM

1 cup tapioca	4 tablespoons sugar
1 quart water	1 pint canned peaches

Soak tapioca in cold water two hours; add sugar. Put peaches in a two quart pudding dish pour the tapioca over, cover securely and bake forty minutes.

TAPIOCA CUSTARD*Mrs. C. R. Johnson.*

½ cup tapioca	2 eggs
½ can sweet condensed milk	1 teaspoon vanilla
2½ cups cold water	

Boil tapioca twenty minutes with two cups of water. Beat the eggs with the milk which has been dissolved in half cup of water, and add to the boiling tapioca. Cook together a few minutes until thick and smooth. Add flavoring when done.

SAUCE

yolks 3 eggs	vanilla
1 pint of milk	pinch of salt
sugar	

Beat the eggs and add milk sweetened to taste, and cook in a dish of hot water; when nearly cold add vanilla and a pinch of salt. Set on ice to cool.

CARAMEL SAUCE*Mrs. C. H. Smith.*

1 cup sugar
1 cup boiling water

butter size of egg
1 tablespoon flour
pinch of salt

Brown sugar (being careful not to burn), add boiling water, butter, salt and flour. Cook carefully, be sure the flour is smooth.

CHOCOLATE SAUCE*Mrs. Gibson.*

1 cup sugar
 $\frac{1}{5}$ cake chocolate

water
chopped nuts

Mix sugar and chocolate with enough water to make a thick syrup. Chopped nuts may be added when cold.

COCOANUT SAUCE*Mrs. George W. Dunlap.*

2 cocoanuts
2 cups hot water

$1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup cream

Grate two cocoanuts, pour over it two cups hot water and let stand one hour; strain through a cloth. To this cocoanut milk add sugar and boil to a thick syrup; add cream, beat well and remove from the stove without boiling.

COCOANUT SYRUP*Mrs. Kate Heath.*

3 cocoanuts 1 pint water 4 pounds brown sugar

Grate cocoanuts and to the grated meat add water. Wash thoroughly and squeeze out. To the liquid obtained add brown sugar—the caramela is good—and boil to the consistency of honey, skimming frequently.

CREAMY SAUCE

1 cup powdered sugar
 $\frac{1}{2}$ cup butter

4 tablespoons fruit juice
2 teaspoons vanilla
 $\frac{1}{2}$ cup cream

Beat sugar and butter to a cream, add fruit juice, vanilla and cream. Place the bowl in hot water and stir until creamy.

LANCA SAUCE

A Filipino Friend.

The seed coverings of the lanca, when boiled till tender and sweetened, make a nice sauce similar to peach sauce.

Spices may also be added.

LATIK

2 cocoanuts

4 lumps native sugar

Extract milk from the meat of two cocoanuts. Place four lumps of native brown sugar in a stew-pan, (use the brown sugar that is molded in the coconut shells), add a little water place over the fire until sugar is melted, strain thru cotton cloth. This process cleans the sugar. Pour the sugar into the coconut milk. Cook this mixture in a deep stew-pan, stirring occasionally, until thick enough to spread when cool.

ORANGE SAUCE

whites 3 eggs

2 oranges

1 cup powdered sugar

1 lemon

Beat whites of eggs until stif; add sugar gradually; then add grated rind of orange (if American oranges) and fruit juices.

ADDITIONAL RECIPES

FROZEN DAINTRIES

The ice should be crushed until fine and mushy. Mix three parts of ice to one part coarse rock salt before putting around can. The melted ice and salt should surround can, and not be drawn off as fast as melted. The contents of the can should be thoroughly chilled before freezing.

Turn the crank continuously and steadily at a medium pace, until you can turn no longer, then remove the beater, scrape off the cream from the slides, pack down closely in the can. Put on the cover and throw a piece of old carpet or burlap over the freezer.

All ice creams are richer and of better body, flavor and texture, if allowed to remain in the ice and salt at least an hour to ripen.

ICE CREAM

Mrs. W. W. Barre.

3 eggs
1 $\frac{1}{4}$ cup sugar

$\frac{3}{4}$ can cream
1 large cup water
Vanilla to taste

A fine foundation for various flavors of ice cream. To unbeaten eggs add sugar, slowly mix in cream, add water and flavor with vanilla to taste. Freeze.

PLAIN ICE CREAM (Foundation)

1 pint milk
1 cup sugar

2 tablespoons flour
1 pint cream

2 eggs

(or it may be made with 3 eggs and no cream, the even half a cup of cream is a great improvement)

Scald the milk; mix the sugar, flour and eggs together and make a soft custard. When cold stir in the cream and freeze.

Vanilla flavor—add 1 tablespoon vanilla, just before freezing.

Chocolate Ice cream—add 4 ounces of melted unsweetened chocolate.

Strawberry Ice cream—add one box berries crushed, or one can of berries crushed.

Peach Ice Cream—Add one small can peaches, mashed.

FROZEN APRICOTS OR PEACHES

Mrs. G. W. Wright.

1 can apricots
1 $\frac{1}{2}$ cups sugar

3 or 4 cups distilled water

Drain apricots and cut in small pieces. To the syrup add enough water to make four cups, and cook with sugar five minutes. Strain, add apricots and freeze.

BANANA ICE CREAM*Mrs. Beardsley.*

2 cans cream	5 large cups water
5 eggs	vanilla
4 cups sugar	bananas
2 tablespoons flour	

Boil flour in water. Beat together eggs and sugar. Mix with cream and when cool add vanilla and bananas cut fine. Freeze.

BISCUIT GLACÉ

1 pint sweet cream	1 cup powdered sugar
yolks 4 eggs	vanilla

Beat cream stiff; beat egg yolks, then cream with sugar and pour into cream. Flavor with vanilla and freeze.

CARAMEL CREAM*Mrs. Kincaid.*

2 cups sugar	4 eggs
1 can cream	1½ cups nuts
vanilla to taste	1 teaspoon cornstarch
2¼ cups water	

Boil one cup of sugar with one fourth cup water until a thick syrup. Brown, but be careful not to burn. To one half can of cream add two parts of water. Place on the fire and when it boils, add heaping teaspoon of cornstarch. When done, add the yolks of four eggs, well beaten, with one cup of sugar. Remove from the fire and add the boiling hot syrup; stirring until all has been dissolved. Flavor with vanilla, and add nuts, finely chopped. When half frozen, add half a can of cream and the whites of the eggs well beaten. A most excellent cream.

CATAWBA PUDDING

½ package gelatine	½ cup boiled rice
1 pint whipped cream	¼ cup chopped figs
1 cup pulverized sugar	¼ cup chopped dates
1 cup grape juice	½ cup cold water

Soak gelatine in half a cup of cold water and melt over hot water. Mix with other ingredients. Freeze.

CHOCOLATE ICE CREAM

3 tablespoons cocoa	1 tablespoon hot water
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Place cocoa in pan to heat (without burning) with one tablespoon of hot water. When the consistency of paste, add to plain ice cream and freeze.

CHOCOLATE SAUCE FOR ICE CREAM*Mrs. Gibson.*

1 cup sugar	chopped nuts
$\frac{1}{5}$ cake chocolate	

Boil together sugar and chocolate with enough water to make a thick syrup. When cold, chopped nuts may be added. Pour over ice cream when serving. Delicious.

HOT CHOCOLATE SAUCE FOR ICE CREAM*Mrs. C. H. Smith.*

2 ounces Baker's chocolate	$\frac{1}{2}$ cup milk
2 cups light brown sugar	butter size of walnut
1 inch length cinnamon bark	vanilla

Melt chocolate over hot water; add sugar, cinnamon, milk and butter; cook until it will form a soft ball when dropped on ice. Remove the cinnamon and add a little vanilla. Serve hot, pouring a little sauce on each dish of vanilla ice cream.

COCOANUT ICE CREAM*Mrs. Sullivan.*

Add grated cocoanut to vanilla ice cream. Very delicious.

FIVE-THREE*Mrs. Sullivan.*

3 lemons	3 cups sugar
3 oranges	3 quarts water
3 bananas	whites 3 eggs

Preserved cherries or pineapple

Mix the juice of lemons and oranges with the fine banana. Put in freezer with water and sugar. Mix thoroughly. When half frozen beat the egg whites to stiff froth and stir into the sherbet. Finish freezing and serve with preserved cherries or pineapple.

GRAPE AMBROSIA

4 cups water	juice 3 lemons
2 cups milk	2 cups sugar
1 cup grape juice	whites 4 eggs
$\frac{1}{2}$ can grated pineapple	

Mix milk with water, sugar and fruit; partly freeze; add the beaten white of eggs and continue to freeze until hard.

LEMON ICE*Mrs. H. C. Stuntz.*

juice 4 lemons
3 cups milk

3 cups sugar
2 eggs

Freeze milk and sugar; add lemon juice and well beaten whites of eggs just before you finish freezing. Very delicious.

LEMON SHERBET—No. 1*Mrs. Trowbridge.*

1 pound sugar
1 quart water

6 lemons (juice of 6, grated
rind of 1)
whites 5 eggs

Add grated rind of one lemon to sugar. Add water and let boil five minutes. When cold add juice of six lemons. When partly frozen add well beaten whites of eggs.

LEMON SHERBET—No. 2*Mrs. Sullivan.*

2 cups sugar
 $\frac{1}{2}$ cup water
whites 2 eggs

4 lemons
2 oranges
2 quarts water

Boil sugar in one half cup of water until the syrup threads; beat the whites of eggs to a stiff froth; stir into this the thick syrup and put in freezer with the juice of lemons and oranges and two quarts of water. Freeze.

LEMON SHERBET—No. 3*Mrs. Seybolt.*

4 lemons
1 pint sugar

whites 4 eggs
1 quart boiling water

Shave off the peel from two lemons in thin wafer like shavings, being careful not to get the white part. Put parings in a bowl, add the boiling water and let stand ten minutes, closely covered. Add the juice and sugar to the water. (More sugar if necessary). Mix well, and when cold, strain into the can and freeze. The addition of beaten whites of two eggs when half frozen adds to the recipe.

