

THE
ANN ARBOR
COOK BOOK



GEO. WAHR, Publisher
ANN ARBOR, MICH.

THE ANN ARBOR

COOK BOOK

COMPILED BY THE

LADIES' AID SOCIETY

OF THE CONGREGATIONAL CHURCH

SECOND EDITION
REVISED AND ENLARGED

*"Bad cooking is waste—waste of money and loss of comfort.
Whom God hath joined in matrimony, ill-cooked joints and
ill-boiled potatoes have very often put asunder."—Smiles.*

GEORGE WAHR, PUBLISHER AND BOOKSELLER
ANN ARBOR, MICHIGAN
1904

76

COOK BOOK

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1904



PREFACE

FIRST EDITION

"Of making many books there is no end," nor need one be looked for. No apology is offered for adding another to the many excellent Cook Books, for none now available contains the choice and tested recipes of many of the best cooks of Ann Arbor. In compiling this book there has been but one embarrassment, an embarrassment of riches. To select from the large number of recipes offered those that could be published has been a formidable task, and mistakes must needs have been made. The Committee of Publication can only say it has used its best judgment, and regrets that it was compelled to omit many recipes perhaps quite as good as those published. The embarrassment is somewhat relieved by the free permission of nearly all contributors to use or omit their contributions. It is unfortunate that many failed to sign each recipe, as requested, in consequence of which some are published without proper credit.

While a committee of the Ladies' Aid Society of the Congregational Church edited the work, yet recipes have been contributed so generally by the ladies of the whole city that the book is in fact, as in name, "THE ANN ARBOR COOK BOOK." Thanks are due to so many that mention by name is impossible. Special mention is due to MISS HUNT for the cover-page design, to MRS. ANGELL for the valuable article on "How to Serve," which she, though very willing to assist, was yet most reluctant to prepare for publication, and to the advertisers whose support makes the work possible, and who have a message in their advertisements that will repay the attention of householders.

With the hope that THE ANN ARBOR COOK BOOK will contribute to the welfare and comfort of the homes it enters, it is offered to the public.

SECOND EDITION

The first edition of "THE ANN ARBOR COOK BOOK" having been exhausted, it was deemed advisable to issue a second one, revised and enlarged. The advertisements having served their time and purpose are omitted in this edition, and their space occupied by additional recipes. With this change, and the addition of a second part devoted to "Dietetics," the Cook Book becomes a permanent publication and it is to be hoped it will meet the needs of all housekeepers desiring a complete book on cookery at a moderate price.—EDITOR.

CONTENTS

PART I

Preface	3
Contents (Part I)	5
Contents (Part II)	6
Hints on Serving	7
Menus for One Week for Each Month in the Year, and for Special Occasions	13
The Varieties of Seasonable Foods in Market During the Year	47
Time Table for Cooking	55
Soups	59
Fish and Shell-fish	81
Meats	99
Poultry	131
Sauces and Dressings for Meats	147
Eggs and Cheese	157
Salads	169
Bread, Rolls, Muffins, Griddle Cakes, etc.	191
Sandwiches	225
Vegetables	233
Pickles and Relishes	267
Preserves, Jellies, and Jams	289
Cakes	307
Creams, Ices, and Desserts	349
Pastry and Puddings	383
Sauces for Puddings	425
German Cookery	433
Chafing Dish Dainties	447
Confectionery	459
Beverages	473
Cooking With a Gas Range	485
Household Miscellaneous	493

CONTENTS

PART II

DIETETICS

Compiled by MRS. W. B. HINSDALE

I. DIETETICS	515
1. <i>Infant Feeding</i>	515
a. Introductory	515
b. Statistics	515
c. Classification of Foods	517
d. Feeding an Infant under one year old	520
(1) Natural Method	520
(2) Artificial Method	521
e. Feeding a Child over one year old	523
f. General Rules for Feeding Children	525
g. Commercial Foods	526
2. <i>Milk</i>	527
a. Importance of Pure Milk	527
b. Milk Supply in Cities	529
c. Sources of Contamination	530
d. Uses of Milk	531
e. Milk Derivatives	531
3. <i>Food Values</i>	534
4. <i>The Invalid's Tray</i>	546
II. DISINFECTION	559
III. ACCIDENTS	561
IV. POISONS AND ANTIDOTES	566
V. MISCELLANEOUS	570
1. <i>Children and Invalids</i>	570
2. <i>Foods and Cooking</i>	574

HINTS ON SERVING

THE DINING ROOM.

The subject upon which I have been requested to say a few words is, in a way, of great importance to all young persons just facing the problem of the establishment of a new home. One feels much diffidence in approaching it, since the subject is one with which perhaps every one is supposed to be more or less familiar. Still, as our eye often serves to quicken our appetite and predisposes us to the enjoyment of the food set before us, one may well consider the simple means by which this may be attained.

Pardon me if I state as the first essential absolute cleanliness. It matters comparatively little how coarse or how fine the table linen may be, but it matters everything that it should be spotless. This, of course, requires much care on the part of the young housekeeper. Various devices are now in vogue by means of which the parts of the table which are most exposed are protected. Waiter cloths at the tea and coffee end of the table, carving cloths at the opposite end where the Master of the house exercises his nascent genius, are easily laundered and save the larger cloth from disfigurement. Sparkling glass, well polished silver, and this applies equally to plate, china or porcelain, so thoroughly dried that its polish makes it seem like new, and last, but by no means least, all steel implements carefully polished with brick dust—all these details, though seemingly trivial, go a long way toward making any table attractive. It is not the elegance of the furnishing of a table, but it is the good taste and the absolute neatness that make it charming. And really it does not take any longer nor does it require more strength to have one's table always attractive. Hot soap suds, dry towels, careful scraping of dishes before they are put into the suds, will bring about this result. Every person who has practiced upon these lines will tell you that with hot suds and dry towels the labor of washing dishes is reduced by one-half.

Might I say a word about the order in which this work should be done? Whatever glassware has been used should be first washed and dried. If milk has been in any of the receptacles, rinse with cold water, then wash in hot suds, place in hot water and wipe with dry towels. Silver should not be rinsed, but should be wiped directly from the suds. Next the cups and saucers. And now we have finished the fancy part of our dish-washing. All the plates and vegetable dishes should be carefully scraped and the scrapings put with refuse. (It goes without saying that every good housekeeper will have a receptacle for this debris, in some outside closet, which should be emptied two or three times a week.) For one's personal convenience it is better to have the plates and flat vegetable dishes washed first and then the deeper dishes. But those are matters for each one to decide for herself.

It is always well to restore to its appointed place in the closet or on the sideboard each dish after each meal, as upon this depends the neatness of the dining-room and the speed with which the table may be laid for the next meal. The old motto "A place for everything and everything in its place" is nowhere more applicable than in the dining room closets and in the pantry. If every one who reads this cook book should turn around and say, "What right have you to suppose that I do not know this," I should say, "None whatever; only I have been implored to speak of these simple things."

Now as to the matter of serving, by which I mean the laying of the table and the way in which the courses are served. Breakfast varies so much in different families that it is quite unnecessary to speak of that. If the lady of the house is her own cook and handmaiden both, she will speedily learn to abbreviate her steps and by having a small table within reach of her own seat will avoid the getting up and down, which, to say the least, spoils her own meal.

Luncheon in these later days has assumed more importance in the social life than formerly. It is not so elaborate as a dinner, it is served in a more informal way, and one can entertain ten or twelve people at luncheon with far less labor than for a corresponding number of persons at dinner. I have heard it said that the difference between a luncheon and a dinner is that at one you have soup and at the other you do not. This does not absolutely hold, because very frequently at luncheon one serves a bouillon,

or a soup that is served in cups instead of in the regular soup plates. Still that is a general distinction that holds. One may have a very simple luncheon. Any good cook book gives menus from very simple to most elaborate luncheons. Three courses are all that are really necessary. These may be, bouillon, meats, dessert; or fruit, fish, meat, dessert; or a meat, a salad, a dessert. Or, again, one may have five or six courses; fruit, bouillon, fish, meat, entree, salad, ices, coffee. At a luncheon one can make use of réchauffées.

In general, in laying the table for luncheon, one would place on the left of each plate as many forks as there were courses. On the right, the knives—two sets of knives are usually sufficient. In line with the tumbler the spoons that may be required—bouillon, tea and coffee spoons. The napkin should be placed at the right of the plate. I say nothing about the decorations. Everyone recognizes the fact that flowers always add to the beauty of a table. A simple center piece of some growing plant or a dish of fruit is all that is really necessary, something to mark the center of the table.

There is much liberty in a luncheon, and if the prerequisites which I have mentioned are observed, each housekeeper can make use of her own judgment and be assured of securing for herself and her friends a pleasant hour, since it is the exchange of nimble wits and kindly feeling that make hospitality.

A word about the little delicacies which are additions but by no means necessities: Olives, salted nuts, confections, bon-bons are always served in little dishes disposed about the table as the eye of the mistress shall indicate. Too many of these dishes, however, detract from the simplicity of the table. A dish of chipped ice ready for the goblets is always ornamental to a table, and if one or two fern leaves are thrown upon it, it becomes a thing of beauty.

Perhaps I might add that when the table is served by a maid, she should place everything on a little salver or waiter and pass it to the guests. A clean doiley, decorated as much or as little as one pleases, saves the Japan or silver waiter, and adds to the dainty aspect.

I have been so urgently requested to write more definitely about a dinner, that, contrary to my own judgment, I will add a few lines on this subject, prefacing them by the statement that I shall not here attempt to consider a large and ceremonious dinner.

A very pretty dinner for ten or twelve persons need have

only five courses: Soup, fish, meat, salad, dessert, and always coffee, last. One somewhat more elaborate may have first, grape fruit (which has had the core and fibre removed and the interstices filled with sugar and been placed in the refrigerator until thoroughly chilled, half of the fruit to a person), or oysters served on the half shell, six to a person (if not on the half shell procure the extra selects), have them thoroughly drained and stand on ice until just before they are to be served; to be nice they must be very cold. Place around a plate with a slice of lemon in the center. If the oysters on the half shell are used they should not be opened until just as they are served; second, soup; third, fish; fourth, an entree (this is a side dish such as chicken croquette, or any little pattie); fifth, the roast, which is the main dish of the dinner; sixth, sherbet (that is, a water-ice served in glasses); seventh, any game like quail, partridge, pheasant, and a salad; eighth, a dessert; ninth, fruits; tenth, coffee. To take the first menu more in detail:

First the soup. There are many from which to choose. As variety in flavor and appearance is always stimulating to the appetite, it is well to consider how the fish, which is the second course, is to be prepared. If plain boiled with drawn butter and egg sauce, then a dark, rich, highly seasoned soup would be palatable. If the fish is stuffed and baked with sauce Hollandaise, then a clear consommé, or a delicate cream soup would be preferable. Bread sticks, or what are commonly called soup crackers, should be served with the soup. With the fish course bread and butter spread in thin slices folded together is by many thought a sufficient accompaniment, but *plain* boiled potatoes, passed through a colander and lightly heaped upon a dish, are always in good form. The main dish of the dinner is the roast. This may be a fillet of beef, a saddle of venison, a leg of mutton, a roast turkey, or roasted chickens or ducks; whatever the season or one's individual taste approves. With this you will serve always two vegetables; you may very well have three—potato souffle, hominy croquettes, roast sweet potatoes, or potatoes mashed and fried in little round balls, macaroni au patin and squash, or potatoes mashed and browned in the oven, green peas or beans and rice croquettes. In a word, potatoes in some form and then such vegetables as the season affords, spinach, tomatoes, parsnips, etc., never more than three at a dinner. Cranberry sauce or currant jelly or sweet pickles, and any sour pickle may be a very pleasant addition.

The salad may be a shrimp, or lobster, or chicken salad, or a plain lettuce salad, or indeed any of the varieties with which modern cook books abound. The lettuce salad admits of a French dressing, but the others mentioned here require a mayonnaise dressing. Oysters fried in crumbs are a very nice accompaniment of the salad course. Toasted crackers, buttered, salted with grated cheese sprinkled over them, or if one prefers the salted wafers one can always purchase, and cheese sticks should be served with this course. The dessert may be selected from a great range of dainties. Pies, except at Thanksgiving or Christmas, do not find place in so large a dinner party as we are now discussing, and even the famous plum pudding is a little heavy. But all the various confections such as frozen pudding, chocolate cream, floating island, velvet cream, blanc mange, ice cream, jellies, lemon, orange, coffee are awaiting the choice of the mistress of the feast.

It goes without saying that in the season of fruits one can have a charming dessert without recourse to the cook. Cake should be served with this course. Here again one has an embarrassment of riches to choose from. I would suggest that at this stage a light and simple cake is most desirable. In the season when fresh fruits are not attainable, nuts and raisins make a very pleasant end of a dinner and lead up to the coffee which completes the bill of fare. In some cases, in fact quite generally, the coffee is served in the parlor after the guests have left the table, but unless the service is well trained it is easier to have it at the table.

The directions for laying the table would be the same as those given for the luncheon table. If one has not forks or spoons sufficient to use for all the courses, they should be carefully washed and sent back into the dining room. There should be one person whose duty it is to attend to this so that there is no unnecessary delay.

I really feel that I ought to apologize. It seems to me a great impertinence to be sending out any such crude directions to those who perhaps have far more practical knowledge than I have, but you will believe me that what I have done has been actuated by the desire to do a little in the great labor of preparing this book for the benefit of the Ladies' Aid Society.

MRS. JAMES B. ANGELL.

MENUS FOR ONE WEEK FOR EACH MONTH IN THE YEAR

(Chicago Record-Herald Cook Book.)

JANUARY

SUNDAY

BREAKFAST

Baked Bananas
Oatmeal Sugar and Cream
Stewed Kidney Spanish Omelet
Crumpets Coffee

DINNER

Consommé with Rice
Rib of Beef Yorkshire Pudding
Hominy, in Southern Style Corn
 Scalloped Potatoes
 Mayonnaise of Celery
Wafers American Brie
Plain Plum Pudding Foamy Sauce
 Coffee

SUPPER

Fresh-Water Terrapin
Cold Saratoga Chips
 Rolls and Butter
Lemon Jelly Cake
 Coffee

MONDAY

BREAKFAST

Grits Sugar and Cream
Slices of Cold Beef, Fried in Butter
 Boiled Eggs
Rolls Coffee

LUNCHEON

Kloops Cold Slaw
Stewed Fruit Wafers
 Tea

DINNER

Clear Soup with Croutons
Breaded Cutlets Tomato Sauce
Boiled Rice Stewed Celery
Lettuce Salad, French Dressing
Wafers Cheese
Little Puddings, a la Grand Belle
Sponge Cake
 Coffee

TUESDAY

BREAKFAST

Fruit
Oatmeal Sugar and Cream
Boston Baked Hash Plain Omelet
 Coffee
Rolls

LUNCHEON

Broiled Oysters on Toast
Baked Apples Vanilla Sauce
 Cocoa

DINNER

Turkish Soup
Broiled Steak Mashed Potatoes
Stewed Turnips Peas
 Sorrel Salad
Wafers Cheese
 Farina Custards
 Coffee

WEDNESDAY

BREAKFAST

Fruit
Oatmeal Sugar and Cream
Hamburg Steaks Brown Sauce
 French Fried Potatoes
Date Gems Coffee

LUNCHEON

Ham Croquettes, Tomato Sauce
 Thin Bread and Butter
Canned Cherries Wafers
 Tea

DINNER

Cream of Potato Soup
Roast Duck, Olive Sauce
 Grape Jelly
Potato Croquettes Peas
 Mayonnaise of Celery
Wafers Cheese
 Coffee Parfait

THURSDAY

BREAKFAST

Fruit
Grits Butter and Sugar
Corn Fritters (canned corn)
Parsley Omelet
Graham Gems Coffee

LUNCHEON

Salmi of Duck Mayonnaise of Cabbage
Cinnamon Bun Chocolate

DINNER

Pepper Pot
Boiled Leg of Mutton, Capers Sauce
Boiled Rice Cauliflower
Lettuce Salad, French Dressing
Cheese Fingers
Pumpkin Custard Cranberry Tart
Coffee