FROZEN MANGOES*Mrs. G. W. Wright.*

6 large mangoes
 1½ cups sugar

4 cups distilled water
 2 teaspoons lemon juice

Peel mangoes and cut pulp from seeds; cut in small pieces and mash; make syrup of sugar lemon juice and water, add mangoes and freeze. If desired add well beaten whites of two eggs when almost frozen.

MANGO ICE CREAM*Mrs. G. W. Wright.*

6 large mangoes
 1½ cups sugar

2 cups cream
 2 cups distilled water

Peel mangoes, cut from seeds in small pieces and mash.

Make syrup by boiling sugar and water fifteen minutes, strain, add mashed mangoes, cool and freeze. When partially frozen add beaten cream.

MERINGUE*Mrs. Mercer G. Johnston.*

white 3 eggs

2 tablespoons Highland cream

3 level tablespoons granulated sugar

Beat egg whites until thoroughly stiff but not dry; add gradually the sugar beating the while. Set this on the ice until thoroughly chilled, not less than half an hour.

Just before serving, add cream, as you would oil in mayonnaise dressing. The ingredients *must* be cold. This is a delicious meringue to whip into cold custard or to serve dropped into iced chocolate. This quantity is sufficient for half a gallon of chocolate.

MUSKMELON FRAPPÉ*Mrs. Odlin.*

1 small melon
 sugar to taste

gelatine
 water

Cut small melon in half. Remove the seeds, membrane and as much pulp as may be removed easily, cutting it into small pieces. Put seeds and membrane in sieve to drain and to this add sugar to taste, a little gelatine prepared in the usual way and a little water. Freeze and at serving time fill the melon shells, which should be ice cold, with alternate layers of the pulp and frappe.

NUT ICE CREAM

- 1 cup English walnuts, chopped fine
 1 dozen cherries, chopped fine
 3 tablespoons cherry juice

Mix and add to plain ice cream, omitting vanilla. Freeze. Delicious.

ORANGE SHERBET

Mrs. Sullivan.

- | | |
|-------------------|---------------------------|
| 6 oranges | 1 pint sugar |
| 2 lemons | 2 tablespoons gelatine |
| 1 pint cold water | 1 teaspoon orange extract |

Mix juice with one pint of cold water; add sugar; stir in the gelatine soaked in cold water, and flavor with extract. Freeze.

A DELICIOUS WAY OF SERVING PAPAYA

Mrs. J. F. Craig.

Pare and take out seeds, cut fruit in small dice shaped pieces, and serve very cold with the juice of a lemon or lime and a very little sugar.

PINEAPPLE ICE CREAM—No. 1

Mrs. Seybolt.

- | | |
|------------------------------------|-----------------------------|
| $\frac{1}{2}$ can grated pineapple | 2 tablespoons orange juice. |
| 1 tablespoon lemon juice | Sugar to taste |

Drain off the juice from half a can of grated pineapple, mix with it lemon and orange juice. Mash the pineapple pulp through a strainer, taking only what will go through easily. Mix the sifted pulp with the juice and add sugar to taste. Mix this with partly frozen plain ice cream and finish freezing.

PINEAPPLE ICE CREAM—No. 2

Mrs. Seybolt.

- | | |
|------------------------------------|---------------|
| 1 ripe pineapple | juice 1 lemon |
| $\frac{1}{2}$ cup to pint of fruit | |

Pare a fresh, ripe pineapple, remove the eyes and core, then chop fine and sprinkle with half a cup of sugar to a pint of fruit. Let it stand for half an hour, then press through a strainer. Add lemon juice and more sugar if needed. Mix with half frozen ice cream (plain) and finish freezing.

PINEAPPLE ICE CREAM—No. 3

1 quart of cream
1 large pineapple

Sugar

Pare and grate the pineapple. Place in a deep dish and sprinkle with sugar. Cover and let stand three hours. Then press through a sieve. Stir into the cream and beat well. Freeze.

PINEAPPLE PARFAIT

Rosamond Lampman.

½ box gelatine
1 cup powdered sugar
2 cups cream

2 cups pineapple juice and pulp
whites 4 eggs

Sliced pineapple, whipped cream and maraschino cherries.

Soften gelatine in a little cold water, then dissolve over hot water. Mix sugar and pineapple and add dissolved gelatine; blend thoroughly; then fold in the beaten whites of eggs. Beat until mixture begins to thicken, then add cream beaten stiff. Turn into a mould and pack in ice. When ready to serve, unmold and garnish with slices of pineapple, whipped cream and cherries.

PINEAPPLE SHERBET—No. 1

Mrs. Sullivan.

1 can grated pineapple
or 1 quart fresh fruit
1 pint sugar

1 tablespoon gelatine
1 tablespoon extract lemon
1 pint water

Mix well pineapple, sugar, water, gelatine dissolved in hot water, and lemon extract. Freeze.

PINEAPPLE SHERBET—No. 2

1 pint grated pineapple
juice 1 lemon

cup water
1½ cups sugar
whites 2 eggs

To juice and pulp of pineapple add lemon, water and sugar. Dissolve the sugar in water, add lemon juice, let it boil up and strain clear. When cold, stir in the pineapple and freeze. When partially frozen stir in the well whipped whites of two eggs.

PINEAPPLE SHERBET—No. 3

Mrs. Hartford Beaumont.

1 quart sugar
1 quart hot water
whites 4 eggs

1 quart shredded pineapple
4 lemons

Boil sugar and hot water to syrup. Add pulp and juice of pineapple and juice of lemons. Add water enough to make a gallon freezer two-thirds full. When half frozen add the well beaten whites of eggs. Freeze with plenty of salt and ice.

STUFFED PINEAPPLE

- | | |
|-------------------|-------------------------------|
| 1 large pineapple | 1 dozen Maraschino cherries |
| orange | 4 teaspoons Maraschino liquor |
| bananas | |

Select a fine large pineapple and cut the top off smoothly. Scoop out the inside, taking care not to break the sides; cut the pulp into dice and put with it half as much orange; also cut as much banana as you have orange and cherries each halved; add liquor and mix. Return all to the pineapple shell; set this in a very cold place and leave until well chilled. If possible put stuffed pineapple into a pail and pack in ice and salt for an hour. Place the top, with its tuft of leaves, on the stuffed pineapple when it is sent to the table.

SORBETE FAVORITA

Jacinto Jobes.

- | | |
|----------------------|--------------------------|
| 1 can plums (juice) | 2 tablespoons cornstarch |
| 4 cups boiling water | whites 3 eggs |
| 2 cups sugar | |

Mix juice from can of plums with water, sugar, cornstarch mixed with a little water and freeze; when half frozen add egg whites stiffly beaten.

STRAWBERRY FRAPPÉ

Mrs. G. W. Wright.

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|--|
| 1 can Cross and Blackwell strawberry jam |
| 1 quart boiling water |
| 2 teaspoons lemon juice |
| whites 2 eggs |

Pour boiling water over contents of one can of strawberry jam (any other flavor if preferred). When cool, add lemon juice and freeze. When almost frozen add well beaten whites of two eggs.

TUTTI FRUTTI CREAM

Serve plain unflavored ice cream in deep *glasses* and pour over each a combination of minced fruits in syrup, and last a tablespoon of chopped walnut meats. Pineapples, bananas, oranges, peaches or any kind of berries are delicious served this way.

VANILLA ICE CREAM

Mrs. Kincaid.

- | | |
|-------------------------|---------------|
| 1 can cream | 4 eggs |
| 2 cans hot water | 1½ cups sugar |
| 1 tablespoon cornstarch | vanilla |

Add hot water to cream, place in fire and when it boils, add cornstarch dissolved in a little water; after stirring briskly let it boil; then add the yolks of eggs, beaten well with the sugar. Place to cool and flavor with vanilla. When half frozen add the well beaten whites.

ADDITIONAL RECIPES

PUNCHES

EGG LEMONADE

	<i>Good Housekeeping.</i>
2 cups sugar	3 lemons
3 cups water	1 egg
1 bottle Tansan	

Boil water and sugar ten minutes; add the grated rind of one lemon, juice of three. Allow this to cool and at serving time add the egg, well beaten and the Tansan, poured from height in order that the mixture may foam.

Serve with cracked ice.

FRUIT PUNCH

	<i>Good Housekeeping.</i>
2 cups sugar	1 lemon
1 pint water	2 bananas
1 cup Maraschino cherries	1 pineapple
2 quarts mineral water	

Make syrup by boiling sugar, water and the grated rind of lemon; while hot, dice into it two bananas, grated pineapple and cherries.

When ready to serve, put a block of ice in punch bowl and pour over it the mineral water, and add prepared juices.

FRUIT PUNCH

1 cup water	1 quart mineral water
2 cups sugar	1 can grated pineapple
1 cup tea	5 lemons
2 cups strawberry juice	5 oranges
1 cup Maraschino cherries	

Boil water and sugar to a syrup. Add tea, strawberry juice, lemon juice, orange juice pineapple. Let stand for half hour. Strain and add ice water to make one and one-half gallons. Add cherries, mineral water and ice just before serving.

GINGER ALE PUNCH

	<i>Mrs. Hartford Beaumont.</i>
2 dozen lemons, large	2 dozen pints ginger ale
2 large cans pineapple	

Mix lemon juice with both pulp (chopped very fine) and juice of pineapple. Fifteen minutes before serving put large piece of ice in punch bowl and pour punch over it. Use no water.

PINEAPPLE LEMONADE

1 pineapple	2 cups sugar
4 lemons	2 cups water

Pare and grate pineapple. Add the juice of lemons and syrup. Mix and add one quart of water. When quite cold strain and ice.

PINEAPPLE PUNCH

1 cup grated pineapple	2 cups sugar
3½ quarts water	½ cup tea
3 oranges	3 lemons
1 cup grape juice	

Take pineapple and one pint of water and cook for fifteen minutes. Strain through cheese cloth. Boil sugar and one pint water for ten minutes. Add freshly made tea, lemon juice, orange juice, grape juice and two and one-half quarts water. Place in punch bowl with large block of ice.

ADDITIONAL RECIPES

PICKLES and PRESERVES

CATSUP

12 ripe tomatoes
4 green peppers
2 onions
4 cups vinegar
1 cup brown sugar

Mrs. Warren Smith.
2 tablespoons salt
1 tablespoon grated nutmeg
2 tablespoons ginger
1 tablespoon cinnamon
1 tablespoon mustard.

Follow same directions as for making chili sauce.

CHILI SAUCE I

8 quarts ripe tomatoes
2/3 cup salt
1/2 cup celery
1 cup brown sugar
1 quart vinegar

Mrs. Warren Smith.
1 1/2 tablespoons allspice
1 teaspoon mace
1 tablespoon pepper
4 red peppers
3 large onions

Peel and cut up tomatoes. Chop the celery, red peppers and onions fine. Mix all the ingredients together in the fireless cooker kettle and allow it to boil twenty minutes and place in the cooker from eight to twenty four hours. To put in one morning and seal the next is often the most convenient. Remove from the cooker, bring again to a brisk boil and seal in glass bottles or earthenware jars with wax or paraffin.

CHILI SAUCE II

2 cans tomatoes
4 large onions } put thru
6 green peppers } chopper
6 table spoons sugar
2 cups vinegar

Mrs. P. P. Herrick.
1 teaspoon cinnamon
1 teaspoon cloves
2 teaspoons ginger
1/2 teaspoon salt
1/2 cup mustard seeds

Cook slowly two and one half hours

CHILI SAUCE III

2 dozen ripe tomatoes
3 small green peppers or
1/2 teaspoon cayenne pepper
1 tablespoon salt
1 teaspoon ginger

1 onion (cut fine)
1/2 cup sugar
2 cups vinegar
1 teaspoon allspice
1 teaspoon cloves
1 teaspoon cinnamon

Boil all together until thick; then add vinegar; strain and set on the stove; add salt and spices; boil all together five minutes and remove.

CRAB APPLE PICKLES

1 quart Chinese crab apples	3 pints sugar
Syrup in proportion as follows:	1 quart vinegar
	2 teaspoons cinnamon
	1 teaspoon cloves

Carefully look over a quart, or more, of Chinese crab apples to be sure there are no wormy ones. Removing the blossom will generally disclose any flaw in the apple. Leave the stems on. Put in cold water, and bring to a boil, cooking until the fruit is tender, being careful it does not cook to pieces. Prepare and have ready a syrup. In making sweet pickles tie spices up in small bags, leaving them in the syrup. Place the fruit, a little at a time, in the syrup, and let boil slowly a few minutes, then put into a jar or large necked bottle. Pour the syrup over the fruit and have sufficient to cover. Let stand a few days before using. If fermentation begins, reboil the syrup, or if this does not stop fermentation heat all the pickles to a boiling point. Make small quantity at a time, because in the Philippines they do ferment quickly.

CUCUMBER PICKLES*Mrs. J. B. Rodgers.*

1 quart sliced cucumbers	20 whole cloves
1 onion	1 teaspoonful tumeric powder
1 green pepper	1 teaspoon mustard seed vinegar
1 cup brown sugar	to cover

Slice cucumbers, onion and pepper, cover with water and salt and let stand three hours. Drain. Add sugar, spices and vinegar to cover. Scald fifteen minutes but do not boil.

RIPE CUCUMBER PICKLES*Mrs. Stuntz.*

3 or 4 large ripe cucumbers	syrup as for crab apple pickles
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Select large ripe cucumbers. Cut lengthwise and remove the seeds. Pare and cut in strips three inches long and one and one half inches wide. Put into sauce pan and cover with cold salted water, place on slow fire and bring to a boil; be careful not to cook too long. Remove from the water and let drain. When quite dry, have ready a syrup as for crab apple pickles and place cucumber pieces in a jar and pour the boiling syrup over them. Let stand a few days before using. Watermelon pickle may be made the same way, using only the white part of the rind.

EGG PLANT RELISH*Mrs. J. F. Boomer.*

2 good sized onions
6 baked egg plants

salt and pepper
sugar to taste
vinegar

Chop onions very fine; mix with it the mashed pulp of egg plants. Season with salt, pepper, sugar and vinegar.

GINGER PEARS*Mrs. J. B. Rodgers.*

8 pounds hard Chinese pears
6 pounds sugar

juice 4 lemons
2 ounces native green ginger

Peel, core and slice thin the pears. Scrape the ginger and pass through the meat chopper. Let all stand a short time to start the juice and then boil slowly about an hour.

PEACH PICKLES*Mrs. Stuntz.*

2 pounds dried peaches. Sy-
rup proportioned as

3 pints sugar
1 quart vinegar
2 teaspoons cinnamon
1 teaspoon cloves

Wash peaches well, let soak over night; place over a slow fire and cook until tender. Have a syrup as for crab apple pickles, and place the peaches in the syrup, let them come to a boil and bottle or put in jars. If syrup is not sweet enough, add sugar to taste.

PEPPER HASH*Mrs. J. B. Rodgers.*

12 green peppers
12 red peppers
12 onions

1½ pints vinegar
2 cups sugar
4 tablespoons salt

Remove seeds from peppers; chop peppers and onions fine; cover with boiling water and let stand a few minutes; drain. Add vinegar, salt and sugar. Boil up thoroughly once and it is finished.

PICKLE

(Very similar to Indian Relish)

1 green papaya	ginger root, small piece
2 small green peppers	garlic, small piece
2 green tomatoes	1 cup vinegar
1 small onion	1 teaspoon salt
	1 teaspoon vinegar

Chop fine, or better still, put through a meat chopper, papaya, peppers, tomatoes, onion, ginger root and garlic. Boil fifteen minutes or until tender, in vinegar, salt and sugar. When cooked, cover and let cool in its own steam.

This same mixture, boiled in water which is then drained off, may be cooled and used as a salad. Serve with any desired salad dressing.

RHUBARB SAUCE

Select tender stalks of rhubarb. Wash carefully. Cut off the green tops with a knife and throw them away. Cut the stalks into pieces about two centimeters long. Place in a double boiler and barely cover with cold water and simmer until tender. When you think the rhubarb is tender try it with a fork. Add one cup of sugar to each liter of rhubarb and boil hard for two minutes. Pour into a dish to cool. Some rhubarb is grown in Benguet.

SPICED CAMIAS (IBA)

Mrs. C. H. Sleeper.

7 pounds fruit	3 tablespoons cloves
5 pounds brown sugar	1 pint (scant) vinegar
3 tablespoons cinnamon	

Clean fruit, cut stem ends, put in preserving kettle. Add sugar, vinegar and spices tied in bag. Heat to boiling point and cook slowly until fruit is dark reddish brown in color and the juice thick.

SWEET PICKLED CAMIAS

Mrs. C. H. Sleeper.

May be made by following rule for sweet cucumber pickle.

Roselle may be spiced the same way.

Camias put down in strong brine may be used in place of cucumber pickle in sauces and salads.

SPICED MANGOES

Mrs. Warren Smith.

5 cups mangoes	2 cups vinegar
4 cups sugar	1 tablespoon cinnamon
1 tablespoon cloves	

Tie cinnamon and cloves in a thin cotton cloth. Boil them in vinegar and sugar until it becomes a syrup. Peel the mangoes and cut the meat from the seeds in lengthwise strips. Drop into syrup and boil ten minutes.

Place in cooker two hours. Then put in cans.

SPICED PRUNES

Mrs. Mary Weisendanger.

1 pint prunes	2 cups sugar
1 cup cider vinegar	Clove and cinnamon to taste.

Wash prunes and soak over night in water enough to cover well. Stew until the skins are soft, then pour off the water, and add vinegar, cloves and cinnamon to suit taste.

SWEET PICKLES

3 pints sugar	2 teaspoons cinnamon
1 quart vinegar	1 teaspoon cloves

Any fruit, melon rind or cucumbers

Sweet pickles may be made of any fruit that can be preserved, including the rinds of ripe melons and cucumbers. The proportions are as above for the syrup. Sweet pickles may be made of any preserve by boiling over the syrup and adding spices and vinegar. Examine frequently and re-scald the syrup if there are signs of fermentation. Plums and other smooth skinned fruits should be well pricked before cooking.

TOMATO FIG

Mrs. J. B. Rodgers.

6 pounds green tomatoes	1½ cups vinegar
3 pounds brown sugar	½ pound raisins

Pare the tomatoes and boil two minutes in salt and water. Drain in colander. Add raisins and vinegar, cook slowly until thoroughly done. Add sugar when nearly done.

GREEN TOMATO PICKLES*Mrs. Stuntz.*

8 pounds green tomatoes	1 teaspoon mace
4 pounds brown sugar	1 teaspoon cloves
1 quart vinegar	1 teaspoon cinnamon

Chop the tomatoes fine; add sugar and boil down three hours; add vinegar and spices, boil about fifteen minutes; let cool and put in jars or other vessel. In the Philippines, use half recipe only, unless for a large family, as it ferments of kept long. Nice with curry and rice.

DRIED APPLE JELLY*Mrs. M. A. Rader.*

$\frac{1}{4}$ kilo dried apples	10 kalamansi
6 cups water	sugar

Wash apples, soak in water until soft, cook, drain in jelly-bag. To four cups of juice, use four cups of sugar and juice of kalamansi. Make as any jelly. Jam can be made of apple pulp, if it is not drained too dry.

CRAB APPLE JELLY*Mrs. C. Sullivan.*

Chinese crab apples	1 cup sugar to 1 cup juice
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Wash well Chinese crab apples, cover with water and cook until soft. Strain through a thin cloth. To one part of juice take one part of sugar. Boil until it "jells". The most delicious jelly that can be made in the Philippines.