FRIDAY

BREAKFAST

Fruit
Oatmeal Sugar and Cream
Broiled White Fish Fried Potatoes
Muffins Coffee

LUNCHEON

Cecils from Cold Mutton, Sauce Béchamel
Cold Slaw
Orange Fritters, Vanilla Sauce
Bhud Tea

DINNER

Cream of Corn Soup (canned corn)
Baked Rock, Shrimp Sauce
Plain Boiled Potatoes Peas
Asparagus on Toast
Lettuce Salad, French Dressing
Wafers Cheese
Apple Charlotte Coffee

SATURDAY

BREAKFAST

Fruit
Wheat Granules Sugar and Cream
Broiled Steak Stewed Potatoes
Flannel Cakes Coffee

LUNCHEON

Panned Oysters Salted Wafers
Evaporated Peaches Coffee Cakes
Bhud Tea

DINNER

Oyster Plant Soup
Breaded Chops, Tomato Sauce
Scalloped Potatoes Peas
Lettuce Salad, French Dressing
Cheese Fingers
Sweet Potato Pudding
Coffee

FEBRUARY

SUNDAY

BREAKFAST

Oatmeal, with Cream
Stewed Kidneys Broiled Potatoes
Rice Muffins Coffee

DINNER

Beef Roll Baked Potatoes
Normandy Salad
Prune Pie Coffee

LUNCHEON

Egg Vermicelli
Brown Bread and Butter
Baked Bananas Cocoa

MONDAY

BREAKFAST

Oranges
Minced Meat, on Toast, with Bacon
Buckwheat Cakes Maple Syrup
Coffee

LUNCHEON

Calves' Brains, with Eggs
Spaghetti, with Cream Sauce
Hot Rolls Doughnuts
Tea

DINNER

Mutton Broth,
with Rice and Sliced Lemon
Corn Beef, Capers Sauce
Mashed Potato
Cabbage, Cream Sauce
Pepper Mangoes
Banana Float Coffee

TUESDAY

BREAKFAST

Cracked Wheat and Cream
Corned-Beef Hash Baked Sweet Apples
White Muffins Coffee

LUNCHEON

Panned Oysters Baked Sliced Potatoes
Brown Bread Sandwiches
Spiced Currants Tea

DINNER

Green-Pea Soup
Veal Cutlets, with Tomato Sauce
Mashed Potatoes
Lettuce, with French Dressing
Sponge Pudding Coffee

WEDNESDAY

BREAKFAST

Halved Oranges
Hashed Brown Potatoes
Laplanders
Codfish in Cream
Vienna Coffee

LUNCHEON

Mock Bisque Soup
Curry of Tripe Peanut Sandwiches
Anis Brod Cocoa

LUNCHEON

Cream of Potatoes
Chicken smothered in Sauerkraut
Stuffed Sweet Potatoes
Macaroni and Tomatoes
Hulnah Coffee

THURSDAY

BREAKFAST

Boiled Snowflakes, with Cream
Eggs, au lit
Hot Rolls, Butter Coffee

LUNCHEON

Cold Ham Scalloped Potatoes
Bread and Butter
Sugar Cookies Red Raspberry Jam

DINNER

Gumbo Chicken Rice
Lettuce, with Oil and Vinegar
Crackers Cheese
Bread and Butter Souffle
Coffee

FRIDAY

BREAKFAST

Quaker Oats
Codfish in Purée of Potatoes
Bread and Butter Hominy Drop Cakes
Coffee

LUNCHEON

Sardine Salad Cracker Toast
Fairy Gingerbread Cheese
Tea

DINNER

Scotch Roll Shredded Cabbage
Riced Potato Togus Bread
Cheese Custards Bread and Butter
Bananas Apples
Shells

SATURDAY

BREAKFAST

Jellied Apples Cream Omelet
Fried Slices of Breakfast Food
Breakfast Puffs and Plum Butter
French Filtered Coffee

LUNCHEON

Fried Oysters Gooseberry Jam
Parker House Rolls and Butter
Cream Slaw Saratoga Chips
Walnut Wafers Tea

DINNER

Roast Beef Vegetable Soup
Quirled Potatoes
Fried Parsnips
Sweet Pickled Peaches
Orange Charlotte with Whipped Cream
Graham Cake Coffee

MARCH

SUNDAY

BREAKFAST

Silver Prunes Stewed
Poached Eggs Cream Toast
Coffee

DINNER

Bouillon with Mound of Rice
Roast Turkey with Mushroom and
Oyster Dressing
Cranberries Giblet Sauce Bread
Mashed Potatoes
Snow Pudding Lebküchen
Coffee

LUNCHEON

Roman Meat Pudding
Sliced Brown Bread Rice Croquettes
Tea

MONDAY

BREAKFAST

Nectared Oranges
Broiled Whitefish, with Sliced Lemon
Potato Croquettes Hot Rolls
Coffee

LUNCHEON

Corn Fritters Deviled Ham Sandwiches
Pickled Green Tomatoes
Prune Sponge Cocoa

DINNER

Beef Soup, with Almond Balls
Cold Turkey Baked Sweet Potatoes
Scalloped Tomatoes Celery Salad
Children's Favorite Dessert
Coffee

TUESDAY

BREAKFAST

Liver and Bacon Fried Potatoes
Cream Toast Stewed Apricots
Coffee

LUNCHEON

Lobster à la Newburg
Steamed Brown Bread
Orange Jelly Tea

DINNER

Purée of Potatoes Fried Veal Cutlets
Baked Sweet Potatoes Lima Beans
Apple Tapioca Pudding Coffee

WEDNESDAY

BREAKFAST

Oranges
Wheat Flakes and Cream
Egg Toast Doughnuts
Coffee

LUNCHEON

Minced Veal Bread and Butter
Saratoga Chips
Sweet Cucumber Pickles
Sponge Cake Tea

DINNER

Celery Soup
Roast Beef, with Yorkshire Pudding
Browned Potatoes
Lettuce, with Mayonnaise Dressing
Mock Cherry Pie
Coffee

THURSDAY

BREAKFAST

Oranges
California Breakfast Food, with Cream
Broiled Ham Brown Potatoes
Toast Coffee

LUNCHEON

Oyster Rarebit Bread and Butter
Canned Apricots Macaroon Cakes
Vienna Chocolate

DINNER

Vegetable Soup
Roast Pork, Apple Sauce
Baked Potatoes Lima Beans
Bavarian Cream Coffee

FRIDAY

BREAKFAST

Fruit Salad
Rice and Meat Croquettes
Eggs à la Suisse
Griddle Cakes with Syrup
Coffee

LUNCHEON

Creamed Mushrooms on Toast
Lunch Cake Potato Salad
Stewed Apricots
Chocolate

DINNER

Cream of Tomato Soup
Baked White Fish with Dressing
Scalloped Sweet Potatoes Cold Slaw
Tapioca Pudding Coffee

SATURDAY

BREAKFAST

Fried Mush with Maple Syrup
Poached Eggs on Toast
Coffee

LUNCHEON

Oysters à la Newberg Sacked Potatoes
Pickles Albany Fruit Cake
Tea

DINNER

Cream of Celery Soup
Pocket of Veal with Spanish Dressing
Baked Potatoes Lady Cabbage
Syllabub Coffee Cake
Coffee

APRIL

SUNDAY

BREAKFAST

Bananas
Wheatall, Sugar and Cream
Perfection Omelet Baked Potatoes
Radishes
Rice Waffles Maple Syrup
Coffee

DINNER

Bouillon en Tasse
Chicken Pie Cranberry Jelly
Oyster Plant Croquettes Potato Balls
Easter Trifle
Clover Club Cheese Salted Wafers
Coffee

LATE LUNCHEON

Salmon Salad
Bread and Butter Sandwiches
Easter Cake Sliced Oranges
Vienna Chocolate

MONDAY

BREAKFAST

Oranges Germmeal
Eggs, New York Style Sweet Muffins
Coffee

LUNCHEON

Planked Salmon Radishes
White and Graham Bread
Stewed Dried Pears Gingerbread
Tea

DINNER

Purée of Chicken and Rice
Round Roast of Beef with Gravy
Browned Potatoes
Tomatoes (canned)
Blanc Mange with Caramel Sauce

TUESDAY

BREAKFAST

Oranges
Wheat Griddle Cakes
Baked Eggs Crullers
Coffee

LUNCHEON

Chipped Beef Potato Dice
Bread and Butter
Corn Starch Puffs Marmalade
Tea

DINNER

Potato Soup
Veal Potpie Spinach
Mock Snow Pudding
Coffee

WEDNESDAY

BREAKFAST

Fruit
Farina with Cream
Ham Quenelle Boiled Eggs
Hot Biscuit Coffee

LUNCHEON

Fried Oysters with Lemon
Macaroni Croquettes
Pickles
Lunch Rolls Hot Chocolate

DINNER

Broiled Beefsteak Lyonnaise Potato
Radishes
Cabbage Salad on Lettuce
Apple Compote Coffee

THURSDAY

BREAKFAST

Cracked Wheat and Cream
Omelet Buttered Toast
Buckwheat Cakes and Maple Syrup
Coffee

LUNCHEON

Anchovy Toast Walnut Sandwiches
Brown Bread Chocolate

DINNER

Tomato Soup
Boned Calf's Head Potato Timbale
Creamed Onions
Mince Pie Tea

FRIDAY

BREAKFAST

Fruit
Quaker Oats, Cream and Sugar
Cream Hash Sweet Potato Croquettes
Bread Puffs Coffee

LUNCHEON

Veal Loaf Sliced Tomatoes
Bread and Butter
Swedish Cake Iced Apples
Ceylon Tea

DINNER

Turtle Bean Soup
Turbot à la Crème Steamed Potatoes
Parsnips Served in Cream Pickles
White Bread
Simple Fruit Pudding
Coffee or Tea

SATURDAY

BREAKFAST

Oranges
Wheatall with Cream
Rissoles Potatoes Fried
Hot Cross Buns Coffee

LUNCHEON

Escalloped Oysters Chili Sauce
Bread and Butter Fruit Salad
Chocolate Menier

DINNER

Mock Bisque
Roast Mutton Roast Potatoes
French Peas Lettuce Salad
Orange Pudding Tea

MAY

SUNDAY

BREAKFAST

Rhubarb Sauce
Chicago Muffins Fried Perch
Fried Potatoes
Coffee

DINNER

Ox-Tail Soup
Spring Lamb Mint Sauce
Green Peas Lettuce and Beet Salad
Neapolitainoes French Coffee

LUNCHEON

Giblet Patties Welsh Rarebit
Rusks Russian Tea

MONDAY

BREAKFAST

Bananas
Radishes Fried Cornmeal Mush
Buttered Toast Broiled Breakfast Bacon
Coffee

LUNCHEON

Fruit Salad Minced Ham
Thin Buttered Bread
Young Onions
Tea

DINNER

Tomato Soup
Fresh Boiled Beef Horseradish Sauce
Brown Mashed Potatoes
Asparagus
Cup Rice Pound Cake
Coffee

TUESDAY

BREAKFAST

Sliced Pineapple
Wheat Flakes Sugar and Cream
Liver à la Bordelaise Potato Souffle
Raised Corn-Bread Coffee

LUNCHEON

Croquettes of Macaroni
Bread and Butter, Sandwiches
Sliced Tomatoes
Chocolate Wafers Almond Cream
Iced Milk

DINNER

Velvet Soup
Egyptian Chicken Steamed Potatoes
Cauliflower
Bread and Butter Pickled Onions
Lemon Cream Pie Tea

WEDNESDAY

BREAKFAST

Oranges
Beef Croquettes Rice Muffins
Coffee

LUNCHEON

Columbus Eggs Saratoga Chips
Pineapple Gold Cake
Iced Tea

DINNER

Potato Soup
Roast of Veal with Gravy
Baked Potatoes Asparagus in Ambush
Frozen Custard Angel's Food
Coffee

THURSDAY

BREAKFAST

Sliced Bananas Oatmeal and Cream
Stewed Kidney Hot Buttered Toast
Coffee

LUNCHEON

Fried Perch Thin Bread and Butter
Cucumbers Tea

DINNER

Roast of Rib Mutton Chops
("Crown Roast")
Potatoes au Gratin Spinach
Pineapple Fritters
After-Dinner Coffee

FRIDAY

BREAKFAST

Cerealine Flakes, cream and sugar
Sliced Tomatoes
Soft-boiled Eggs Cream Toast
Coffee

LUNCHEON

Thin Bread and Butter
Watercress Strawberry Shortcake
Orangeade

DINNER

Cream of Asparagus Soup
Baked fish Mashed Potatoes
Lettuce, with French Dressing
Junket Sponge Cake
Coffee

SATURDAY

BREAKFAST

Bananas
Cracked Wheat, with Cream and Sugar
Sweetbreads and Eggs on Toast
Radishes Crullers
Coffee

LUNCHEON

A dainty luncheon dish
Baked Potatoes Sliced Cucumbers
Whole Wheat Bread Molasses Wafers
Chocolate

DINNER

Fish Soup
Larded Calf's Liver
Peas Potatoes à la Royale
Young Onions
Queen of Puddings
Coffee or Tea

JUNE

SUNDAY

BREAKFAST

Pieplant Sauce
Minced Meat on Toast
Cold Boiled Potatoes, Fried Whole
Wheat Griddle-Cakes, Syrup
Coffee

DINNER

Vegetable Soup
Stuffed Veal, Gravy
Cauliflower with Dressing
Mashed Potatoes
Strawberry Sherbet Coffee

LUNCHEON

Soyer's Eggs Saratoga Chips
Cold Asparagus Salad
Cherries Gingerbread
Tea

MONDAY

BREAKFAST

Strawberries and Cream
Codfish Balls Boston Brown Bread
Toast Coffee

LUNCHEON

Veal Roll Thin Bread and Butter
Orange Fritters Iced Tea

DINNER

Mock Oyster Soup Crackers
Tongue Piquant Sauce
Stuffed Tomatoes Spinach
Mashed Potatoes
Strawberry Sherbet Tea

TUESDAY

BREAKFAST

Farinose and Milk
Watercress and Sliced Tomatoes
Poached Eggs on Toast Graham Gems
Coffee

LUNCHEON

Fried Whitefish Sliced Cucumbers
Buttermilk Scones
Strawberries and Cream
Tea

DINNER

Carrot Cream Soup
Breast of Mutton and Tomato
String Beans, Parsley Sauce Potatoes
Iced Pineapple
Cheese After-dinner Coffee

WEDNESDAY

BREAKFAST

Black Raspberries
Tomato Sauce with Poached Eggs
Hashed Potatoes
Yeast Puffs and Coffee

LUNCHEON

Cheese Omelet
Thin Bread and Butter. Olives
Shredded Pineapples Hot or Iced Tea

DINNER

Onion Soup
Fish, Maitre d' Hôtel Baked Potatoes
Deviled Eggs Sliced Cucumbers
Banana Float and Cake

THURSDAY

BREAKFAST

Sliced Pineapple
Poached Eggs with Sauce Veal Trifles
Warm Breakfast Rolls
Potato Patties
Coffee

LUNCHEON

Soup—Olla-podrida
Grandmother's Greens Graham Gems
Apple Florendine
Cocoa

DINNER

Chicken Fricassee
Cold Breakfast Rolls Mashed Potatoes
Creamed Peas
Strawberries and Cream
Tea

FRIDAY

BREAKFAST

Strawberries and Cream
Broiled Ham and Egg Toast
Coffee

LUNCHEON

Salad of Calves' Brains
Bread and Butter Green Onions
Cookies Hot or Iced Tea

DINNER

Mock Oyster Soup
Broiled Black Bass New Potatoes
Cucumbers
Chocolate Cream Coffee
Coffee

SATURDAY

(Selected.)