DUHAT JELLY*Annie G. Darley.*

duhats, not quite ripe
sugar, equal parts with juice
lemon juice, 2 tablespoons to 4 cups juice of duhats

Select the fruit when it is not perfectly ripe. Sort and wash. Add just enough water to barely cover the fruit and cook until the fruit becomes soft and the juice well started. Put the juice into a thin cotton bag, letting the juice drip through it into a porcelain or enamel receptacle. Let it drain for eight or twelve hours. Do not squeeze the bag or the jelly will be cloudy. Measure your juice and an equal amount of sugar. Place the juice only on the fire and let boil thirty minutes. Add sugar and lemon juice, two tablespoons lemon juice to four cups of duhat juice. Stir until the sugar is thoroughly dissolved, and let boil ten minutes. Test it by dropping a spoonful on a saucer and allowing it to cool quickly. As soon as it will "jell", pour into glasses and set aside to cool. After twenty four hours, seal with paraffin. If the fruit is quite ripe, it will be necessary to boil the juice and sugar for thirty minutes. The time, from ten to thirty minutes, will depend upon the ripeness of the fruit. Juice which is overcooked loses its jellifying quality.

GRAPE FRUIT MARMALADE

Mrs. J. B. Rodgers.

1 grape fruit	sugar
1 orange	water
1 lemon	

Slice the fruit very thin, and add three times as much water as fruit. Let stand for twenty four hours. Boil ten minutes. Let stand again twenty four hours. Then add sugar pound for pound (1 pint equals 1 pound). Cook from one and a half to three hours. This is not intended to be very stiff. Lemon peel may be omitted.

GUAVA JELLY

From Philippine Education.

Guavas
lemon or lime juice to taste
1 cup of sugar for 1 cup of juice

Take ripe guavas, pare in quarters and drop into enough cold water to just cover them. Boil until the fruit is thoroughly cooked. Skim and add white sugar cup for cup—i.e. one cup of sugar for each cup of juice. Let this cook slowly until the jelly is clear. Add lemon or lime juice to taste; simmer one half hour longer. Skim frequently, pour into wide necked bottles and seal when cold.

MANGO BUTTER

mangoes
white sugar
brown sugar

Select ripe mangoes and pass through a sieve. Allow equal weight of sugar and mango, using half white and half native brown sugar. Boil for three hours.

PRESERVED MANGOES

5 cups mangoes
4 cups sugar
1 cup water

Carefully peel ripe mangoes and cut from seed in lengthwise strips. Boil sugar and water until it threads from the spoon, then drop in the mangoes, and boil until they become waxy in appearance.

PRESERVED MANGOES (SPICED)*Mrs. Warren Smith.*

5 cups mangoes	1 tablespoon allspice
4 cups sugar	1 tablespoon cloves
1 cup water	1 tablespoon nutmeg

Carefully peel ripe mangoes and cut from the seed in lengthwise strips. Boil sugar and water till it threads from the spoon, then drop in the mangoes and the spices tied in a cotton bag. When a fireless cooker is not used, cook the mangoes in the syrup from thirty to forty-five minutes or until they become thoroughly cooked and assume a waxy appearance.

ORANGE MARMALADE No. 1*Annie G. Darley.*

small yellow oranges
sugar

Take small yellow oranges the size of limes. Peel and cover with water, letting them stand all night. In the morning pour off the water. Take out every seed if you desire sweet marmalade; if you like it bitter, leave some seeds. Be careful to save all the juice. To every cup of the fruit add three cups of water. Then to every cup of this mixture add one cup of sugar and boil until it jellies. In any jelly, put a little in a saucer on ice and don't boil beyond the jelly point, if you want it clear.

ORANGE MARMALADE No. 2*Mrs. C. E. Else.*

6 oranges	10½ pounds white sugar
3 grape fruit	4 quarts water
3 lemons	

Cut all fruit very fine; soak in water over night. Cook two hours; add sugar, and cook until stiff.

ORANGE MARMALADE No. 3*Mrs. J. B. Rodgers.*

1 dozen sour oranges	5 pounds sugar
2 lemons, juice	1½ pints water

Pare the oranges without cutting through the white skin. Prick them and boil until tender. Also boil separately the yellow peel until tender. Then shred peel with scissors. Chop the oranges, carefully removing the seeds and hard bits of skin. Boil the water and sugar to a *thick* syrup. Put in the oranges and the juice of lemons and shredded peel. Boil one half hour.

PINEAPPLE CONSERVE

Mrs. J. B. Rodgers.

1 pint chopped pineapple	1 orange rind, candied
3 oranges, juice	1 teacup English walnuts, chopped

Chop pineapple in meat chopper with medium knife. Add sugar and orange juice. Let simmer over a slow fire until the consistency of jam. When nearly cold, add candied rind and nut meats, also passed through meat chopper.

(This may be colored a delicate green with Leaf Green Vegetable Paste.)

PINEAPPLE PRESERVES

Mrs. C. Sullivan.

Pineapples

Sugar

Peel and cut into very thin slices fresh pineapples. Cover with sugar and let stand an hour or two. Add more sugar and cook until the preserves are thick and waxy.

CHINESE PLUM JELLY

Annie G. Darley.

Made like Santol Jelly. The plums come in May or June, the santols later. In all these jellies, let the fruit appear above the water, for if too much water is put in, it has to boil away, and jelly is dark and thick. Seal tight, as jellies in this climate ferment even if covered with paraffin.

ROSELLE JELLY (a)

Wash the calyxes well, put them into a saucepan of granite ware with just enough water to cover the calyxes; boil until soft. Strain the mass thru a jelly bag. Measure the juice and add an equal amount of sugar. Cook until jelly is formed which will be in ten or twenty minutes.

ROSELLE JELLY (b)

Wash the calyxes well, add one liter of water to two heaping liters of calyxes and boil until soft. Strain thru a jelly bag. To each liter of juice add one-half liter of sugar. Dissolve the sugar in the juice, then cook over a slow fire about twenty minutes or until the sirup jellies. Do not stir the sirup while boiling.

ROSELLE SAUCE

Use one liter of water to four liters of seeded calyxes. Cook to a jam, cool and sweeten to taste.

SANTOL JELLY

Annie G. Darley.

santols
sugar, equal parts with juice

Wash the fruit thoroughly. Cut up without paring into eighths, taking out the seeds. Barely cover the fruit with water and boil until the fruit is soft. Squeeze the fruit through a cloth. Take equal parts of juice and sugar. When measured, put the juice on the stove to come to a boil and put the sugar in the oven to heat through, being careful not to scorch it. When both are hot, put in the sugar. This process makes it jelly faster and gives a clearer jelly. Barely cover the seeds and boil, but be careful as the pulp burns to the bottom readily. Squeeze through a cloth and treat the seed juice in the same way as the fruit juice. The seed jelly will be lighter than the fruit jelly. Do not cook after it jellies.

SANTOL PRESERVES

Mrs. Nicolas Zamora.

santols
lime ($\frac{1}{2}$ cents worth)
sugar

Boil the fruit in water. Peel, cut up and take out the seeds. Put in water again and mix in half a cent's worth of lime for every fifty santols. Leave in the lime water one day, and then wash through two waters. Dry in the sun until the water all disappears. Make a syrup of sugar and water. When it has boiled to the consistency desired, put in the santols.

TAMARIND MARMALADE

1 pint tamarinds	To each cup cooked tamarinds
	3 cups sugar

Shell tamarinds, cover with boiling water and boil one hour. Then pass through a sieve. For every cup of tamarind, add three of white sugar, then boil one hour.

ADDITIONAL RECIPES

CANDIES

FONDANT

1 cup granulated sugar $\frac{1}{4}$ cup water flavoring

Put sugar and water in sauce pan and stir on stove until sugar melts. Remove grains of sugar around edges. Boil without stirring. Try in water. When it makes a firm but not crisp ball, set in cold water till you can bear your fingers in it. Stir and beat—knead as it begins to harden. Put flavor in while creamy. To this can be added chopped nuts, cocoanut or candied fruits.

Shape fondant into rolls and dip into melted chocolate for chocolate creams. Handle rolls of fondant with tongs.

BEST CANDY EVER

2 cups sugar 2 eggs
 $\frac{3}{4}$ cups golden color corn syrup 1 teaspoon vanilla
 $\frac{1}{4}$ cups water $\frac{1}{2}$ cup walnuts
 $\frac{1}{2}$ cup dates or figs

Boil sugar, syrup and water until it becomes crisp when dropped in water. Beat the whites of eggs very stiff. Pour the syrup slowly into the eggs and beat until it begins to harden. Add vanilla, nuts and dates or figs which have been cut in small pieces with sharp scissors. Spread rather thick upon a buttered platter, and cut into squares.

BUTTER SCOTCH

1 cup sugar 1 cup butter 1 cup molasses

Boil all together until it hardens when dropped into cold water. Spread thinly on buttered pans and mark in little squares.

CHOCOLATE CARAMELS

1 cup grated chocolate 1 tablespoon butter
1 cup molasses 1 cup milk
1 cup brown sugar 1 tablespoon glycerine

Put all but the chocolate in a kettle and boil fast. When it will almost thread, add chocolate. Pour in buttered tins. Cut when cold.

COCOANUT CANDY

Cut the cocoanut meat very thin. Prepare a thick syrup, then put in the meat and let it boil until it is very thick—enough to make a candy. The pour into drops on a very thick paper.

COCOANUT CANDY

1 cocoanut

2 pounds sugar

Put the milk of the cocoanut and sugar on fire. When it begins to boil add the grated meat of cocoanut and cook until meat is tender.

Pour into buttered pans to cool and cut in squares before it hardens.

COCOANUT PULL CANDY

1 cocoanut

2 cups sugar

2 cups hot water

1 lime

Grate cocoanut and pour over it the hot water. Stir until it becomes quite creamy. Strain through a piece of gauze, squeezing to get all the cream. Take the cocoanut milk and sugar, put on to boil. Peel the lime without breaking pulp and drop into candy. Boil without stirring until it thickens in water. Take out lime and pour on buttered plates. As soon as cool enough pull until creamy.

CREAM DATES

Remove the pits from dates and fill cavities with fondant.

CREAM WALNUTS

Crack English walnuts carefully so as to preserve the halves in perfect shape. With fingers slightly moistened with water or butter, form uncooked fondant into small balls and press two pieces of the nut together on either side of the balls, flattening them to the desired shape. Lay on waxed or buttered paper.

DIVINITY FUDGE

Mrs. T. A. Street

2½ cups sugar

2 eggs, whites

½ cup karo syrup

1 cup nut meats

½ cup water

pinch salt

flavoring

Boil sugar, syrup and water till it forms a firm but not hard ball when dropped in cold water. Pour slowly about half of this into the stiffly beaten whites of two eggs, into which have been put a pinch of salt and desired flavoring. Put other half of syrup back on stove until it boils well again, then add slowly to the beaten mixture. Add the nuts and pour into buttered platter.

FIG CANDY

1 cup sugar	$\frac{1}{4}$ teaspoon cream of tartar
$\frac{1}{3}$ cup water	1 pound figs

Boil sugar and water until a light brown color. Then stir in cream of tartar and take from fire.

Wash and cut open figs, spread them on platter and pour over them the mixture.

Set to cool until covering has hardened.

FUDGE

2 cups sugar	1 teaspoon vanilla
1 cup milk	$\frac{1}{4}$ cake Baker's chocolate
2 teaspoons butter	

After milk and sugar are boiling, add chocolate. Cook until it forms a soft ball in water.

Set out until cooled; then add vanilla and beat until creamy. Pour into buttered tins. When set, cut into squares. Peanuts or pili nuts may be added, less butter with pili nuts.

CANDIED GRAPE FRUIT PEEL

Mrs. W. A. R. Tenny.

grape fruit peel	lemon or orange juice	sugar
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After dividing the fruit into two parts, scrape pulp from skins, and cut each piece of peel into six pieces. Cover with cold water and let come to a boil. Pour water off. Cover with cold water again and let come to a boil and boil twenty minutes; pour off water. Cover again with cold water and let boil twenty minutes; repeat this once more; each time press the water out after boiling. Then cook measure for measure of peel and sugar with enough water to make a syrup. Boil until all the water is taken up in peel. Add lemon or orange juice before taking out of kettle; then place on buttered platter or waxed paper, expose to air several hours. Then cut in slices.

MARSHMALLOWS

Mrs. T. A. Street.

2 cups sugar	1 envelope gelatine
$\frac{1}{2}$ cup water	1 teaspoon flavoring

Boil sugar and water until it forms a firm ball when dropped in water. Let the gelatine soak in two thirds of a glass distilled water for about ten minutes, then add to boiling sugar as it is taken from the stove. Add flavoring and heat until spongy and light. Pour into slightly buttered platter and let stand until next morning. Cut into cubes and roll in powdered sugar or cornstarch to prevent stickiness. Nuts, raisins, chocolate or kind of flavoring may be used. If native gelatine is used boil until dissolved.

PEPPERMINTS

Mrs. G. W. Wright.

1 cup granulated sugar
 1/2 cup cold water

1 pinch cream tartar
 peppermint to taste

Boil sugar, water and cream of tartar three minutes, or until it begins to thread. Remove from fire, Add peppermint to taste. Beat it until it begins to thicken, drop on waxed paper. This may be varied for any different flavoring or coloring; chocolate peppermints may be made by adding a square of chocolate to the sugar and water.

STUFFED PRUNES

Mrs. G. W. Gray.

prunes
 powdered sugar

chopped walnuts
 dates

Soak the prunes in water about an hour, then pit them and fill each prune with one fourth teaspoon powdered sugar, some nicely chopped walnuts and half a date. Shape the prunes nicely and sprinkle with sugar. These are richer if made some time before eating.

POP CORN

pop corn 1 table spoon lard 1/2 teaspoon salt

Into a large deep frying pan put a tablespoon of lard or butter and half a teaspoon salt. Heat pan and when very hot throw in a handful of pop corn and cover. Shake pan gently while corn is popping. When corn is all popped the fat will be gone.

POP CORN BALLS

bowl of popped corn 4 tablespoons water 1/2 cup granulated sugar

Put sugar and water in saucepan and place on hot part of stove. Boil until the syrup hardens when tested in cold water. Place pan where syrup will keep warm but not boil. Pick up pop corn one by one and dip into the syrup and stick together, adding more and more until a ball is formed. Harden in a cool place.

PUFFED WHEAT BALLS

Mrs. G. W. Wright.

6 tablespoons syrup
 4 tablespoons sugar

2 tablespoons butter
 pinch of soda

1 box puffed wheat

Boil syrup, sugar and butter together until brittle in water. Add pinch of soda. Pour over puffed wheat and quickly form into balls, like pop corn balls.

PUFFED WHEAT BRITTLE*Mrs. G. W. Wright.*

1 cup sugar

1 box puffed wheat

Put sugar in smooth granite sauce pan, place on stove, and stir constantly until melted to a syrup, keeping it away from sides of pan. Spread puffed wheat on buttered tin and pour syrup over it. Can be made into balls if desired. Like candied pop corn.

SEA FOAM KISSES*Mrs. G. W. Wright.*

2 cups brown sugar

1 teaspoon mapleine

1/2 cup water

1 egg, white

Boil together until they *begin* to hair. Cool a little. Beat white of one egg stiff and add gradually to syrup. Beat all together until ready to drop on waxed paper.

ADDITIONAL RECIPES

WHAT TO SERVE WITH FISH, MEAT, Etc.

WITH SOUPS

With all clear soup:—grated cheese.

With oyster, clam or lobster soups:—light flaky crackers.

With chowder:—hardtack or hard water crackers.

With purees, like tomatoes, peas, lentils or beans:—small croutons.

With fish soups:—large croutons.

With rice soups, mock turtle, black bean, or oxtail:—hard boiled egg cut in thin slices and lemon cut in quarters.

Serve also with soups either tender celery, radishes or olives; one or all may be used.

WITH SHELL FISH

With oysters or clams, cold, in the deep under-shell:—horse-radish, lemon or vinegar, long oyster crackers or brown bread and butter.

With broiled oysters:—toast and brown sauce.

With fried oysters:—cabbage salad with French dressing.

With broiled lobster:—lettuce, French dressing, chili sauce.

With cold boiled crabs:—lettuce, French dressing, brown bread and butter.

With deviled crabs:—tartar sauce, bread and butter.

WITH FISH

With boiled fish:—sauce Hollandaise, boiled potatoes, parsley sauce, cucumbers or lettuce with French dressing.

With baked fish:—fried or plain boiled potato balls, cucumbers or lettuce, with French dressing.

With broiled or planked fish:—same as baked fish.

With small fried fish, such as smelts:—tartar sauce, light crisp bread and butter.

With creamed or deviled fish:—crisp bread and butter.

With plain mackerel:—fried mush or corn bread.

With plain cod:—boiled potatoes, parsnips, sour milk biscuit or brown bread.

With creamed cod:—for breakfast, baked potatoes; for luncheon or supper, plain boiled potatoes.

With halibut steaks:—for luncheon, cucumbers with French dressing, graham bread and butter; for dinner, the same with plain boiled potatoes.

WITH MEATS

PORK

With plain fat pork:—beans, lentils, boiled cabbage and apple sauce.

With roasted fresh pork:—apple sauce, boiled potatoes or baked pumpkin with ladies' cabbage, stewed kale or spinach.

With cold roasted pork:—apple sauce, cabbage or lettuce salad.

With hot boiled ham:—potatoes, apple sauce and any delicate cabbage.

With baked ham:—an acid sauce, such as currant jelly, sweet potatoes or baked squash, spinach, Brussels sprouts or cabbage.

With cold boiled or baked ham:—cabbage salad with French dressing.

With broiled bacon, for breakfast:—poached eggs.

LAMB

With spring lamb:—mint sauce, boiled rice, cucumbers with cream sauce, new peas or asparagus tips.

With cold lamb:—lettuce and mint salad, French dressing.

MUTTON

With broiled chops:—creamed potatoes, peas.

With breaded chops:—tomato sauce, potatoes au gratin.

With boiled leg of mutton:—caper sauce, boiled rice, stewed cabbage or turnips.

With baked or roasted leg of mutton:—brown sauce, rice croquettes, creamed turnips or Brussels sprouts.

With braised leg of mutton:—brown sauce, surround with plain boiled rice.

With shoulder of mutton, boiled or roasted:—boiled rice, stewed turnips.

With saddle of mutton:—baked macaroni without cheese, French peas or asparagus tips.

With roasted loin of mutton:—rice, either croquettes or boiled, scalloped or baked tomatoes.

With cold mutton:—sliced tomatoes with French dressing.

With Irish stew:—dumplings, stewed onions.

VEAL

With veal cutlets:—tomato or paprika sauce, rice balls, peas.

With stewed veal:—dumplings, baked tomatoes.

With fricandeau of veal:—rice, spinach or cauliflower, Brussels sprouts, peas or asparagus.

With cold veal:—sorrel salad or mayonnaise of celery.

With cold veal loaf, for supper or luncheon:—celery, lettuce or Waldorf salad, or plain tomato salad with French dressing.

BEEF

With rolled steak or roulettes:—brown or tomato sauce, potato puff or potato croquettes, stewed carrots or string beans.

With Victory steaks for dinner:—brown or tomato sauce, baked potatoes, stuffed sweet chilis.

With sirloin steak for breakfast:—French fried or baked browned potatoes; for luncheon, lettuce or celery salad with French dressing.

With broiled sirloin steak for dinner:—stuffed white or sweet potatoes, or potato croquettes, string beans, baked tomatoes, broiled or baked mushrooms.