BREAKFAST

Strawberries
Ham Croquettes Muffins
Hominy Griddle Cakes Coffee

LUNCHEON

Scalloped Tomatoes Bread and Butter
Baked Berry Rolls
Tea

DINNER

Duchess Soup
Beef Roulette Brown Mashed Potatoes
Pickles Green Peas
Strawberry Sponge
Coffee

JULY

SUNDAY

BREAKFAST

Blackberries
Oatmeal Croquettes
Egg Vermicelli Thirded Bread
Coffee

DINNER

Roast Veal Mashed Potatoes
Summer Squash Stuffed Tomatoes
Blackberry Roll, Fruit Sauce
Coffee

LUNCHEON

Potted Fish
London Crumpets Cottage Cheese
One Egg Cake Raspberry Vinegar

MONDAY

BREAKFAST

Bananas, with Currant Juice
Hashed Veal, with Scrambled Eggs
Avena Gems Coffee

LUNCHEON

Swiss Sandwiches
Cucumbers French Dressing
Savoy Cakes Frothed Chocolate

DINNER

Green-Corn Soup
Flank Steak Broiled Mashed Potatoes
Tomato Farci
Raspberry Foam Coffee

TUESDAY

BREAKFAST

Pears
Sliced Baked Ham
Light Rolls
Coffee

LUNCHEON

Bread and Butter
Tomatoes, with Mayonnaise Dressing
Tea Cakes
Blackberries, with Cream

DINNER

Green-Pea Soup
Fried Chicken
Boiled Green Corn
Beets
Chocolate Wafers
Peaches and Cream

WEDNESDAY, JULY 4TH.

BREAKFAST

Red and White Currants
Farina Molds, Sugar and Cream
Sliced Tomatoes (iced)
Fried Perch
Salem Muffins
Coffee

LUNCHEON

Sardine Sandwiches
French Pickle
Salad of '76
Snowballs
Red Raspberries
Iced Tea

DINNER

Consommé à l'Independence
Roast Lamb, Mint Sauce
New Potatoes
Telephone Peas
Cucumber Fritters
Cherry Roll, Fruit Sauce
After-dinner Coffee

These are intended to be red and white menus, since it is impracticable to use the other color of our flag (blue) in articles of food. The salad should be garnished with rings of the white of a hard-boiled egg and disks cut from boiled beets, while the tiny flags, sold at two cents a dozen, may be used as table decorations in connection with the dozens of white clover now blossoming so luxuriously in many of our vacant city lots.

THURSDAY

BREAKFAST

Blueberries and Milk
Summer Sausage
Potato Klösse
Bread Balls
Coffee

LUNCHEON

Tongue Salad
Creamed Potatoes
Bread and Butter
Wild Red Plums
Spice Cookies
Royal Spruce Beer

DINNER

Toast Soup
Stuffed Beefsteak, Sauce Piquante
Ragout of Vegetables
Watermelon
Coffee

FRIDAY

BREAKFAST

Iced Raspberries
Barley Crystals
Cream and Sugar
Something for Breakfast
Coffee

LUNCHEON

Eggs in Cases
Japanese Fritters
Sliced Tomatoes
Iced Cocoa

DINNER

Normandy Soup
Baked Fish
New Potatoes
Cucumbers
Marguerite Pudding
Coffee

SATURDAY

BREAKFAST

Cherries on Stem, Powdered Sugar
Fairy Omelet
Fried Tomatoes, with Cream
Brown Bread
Coffee

LUNCHEON

Radishes
Chicken and Rice Croquettes
Thin Slices of Bread and Butter
Shredded Pineapple
Iced Tea

DINNER

Braised Tongue
Small New Potatoes in Cream
Peas
Sliced Cucumbers
Raspberry Shortcake
Coffee

AUGUST

SUNDAY

BREAKFAST

Huckleberries and Cream
Egg on Toast
Brown Bread
Coffee

DINNER

Tomato Soup
Roast Lamb, with Mint Sauce
Baked Potatoes
Green Corn
Egg Salad on Lettuce, with French Dressing
Chocolate Ice Cream
Angel Food
Coffee
Iced Tea

LUNCHEON

French Toast
Deviled Eggs
Cheese Wafers
Boiled Custard
Cookies
Iced Tea or Lemonade

MONDAY

(Mrs. M. D. Adams, Alexandria, Ind.)

BREAKFAST

Iced Melons.
Cereal with Cream and Sugar
Individual Omelet
Hot Rolls
Coffee

LUNCHEON

Boiled Boneless Herring
Whole Wheat Bread
Sliced Cucumbers
Sugared Peaches
Iced Tea

DINNER

Soup, Cold or Hot
Broiled Beefsteak
Mashed Potato
Filled Peppers
Cocoanut Ice Cream
Coffee

TUESDAY

BREAKFAST

Cantaloupes
Clam Toast
Warm Rolls
Apple Foam
Sugar Cookies
Coffee

LUNCHEON

Tomato Soup
Berry Sandwiches
Lemonade
Junket

DINNER

Cold Fruit Soup
Roast Tongue, Austrian
Baked New Potatoes
Baked Corn
Cucumber Salad
Wafers
Sliced Peaches with Cream
Cake
Coffee

WEDNESDAY

(Lena M. Gross, Park Ridge, Ill.)

BREAKFAST

Halved Peaches
Toasted Wheat Flakes with Cream
Creamed Veal on Toast
German Coffee Cake
Coffee

LUNCHEON

Corn Omelet
Baked Tomatoes
Bread and Butter
Date Cake
Iced Tea, Russian

DINNER

Creamed Tomato Soup
Potted Spring Chicken
Boiled Potatoes
Cauliflower
Cucumber Salad
Watermelon
Coffee

THURSDAY

BREAKFAST

Rice with Cream and Sugar
Huckleberries with Biscuit and Cream
Chicken Toast Muffins
Coffee

LUNCHEON

Sardines
Cucumber Cubes in Tomato
Creamed Apple Sauce
Ladv Finger Iced Tea

DINNER

Baked Leg of Veal Cream Sauce
Baked Potato Succotash
Fruit Salad Wafers
Ice Cream Assorted Cakes Cheese
Fruit Nuts
Coffee Iced Tea

FRIDAY

(Mrs. J. G. Law.)

BREAKFAST

Stewed Prunes
California Oriol with Butter and Sugar
Beef Hash One Egg Muffin

LUNCHEON

Salmi of Lamb
Olives Dream Sandwiches
Sliced Peaches Cheese Cakes
Iced Tea

DINNER

Scotch Mutton Broth
Baked Pickarel Egg Sauce
Dressed Cucumbers
Caramel Custard Lady Fingers
Coffee

SATURDAY

(Mrs. Freeman Graham, Rockford, Ill.)

BREAKFAST

Vitos with Cream
Bacon with Fried Potatoes
Cornmeal Muffins
Coffee

LUNCHEON

Cold Tongue
Fried Potatoes Cauliflower Salad
Whole Wheat Bread
Raspberries Nut Wafers
Iced Tea

DINNER

Cream of Cauliflower Soup
Spring Lamb Stuffed Mint Sauce
Mashed Potatoes Peas
Graham Bread White Bread
Watercress French Dressing
Wafers
Maraschina Jelly with Whipped Cream
Coffee

SEPTEMBER

(Offered by a Louisiana French Creole.)

SUNDAY

BREAKFAST

Sliced Bananas, with Cream and Sugar
Ham Omelet Potato Biscuit
Café au lait

DINNER

Beef Gumbo, with Tomatoes and Ochras
Sweet Potatoes à la Creole
Pineapple Sherbet Café noir

LUNCHEON

Creole Kedgerree Cucumber Jelly
Florendines Chocolate

MONDAY

BREAKFAST

Iced Melons
Chipped Beef Coffee
Toast

LUNCHEON

Boulettes of Liver
Thin Bread and Butter
Spanish Shortcake
Apple Salad Tea

DINNER

Puree of Celery
Baked Veal Cutlet Tomato Sauce
Curled Potatoes Sweet Pickle
Green Corn
Peach Cake Coffee

TUESDAY

BREAKFAST

Sliced Peaches Powdered Sugar
A Veal Breakfast Relish
Breakfast Potatoes
Southern Corn-Pone
Coffee

LUNCHEON

Boston Brown Hash
Brown Bread and Butter
Green-Grape Jelly
Tea

DINNER

Levigne Soup
Sirloin Steak, with Bananas
Baked Potatoes Creamed
Cabbage Salad
Apple Flipflaps Coffee

WEDNESDAY

BREAKFAST

Delaware Grapes
Oatmeal Milk
Frizzled Beef Potato Cakes
Southern Cornbread
Coffee

LUNCHEON

Beauregard Eggs
French Fried Potatoes
Thin Bread and Butter
Whole Tomato and Lettuce Salad,
Mayonnaise Dressing
Velvet Sponge Cake Iced Tea

DINNER

Brunswick Stew
Baked Sweet Potatoes in their jackets
Celery Salad, French Dressing
Peach Cobbler with Whipped Cream
Coffee

THURSDAY

BREAKFAST

Fricassee of Brains
Fried Potatoes Green Corn
Griddle Cakes
Bread Tea or Coffee

LUNCHEON

Sliced Cold Meat
Sliced Tomatoes
Tea, Hot or Iced

DINNER

Green Pea Soup
Roast Lamb Mint Sauce
Stuffed Tomatoes
New Potatoes, Roasted
Lima Beans
Fruit

FRIDAY

BREAKFAST

Fruit
Baked Eggs Bacon
Muffins Coffee

LUNCHEON

Lamb Croquettes
Cream Potatoes Walnut Salad
Tea

DINNER

Tomato Soup
Broiled White Fish Beurre noir Sauce
Creamed Peas in Shell
Mashed Potatoes
Fruit Cream Coffee

SATURDAY

BREAKFAST

Bartlett Pears
White Indian Meal Mush,
Sugar and Cream
Creamed Chicken and Potatoes
Sliced Whole-Wheat Bread
Coffee

LUNCHEON

Curry of Eggs Boiled Rice
Thin Bread and Butter
Jumbles
Tea

DINNER

Cream of Celery Soup
Broiled Beef Tenderloin,
with Mexican Sauce
Sweet and Irish Potatoes sauté
Corn Fritters
Peach Snowballs Coffee

OCTOBER

SUNDAY

BREAKFAST

Fruit
Cracked Wheat, with Cream and Sugar
Creamed Cod in Potato Case
Egg Bread Doughnuts
Coffee

DINNER

Pink Cream Soup Potato Balls
Indian Cutlets Mashed Potatoes
Lima Beans
Snowballs Coffee

LUNCHEON

Sausage Toast Cider Jelly
Fayal Biscuit Baked Pear Compote
Cocoa

MONDAY

BREAKFAST

Grapes
Steamed Rice
Ham Omelet Fried Indian Mush
Coffee

LUNCHEON

Stuffed Peppers Baked Sweet Potatoes
Bread and Butter Cabbage Salad
Quince Preserves Spanish Buns
Cocoa

DINNER

Celery Soup
Baked Mutton Chops and Potatoes
Baked Squash Lima Bean Salad
Cabinet Pudding
Tea

TUESDAY

BREAKFAST

Grapes
Minced Meat on Toast
Kentucky Rolls Egg Omelet
Coffee

LUNCHEON

Sliced Cold Roast with Chili Sauce
Beaten Biscuit Drop Cakes
Chocolate

DINNER

Cream of Celery Soup
Chicken, Kentucky Style
Cream Corn Cold Slaw
Baked Apple Pudding
Coffee

THURSDAY

BREAKFAST

Shredded Wheat Biscuit,
Sugar and Cream
Foamy Omelet with Ham
Oatmeal Muffins
Coffee

LUNCHEON

Cold Meat, with Purée of Potatoes
Drop Biscuits
Cocoa
Apples and Grapes

DINNER

Cream of Celery Soup Dinner Rolls
Broiled Steak with Mushrooms
Sweet Potatoes Baked
Spinach
Sponge Pudding

WEDNESDAY

BREAKFAST

Seedless Grapes
Oatmeal Sugar and Cream
Chicken Pancakes Sliced Tomatoes
Hot Coffee

LUNCHEON

Cold Wheat Cakes
Potato Salad
Bread, Biscuit and Butter
Stewed Pears with Rice
Cocoa

DINNER

Noodle Soup
Stewed Shoulder of Veal
Savory Baked Potatoes
Hot Slaw Mustard Pickles
Cherry Tapioca with Cream
Coffee Nuts Hot Coffee

FRIDAY

BREAKFAST

Oatmeal, with Sugar and Cream
Bread Balls Beef Hash
Coffee

LUNCHEON

Blanquette of Chicken
Celery Bread and Butter
Coddled Apples Ginger Bread
Milk or Cocoa

DINNER

Tomato Soup
Oyster Pie with Richmond Sauce
Cream Potatoes Baked Cabbage
Rye Bread and Butter
Cornstarch Fritters

SATURDAY

BREAKFAST

Soft Boiled Eggs Crisped Bacon
Hot Corn Cake Honey
Coffee

LUNCHEON

Spiced Currants
Cold Sliced Tongue Sweet Potato Balls
Molasses Cake
Tea

DINNER

Ragout of Mutton
Steamed Irish Potatoes
Cocoanut Pie Fried Green Tomatoes
Coffee Grapes

NOVEMBER

SUNDAY

(Mrs. Henry T. Dean.)

BREAKFAST

Apples
Oatmeal with Cream
Bacon Fried Potatoes
Fried Cornmeal Mush Bread and Butter
Coffee Doughnuts

DINNER

Oyster Soup with Wafers
Roast Chicken
Mashed Potatoes with Gravy
Turnips Bread
Celery Salad with Dressing Wafers
Mince Pie with Cheese
Coffee

LUNCHEON

Cold Chicken Bread and Butter
Olives Crackers
Sauce and Cake Tea

MONDAY

(Mrs. Henry Dean.)

BREAKFAST

Stewed Apples Rice with Cream
Broiled Mackerel Dry Toast
Coffee Ginger Cookies

LUNCHEON

Chipped Dried Beef with Cream
Dressing
Saratoga Potatoes Bread and Butter
Tea Chocolate Fruit

DINNER

Baked Leg of Veal Cream Sauce
Baked Potatoes Succotash
Fruit Salad Wafers
Quick Dessert Coffee

TUESDAY

BREAKFAST

Stewed Prunes Cream of Wheat
Broiled Bacon Corn Fritters
Coffee

LUNCHEON

Creamed Fish in Ramkins
Bread Sticks
Potato Salad Brown Bread
Tea or Chocolate

DINNER

Cream of Celery Soup
Hot Tongue with Tomato Sauce
Shredded Cabbage with French Dressing
Peppermint Ice Cream
Peanut Crisps

WEDNESDAY

BREAKFAST

Baked Apples
Poached Eggs on Toast, with Cream
Sauce
Baked Potatoes
French Coffee Raisin Bread

LUNCHEON

Escalloped Fish in Individual Dishes
Pickled Beets
White Bread Jam
Tea

DINNER

Vegetable Soup Wafers
Broiled Beefsteak Creamed Potatoes
Turnips Mashed
Lettuce Salad with French Dressing
Canned Peaches Cake
After-dinner Coffee

MENU FOR THANKSGIVING

(Chicago Record Cook Book.)

BREAKFAST

Stewed Prunes
Boiled Rice with Cream
Codfish à la mode
Sweet Potatoes Browned
White and Brown Bread
Pancakes Coffee

DINNER

Bisque of Oysters
Planked Whitefish, Lemon and Walnut
Sauce
Roast Turkey with Chestnut Filling
Cranberries Olives Celery
Chestnut Croquettes
Mashed White Potatoes
Baked Sweet Potatoes
Mashed Turnips Sweetbread Salad
Mince Pie Pumpkin Pie Ice Cream
Nuts Black Coffee Raisins

LATE LUNCHEON

Welsh Rarebit Thin Bread and Butter
Chocolate Cake Buttercup Jelly
Cocoa

FRIDAY

BREAKFAST

Stewed Dried Peaches
Steamed Rice with Sugar and Cream
Lyonnais Potatoes Crisp Bacon
Muffins Coffee

LUNCHEON

Potato Salad Cold Sliced Ham
Sweet Baked Potatoes Hot Biscuit
Cherry Pie Tea or Chocolate

DINNER

Corn Soup
Roast Turkey with Gravy
Steamed or Mashed Potatoes
Baked Squash Currant Jelly
Cranberries
Brown and White Bread, with Salad
Suet Pudding, with Brandy Sauce
Ice Cream Cake
After-dinner Coffee

SATURDAY

(Mrs. Henry Dean.)