With plain boiled beef:—boiled potatoes, string beans or browned parsnips.

With brown stew of beef:—brown sauce, dumplings, baked string beans or stewed carrots.

With braised beef or beef á la mode:—brown sauce and macedoine of vegetables.

With filled of beef:—mushroom sauce, sweet or white potato croquettes, peas.

With broiled fillet:—sauce Bearnaise, mashed creamed potatoes, cold asparagus with French dressing.

With baked or roasted ribs of beef:—mashed or plain boiled potatoes, or mashed and browned potatoes, string beans, cucumberss, lima beans, green corn, baked tomatoes or stewed cabbage.

With sirloin:—stuffed white or sweet potatoes, baked white potatoes, baked squash, corn, tomatoes, spinach, or lima beans.

With a pot roast or boiled beef:—cream horseradish sauce, boiled potatoes, stewed turnips or any of the delicate cabbage dishes.

With cold roast beef:—cream horseradish sauce, aspic jelly, salad with French dressing.

With creamed chipped beef:—corn bread.

With boiled corned beef:—cabbage, kale or dandelions, turnips, boiled potatoes.

With hot plain boiled tongue:—raisin sauce, boiled rice, stewed carrots.

With stuffed beef's heart:—mashed potatoes, stewed carrots, plain buttered beets, or browned parsnips.

With stuffed and baked calves' heart:—roulettes of potatoes, peas or asparagus tips.

With broiled sweetbreads:—peas, dainty rolls.

With stewed sweetbreads:—mushrooms, peas.

With baked or braised sweetbreads:—brown sauce, peas. Serve with any meat course one starchy and one green vegetable. Where a short service is required the green vegetable may be a salad, and this may be placed on the table before dinner is announced.

WITH ENTRÉES

With croquettes:—peas.

With boudins:—peas, cream or Béchamel sauce.

With timbales:—cream sauce, peas, truffles or mushrooms, crisp bread.

With brown entrées:—brown sauce. With light entrées:—white sauce.

With fish or oyster croquettes or cutlets:—sauce Hollandaise, or tart sauce, crisp rolls, potatoes either creamed, au gratin or in roses.

With fish timbales:—cream or oyster sauce, tiny potato balls.

Patés are served alone because they contain both meat and bread material.

WITH POULTRY

With broiled chicken:—cream sauce, waffles or tea rolls. For luncheon:—peas, guava jelly.

With boiled chicken:—rice with egg sauce, boiled onions.

With fricasseed chicken:—dumplings or boiled rice, baked tomatoes or baked onions.

With panned chicken:—brown sauce, baked dumplings or corn pudding or plain boiled rice, baked or fried tomatoes.

With roasted chicken:—rice, white or sweet potato croquettes, stewed or boiled chestnuts, guava or crab-apple jelly.

With roasted capon:—chestnut stuffing, boiled rice, baked sweet potatoes, stewed celery, spinach, cranberry or guava jelly.

With cold chicken:—Mayonnaise of celery or lettuce salad.

With hot boned chicken:—sauce supreme, stewed chestnuts.

With boned chicken:—lettuce, celery, or Waldorf salad with mayonnaise.

With turkey:—plain boiled rice, white potato or chestnut croquettes, baked onions or stewed celery, an acid jelly.

With cold turkey:—tomato aspic, Waldorf salad.

With guinea fowl:—crisp rolls, broiled bacon, hominy, stewed celery, currant jelly.

With tame ducks:—walnut or potato stuffing, brown sauce, browned turnips or parsnips, green peas or asparagus.

With unstuffed duck:—macaroni, browned sweet potatoes, hominy croquettes, stewed celery, currant or grape jelly.

With cold duck:—aspic, chicory with French dressing.

With goose:—potato or hominy croquettes, sauerkraut, apple sauce or barberry jelly.

WITH BIRDS AND GAME

With squabs:—peas, asparagus tips.

With pigeons:—rolls of broiled bacon, stewed celery, or lettuce salad with French dressing.

With small birds on toast:—creamed onions, baked sweet potatoes.

With broiled birds, quail or grouse:—fried hominy or mush, chicory, lettuce or celery salad with French dressing.

With woodcock:—baked macaroni, lettuce with French dressing.

With pheasants or prairie hens:—bread, horseradish sauce, French fried sweet potatoes, lettuce or celery salad, French dressing.

With rabbit, stewed or roasted:—sweet potatoes and parsnips, or baked squash and stewed turnips, currant or cranberry jelly.

With Belgian hare:—Hominy or rice, stewed celery or Brussels sprouts, spinach, acid jelly.

With vension:—baked sweet potatoes or squash, cauliflower or Brussels sprouts, cranberry or currant jelly, salad with French dressing.

MENUS ECONOMICAL

Mrs. Chas. H. Smith.

“Conversation is but serving:
Give no more to every guest
Than he is able to digest;
Give him always of the prime
And but little at a time;
Give to all but just enough,
Let them neither starve nor stuff,
And that each may have his due,
Let your neighbor carve for you.”

Scott.

BREAKFAST

Fresh Fruit.

Oatmeal with Dates, Cream.

Boiled Bacon served on Toast.

Sliced Tomatoes.

Pulled Bread.

Coffee.

LUNCHEON

Cheese Sandwiches.

Egg Cutlets.

Sponge Cake.

Pineapple Sliced.

Tea.

DINNER

Cream of Celery Soup with Marrow Balls.

Baked Chicken, Brown Sauce.

Mashed Potatoes.

Fruit and Nut Salad.

Cheese Wafers.

Apple Charlotte Cake

Coffee.

BREAKFAST

Boiled Rice.

Stewed Figs with Cream.

Eggs cooked in the shell.

Sweet Potatoes Boiled.

Muffins.

Coffee.

LUNCHEON

Boudins of Salmon with Tomato Sauce.

Fried Potatoes.

Bread and Butter.

Margarites.

Tea.

DINNER

Tomato Soup.

Chicken Croquettes.

Potatoes Creamed

Peas in Timbales.

Lobster Salad made with cabbage first boiled in clear salted water until tender, then put on ice.

Wafers.

Raisin and Tapioca Jelly with Cream.

Coffee.

BREAKFAST

Fruit.

Fried Cold Boiled Rice.

Cod Fish Balls garnished with Frizzled Bacon.

Toast.

Coffee.

LUNCHEON

Stuffed Baked Potatoes.

Broiled Lamb Chops.

Sliced Tomatoes.

Ginger Bread.

Tea.

DINNER

Cream of Lima Beans.

Beefsteak Pie with Bacon and Mushrooms.

Mashed Potatoes.

Olives.

Radishes.

Russian Salad.

Cheese Wafers.

Fruit Sherbet.

Cake.

Coffee.

BREAKFAST

Wheatlet.

Dates.

Cream.

Dried Beef Frizzled.

Fried Potatoes.

Russian Corn Cakes.

Coffee.

LUNCHEON

Clam Chowder.

Egg in Cream Sauce.

Toast.

Strawberry Shortcake.

Tea.

DINNER

Purée of Peas.
 Fish Turbot.
 Broiled Beefsteak with Mushroom Sauce.
 Hashed Browned Potatoes. Spinach with Eggs.
 Russian Salad. Angel Pudding.
 Coffee.

THREE MENUS A LITTLE MORE ELABORATE

BREAKFAST

Fruit in Season.
 Oatmeal moulded with Almonds and Raisins served with pulverized Sugar,
 and Cream.
 Broiled Freshened Salt Mackerel with Fancy Boiled Potatoes and Lemon
 for garnish.
 Fried Chicken. Creamed Potatoes.
 Hot Rolls. Coffee.
 Doughnuts.

LUNCHEON.

Bouillon.
 Chinese Fish served in Ramkins or shells.
 Chicken, Mushroom Patties.
 Potatoes Creamed.
 Baked Tomatoes. Brown Sauce.
 Salad Rolls.
 Asparagus Salad garnished with strings of Sweet Red Peppers.
 Cheese Soufflé.
 Lemon Ice.
 Chocolate and Cocoanut Macaroons.

DINNER

Cream of Mushroom Soup.
 Shrimp Cutlets. Sauce Tartare.
 Quail á la Cendre served with English Bread Sauce.
 Fillet of Beef á la Bearnaise served on narrow Toast.
 Potato Croquettes. String Beans.
 Pickles, etc.
 Fruit and Nut Salad.
 Caramel Ice Cream. Angel Food.
 Coffee.

DINNER

Caviar Toast.

Olives.

Salted Almonds.

Salmon Croquettes.

Sauce Tartare.

Cucumbers.

Creamed Sweetbreads in paper cases or silver shells.

Roast Rack of Lamb.

Mint Sauce.

Green Peas.

Creamed Potato Balls.

Filletts of Squabs.

Salad of Pomelo, Apples, and English Walnuts with Mayonnaise.

Ice Cream Meringues.

Cocoanut Cream Cake.

Mangoes, Peppermints, Chocolates.

DINNER

Anchovies on Toast.

Salted Almonds.

Stuffed Olives.

Clear Soup.

Parmesan Cheese.

Filletts of Fish, Garnished with Lemon and Parsley.

Creamed Potatoes in Balls.

Sweetbread Croquettes.

French Peas.

Fillet of Beef.

Potatoes Scalloped.

Cheese and Mushrooms in green Peppers.

Lemon Ice.

Wild Duck.

Wardorf Salad.

Cheese Straws.

Vanilla Ice Cream.

Hot Chocolate Sauce.

Almond Cream Cake.

Fruits.

Candy.

Coffee.

BREAKFAST

Native Oranges cut up and sugared.

Panipig with Cocoanut Milk.

Poached Eggs on toast.

Baked Tomatoes.

Batter Cakes and Coffee.

(Panipig may be bought in the markets and is to be browned in the oven.)

DINNER

Tomato Bisque Soup.

Fried Fish Cutlets, white Potatoes and Cucumbers with

French Dressing.

Olives

Roast Tenderloin of Beef, baked Sweet Potatoes, Spinach.

Currant Jelly.

Salad, whole Beets stuffed with Peas and Mayonnaise.
 Pineapple Gelatine. Cake.
 Mangoes. Coffee.

DINNER

Caviar Toast.
 Morgan Oysters. Wafers.
 Cream of Spinach Soup.
 Frogs' Legs. Dressed Cucumbers.
 Ham Moussé. Cream Sauce.
 Roast Wild Duck. Creamed Onions.
 Mashed Potatoes.
 Grape Fruit Sherbet.
 Tomato and Bread Salad with Mayonnaise.
 Mango Ice Cream.
 Coffee.

DINNER

Anchovy Toast.
 Mutton Broth with Barley.
 Clam Croquettes.
 Cheese Fondu in Ramikins.
 Roast Fillet of Beef. Browned Potatoes.
 Spinach in Egg Baskets.
 Salad, Beets filled with new Carrots, French Dressing.
 Café Frappé.
 Cheese. Toasted Biscuits.

LUNCHEON

Grape Fruit (Pomelo).
 Cream of Celery Soup.
 Mushrooms in Potato Ramikins.
 Broiled Lamb Chops. Green Peppers stuffed with Cauliflower.
 Banana and Peanut Salad.
 Orange Sherbet.
 Chocolate.

LUNCHEON

Shredded Pineapple mixed with Cherries, Bananas, Lemon Juice. Served
 in Pineapple.
 Cream of Corn Soup.
 Sweet Bread Croquettes. Rolls.
 Turkey Cutlets. Creamed Trimmed Celery.
 Grape Fruit and Walnut Salad.
 Gelatine Fruit Pudding.

ELEVEN O'CLOCK BREAKFAST

Orange, Pineapple and Maraschino Cherries in Orange Cups.

Clam Cocktails.

Fried Fish and Tartar Sauce.

Lamb Chops. Green Peas.

Creamed Potatoes.

Waffles. Maple Syrup.

Coffee.

ELEVEN O'CLOCK BREAKFAST

Papaya.

Morgan Oysters. Cocktails in Lemon Cups.

Broiled Chicken. Beets filled with Green Peas.

Hot Cakes. Maple Syrup.

Coffee.

SIMPLE FAMILY DINNERS

Chicken and Rice Soup.

Boiled Ham with Raisin Sauce.

Boiled Potatoes. Creamed Turnips.

Cold Slaw Salad with Cooked Dressing.

Chocolate Blanc-mange with Whipped Cream.

Plain White Cake.

Coffee, Fruits, Nuts.

Soup with Croutons.

Chicken Curried with Rice.

Macaroni with Tomato Sauce.

Lettuce with Mayonnaise Dressing.

Cornstarch Pudding with a Circle of Canned Fruit, Peaches or Pears
around it.

THE FOLLOWING MENU FOR A NEW YEAR'S DINNER TOOK
A PRIZE IN A MENU CONTEST

Caviar Tartlets.

Blue Points on Half Shell, Celery Sticks.

Chicken á la Reine.

Bread Sticks, Salted Almonds.

Baked Whitefish, Sliced Cucumbers.

Roast Wild Turkey, Currant Jelly.

Baked Potatoes, Asparagus with Drawn Butter.

Orange Sherbet.

Mayonnaise of Shrimps.

Pumpkin Pie, Baked Apple Dumpling.

Cream Sauce.

DINNER

Caviar on Toast.
 Consommé with Mushrooms.
 Baked Frogs' Legs. Potatoes.
 Roast Tenderloin of Beef. Currant Jelly.
 Baked Potatoes. Spinach.
 Fruit Sherbet.
 Roast Pheasant. Potato Balls.
 Beet and Green Pea Salad.
 Nesselrode Pudding. Coffee.

LUNCHEON

Grape Fruit.
 Fish Jelly. Rice Croquettes.
 Braised Sweetbreads. Creamed Artichokes.
 Orange Sherbet. Fried Chicken.
 Potato Chips. French Peas.
 Roman Salad. Toasted Crackers.
 Charlotte Russe.
 Coffee.

DINNER

Anchovy Toast.
 Clear Soup. Vienna Rolls.
 Baked Fish. Mushroom Sauce.
 Sweetbread Patties.
 Artichokes with Mayonnaise.
 Roast Turkey and Boiled English Ham.
 Cranberry Sauce.
 Sweet Potato Cakes.
 Rice Birds.
 Vegetable Salad in Tomatoes, with Cheese Soufflé.
 Chocolate Cream Pudding.
 Caramel Ice or Cream with Hot Sauce.

DINNER

Cream of Asparagus Soup.
 Cold Fish garnished á la Salade.
 Cucumbers stuffed with Chicken and Olives.
 Fillet of Beef.
 Potato Balls. Creamed Celery.
 Roman Punch,
 Snipe and Jelly (currant).
 Pomeloes and Walnut Salad, with Cream Cheese Balls.
 Coffee Ice Cream. Fruit.
 Coffee.

LUNCHEON

Orange Baskets with Orange and Maraschino Cherries, served very cold.

Bouillon in Cups. Bread and Butter Sandwiches.

Chicken Croquettes served on Potato Straws.

French Peas.

Lemon Sherbet.

Breast of Snipe on Toast. Banana Salad, Chip Potatoes.

Caramel Pudding.

Coffee.

THE FIRELESS COOKER

Principle of fireless cooking. "The principle of fireless cooking is merely retaining the heat by insulation, just as cold is retained in ice box or refrigerator by insulation. Ordinarily we heat food to the boiling point and then leave it over the fire or in the oven to keep it at a cooking degree of heat, and to do this, on account of radiation, we must keep on supplying heat.

When cooking in a fireless cooker, the insulation retains all the heat, thus maintaining a cooking temperature without adding more heat. Herein lies the economy of fuel. For things requiring long cooking, a fireless will save three fourths of the gas, wood or coal used in a kitchen range."

Advantages of fireless cooking. Economy of fuel, space on stove, effort, utensils, food materials and flavor. It takes away the necessity of staying in kitchen to watch fire or food, food can be prepared hours before serving and still be hot without being dried up. Utensils are easier to clean because does not dry or burn on them. Absence of heat and odors in kitchen are another advantage.

Buying a fireless. If possible, buy cooker of good make, with closely fitted lids, and provided with tubes or valves for escape of steam. With fireless be sure to get Book of Directions for that particular make and Recipe Book.

Home made fireless. A good fireless may be made at home out of a milk or soap box, one or two pails or kettles with tight covers, and some hay or excelsior. An old ice box, if not too large, is very good. Put cover on hinges and add a hasp to keep cover tight. The box should be from two to five inches larger in every dimension than the utensil used. For packing use excelsior, hay, straw, paper, wool, cork, sawdust or any good non-conductor. Line box with several thicknesses of newspaper, pack bottom with firm layer of insulating material not less than three or four inches. Set utensil in middle of space and pack around it, very tightly, until level with top of kettle. Make a cushion, like a small mattress, four inches thick and large enough to fill up of box. The packing will retain its shape better if a cylinder that loosely fits the utensil is made of pliable cardboard. Make a cloth lining of heavy unbleached muslin, one piece one inch or more larger than top of box, with hole in center one inch less than diameter of vessel, second piece an inch more in width than the vessel is high and long enough to make cylinder around vessel; third piece round and an inch greater in diameter than vessel used. Form cylinder of straight piece, and stitch; add bottom round piece and fit other end of cylinder to center hole of top piece. This lining should fit snugly to packing; turn in edges and tack to box, about four inches below top, so that when cushion is placed on top of vessel, the cover fits tightly.

General Directions for Use.

Clean and dry cooker carefully after each use, air it in sun often.

Metal radiators heat more quickly than soapstone and also cool more quickly.

A small amount of food cools more quickly than a large amount.

Radiators should be hot enough to brown a sprinkle of flour.

Food is put in vessel and cover fastened tightly until thoroughly heated thro, then placed in fireless with hot radiators without being opened.

THE COLD-PACK METHOD OF CANNING.

The cold-pack method is considered better than the hot-pack method and is being used in most domestic science schools and in the homes of progressive housekeepers in the United States. In the hot-pack method there is always danger that germs may be introduced on spoons, in jars or through exposure to the air. If such germs are introduced the result is spoilage through working. Such vegetables as corn, peas, and beans are very difficult to keep by the hot-pack method.

A home made outfit for cold-pack canning:—

A vessel to hold the jars or cans. This vessel should have a tight-fitting cover. Provide a false bottom of wood or a wire rack to allow a free circulation of water under the jars. The wood bottom may be of perforated boards or of strips of bamboo woven together. This cold-pack process consists mainly of subjecting the filled jars to the heat or steam of boiling water for a prescribed length of time. The process of removing the jars from the sterilizer may be made less difficult by using a jar lifter. A very convenient lifter may be made from a pan-cake turner. Bend the blade until it is at right angle to the handle. The upturned portion of the blade should be about seven centimeters long. To use, slip the upturned blade under the bottom of the jar and lift straight up.

Jars.—All types of jars that seal perfectly may be used. Glass jars may be used indefinitely, but new rubbers should be used each time. Be sure that no jar is defective.. Test jars, using the same methods that was used in the hot-pack method.

Blanching.—Blanching is important with vegetables and many fruits. It consists of plunging them into boiling water for a short time. Spinach and other greens should be blanched in steam. To do this place them in an ordinary steamer, or suspend them in a tightly closed vessel above boiling water.

Blanching should be followed by the cold dip or plunging into cold water after removal from the hot water. Blanching removes strong flavors and odors. It also causes shrinkage so that a larger quantity may be packed in a jar. Cold dipping hardens the pulp and causes retention of original coloring. After blanching and cold dipping, the surface moisture should be removed by placing the vegetables or fruits between two clean cloths or by exposure to the sun.

Directions for Cold-pack Method.