BREAKFAST

Fruit
Breakfast Food, with Cream
Broiled Ham
Buckwheat Cakes with Syrup
Fried Potatoes Coffee

LUNCHEON

Escalloped Oysters
Sweet Baked Potatoes
Rolls Olives Raspberry Jam
Small Cakes Cocoa

DINNER

Blue Points in the Chafing Dish
Consomme
Chicken à la Newberg
Sliced Ham and Lemon Jelly
Baked Bananas Fruit Cake
Tea

DECEMBER

SUNDAY

BREAKFAST

Oatmeal with Cream Codfish Croquettes
Flannel Pancakes with Quince Syrup
Coffee

DINNER

Split-Pea Soup
Creamed Chicken Fricassee with
Mushrooms
Mashed Potatoes
Pumpkin Custards Coffee

LUNCHEON

English Stuffed Peppers
French Rolls Creamed Potatoes
Coffee

TUESDAY

BREAKFAST

Delaware Grapes
Boiled Oats, Sugar and Cream
Eggs in Bread Sauce Beaten Biscuits
Coffee

LUNCHEON

Deviled Toast Hot Kentucky Rolls
Cup Cake Hot Tea

DINNER

Peanut Soup
Vienna Steaks Celery Baked Potatoes
Macaroni Peach Shortcake
Black Coffee

MONDAY

BREAKFAST

Bananas
Graham or Brown Bread Brewis
Sausage Rolls Light Loaf
Lyonnaise Potatoes
Coffee

LUNCHEON

Lamb Cutlets Cream Cheese
Arrow-Root Biscuit
World's Fair Gingerbread
Tomato Marmalade
Tea

DINNER

Scalloped Oysters Mashed Potatoes
Roasted Onions
Baked Apple Pudding Coffee

WEDNESDAY

BREAKFAST

Northern Spy Apples
Bacon and Eggs Creamed Potatoes
Corn Pone with Butter
Coffee

LUNCHEON

Mush and Milk
Kipperd Herring Celery
Brown Bread
Tea

DINNER

Roast Turkey, Cranberry Sauce
Browned Potatoes Cold Slaw
Prune Whip Coffee

THURSDAY

BREAKFAST

Baked Apples and Cream
Wheat Germ Mush Ham Omelet
Foam Griddle Cakes, Maple Syrup
Coffee

LUNCHEON

Fricasseed Oysters
Sweet Cantaloupe Pickle
Celery Baking Powder Biscuit
Tea

DINNER

Cream of Barley Soup
Beefsteak Potpie, Suet Crust
Spinach (French Style)
Dinner Bread Rennet Pudding
Nuts Grapes Raisins

FRIDAY

BREAKFAST

Sliced Bananas with Cream and Sugar
Buttered Toast
Liver and Bacon Balls
Corn Muffins Coffee

LUNCHEON

Eggs Milanese
Steamed Brown Bread
Turkey or Chicken in Savory Jelly
Waffles with Maple Syrup
Russian Tea

DINNER

Soup Neapolitan
Baked Whitefish, Oyster Sauce
Mashed Potato
Celery and Nut Salad
Steamed Fruit Pudding
Coffee

MENU FOR CHRISTMAS

(Chicago Record Cook Book.)

BREAKFAST

Fruit
Maizena and Cream
Potato and Ham Sandwiches
Finger Biscuits Raised Flannel Cakes
Coffee

DINNER

Raw Oysters with Sliced Lemon
Thin Bread and Butter
Tomato Bisque Lobster Chops
Roast Goose, Apple Sauce
Giblet Gravy Stuffed Onions
Mashed Potatoes
Wild Cherry and Almond Sorbet
Celery Salad with Mayonnaise Dressing
Grated Cheese Salad Wafers
Christmas Pudding, Foam Sauce
Kisses filled with Whipped Cream
Grapes Nuts Dates
Coffee

LATE LUNCHEON

Slices of Roast Goose, Deviled
Celery Salad Sandwiches
Cocoa Fruit

MENUS FOR SPECIAL OCCASIONS

(Boston Cooking School.)

MENUS FOR THANKSGIVING DINNER

I.

Cream of Oyster Soup
 Celery Pickles
 Roast Turkey, Bread Stuffing
 Garnish Celery Leaves and Cubes of
 Melon Sweet Pickle
 Mashed Potatoes Squash
 Stuffed Onions, Cream Sauce
 Succotash (Lima Beans and Canned
 Corn)
 Chicken-Celery-and-Nut Salad
 Open Apple Pie Pumpkin Pie
 Chestnut Puree with Candied Fruit,
 Cream
 Nuts Fruit Cider Coffee

II.

Consommé with Chestnut Timbale
 Squash Bread Sticks
 Escaloped Oysters in Individual
 Caseroles Man Olas
 Roast Turkey (unstuffed)
 Nut Croquettes
 Giblet Sauce Cranberry Sauce
 Boiled Onions with Cream
 Mashed Sweet Potatoes
 Turnip Cubes au Gratin
 Cider Jelly, Half Frozen
 Broiled Partridge
 Dressed Lettuce with Celery Jelly and
 Chestnuts
 Individual Pumpkin Pies
 Apple Mousse
 Nuts Fruit Coffee

III.

Raw Oysters Condiments
 Boston Brown Bread Sandwiches
 Roast Turkey, Nut Dressing
 Mashed Potatoes
 Celery Croquettes
 Cauliflower, Hollandaise Sauce
 Turkey Giblet, Vol-au-Vent
 Lettuce-Apple-and-Walnut Salad
 Squash Pie
 Raisins Moulded in Cider Jelly,
 Whipped Cream
 Sponge Cakelets Fruit
 Nuts Coffee

MENUS FOR CHRISTMAS DAY

I.

BREAKFAST

Baked Apples Stuffed with Dates, Cream
 Cereal
 Broiled Mutton Chops
 Baked Potatoes
 Slices of Boston Brown Bread Heated in
 Oven
 Parker House Rolls Reheated
 Coffee

DINNER

Chicken Broth with Asparagus Tips
 Halibut Slices Baked with Oysters
 Mock Hollandaise Sauce
 Vol-au-Vent of Chicken Fillets and
 Quenelles
 Roast Goose Prune-and-Apple Stuffing
 Garnish, Rings of Cooked Apple,
 Barberry Jelly in Centre
 Mashed Turnips
 Brussels Sprouts in Batter
 Tomato Sauce Roman Punch
 Minions of Venison Tenderloin with
 Marrow
 Currant Jelly Sauce Endive Salad
 Mince Pie Nesselrode Pudding
 Salted Almonds Candied White Grapes
 Coffee

SUPPER

Berwick Sponge Cake with Custard, etc.
 Crackers Neufchatel Cheese
 Tea

II.

BREAKFAST

Oysters
 Creamed Oysters on Toast
 Popovers
 Plain Rice Croquettes, Maple Syrup
 Coffee

DINNER

Consommé with Tapioca
 Boiled Chicken Halibut, Hollandaise
 Sauce
 Plain Boiled Potatoes Pim Olas
 Little Cucumber Pickles
 Roast Turkey, Chestnut Stuffing
 Garnish, Marashino Cherries and Celery
 Plumes
 Panned Sweet Potatoes
 Celery au Gratin
 Flageolet in Cream
 Cold Timbales of Ham in Chicken Aspic,
 Lettuce-and-French Dressing
 Christmas Plum Pudding, Liquid Sauce
 Montrose Pudding Bonbons
 Coffee

SUPPER

Oysters on the Half-shell
 Graham Bread Sandwiches
 Caramel Ice Cream
 Cake Coffee

MENUS FOR WEEK IN LENT

SUNDAY

BREAKFAST

Gluten Grits Stewed Peaches (dried)
 French Omelet Peas in White Sauce
 Spoon Corn-bread
 Coffee

DINNER

Tomato Soup, Croutons
 Escalloped Oysters Salad Rolls
 Spinach-and-Egg Salad, Sauce Tartare
 Croustades of Fruit, Maltaise
 Coffee

SUPPER

Sardine Rabbit Pickles Crackers
 Canned Fruit Wafers
 Cereal Coffee

MONDAY

BREAKFAST

Rechauffée of Finnan Haddie in
 Shredded Wheat Baskets
 Rice Griddle Cakes, Maple Syrup
 Cereal Coffee

LUNCHEON

Canned Corn Fritters
 New Graham Bread
 Lettuce-and-Egg Salad
 Tea

DINNER

Cream-of-Asparagus (Canned) Soup
 Baked Fillets of Fish, Caper Sauce
 French Fried Potatoes
 Buttered Parsnips
 Cold Slaw
 Grape Juice Sponge, Cream and Sugar
 Coffee

TUESDAY

BREAKFAST

Ralston Breakfast Food
 Spanish Omelet
 Rice-and-Corn-meal Griddle Cakes
 Maple Syrup
 Coffee

LUNCHEON

Escalloped Fish Stewed Potatoes
 Buttered Onions French Pickle
 Baldwin Pudding
 Cereal Coffee

DINNER

Salt Salmon, Boiled, Egg Sauce
 Boiled Potatoes Succotash
 Lettuce, French Dressing
 Lemon Pie Coffee

WEDNESDAY

BREAKFAST

Malta Ceres, Cream
 Zwiebach Cocoa

LUNCHEON

Potato Soup
 Egg Yolks Molded in Aspice
 Lettuce, French Dressing
 Banana Pie Cheese Coffee

DINNER

Baked Slices of Fish Stuffed with
 Oysters
 Mock Hollandaise Sauce
 Mashed Potatoes Spinach à la Crème
 Man-Olas Mock Mince Pie
 Cream Cheese Cereal Coffee

MENUS.

THURSDAY

BREAKFAST

Old Grist-mill Toasted Wheat, Cream
 Omelet à la Begue Radishes
 Rye-meal Muffins
 Cocoa

LUNCHEON

Fish-and-Potato Cakes (left over)
 Bacon Cabbage Salad
 New Bread and Butter
 Angel Cake Sliced Oranges Tea

DINNER

Emergency Soup
 Macaroni with Cheese and Tomato
 Parsnip Fritters, Mayonnaise Dressing
 Peanut Macaroons
 Pineapple Soufflé, Orange Sauce
 Coffee

FRIDAY

BREAKFAST

Oranges
 Creamed Codfish Baked Potatoes
 Piccalilli Baking Powder Biscuit
 Cereal Coffee

LUNCHEON

Rice with Cheese and Tomato
 Caramel Custard en Surprise
 Cocoa Wafers or Macaroni

DINNER

Oysters in Casserole
 Mayonnaise of Lettuce and Shrimps
 Brown Bread and Butter
 Pineapple Tapioca, Cream
 Coffee

SATURDAY

BREAKFAST

Oranges
 Pettijohns Breakfast Food, Cream
 Codfish Balls Horseradish
 Corn-meal Muffins Cereal Coffee

LUNCHEON

Cream-of-Lima Bean Soup
 Croutons
 Cheese Soufflé Pickles
 Orange Cream Cake
 Tea

DINNER

Baked Fish, Bread Stuffing
 Pickle Sauce Stringless Beans
 Creamed Cabbage with Cheese
 Prune and Apple Pie
 Coffee

MENUS

LITTLE DINNER

Oysters on the Half-shell on Shredded
Lettuce Consommé
Boned Smelts, Broiled, Bernaise Sauce
Mashed Potato
Oblongs of Turkey with Chicken
Force meat, Fried
Beef Tenderloin, Mushroom Sauce
Oyster Plant, au Gratin
Celery-and-Pimento Salad
Cheese Water Crackers
Apple Mousse
Little Cakes or Wafers
Coffee

CHINESE LUNCHEON

(*Floral Decoration of Narcissus.*)

Chow-min Sea-ear Fritters
Turkey Shreds, Mushrooms, Celery, and
Noodles in Brown Sauce
Salad of Lettuce, Bamboo Sprouts,
and Shrimps
Sliced Oranges with Lichi-nut Meats
or
Pineapple Frappeé with
Dried Carambola
Rice Cakes Tea

JAPANESE LUNCHEON

(*Floral Decoration of Almond Blossoms.*)

Chicken Broth with Cubes of Chicken
and Bits of Sea-Moss.
Turbans of Boned Smelts with Egg
Mashed Potato
Macaroni Croquettes Peas
Savory Custard with Mushrooms and
Chestnuts
Boiled Rice with Parsley
Lettuce-Ham-and-Noodle Salad
Preserved Japanese Fruits and Nuts
Rice Cakes Tea

SUPPER FOR BASE BALL NINE

(*Boys from 13 to 16 Years of Age.*)

Creamed Chicken in the Chafing Dish
Hashed Potatoes
Asparagus on Toast, Melted Butter
Cold Boiled Tongue, Salad Rolls
Olives
Vanilla Ice Cream
Swiss Chocolate Bread
Maple, Nut-and-Chocolate Fudge
Cereal Coffee

GIRLS' LUNCHEON—AFTER TEN- NIS

Single Strawberries with Fondant in
Cases
Bouillon in Cups, Pulled Bread
Filletts of Fish à la Française.
Cucumber Salad with Chives
Cutlets of Lamb, Luncheon Style
Peas Cherry Sauce
Lettuce-and-Asparagus Salad
Cheese Water Crackers
Compote of Oranges and Pineapple
Cocoa with Whipped Cream

MENU FOR HALLOWE'EN PARTY

Oyster-and-Cabbage Salad in Cabbage
Shells
Nut Bread-and-Butter Sandwiches
Doughnuts Fortune Cake
Salted Butternuts
Candied Sweet-flag Root
Apples Cider Coffee

CARD PARTY AND CHAFING- DISH SUPPER

(*Eight Covers.*)

MENU I.

Cold Saddle of Venison, Sliced and
Heated in Currant Jelly Sauce
Lettuce-and-Orange Salad
Rolls
Grape Ice Cream Wafers
Coffee

MENU II.

Sardine-and-Egg Sandwiches
Frog Legs à la Newburg
or
Chicken, Potatoes, and Green Peppers
Hashed in Cream
Saltines Edam Cheese Olives
Café Parfait
Vanilla-wafer Jumbles Cocoa

MENU FOR FIVE O'CLOCK TEA

I.

Rye Bread
Cream Cheese-and-Nut Sandwiches
Lady Fingers Macaroons Tea

II.

College Club Sandwiches
Tiny Cold Baking-powder Biscuit and
Butter Sandwiches
Little Cakes Tea

If the tea is to be more of the nature
of a "high tea," and the ladies are to be
seated at the table, the following menus
might be presented:

MENU FOR HIGH TEA

Chicken or Fish Croquettes Peas
Biscuits Pickles or Olives
Lamb Chops Molded in Mint Aspic,
Cress Salad
Rye Bread Sandwiches
Fresh Strawberries or Canned Fruit
with Cream
Little Sponge Cakes
Tea throughout the meal, or after the
first course, if fish croquettes be the
choice.

INEXPENSIVE AND SIMPLE MENUS

SUNDAY

BREAKFAST

Picked-up Codfish on Toast Muffins

DINNER

Roast Leg of Mutton Mashed Potato
Macaroni Apple Sauce
Corn-Starch Blanc Mange

SUPPER

Crackers or Boiled Milk and Rice

MONDAY

BREAKFAST

Mashed Potato Cakes Ham Omelet
Toasted Muffins

LUNCHEON

Stewed Lima Beans
Cheese Apple Sauce

DINNER

Cold Mutton Boiled Potatoes
Macaroni Blanc Mange

TUESDAY

BREAKFAST

Broiled Finnan Haddie with Milk
Hashed Potatoes Bread and Butter

LUNCHEON

Cold Lima Beans with Oil and Vinegar
Bread and Butter Stewed Prunes
Hot Coffee

DINNER

Cold Mutton, Brown Sauce
Steamed Sweet Potatoes
Baked Bananas Raisin Sauce

WEDNESDAY

BREAKFAST

Mutton-and-Potato Hash Muffins Pickles

LUNCHEON

Mock Bisque Soup Crackers
Gingerbread Cream Cheese
Apple Sauce

DINNER

Fresh Fish, Broiled or Boiled
Boiled Potatoes
Cold Slaw Lemon Jelly

THURSDAY

BREAKFAST

Creamed Fish au Gratin, Hashed
Potatoes
Toasted Muffins

LUNCHEON

Toasted Bread and Melted Cheese
Cold Slaw Coffee Junket

DINNER

Mutton Stew Yeast Rolls Pickles
Rice-and-Raisin Pudding

FRIDAY

BREAKFAST

Sausage Boiled Potatoes Fried Hominy

LUNCHEON

Oyster Stew Cheese Biscuit Oranges

DINNER

Hamburg Steak
Potatoes Hashed in Milk
Stewed Tomatoes (Canned)
Stewed Dates Cookies

SATURDAY

BREAKFAST

Cream Toast Bacon Doughnuts

LUNCHEON

Welsh Rarebit Apples
Cabbage Salad

DINNER

Baked Beans Tomato Catsup
Cottage Pudding Chocolate Sauce

MENUS FOR FAMILY OF TWO

SUNDAY

BREAKFAST

Cereal with Dates, Cream
Rye-meal Muffins
Cocoa

DINNER

Tomato Soup
Cold Veal Loaf, Sliced Thin
Mashed Potato Canned Lima Beans
Sweet Pickles
Baked Caramel Custard
Small Cup of Coffee

SUPPER

Sardines Lettuce Bread and Butter
Cereal Coffee

MONDAY

BREAKFAST

Poached Eggs on Toast Bacon
Toasted Muffins
Fried Cereal, Maple Syrup
Tea

LUNCHEON

Lettuce-and-Lima Bean Salad
Baking-powder Biscuit
Baked Custards Oatmeal Macaroons
Cereal Coffee

DINNER

Cream-of-Potato Soup
Veal Loaf Escalloped Tomatoes
Baked Apple Dumpling
Coffee

TUESDAY

BREAKFAST

Cereal, Cream
Salt Codfish, Creamed Boiled Potatoes
Apple Dumpling (Reheated)
Coffee

LUNCHEON

Turkish Pilaf
Prune-and-Apple Pie (Half) Tea

DINNER

Stewed Chicken Baking-powder Biscuits
Baked Squash
Pickles or Cranberry Sauce
Rice Pudding with Raisins
Small Cup of Coffee

WEDNESDAY

BREAKFAST

Moulded Cereal, Baked, Cream
Scrambled Eggs
Potatoes Cooked in Milk
Toasted Biscuit Cereal Coffee

LUNCHEON

Welsh Rarebit Pickles
Lemon Fanchonettes
Coffee

DINNER

Chicken Floured and Fried
Baked Sweet Potatoes
Celery Salad
Prune-and-Apple Pie (Half)
Tea

THURSDAY

BREAKFAST

Oranges
Creamed Chicken on Toast
Rice-and-Corn-meal Griddle Cakes
Coffee

LUNCHEON

Cream-of-Celery Soup
Browned Crackers Hot Gingerbread
Cheese Cocoa

DINNER

Hamburg Steak Mashed Potatoes
Buttered Parsnips Cold Slaw
Cocoa Junket Whipped Cream
Oatmeal Macaroons
Tea

FRIDAY

BREAKFAST

Oranges
Eggs Cooked in Shell
Dry Toast Mashed Potato Cakes
Cocoa

LUNCHEON

Macaroni with Cheese Cold Slaw
Bread and Butter
Gingerbread Cereal Coffee

DINNER

Fish Chowder Lettuce Salad
Canned Fruit Cream Cheese
Oatmeal Macaroons
Coffee

SATURDAY

BREAKFAST

Cereal, Cream
Bacon, Fried Eggs (Delicately Cooked)
French Fried Potato
Corn-meal Muffins
Cereal Coffee

LUNCHEON

Fish Chowder (Reheated) Pickles
Bread and Butter
Orange Marmalade
Tea

DINNER

Veal with Brown Sauce
Buttered Lima Beans (Dried or Canned)
Lettuce-and-Egg Salad
Queen of Puddings
Coffee

ECONOMICAL MENUS FOR ONE WEEK IN JULY

(Food Cooked on Gas Range.)

WEDNESDAY

BREAKFAST

Hot Shredded Wheat Biscuit
Red Raspberries, Cream
Eggs in Cups Cereal Coffee

LUNCHEON

Mayonnaise of Lettuce and Tomato
Hot Yeast Rolls
Chilled Custard in Cups
Sponge Cake Iced Tea

DINNER

Hot Steamed Ham, Mustard
New Potatoes, Cream Sauce New Peas
Lettuce and Pepper Grass,
French Dressing
Blueberry Pie Coffee

THURSDAY

BREAKFAST

Ralston Barley Food, Milk
Cold Ham, Sliced Thin
White Hashed Potatoes
Yeast Rolls, Reheated Coffee

LUNCHEON

Raspberry Shortcake
Iced Cocoa

DINNER

Curry of Veal Cutlet Plain Boiled Rice
Stringed Beans, Maître d'Hôtel
Lettuce Salad Cottage Cheese
Water Crackers Black Coffee

FRIDAY

BREAKFAST

Wheatlet, Cream
Salt Codfish Cakes Poached Eggs
Radishes
Entire Wheat Baking-powder Biscuit
Cereal Coffee

LUNCHEON

Spinach with Eggs (Boiled)
Bread and Butter
Green Tomato Pie Tea

DINNER

Steamed Salmon,
Mock Hollandaise Sauce
Potatoes Peas Tomato Salad
Lemon Jell-o with Raspberries
Whipped Cream Black Coffee

SATURDAY

BREAKFAST

Cold Moulded Barley Crystals, Cream
Sliced Ham Warmed in Hot Cream
Sliced Cucumbers Scalloped Potatoes
German Coffee Cake Cereal Coffee

LUNCHEON

Salmon-and-Pea Salad
New Rye Bread and Butter
Lemon Sherbet Cookies
Iced Cereal Coffee

DINNER

Cutlets of Ham with Peas
Summer Squash
Pickled Stringless Beans
Baked Tapioca Pudding, Raspberry
Hard Sauce
Black Coffee

SUNDAY

BREAKFAST

Quaker Oats, Milk
 Broiled Calf's Liver and Bacon
 Potatoes à la Maître d'Hôtel
 Dry Toast Cereal Coffee

DINNER

Clam Bouillon
 Broiled Tenderloin of Beef,
 Bernaise Sauce
 French Fried Potatoes Wax Beans
 Lettuce Salad
 Red Raspberry Ice-cream
 Black Coffee

SUPPER

Creamed Clams on Toast
 Little Cakes Sugared Pineapple
 Tea

TUESDAY

BREAKFAST

Old Grist Mill Toasted Wheat, Cream
 Broiled Lamb Chops
 Potatoes Hashed in Milk
 Garden Radishes Muffins
 Coffee

LUNCHEON

German Coffee Cake on Baba
 Cocoa

DINNER

Fried Chicken Mashed Potato
 Summer Squash Cold Slaw
 Curran Pie Black Coffee

MONDAY

BREAKFAST

Hot Shredded Wheat Biscuit with
 Sliced Tomatoes
 Dried Beef, Plain
 Rye-meal Muffins
 Coffee

LUNCHEON

Devilled Ham Sandwiches
 Hot Buttered Beets
 Poor Man's Rice Pudding Tea

DINNER

Broiled Fresh Fish
 Baked Potatoes Peas with Mint
 Beets Stuffed with Chopped Cabbage,
 French Dressing
 Stewed Gooseberries Cottage Cheese
 Crackers Cereal Coffee

MENUS FOR CHILDREN'S LUNCH BASKET

Cold Roast Meat, Sliced Thin
 Bread-and-Butter Sandwiches Olives
 Baked Apple with Tapioca, Cream
 Chocolate Drops

Breast or Second Joint of Fowl Moulded
 in Chicken Jelly
 Celery
 Nut Bread-and-Butter Sandwiches
 Stewed Prunes

Cold Boiled or Baked Fish (White),
 Flaked, Dressed with Oil, Lemon Juice,
 Salt and Pepper
 Lettuce Leaves in Closed Dish
 Buttered Rolls
 Nuts Moulded in Lemon Jelly, Cream

Cooked Cheese Sandwiches
 Heart Celery Stalks
 Cup of Baked Cocoa Custard
 Lady Fingers

Ball of Cooked Spinach, Dressed with
 Oil and Lemon Juice
 An Egg Cooked Twenty Minutes
 without Boiling
 Rye Rolls, Buttered
 Cup of Boiled Rice, Chocolate Syrup

Spinach as above. Neuchatel Cheese
 Nut Bread-and-Butter Sandwiches
 An Orange

Ham-and-Yolk-of-Egg Sandwiches
 Olives
 Mould of Cereal Cooked with Dates,
 Cream
 Chocolate Bread Pudding with Meringue
 (More Meringue than Pudding)

Cold Baked Beans Dressed with Oil
 and Lemon Juice
 Thin Slices of Baking Powder Biscuit
 Spread with Salad Dressing and
 Chopped Capers
 Mould of Blanc Mange (Enriched with
 White of Egg)
 Pineapple Marmalade

Two Boiled Eggs (Cooked as Before)
 Heart Leaves of Lettuce,
 Mayonnaise or Boiled Dressing
 Rye Bread-and-Butter Sandwiches
 Baked Apple, Cream
 Bottle of Cocoa (to be Reheated)

Cold Turkey, Sliced Thin
 Cranberry Sauce
 Bread-and-Butter Sandwiches
 Tapioca Custard Pudding
 Stewed Figs Nut Meats

Fresh Fish Chowder (to be Reheated)
 Cold Slaw, Crackers
 Rye Bread-and-Butter Sandwiches
 An Orange

MENUS FOR OLD LADIES' HOME

BREAKFAST

Cereal, Milk Cooked Fruit
Graham Muffins Coffée

DINNER

Boiled Fore-quarter of Mutton,
Pickle Sauce
Mashed Turnips Boiled Potatoes
Baked Apple and Tapioca Pudding
Cookies Tea

SUPPER

Milk Toast Apple Sauce
Bread and Butter Cocoa or Tea

BREAKFAST

Cereal, Milk Cooked Fruit
Baked Potatoes Tender Bacon
Buns (reheated) Coffee

DINNER

Mutton Rechauffé with Macaroni and
Tomatoes
Brown Betty Tea

SUPPER

Creamed Celery au Gratin
Rye Bread and Butter
Apple Sauce Tea

BREAKFAST

Cereal, Milk Cooked Fruit
Corn-meal Muffins Cereal Coffee

DINNER

Baked or Boiled Fresh Fish, Egg Sauce
Plain Boiled Potatoes Spinach
Queen of Puddings Coffee

THE VARIETIES OF SEASONABLE FOOD TO BE FOUND IN OUR MARKETS DURING THE YEAR

JANUARY.

(*White House Cook Book.*)

MEATS.

Beef, mutton, pork, lamb.

POULTRY AND GAME.

Rabbits, hares, partridges, woodcock, grouse or prairie chicken, snipe, quail, geese, chickens, capons, tame pigeons, wild ducks, the canvas-back duck being the most popular and highly prized; turkeys.

FISH.

Haddock, fresh codfish, halibut, flounder, bass, fresh salmon, turbot. Frozen fresh mackerel is found in our large cities during this month; also frozen salmon, red-snapper, shad, frozen bluefish, pickerel, smelts, green turtle, diamond-back terrapin, prawns, oysters, scallops, hard crabs, white bait, Finnan haddie, smoked halibut, smoked salmon.

VEGETABLES.

Cabbage, carrots, turnips, parsnips, beets, pumpkins, chives, celery, winter squash, onions, white and sweet potatoes, Jerusalem artichokes, chicory, Brussels-sprouts, kale-sprouts, oyster plant, leeks, cress, cauliflower. Garden herbs, both dry and green, being chiefly used in stuffing and soups, and for flavoring and garnishing certain dishes, are always in season, such as sage, thyme, sweet basil, borage, dill, mint, parsley, lavender, summer savory, etc.; may be procured green in the summer and dried in the winter.

FEBRUARY.

MEATS.

Beef, mutton, pork, lamb, antelope.

POULTRY AND GAME.

Partridges, hares, rabbits, snipe, capons, pheasants, fowls, pullets, geese, ducks, turkeys, wild ducks, geese and pigeons.

FISH.

Halibut, haddock, fresh codfish, striped bass, eels, fresh salmon, live lobsters, pompano, sheep's-head, red-snapper, white perch, smelts, green and frozen; shad, herring, salmon-trout, whitefish, pickerel, green turtle, flounders, scallops, prawns, oysters, soft-shell crabs, which are in excellent condition this month; hard crabs, white bait, boneless dried codfish, Finnan haddie, smoked halibut, smoked salmon.

VEGETABLES.

White potatoes, sweet potatoes, cabbage, onions, parsnips, oyster plant, okra, celery, chicory, carrots, turnips, Jerusalem artichokes, French artichokes, Brussels-sprouts, beets, mushrooms raised in hot houses, pumpkin, winter squash, dry shallots and garden herbs for seasoning put up in the dried state.

MARCH.

MEATS.

Beef, veal, mutton, lamb, pork.

POULTRY AND GAME.

Chickens, turkeys, ducks, rabbits, snipe, wild pigeons, capons.

FISH.

Striped bass, halibut, salmon, live codfish, chicken-halibut, live lobster, Spanish mackerel, flounders, sheep's-head, pompano, grouper, red-snapper (shad are plentiful this month), herring,

salmon-trout, sturgeon, whitefish, pickerel, yellow perch, catfish, green turtle, terrapin, scallops, soft-shell crabs, oysters, prawns, smoked salmon, smoked haddock, salt codfish.

VEGETABLES.

Cabbages, turnips, carrots, parsnips, artichokes, white potatoes, sweet potatoes, onions, leeks, radishes, Brussels-sprouts, celery, mushrooms, salsify, chives, cress, parsley and other garden herbs, greens, rhubarb and cucumbers raised in hot houses.

APRIL.

MEATS.

Beef, veal, pork, mutton, lamb.

POULTRY AND GAME.

Chickens, fowls, green geese, young ducks, capons, golden plover, squabs, wild ducks.

FISH.

Haddock, fresh cod, striped bass, halibut, eels, chicken halibut, live lobsters, salmon, white perch, flounders, fresh mackerel, sheep's-head, smelts, red-snapper, bluefish, skate or ray fish, shad, whitefish, brook trout, salmon-trout, pickerel, catfish, prawns, crayfish, green turtle, oysters, scallops, frogs' legs, clams, hard crabs, white bait, smoked halibut, smoked salmon, smoked haddock, salt mackerel, salt codfish.

VEGETABLES.

Onions, white and sweet potatoes, kale-sprouts, rhubarb, artichokes, turnips, radishes, Brussels-sprouts, okra, cabbage, parsnips, mushrooms, cress, carrots, beets, dandelion, egg-plant, leeks, lettuce, cucumbers, asparagus, string beans, peas, chives.

MAY.

MEATS.

Beef, veal, mutton, lamb, pork.

POULTRY AND GAME.

Fowls, pigeons, spring chickens, young ducks, chickens, green geese, young turkeys.

FISH.

Halibut, haddock, striped bass, salmon, flounders, fresh mackerel, Spanish mackerel, blackfish, pompano, butterfish, weakfish, kingfish, porgies, shad, bluefish, clams, brook trout, whitefish, carp, crayfish, prawns, green turtle, soft crabs, frogs' legs, smoked fish.

VEGETABLES.

New potatoes, sweet potatoes, cabbage, young onions, asparagus, beets, carrots, kidney beans, string beans, lettuce, tomatoes, cauliflower, peas, turnips, squash, rhubarb, spinach, radishes, artichokes, sorrel, egg-plant, cucumbers, salads generally.

JUNE.

MEATS.

Beef, veal, mutton, lamb.

POULTRY AND GAME.

Chickens, geese, ducks, young turkeys, plovers, pigeons.

FISH.

Fresh salmon, striped bass, halibut, fresh mackerel, flounders, kingfish, blackfish, weakfish, butterfish, pompano, Spanish mackerel, porgies, sheep's-head, sturgeon, sea bass, bluefish, skate or rayfish, carp, black bass, crayfish, lobsters, eels, white bait, frogs' legs, soft crabs, clams.

VEGETABLES.

Potatoes, spinach, cauliflower, string beans, peas, tomatoes, asparagus, carrots, artichokes, parsnips, onions, cucumbers, let-

tuce, radishes, cress, oyster plant, egg plant, rhubarb, and all kinds of garden herbs, sorrel, horse-radish.

JULY.

MEATS.

Beef, veal, mutton, lamb, pork.

POULTRY AND GAME.

Fowls, chickens, pigeons, plovers, young geese, turkey-plouts, squabs, doe-birds, tame rabbits.

FISH.