1. Select sound vegetables and fruits. (If possible can them the same day they are picked.) Wash, clean and prepare them.
2. Have ready on the stove a kettle of boiling water.
2. Have ready on the stove a kettle of boiling water. dipping and blanching them in the boiling water.
4. Put them into the boiling water. (See timetable for blanching.) After the water begins to boil begin to count the blanching time.
5. The blanching time varies from two to twenty minutes. When the blanching is complete, remove the vegetables or fruit from the boiling water and plunge them a number of times into cold water to harden the pulp and check the flow of coloring matter. Do not let them stand in cold water.
6. The jars should be thoroughly clean. It is not necessary to sterilize them in boiling water before filling them for the reason that in the cold-pack process both the inside of the jars and the contents are sterilized. Heat the jars slightly before filling them to avoid breakage.
7. Pack the product into the jars leaving about one half centimeter space at the top.
8. With vegetables, add one level teaspoon of salt to each quart jar and fill with boiling water. With fruits use syrups. (See syrup proportions for cold-pack method.)
9. With glass jars use new rubbers. Fit on the rubber and put the lid in place. If the jar has a screw top do not screw up as tight as possible, but use only the thumb and little finger in tightening it. This makes it possible for steam generated within to escape and prevent breakage. If a glass top jar is used, snap the top half only, leaving the lower half loose during sterilization. Tin cans should be completely sealed.
10. Place the filled and capped jars on the rack in the sterilizer. Enough water should be in the sterilizer to come at least two centimeters above the jars, and the water in boiling out should never be allowed to drop to the level of these tops. Begin to count processing time when the water begins to boil.
11. Consult the table for the sterilizing period. At the end of this period remove the jars from the sterilizer. Fasten covers on tightly at once, turn the jars upside down to test for leakage, leave in this position until cold then store in a cool, dry, dark place. Be sure that no draft is allowed to blow on the jars while cooling, as it may cause breakage.

Vegetable Canning in Cold-pack.

Vegetable Greens.—Spinach, all other leaves used for greens, and cabbage should be carefully sorted, and trimmed, the old leaves and coarse stems removed, and the greens then blanched in steam from fifteen to twenty minutes. After blanching, they should be plunged into cold water. They are then packed tight in cans. Add hot water to fill up the crevices and sterilize two hours.

Root or Tuber Vegetables.—This class includes carrots, turnips, radishes, beets, and sweet potatoes. After being thoroughly washed and scrubbed, they should be scalded long enough to loosen the skin. Plunge them immediately into cold water for a moment then scrape or pare off the skin. They may be packed in the jars whole or cut into cubes. Fill the jars with boiling water, adding one teaspoon of salt to the quart. Screw on the tops lightly and sterilize for ninety minutes. Remove from the sterilizing kettle, fasten covers tightly, cool, and store.

Tomatoes.—Scald the tomatoes enough to loosen the skin. Then plunge them into cold water, core and skin them and pack them whole. Do not put any hot water in the jars, but add one teaspoon of salt to each quart jar. Loosely seal and sterilize thirty minutes. Tighten covers, invert jars to cool and test, store.

Corn off the cob.—After blanching, slice the corn from the cob with a thin sharp knife. Pack the sliced corn in jars, add a teaspoon of salt to each quart, fill with hot water and sterilize for three hours.

Squash.—Cut squash into small pieces, blanch for ten minutes, dip into cold water, pack in jars, fill each jar with boiling water and add one teaspoon salt to each quart. Sterilize for ninety minutes.

Pod Vegetables.—Such vegetables as lima beans, string beans, peas, and okra should be blanched in boiling water from two to five minutes, plunged into cold water and packed. Fill jars with boiling water, adding a teaspoon of salt to each quart. Sterilize two hours. Remove from kettle, screw on tops securely, invert jars to cool and test, then store.

Fruit-canning in cold-pack.

Fruits may also be canned by this method. Not all fruits are blanched. Sugar syrups are poured over the fruits instead of hot water. Different grades of syrups are mentioned in the directions. In making these syrups use three cups of sugar to two cups of water, the various densities being gained by shorter or longer boiling.

Thin syrup is sugar and water boiled so that all the sugar is dissolved but the syrup is not sticky.

Medim thin syrup is that which has begun to thicken and is sticky when cooled on a spoon.

Fruit-canning Directions for the Cold-pack Method. Soft Fruits.

These are fruits such as ripe mangoes, pineapples, lanzones, and Benguet strawberries. Pare, peel, seed or stem as the case requires and pack them immediately in jars. Then fill with boiling thin syrup and screw covers on lightly. Sterilize sixteen minutes, remove from the sterilizing kettle, tighten covers, invert jars, to cool and test for leakage, wrap in paper and store in a cool, dry, dark place.

Note.—Remove the outside skin of lanzones, separate the fruit into sections, remove all membrane and seeds.

Hard fruits, santols, Chinese pears, and other hard fruits should be blanched for two minutes. Plunge them quickly into cold water, core, pit or remove skins as necessary and put them up quartered or sliced. Fill the cans with boiling medium thin syrup. Put on tops and sterilize twenty minutes, remove, tighten covers, invert to cool and test, wrap in paper and store.

Sliced oranges.—Divide into natural sections or slice with a knife. Do not blanch. Pack jars closely and fill with boiling thin syrup. Sterilize the partially sealed jar ten minutes. Remove, tighten covers, invert to cool and test, wrap in paper and store.

Some Precautions.

Care must be used in sealing. Mold is apt to develop if the sealing is defective. It is unsafe to keep jars in a damp place where the rubbers may decompose. Another thing to guard against is improper or inadequate blanching and cold dipping. Care should be taken to follow the instruction on this point.

Careless packing should be avoided. Vegetables and fruits should be packed closely in jars and after this has been done, the jars should be filled with hot salted water in the case of vegetables and syrup in the case of fruit. If the packing is not carefully done shrinkage may take place during sterilization.

In canning green vegetables like spinach, it is important that the mineral salts and volatile oils should not be lost. For this reason the greens should never be blanched in hot water. The blanching must be in steam.

It is important that vegetables and fruits should not be allowed to remain too long in the sterilizer. If sterilization is allowed to continue too long the product will shrink. Watch the time and follow the schedule as given in the table.

ADDITIONAL RECIPES

SUGGESTIONS

Four heaping tablespoonfuls make one gill.

Eight heaping tablespoonfuls make one cupful.

Four cupfuls of flour make one quart or pound.

Two cupfuls of solid butter make one pound.

Two cupfuls of granulated sugar make one pound.

Two and one-half cupfuls of powdered sugar make one pound.

One pint of milk or water equals a pound.

One teaspoonful of extract to one-quart of custard.

Two rounding or four even teaspoonfuls of baking powder to one quart of flour.

One teaspoonful of soda to one cup of molasses.

One scant measure of liquid to three full of flour for bread.

One scant measure of liquid to two full for muffins.

One scant measure of liquid to one full of flour for batter.

One salt spoonful of salt to one quart of milk for custard.

One salt spoonful of white pepper to one quart of soup stock.

One tablespoonful of salt to one-quart of soup stock.

One tablespoonful of each chopped vegetable to one quart of soup stock.

One teaspoonful of extract to one loaf of plain cake.

The metric system of weights and measures is used in the Philippines.

Our kilogram equals two and one fifth pounds.

One liter, dry measure, is a little less than a quart; liquid measure a little more.

One ganta (rice etc.) equals three liters. 25 gantas equal one caván.

Never pierce meats while cooking if you would have the best flavor.

Where the word milk is used in the recipes, remember that it means the evaporated cream diluted to the consistency of milk—one part of cream to two parts of water.

Lemons may be kept for a long time, indefinitely, in fact, by keeping them under glass. If laid on a flat surface and covered with a goblet they will neither mold nor dry up. It is said that they can be preserved in this way even for six months.

Cocoanut milk may be obtained by grating the cocoanut and squeezing the pulp. After thoroughly squeezing add water, and squeeze again. After all the juice seems to have been extracted, strain and use as milk. This is very good for custards and all forms of dessert, for which milk is desired. Must be used immediately after being prepared as it sours very quickly.

To remove mildew rub common yellow soap on the damaged spot and stiff starch on that. Rub it in well and lay out in the sun.

Ink and iron mold may be taken out by wetting the spots in milk, then covering them with common salt. It should be done before the garment is washed. Another way to take out ink is to dip the spot in melted tallow.

Scorch from a hot iron can be taken out by laying the garment in the sun.

A little lump of camphor kept in the plate chest or silver drawer will prevent the contents from tarnishing. Lump camphor, placed in closed book cases, will prevent molding of books: placed under cover of sewing machine or typewriter will prevent rusting.

Many people in the Philippines consider it unsafe to eat lettuce and cabbage raw. Some always scald all vegetables and fruit bought in open market before using.

One of the things to be avoided with canned beans, peas and corn is the development of what is known as "flat sour". The canned goods may show no signs of spoiling and yet be found on opening to be in this condition. It may be avoided by making use of vegetables that have not been gathered more than five or six hours. Blanch, cold-dip, and pack one jar at a time, placing each jar in the sterilizer as it is packed. Do not overlook this precaution in canning vegetables.

Time table for Blanching and Sterilizing.

Vegetables.	Blanching. <i>minutes</i>	Sterilizing. <i>minutes</i>
Vegetables Greens	15 to 20	120
Cabbage	15 to 20	120
Carrots	5 to 8	90
Beets	3 to 8	90
Turnips	5 to 8	90
Radishes	5 to 8	90
Sweet potatoes	5 to 8	90
Tomatoes	To loosen skin	30
Green corn	5 to 15	180
Lima Beans	2 to 5	120
String Beans	2 to 5	120
Peas	2 to 5	120
Okra	2 to 5	120
Squash in cubes	10	90
<i>Fruits.</i>		
Ripe Mangoes	None	16
Lanzones	None	16
Pineapple	None	16
Strawberries	None	16
Santols	2	20
Chinese Pears	2	20
Oranges (sliced)	None	10

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