Spanish mackerel, striped bass, fresh mackerel, blackfish, kingfish, flounders, salmon, cod, haddock, halibut, pompano, butterfish, a sweet panfish; sheep's-head, porgies, sea bass, weakfish, swordfish, tantog, bluefish, skate, brook trout, crayfish, black bass, moonfish, a fine baking or boiling fish; pickerel, perch, eels, green turtle, frogs' legs, soft crabs, white bait, prawns, lobsters, clams.

VEGETABLES.

Potatoes, asparagus, peas, green string beans, butter beans, artichokes, celery, lettuce, carrots, salsify, tomatoes, spinach, mushrooms, cabbage, onions, endive, radishes, turnips, mint, various kinds of greens and salads.

AUGUST.

MEATS.

Beef, veal, mutton, lamb, pork.

POULTRY AND GAME.

Venison, young ducks, green geese, snipe, plover, turkeys, guinea fowls, squabs, wild pigeons, woodcock, fowls.

FISH.

Striped bass, cod, halibut, haddock, salmon, flounders, fresh mackerel, butterfish, sea bass, kingfish, sheep's-head, porgies,

bluefish, moonfish, brook trout, eels, black bass, crayfish, skate or rayfish, catfish, green turtle, white bait, squid, frogs' legs, soft crabs, prawns, clams.

VEGETABLES.

Carrots, artichokes, onions, string beans, lima beans, cauliflower, Irish potatoes, sweet potatoes, green corn, tomatoes, peas, summer squash, cucumbers, radishes, lettuce, celery, rhubarb, beets, greens, mushrooms, chives.

SEPTEMBER.

MEATS.

Beef, veal, mutton, lamb, pork, venison.

POULTRY AND GAME.

Larks, woodcock, snipe, wild pigeons, squabs, young geese, young turkeys, plover, wild ducks, wild geese, swans and brant fowls, reed-birds, grouse, doe-birds, partridges.

FISH.

Salmon, halibut, codfish, pompano, striped bass, haddock, cero, a large fish similar to the Spanish mackerel; flounders, fresh mackerel, blackfish, Spanish mackerel, butterfish, whitefish, weakfish, smelts, porgies, squids, pickerel, crayfish, catfish, bluefish, wall-eyed pike, sea bass, carp, prawns, white bait, frogs' legs, hard crabs, moonfish, soft herrings, lobsters, clams, oysters.

VEGETABLES.

Potatoes, cabbages, turnips, artichokes, peas, beans, carrots, onions, salsify, mushrooms, lettuce, sorrel, celery, cauliflower, Brussels-sprouts, sweet potatoes, squash, rhubarb, green-peppers, parsnips, beets, green corn, tomatoes, cress.

OCTOBER.

MEATS.

Beef, veal, mutton, lamb, pork, venison, antelope.

POULTRY AND GAME.

Turkeys, geese, fowls, pullets, chickens, wild ducks, the canvas-back duck being the most highly prized for its delicate flavor; woodcock, grouse, pheasants, pigeons, partridges, snipe, reed-birds, golden plover, gray plover, squabs.

FISH.

Striped bass, fresh cod, halibut, haddock, Spanish mackerel, fresh mackerel, cero, flounders, pompano, weakfish, white perch, grouper, sheep's-head, whitefish, bluefish, pickerel, red-snapper, yellow perch, smelts, sea bass, black bass, cisco, wall-eyed pike, crayfish, carp, salmon-trout, spotted bass, terrapin, frogs' legs, hard crabs, soft crabs, white bait, green turtle, scallops, eels, lobsters, oysters.

VEGETABLES.

Potatoes, cabbages, turnips, carrots, cauliflower, parsnips, string beans, peas, lima beans, corn, tomatoes, onions, spinach, salsify, egg-plant, beets, pumpkins, endive, celery, parsley, squash, cucumbers, mushrooms, sweet herbs of all kinds, salads of all kinds, garlic, shallots.

NOVEMBER.

MEATS.

Beef, veal, mutton, pork, venison, antelope.

POULTRY AND GAME.

Rabbits, hares, pheasant, woodcock, partridges, quail, snipe, grouse, wild ducks, wild geese, fowls, turkeys, pigeons.

FISH.

Striped bass, fresh cod, halibut, haddock, salmon, fresh mackerel, blackfish, whitefish, bluefish, catfish, redfish or spotted

bass, black bass, yellow perch, skate, red-snapper, salmon, trout, pickerel, shad, wall-eyed pike, cisco, crayfish, terrapin, green turtle, scallops, prawns, white bait, frogs' legs, hard crabs, oysters.

VEGETABLES.

Potatoes, carrots, parsnips, turnips, onions, dried beans, artichokes, cabbages, beets, winter squash, celery, parsley, pumpkins, shallots, mushrooms, chicory, all sorts of salads and sweet herbs.

DECEMBER.

MEATS.

Beef, veal, mutton, pork, venison.

POULTRY AND GAME.

Rabbits, hares, grouse, pheasants, woodcock, snipe, partridges, turkeys, fowls, chickens, pullets, geese, wild geese, wild duck, tame duck, canvas-back duck, quail.

FISH.

Turbot, sturgeon, haddock, halibut, eels, striped bass, flounders, salmon, fresh cod, blackfish, grouper, cusk, shad, mullet, a sweet panfish; black bass, yellow perch, salmon-trout, pickerel, cisco, skate, wall-eyed pike, terrapin, crayfish, green turtle, prawns, hard crabs, soft crabs, scallops, frogs' legs, oysters.

VEGETABLES.

Potatoes, cabbages, onions, winter squash, beets, turnips, pumpkins, carrots, parsnips, dried beans, dried peas, mushrooms, parsley, shallots, Brussels-sprouts, leeks, horse-radish, garlic, mint, sage and small salads.

Melons can be had at most of our markets from July 1st to October 15th.

TIME TABLES FOR COOKING

The ordinary recipe should, and generally does, state the time required for cooking its ingredients, but an approximate table is occasionally of use as giving a general idea of the time required for certain things. In any case, it is approximate only, for things should be cooked until *done*, and many things modify the time stated. The atmosphere, altitude, kind of oven or mode of heating employed, and the age of certain things, such as vegetables, all have to be considered, so that hard and fast rules cannot be laid down. Cooking is like the German language—there are plenty of rules which must be learned and adhered to, but the exceptions and modifications are bewilderingly many, and experience and use are the best teachers.

MEATS.

ROASTING OR BAKING.

<i>Per Pound.</i>	TIME
Beef, ribs or sirloin, rare.....	10 minutes
“ “ “ “ well done.....	12 “
“ “ “ “ boned and rolled.....	12 “
Round of beef	15 “
Mutton, leg, rare.....	10 “
“ leg, well done.....	15 “
“ loin, rare	10 “
“ shoulder, stuffed	15 “
“ saddle, rare	10 “
Lamb, well done	15 “
Veal, well done	15 “
Pork, well done	30 “
Turkey	15 “
Fowls	20 “
Chicken	15 “
Goose	18 “
Venison	15 “
Fillet, hot oven	30 “

Entire Time.

Ducks, tame	45 to 60	"
Ducks, wild, very hot oven.....	15 to 30	"
Partridge	30 to 40	"
Grouse	30	"
Pigeons	30	"
Braised Meats	3 to 4 hours	
Liver, whole	2 hours	

BOILING.

Per Pound.

Mutton	15	minutes
Potted Beef	30 to 35	"
Corned Beef	30	"
Ham	18 to 20	"
Turkey	15	"
Chicken	15	"
Fowl	20 to 30	"
Tripe	3 to 5	hours

BROILING.

Steak, 1 inch thick.....	8 to 10	minutes
Steak, 1½ inches thick.....	10 to 15	"
Mutton Chops, French	8	"
Mutton Chops, English	10	"
Spring Chicken	20	"
Quail	8 to 10	"
Grouse	15	"
Squabs	10 to 15	"
Shad, Bluefish, Trout.....	15 to 25	"
Small Fish	50 to 10	"

FISH.

BOIL.

Per Pound.

Halibut and Salmon	15	minutes
Bluefish and Bass	10	"
Cod and Haddock	8	"

BAKE.

Halibut, salmon, bass, bluefish, shad, etc., for one hour.
Trout, pickerel, white fish, etc., for one-half hour.

VEGETABLES.

Young peas, canned tomatoes, green corn, asparagus, spinach,
Brussels sprouts—15 to 20 minutes.

Rice, potatoes, macaroni, summer squash, celery, cauliflower,
young cabbage, peas—20 to 30 minutes.

Young turnips, young beets, young carrots, young parsnips,
tomatoes, baked potatoes, sweet potatoes, onions, cabbage, cauliflow-
er—30 to 45 minutes.

String beans, shell beans, oyster plant, winter squash—45 to
60 minutes.

Winter vegetables—1 to 2 hours. Old beets, forever.

MISCELLANEOUS.

Bread, baked	45	minutes
Bread, large loaves.....	60	"
Biscuits and small cakes.....	15 to 20	minutes
Ginger Bread	20 to 30	"
Brown Bread, steamed.....	3	hours
Sponge Cake	45 to 60	minutes
Plain Cake	30 to 40	"
Fruit Cake	2 to 3	hours
Cookies	10 to 15	minutes
Thin Cakes, usually.....	20	"

BAKED PUDDINGS.

Such as bread, rice, tapioca, sago and cocoanut, one hour each.

BOILED PUDDINGS

Such as Indian pudding, plum pudding and huckleberry pud-
ding, two to three hours each.

BATTER PUDDINGS

Such as cottage, etc., about forty-five minutes.

In roasting or baking meats, the time should be computed after the first twenty minutes; or after counting so many minutes to each pound add twenty or thirty minutes according to size of the roast to allow time for the meat to become heated. Meat should be basted every ten minutes unless covered in the braising pan.

In baking fish do not put water in the pan. Lard or lay the fish on pieces of salt pork or fat bacon, and lay strips of the same on top. Baste with the drippings.

SOUPS

SOUP STOCK.

Fresh uncooked beef makes the best stock, though mutton makes a very nutritious stock, and veal and chicken are used for white stock, while the bones of cooked meat make a fairly good stock, though not so fine in flavor. The shin of the beef furnishes stock of the finest quality, though the cheaper and inferior cuts of meat may be used, as they are very nutritious, but enough bones should be added, to furnish the needed gelatine, to make the weight of meat and bone equal.

Cut the meat in small pieces and break the bones. Then put the bones in the bottom of a porcelain-lined or granite kettle and place the meat on top of them, and cover with *cold, soft* water, one quart to a pound of meat and bones. Let it stand for an hour to draw out the juices, and then place over a good fire for about half an hour till the water begins to steam. Add a cup of cold water, skim, cover *steam-tight* and allow to *simmer*, not boil, over a slow fire for 4 hours. Then add vegetables and seasoning if desired, and *simmer* an hour longer. Now strain through a fine sieve and put in a cold place. When cold *remove all fat*, as this fat if warmed again in the soup spoils the flavor. Leave out the sediment at the bottom.

It is best to make stock at least a day before using. If you wish to keep it long in summer do not add vegetables, and heat over the stock every day or two. If the kettle is not *steam-tight* much water will evaporate, and the stock should be diluted with hot water before straining. The following is suggested when other seasoning than salt and pepper is desired: For every quart of water use a teaspoonful of salt, $\frac{1}{2}$ a saltspoonful of pepper, 2 cloves, 2 allspice berries, a small pinch of celery seed, a sprig of parsley, a teaspoonful of mixed herbs, and 1 tablespoonful each of chopped onion, carrot, turnip and celery.

PLAIN SOUP STOCK AND CONSOMMÉ.

To 3 qts. of water add 1 oz. of some good extract of beef, 1 medium sized onion, 4 cloves stuck in the same, 1 small carrot, 1 turnip, 1 root of stalk celery, 1 bay leaf, 1 tablespoonful of salt, and a little pepper. Boil slowly $\frac{1}{2}$ hour. Strain out the vegetables and plain soup stock remains. For a very rich soup stock or consommé use less water or more extract.

MRS. W. B. HINSDALE.

BEEF SOUP.

After the meat is cut from the bone, have bones broken into very small pieces, lay them in the bottom of the soup kettle and cover with water, in proportion 1 qt. of water to 1 lb. of meat. Set kettle over the fire, cover it and heat the contents until they boil, and remove all scum. Now to 4 qts. of stock add a medium sized carrot scraped, 1 medium sized turnip peeled, 1 large onion. Stick into the onion a dozen whole cloves, and add 1 bay leaf, a dozen whole peppercorns, and a small piece of mace. After all the scum has been removed add 2 teaspoonfuls of salt, and vegetables. Let stock boil gently for an hour, and stand. This will make a jelly, and when wished for use add more water and let come to a boil.

MRS. W. J. HERDMAN.

BOUILLON—I.

Three lbs. of beef in the leg, 1 lb. veal and mutton. Have all cut rather small. Put on the stove in enough water to keep from burning and let it brown. After it is browned add 3 qts. of boiling water, 5 or 6 stalks of celery, 1 carrot cut in bits, 1 small turnip cut up, 2 or 3 onions fried brown in a little butter or beef drippings, and 6 or 8 cloves and allspice. Put all in the kettle and let it cook 3 or 4 hours slowly, covered. Strain through a thin cloth or fine colander and set aside over night. Take the cake of fat off, then the jellied portion, leaving any sediment that may be in the bottom. Put jellied part on to heat, add 1 tablespoonful Worcestershire Sauce and 1 or 2 of catsup. After it comes to a boil strain again through a fine cloth. Serve with or without a slice of lemon in the cup.

MRS. HOFF.

BOUILLON—2.

Three lbs. of beef, 2 lbs. of bone, 3 qts. of cold water. After boiling slowly 4 hours add 4 peppercorns, 3 cloves and 3 allspice.

Boil 1 hour more, strain and set away to cool. Remove all the whites of 2 eggs beaten just enough to break them. Stir till it comes to a boil, then boil 10 minutes without stirring. Pour in a cup of cold stock or cold water. Strain through a cloth. When wanted for use heat and season with salt, red pepper, and about a quarter of a lemon. If not deep enough in color add a little caramel. When it commences to boil skim carefully.

MRS. DEMMON.

GUMBO.

Take a small slice of ham ($\frac{1}{4}$ lb.) cut in dice and fry fat and lean together, with a clove of garlic and 1 small onion. Fry a little fresh red pepper with the ham if it can be obtained, if not add a little cayenne to the soup, add about 3 cups of tomatoes and strain. Add to this the liquor from 1 pt. of oysters, putting in the oysters just before serving. Shrimp or crabs may be used in place of oysters. Season with fresh savory herbs in summer or dried herbs in winter. One-half pound of veal cut in small pieces rolled in flour and fried with the ham makes a nice addition.

MRS. R. WAPLES.

MOCK TURTLE SOUP.

Boil a shank of veal until ragged in water enough to cover it, add 1 small carrot, 1 small turnip, stalk of celery, onion if desired, 1 bunch of pot-herbs. Strain and set aside to cool. Remove the gristle and cartilage and boil in clear water until jellied. The next day take the fat from the bones. Cut the fat, gristle and cartilage into dice and add to the soup, also a little lemon juice and sliced lemon, enough caramel to give it an amber color, salt and cayenne pepper to taste, and 1 tablespoonful of Worcestershire sauce. Into the soup tureen slice a hard boiled egg. Pour the soup over the egg. Serve croutons on a separate dish. The meat may be made into pressed veal, with a little gelatine. Put sliced hard boiled egg in the bottom of a mould, melt the gelatine in sufficient water, add the veal, and pour over the egg.

MRS. R. WAPLES.

POTAGE A LA REINE.

Remove the fat from 1 qt. of the water in which a chicken has been boiled. Season highly with salt, pepper and celery salt, and a little onion if desired, and put on to boil. Mash the yolks of 3 hard boiled eggs fine, and mix them with $\frac{1}{2}$ cup of bread or

cracker crumbs soaked until soft in a little milk. Chop the white meat of the chicken until fine like meal, and stir it into the egg and bread paste. Add 1 pint of hot cream slowly, and then rub all into the hot chicken liquor. Boil 5 minutes, add more salt if needed, and if too thick add more cream, or if too thin add more crumbs.

MRS. H. SOULE.

WHITE SOUP FROM CHICKEN.

Take the bones and remnants of cold roast chicken, put them on to cook with water enough to cover entirely. Add 3 peppercorns, 1 teaspoonful salt, 2 stalks celery, 1 tablespoon chopped onion. Let it boil slowly till considerably reduced in quantity. Then remove, strain and cool. When entirely cool take off the fat and set it on to heat. Put 1 pt. of milk in a double boiler. Thicken the boiling soup with 1 tablespoonful flour and one heaping tablespoonful butter cooked together. Add the boiling milk and season with salt and pepper to taste. Many like an egg beaten up in the soup tureen, over which the soup is strained just before serving. It must be served very hot. *Adapted from Mrs. Lincoln.*

MRS. A. C. McLAUGHLIN.

CREAM CHICKEN SOUP.

Put a small piece of butter in a kettle with 1 tablespoonful of flour, and brown. Add 2 qts. of chicken stock and boil. Beat thoroughly 1 egg, and to it add 1 pt. of cream. Gradually add to stock. Do not boil after adding.

MULLAGATAWNEY SOUP.

(*As made in India.*)

Cut 4 onions, 1 carrot, 2 turnips and 1 head of celery into 3 qts. of liquor in which one or two fowls have been boiled; keep it over a brisk fire till it boils, then place it on the back of the stove and let simmer 20 minutes; add 1 tablespoonful of curry powder and one teaspoonful of flour. Mix the whole well together and let it boil three minutes, pass it through a colander; serve with pieces of roast chicken in it; add boiled rice in a separate dish. It must be of good yellow color and not too thick. If you find it too thick, add a little boiling water and a teaspoonful of sugar. Half veal and half chicken answer as well. Cook rice according to recipe. "How to boil rice" given elsewhere in this book.

F. H. D.

JULIENNE SOUP.

Cut carrots and turnips into quarter-inch pieces the shape of dice; also celery into thin slices. Cover them with boiling water; add a teaspoonful of salt, half a teaspoonful pepper and cook till soft. In another saucepan have two quarts of boiling stock to which add the cooked vegetables, the water, and more seasoning if necessary. Serve hot. In the spring and summer season use asparagus, peas and string beans—all cut into small uniform thickness.

F. H. D.

OX-TAIL SOUP.

Two ox-tails, 2 slices of ham, 1 oz. butter, 2 carrots, 2 turnips, 3 onions, 1 head of celery, 1 bunch savory herbs, pepper, 1 teaspoonful salt, 2 tablespoonfuls catsup, ½ glass port wine, 3 qts. water. Cut up the tails separating them at the joints, wash them and put them in a stewpan with the butter. Cut the vegetables in slices and add them with the herbs. Put in one-half pint of water and stir it over a quick fire till the juices are drawn. Fill up the stewpan with water and when boiling, add the salt. Skim well and simmer gently for four hours or until the tails are tender. Take them out, skim and strain the soup, thicken with flour and flavor with the catsup and port wine. Put back the tails, simmer five minutes and serve.

F. H. D.

TOMATO BISQUE.

Stew one pint of canned tomatoes, or use fresh tomatoes, with a bit of bay leaf and a tablespoon of chopped onion for ten minutes. Scald one and one-half pints of milk in a double boiler and thicken with four level tablespoons of flour and two level tablespoons of butter. Dissolve one-quarter level teaspoon of soda in a little cold water and stir into the tomato, add salt to season, then add the thickened milk and serve at once, because the soup will curdle if it remains over the fire after the milk has been added to the tomato.

VEGETABLE CHOWDER.

Chop one can of corn, pare and cut into small dice enough potato to fill two cups. Chop a large onion and fry until brown in one-half pound of bacon, cut into very small pieces. Put a layer of potatoes into a saucepan, put on this a layer of corn and some of the onion and bacon; season with salt and pepper. Repeat the layers. Add two cups of hot milk, one-quarter cup of butter

rubbed smooth with the same amount of flour. Cook five minutes. Lay split crackers over the top, cover and the chowder is ready to serve.

SCOTCH BROTH.

Pick over and soak one-half cup of pearl barley. Take the skin and fat from a neck of mutton and cut the meat in small pieces. Put bones and meat into two cups of cold water and the meat into three pints of water. Bring to a boiling point and skim well. Add the barley to the meat and skim often. Fry two stalks of celery cut in pieces, an onion, carrot and small turnip, cut in slices, in a rounding tablespoon of butter, and pour on the water strained from the bones. Season with two level teaspoons of salt.

SWEET BREAD SOUP.

Sweet bread boiled soft and chopped fine, a tablespoonful of butter and a heaping spoonful of flour, stirred together until well cooked. Then add sweet bread and a little chopped parsley. When thoroughly mixed add 1 qt. of any good stock. Stir well and cook 5 minutes. Place in a soup tureen $\frac{1}{2}$ cup of sour cream and 1 fresh egg, then pour in the soup, stirring constantly.

MRS. PRESCOTT.

SOUP WITH LIVER DUMPLING.

(*A German Recipe.*)

A good veal or beef soup, $\frac{1}{2}$ lb. of calf's liver chopped fine, 1 cup of bread crumbs, 1 small onion, 3 eggs. Season with salt and pepper, enough flour for consistency, mix all together, adding the flour last. Drop from a tablespoon into the hot soup and boil about 15 minutes.

MRS. FRED BARKER.

FISH SOUP.

(*Mrs. D. A. Lincoln's Cook Book.*)

One can salmon, 1 qt. milk, 1 slice onion, 1 tablespoonful butter, 2 tablespoonfuls flour, 1 teaspoonful salt, 1 saltspoonful pepper. Cook the fish in boiling salted water until it flakes easily. Drain it, remove the skin and bones and rub through a coarse strainer. Cook the onion with 1 qt. of milk 10 minutes, remove the onion, and thicken the milk with the flour and butter cooked together. Add the seasoning and fish. Let it boil up once and serve.

MRS. W. J. HERDMAN.

FISH CHOWDER.

(*A New Hampshire Recipe.*)

Take 3 slices of salt pork, put in iron kettle and fry them crisp. Take out the pork, leaving the fat in the kettle. Pare and slice 8 potatoes and put $\frac{1}{3}$ of them into the kettle, then put a layer of fish cut in pieces about the size of the hand; on this sprinkle a little flour, a large pinch of salt, a little pepper and bits of pork; then put in potatoes and fish again and season as before. Do this 3 times, then fill up with cold water until nearly covered, boil until potatoes are cooked, cover with crackers, pour $1\frac{1}{2}$ pts. of milk on it, let it boil up once and it is done. A little sliced onion improves it.

MUSHROOM SOUP.

Prepare a good quantity of mushrooms; stew with butter, pepper and salt in a little good stock until tender; take out and chop quite small; prepare a good stock as for other soup; add mushrooms and the liquor in which they have been stewed; boil. If white soup is desired, use the white button mushrooms and good veal stock; adding a spoon of cream, or a little milk as the color may require.

DR. E. A. CLARK.

OYSTER BISQUE.

Put 1 qt. of oysters and liquor in a porcelain kettle over the fire. When just about to boil pour into a colander over a bowl leaving oysters in colander; chop oysters as fine as possible and pound well in mortar or wooden bowl. Put in saucepan an egg of butter and when it bubbles throw in 2 tablespoonfuls of flour, stir well to work flour without allowing it to color, pour in liquor, and when well mixed add pounded oyster pulp and 1 pt. good cream. Pass all through fine sieve and season with salt and cayenne pepper. Return to fire and heat without allowing to boil, and as it about to be served add $\frac{1}{2}$ cup of whipped cream and very small piece of butter. Whisk well with egg beater for 1 minute keeping it hot without boiling, and serve immediately.

BEAN SOUP.

Soak 1 pt. of white beans over night. Boil either a ham bone or the bones from roast beef in 2 qts. of water, add the beans, boil and strain. Season with salt, pepper and butter and a bunch

of herbs. Add just before serving 1 pt. of milk or cream. Serve with croutons. In one family this is the "favorite dish."

MRS. L. P. ROWLAND.

HINTS ABOUT BEAN SOUP.

Bean soup is greatly improved if you will add the bones from your roasts, or scraps of steak. Just before serving remove the meat, run the soup through a colander mashing the beans through too; put the soup on the stove again, add a cup of cream or rich milk.

MRS. S. A. NILES.

KIDNEY BEAN SOUP.

Press 1 can of kidney beans through a wire sieve, add 1 pt. of hot water and 1 pt. of soup stock and boil all together seasoning with salt, pepper, butter and a little celery salt. Thicken with a small tablespoonful of flour and pour hot on 5 thin slices of lemon, and hard boiled eggs sliced or cut in dice.

MRS. J. H. PRENTISS.

CELERY SOUP.

One qt. of milk, heat in a double boiler, 1 qt. of celery cut fine and boiled soft; salt, butter and pepper to taste. Add the hot milk just before serving. Serve without straining.

MRS. H. M. POMEROY.

CREAM OF CELERY SOUP.

Take 5 heads of celery, cover with 2 qts. of water, boil 2 hours with a very little juice of onions and 3 leaves of whole mace; strain and cool. Add 1 qt. of milk, 1 heaping tablespoonful of flour and 1 of butter mixed together until smooth, a little salt and red pepper. Boil 15 minutes. Serve in cups with a spoonful of whipped cream added to each just before serving.

MRS. ESTABROOK, Saginaw.

CELERY SOUP.

Boil 4 or 5 sticks of celery till tender in a qt. of chicken stock. Strain and add sufficient milk to make what soup you wish and a little thickening. Season with salt and pepper, let come to a boil, and serve at once.

MRS. C. G. DARLING.

CORN SOUP.—1.

Make of either fresh or canned corn. When fresh, cut from the cob, scraping off all that is sweet. To 1 qt. of corn add 1 qt. of hot water; boil 1 hour or longer and put through a colander; put into a saucepan, butter the size of an egg, and when melted sprinkle in a tablespoonful of flour. Cook a moment, stirring constantly, and add the corn pulp gradually. Season with cayenne pepper and salt, and when done add a scant pint of boiled milk and a cup of cream.

CORN SOUP—2.

One can of corn chopped fine; put in a double boiler with 1 qt. of milk and cook 15 minutes. Fry 1 tablespoonful of chopped onion and 2 tablespoonfuls of flour in 3 tablespoonfuls of melted butter 10 minutes. Pour over the soup, cook 10 minutes, season with pepper and salt and strain. Beat the yolks of 2 eggs, add 1 cup of milk to the eggs, stir into the soup and boil 1 minute. Serve with croutons.

CORN AND TOMATO SOUP.

Slice 6 or 8 large tomatoes and 1 or 2 onions into water enough to cover, and cook 30 minutes. Grate a dozen ears of corn, add to this, cooking 5 or 10 minutes longer. Rub through a colander and return to the fire, adding 1 qt. of hot milk and butter, salt and pepper to taste. Let all come to a boil, and pour into a tureen with $\frac{1}{2}$ pt. of cream.

MRS. L. P. ROWLAND.

CREAM OF ASPARAGUS SOUP.

One can or 4 bunches asparagus, 1 pt. white soup stock, 1 pt. cream, 2 tablespoons butter, 1 tablespoon chopped onion, 2 tablespoons flour, 1 teaspoon sugar, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{8}$ teaspoon pepper (white). Cut off and lay aside asparagus tips. Cut stalks in short pieces and stew in soup stock. Cook onion and butter slowly for 10 minutes, add flour, and stir until smooth. Add this, with sugar, salt and pepper, to asparagus stalks and stock. Simmer 15 minutes. Rub through sieve, return to stew pan, add cream and asparagus tips, and after boiling up once serve without delay.

MRS. STRAUSS.

MUSHROOM SOUP.

One lb. of fresh mushrooms, or 1 qt. canned. Cut them in pieces with a silver knife, put them in a porcelain sauce pan, add 1 tablespoonful of lemon juice, 1 tablespoonful of boiling water, a little salt. Stir with a silver fork and cook 5 minutes. Cool, then drain, skim out the mushrooms, chop fine and add to the liquor. Put 1 qt. of milk in a double boiler. Rub together 1 tablespoonful of butter and 2 tablespoonfuls of flour. Stir into the milk, cook until it thickens, add the mushrooms, season with salt and pepper. If made with the white mushroom, add the yolk of an egg just before serving.

POTATO SOUP.

One qt. of milk, 6 large potatoes, 1 stalk of celery, 1 onion, 2 tablespoonfuls of butter. Put the milk to boil in a double boiler, with onion and celery. Pare the potatoes and boil 30 minutes, mash fine and light, add the boiling milk, butter, pepper and salt. Rub through a strainer and add a cup of cream.

POTATO AND RYE BREAD SOUP.

(*German.*)

Slice raw potatoes and leave them to soak 1 hour in cold water. To 3 cups of potatoes, take 1 cup of rye bread cut in dice, brown the latter in the pan with butter or drippings and dust over with flour. Put the potatoes and bread into a pot with 2 qts. of boiling water, add a fried onion, salt and pepper and boil slowly till soft. Serve without straining. MRS. BOUKE.

GREEN PEA SOUP.

Cover 1 qt. of green peas with hot water and boil with an onion, until they mash easily. Mash and add 1 pint of stock or water. Cook together 2 tablespoonfuls of butter and 1 of flour until smooth, but not brown. Add to the peas, and then add 1 cup cream and 1 of milk. Season with salt and pepper and boil up once. Strain and serve. A cupful of whipped cream added the last moment is an improvement. MRS. M. L. D'OUGE.

PEA SOUP.

One can peas, 1 qt. chicken stock, a cupful of cream or milk, 2 tablespoonfuls of butter, 2 of flour, an onion and salt and pepper. Cook the onion, peas and stock together for 20 minutes, then remove the onion and rub the peas and stock through a sieve. Return to a stew pan and let it simmer for 10 minutes. Rub the butter and flour to a cream, and gradually add to this half a cupful of the soup; then pour the mixture into the stewpan; add pepper and salt and cupful of cream. Boil 3 minutes. Use fresh peas when possible. MRS. HEMPL.

TOMATO SOUP—1.

(*Mrs. D. A. Lincoln's Cook Book.*)

One qt. can tomatoes, 1 pt. hot water, 1 tablespoonful sugar, 1 tablespoonful salt, 4 cloves, 4 peppercorns or 1 saltspoonful white pepper and a little red pepper, 1 tablespoonful butter, 1 tablespoonful chopped onion, 1 tablespoonful chopped parsley, 1 tablespoonful cornstarch. Put the tomatoes, water, sugar, salt, cloves and peppercorns on to boil in a porcelain stewpan. Put the butter in a small saucepan, and when it bubbles put in the onion and parsley. Fry 5 minutes, being careful not to burn it. Add the cornstarch, and when well mixed stir it into the tomato. Let it simmer 10 minutes. Add more salt and pepper if needed. Strain and serve with plain boiled rice, or croutons, or toasted crackers. MRS. W. J. HERDMAN.

TOMATO SOUP—2.

Into 2 qts. good soup stock put 1 qt. of tomatoes, 2 onions, sliced, and 2 potatoes; strain, and when hot again thicken a very little with flour; season to taste and serve. One-half this amount is sufficient for a small family.

TOMATO SOUP—3.

Chop fine 2 large cupfuls of tomatoes, put in 1 qt. of water and boil 20 minutes. Strain through a fine sieve, add a bit of soda as large as a pea and stir well. Then turn in 1 pt. of sweet milk, season with salt and pepper and a piece of butter the size of a walnut. Let this come to a boil and the soup is ready to serve.

MRS. D. M. LICHTY.

CREAM TOMATO SOUP—1.

Half can tomatoes, $\frac{1}{4}$ small onion, $\frac{1}{2}$ inch bay leaf, 1 cardamon seed, $\frac{1}{4}$ saltspoon cayenne, 1 teaspoon salt. Let stand $\frac{1}{2}$ hour, then boil 10 minutes and strain; add 1 saltspoon soda, and last 1 pt. hot milk in which 1 tablespoon cornstarch has been thickened.

MISS MARY HIMES.

CREAM TOMATO SOUP—2.

Heat 1 qt. of tomatoes in a saucepan and strain; heat 1 qt. of milk in a double boiler, thicken with two level tablespoonfuls of flour, wet with a little milk. Season with butter, salt and pepper. Put into the tomato about $\frac{1}{2}$ teaspoonful of soda, more if the tomatoes are very acid. When ready to serve pour in the hot milk.

MISS P. A. NOBLE.

A FRENCH SOUP.

One qt. of tomatoes, 1 onion, 2 potatoes, small lump of butter, salt and pepper, 2 cups hot water. Slice onion and potatoes, place all in a tightly covered dish on back of stove after breakfast and let simmer gently till noon. Before serving add a lump of soda size of a pea, a cup of boiling milk to which a teaspoon of flour has been added and a cup of canned corn. If the soup boils away add hot water any time. A few scraps of meat added are better than butter.

MRS. S. A. NILES.

EMERGENCY TOMATO SOUP.

One qt. of canned tomatoes, $\frac{1}{4}$ of an onion, 3 cloves, 1 bay leaf, 1 pinch of salt, 1 pinch of paprika. While the tomatoes, with 1 pt. of water added, also the cloves and bay leaf, are boiling, fry the onion in a bit of butter the size of a walnut until yellow and transparent (this can be done in a large iron spoon over a gasoline or gas flame), then add it to the tomato, strain and serve.

KATHARINE FARRAND REIGHARD.

PISTACHIO SOUP.

One qt. of spinach, pick each leaf from the stem, place over the fire, shaking so the spinach will not discolor; add a teaspoonful of salt. As soon as the spinach begins to wilt, drain and chop very fine, then pound it to a paste. Put 1 qt. of milk into

a double boiler, add 1 teaspoonful of almond paste, unsweetened, and 2 ozs. of pistachio nuts chopped to a powder, cover and cook 20 minutes. Add spinach, 1 tablespoonful of butter, 1 of arrow root, moistened and pressed through a sieve, a teaspoonful of salt, dash of paprika and serve. Nice for green lunch.

MRS. S. T. RORER.

ALMOND SOUP.

One-half lb. of rice, 1 tablespoon of sugar, 5 pts. of milk, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{2}$ lb. almonds. Wash rice thoroughly, put in double boiler with 1 qt. of milk, cook slowly till it swells to double size, shell and blanch the almonds. Chop fine, then pound in a mortar, adding a few drops at a time $\frac{1}{2}$ gill of milk, mashing them as fine as possible, and put in another double boiler with the remaining quantity of milk. Simmer for 30 minutes; when rice is done turn into tureen, pour the almond and milk over. Season with salt.

MRS. H. SOULE.

CREAM OF ONIONS OR ONION SOUP.

One qt. of milk, 6 large onions, yolks of 4 eggs, 3 tablespoonfuls of butter, a large one of flour, 1 cup of cream, salt and pepper. Put the butter in the frying pan. Cut the onions into thin slices and drop in the butter, stir until they begin to cook, then cover tight and set back where they will simmer, but not burn for $\frac{1}{2}$ hour. Now put the milk on to boil, and then add the dry flour to the onions and stir constantly for 3 minutes over the fire, then turn the mixture into the milk and cook 15 minutes. Rub the soup through a strainer, return to the fire, season with salt and pepper. Beat the yolks of the eggs well, add the cream to them and stir into the soup, cook 3 minutes, stirring constantly. If you have no cream use milk with a tablespoon of butter. Pour over croutons if you like. (A refreshing dish when one is fatigued.)

MRS. H. SOULE.

NOODLE SOUP.

Yolks of 2 eggs well beaten, $\frac{1}{2}$ teaspoonful of salt, add to flour and knead to a stiff dough. Roll thin and cut in very narrow strips 2 inches long, and allow to dry from 3 to 4 hours. Drop in boiling beef broth, or better, chicken broth, and boil 15 minutes.

MRS. JACOB BREID.

RIVOLLE SOUP.

Stir together 1 teaspoonful of flour and 1 egg, thin it with water and stir into good well seasoned soup. A simple everyday soup.
HELEN MILLER.

SOUP DUMPLINGS.

Half cup of butter and 1 cup of milk, made boiling hot and poured over 1 heaping cup of flour. Salt, and when cool add 2 eggs. Drop from spoon into boiling soup.

MRS. EUGENE K. FRUEAUFF.

TO BROWN FLOUR FOR SOUPS AND GRAVIES.

Put 1 pt. of flour in an iron saucepan over the fire, stirring constantly until it browns; do not let it burn. When cold put in a preserving jar and keep tightly covered. More of this is required for thickening than flour that has not been browned.

CROUTONS.

Butter bread on the loaf, or stale slices, cut into small cubes and brown in a quick oven.

CAMEL.

Put 1 cup of granulated sugar in an iron or granite saucepan, stir it over the fire until it melts and scorches. As soon as it begins to smoke and boil add 1 cup of boiling water. Let it boil 1 minute. Put in a bottle and cork.

TO COLOR SOUPS.

A fine amber color is obtained by adding finely-graded carrot to the clear stock when it is quite free from scum.

Red is obtained by using red-skinned tomatoes from which the skin and seeds have been strained out.

Only white vegetables should be used in white soups, as chicken.

Spinach leaves, pounded in a mortar, and the juice expressed, and added to the soups, will give a green color.

Black beans make an excellent brown soup. The same color can be gotten by adding burnt sugar or browned flour to clear stock.

GIBLET SOUP.

(Mrs. Owen's Cook Book.)

Take a turnip, carrot and onion, and slice them and fry in hot butter; add the giblets, sprinkling of flour, let them brown and then add the amount of water required, simmer 4 or 5 hours, season with salt and pepper and thicken with a spoonful of browned flour. Take the yolks of hard boiled eggs and put one in each plate of soup when it is served. The giblets of one chicken will make but little more than one quart of soup.

CARROT SOUP.

Wash young carrots, scrape and cook in boiling water until tender. Press through a sieve and to two cups of the carrots add four cups of milk and set on the range. Thicken with two level teaspoons each of flour and butter and cook until creamy. Season with salt, onion juice and one-half teaspoon of pepper. Add the beaten yolk of one egg and pour into the tureen as soon as the egg is cooked. Sprinkle with a little chopped parsley. Instead of onion juice the flavoring may be obtained by heating half an onion sliced in the milk.
ALICE E. WHITAKER.

GERMAN SOUP BALLS.

(Mrs. Owen's Cook Book.)

Mix together butter and cracker crumbs into a firm round ball. Drop into the soup a very short time before serving. Very nice for chicken broth.

MISSISSIPPI GUMBO SOUP.

First fry a large tender chicken very brown; then remove on a dish and fry a quart of sliced okra in the gravy. Add this to the chicken, but do not add the grease. Put the chicken and okra in a tin or porcelain vessel of cold water. Add a pint of peeled tomatoes sliced, one large silver skinned onion, a few chips of bacon or ham and salt to taste. Cook slowly for an hour, then add 1 doz. soda crackers, 1 large tablespoonful of butter, and a teaspoonful of black pepper. Never boil pepper in soup. To make it more palatable and very rich, add half dozen hard boiled eggs.
MRS. J. R. JACKSON, Centerville, Miss.

BOSTON SOUP.

(Jubilee Cook Book.)

Boil one qt. of beans three hours, add one qt. of tomatoes and boil half hour and strain through a colander. Season with plenty of salt and pepper. Keep plenty of water in the beans while boiling to prevent burning. Stir often after they begin to cook to pieces. Have the soup of the consistency of cream when done.

MRS. A. W. AMES.

NORMANDY SOUP.

(Chicago Record Cook Book.)

Wipe off a good-sized knuckle of veal, put it in a soup kettle with three quarts of cold water and place where it will heat slowly. When at the simmering point skim carefully and put where it will cook slowly but steadily for three hours. Add six white onions peeled and thinly sliced and one-half of a small stale loaf of baker's bread and simmer one hour longer. Take out the meat, and rub the soup through a puree sieve, pressing through as much of the onion and bread as possible. Put in a double boiler; rub one tablespoonful of butter and two tablespoonfuls of flour to a smooth paste and stir into the hot mixture until it thickens. Season with a large teaspoonful of salt and a fourth of a teaspoonful of pepper, and a half saltspoonful of grated nutmeg; add one pint of new milk previously scalded, and serve at once.

LEVIGNE SOUP.

Cut two carrots and a small onion into small, thin pieces, and cook until tender in salted water. When done, drain, and add them to three pints of boiling stock free from grease. Beat together the yolks of four eggs and one-half gill of cream. Add a scant teaspoonful of salt and half a saltspoonful of pepper to the soup. Remove from the fire, stir in the eggs and serve.

CREAM OF CELERY SOUP (VERY DELICATE.)

(Boston Cook Book.)

Break three stalks of celery in inch pieces and pound in a mortar. Cook twenty minutes in a double boiler with three cups of milk and a slice of onion. Thicken with three tablespoonfuls,

each, of butter and flour cooked together. Season with salt and pepper. Then strain, and just before serving add one cup of cream.

CONSOMMÉ A L'INDEPENDENCE.

The stock should be made two days before, but the custard not until the morning before using. Cut a knuckle of veal (10 cents' worth) into four pieces; a quarter of a pound of lean ham; one large onion, or two small ones; three whole cloves, one piece of mace; and, after it begins to boil, a saltspoonful of pepper. Put this into the soup pot and cover with two quarts of cold water. Cook until the meat leaves the bone. Take off the stove, strain through a sieve and set in a cool place until morning. Make the custard as follows: Beat two eggs with a spoon, add two tablespoonfuls of milk and one-fourth of a teaspoonful of salt. Turn into a buttered cup and place in a pan of warm water. Cook in a slow oven until firm in the center, then set away to cool. When ready to serve cut into small pieces, put into the tureen and pour over it four cups of the boiling stock diluted with one cup water.

BRUNSWICK STEW.

Cut a four-pound chicken into pieces, as for a fricassee. Put it in a large covered saucepan with a small onion sliced, and a quarter of a pound of bacon, in one piece (a ham bone is better than the bacon). Cover with boiling water and simmer gently for one and a half hours. Then add one pint of very tender Lima beans, one pint of corn, cut from the cob, one tablespoonful of chopped parsley, one-half teaspoonful of salt (this seasons the vegetables) and one quarter teaspoonful of pepper. Cover again and simmer one hour longer. Remove the lump of bacon and serve. Care must be taken not to scorch this stew. Keep it over a very moderate fire, and stir frequently from the bottom of the saucepan.

F. H. D.

TURTLE BEAN SOUP.

Soak one pint of black beans over night, then put them into three quarts of water with beef bones or a small piece of lean salt pork; boil three or four hours, strain, season with salt, pepper, cloves and lemon juice. Put in a few slices of lemon, and if wished add slices of hard-boiled eggs. Serve with toasted bread cut into dice and placed in the tureen.

LENTEN SOUP.

Prepare three carrots, three turnips and three onions by scraping, peeling and washing. Slice them and fry them a golden brown in fresh lard and dripping. Cut up a head of celery and put in and fry a few moments also. Add to this two cloves, one teaspoonful of salt, one-half teaspoonful of pepper, a little parsley and a little grated nutmeg. Cover this with nearly three quarts of water and simmer three hours. This may be used instead of broth in the Lenten season.

DUCHESS SOUP.

Two slices each of carrot and onion cooked in a tablespoonful of butter five minutes. Add one quart of white stock, one small blade of mace and cook fifteen minutes. Melt two tablespoonfuls of butter, stir in two tablespoonfuls of flour until free from lumps, add gradually the seasoned stock, one-half teaspoonful of salt, salt-spoon of pepper and one pint of rich milk. Stir in four tablespoonfuls of grated cheese. Cook two minutes.

A GOOD CHOWDER.

Pick two pounds of halibut into pieces, taking out all the skin and bones; cut one-quarter pound of bacon into small pieces and four good-sized potatoes into dice. Cut four ripe tomatoes into pieces, or use two cups of canned tomatoes, and chop one small onion. Put half the potatoes into a kettle and then half the fish; sprinkle with half of the chopped onion, tomato and seasoning. Then add the remainder of the potatoes, fish and seasonings. Cover with boiling water and simmer for half an hour. Rub a level tablespoon each of flour and butter together. Heat one quart of milk. Put a pinch of soda in the chowder and stir lightly, then turn in the butter and flour. Cook a few minutes, then add the hot milk and in a minute it will be ready to serve. Serve with hot crackers.

For other soup recipes see chapter on "German Cookery."

Cream of Onion Soup.

Peel and cut into slices a dozen small white onions and fry to a light brown in one tablespoonful of butter. Add to onions a pint of sweet milk, a quart of boiling water, pinch of salt, pepper and sugar. Cook slowly half an hour, put through a sieve, add yolks of three eggs well beaten and cupful of cream. Serve immediately.

FISH AND SHELL-FISH

GENERAL REMARKS.

Fish are good, when the gills are red, eyes are full, and the body of the fish is firm and stiff. After washing them well, they should be allowed to remain for a short time in salt water sufficient to cover them; before cooking wipe them dry, dredge lightly with flour, and season with salt and pepper. Salmon trout and other small fish are usually fried or broiled; all large fish should be put in a cloth, tied closely with twine, and placed in cold water, when they may be put over the fire to boil. When fish are baked, prepare the fish the same as for boiling, and put in the oven on a wire gridiron, over a dripping pan.

Fish may be scaled much easier by dipping into boiling water about a minute.

BOILED SALT MACKEREL.

(Mrs. Owen's Cook Book.)

After freshening, put half cup vinegar in the spider with half as much water. Boil the mackerel in it. Serve with slice of lemon.

BAKED SALT MACKEREL.

Soak mackerel over night, boil in water enough to cover, 5 of 10 minutes; pour off water, put mackerel in pan, pour over it 1 cup of sweet cream or rich milk, add a few lumps of butter, a little pepper, put in oven and bake till brown.

BAKED FISH.

Have your fish dressed for baking, then make a stuffing of bread crumbs, 1 teaspoonful of sweet marjoram, 1½ teaspoonfuls salt, 1 slice of fat salt pork chopped fine, pepper and piece of butter size of large egg, 1 small onion. Mix this well together and stuff the fish. Either sew the fish together or sew a piece of cloth over the opening; place in the pan and lay slices of salt pork on the fish. Bake 1 hour.

MRS. WILLIS.

BAKED FISH WITH TOMATOES.

(Mrs. Owen's Cook Book.)

When fish is put in the pan for baking, it is a very nice variation to pour a can of tomatoes over it, season and bake.

FRIED FISH.

To fry fish, clean and drain, then roll in flour or cracker crumbs rolled fine and fry in drippings or butter. Have the fat hot and fry the fish quick to a crisp brown, and serve as soon as fried, hot. Fish weighing more than 2 or 3 lbs. may be cut in large pieces before frying.

BROILED FISH.

Large fish are best broiled. Wash the fish, when cleaned, with a cloth wet in salt water, and dry. Split down the back, and if you wish cut off the head and tail; use double broiler, rubbed with salt pork to prevent sticking; broil for 20 minutes, more or less according to thickness of fish, over moderate fire, turning first flesh and then skin side to the fire. Spread with butter, salt and pepper and stand in the oven till ready to serve. Garnish, if possible, with parsley.

TURBOT.

Steam 4 or 5 lbs. of fish, cut up and remove the bones; take 1 pt. milk, $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. of butter. Let the milk come to a scald, then thicken with the flour. When partly cool add the butter and 2 well beaten eggs. Put into a baking dish a layer of fish, then dressing, and on top a layer of cracker crumbs. Bake $\frac{1}{2}$ hour.

MRS. VAUGHAN.

WHITE FISH TURBOT.

Steam a large white fish, 3 or 4 lbs., take out the bones, and pick into small pieces, sprinkle with salt and pepper.

Dressing:—Heat 1 pint of milk in a double boiler, add 2 rounding tablespoonfuls of flour with 2 tablespoonfuls of butter rubbed into the flour and 2 eggs beaten with 2 tablespoonfuls of cold water. Season with a little onion or parsley. Put in a baking dish alternate layers of fish and dressing; sprinkle with fine bread crumbs on top. Bake until done. MRS. ROWLAND.

NORWEGIAN FISH PUDDING.

Scrape raw white fish to a pulp, add salt, pepper and a little grated onion; rub and beat most thoroughly, add milk little by little, mashing (with a potato masher) and finally beating to a froth with a spoon. Add now 1 or 2 eggs well beaten and a little butter (when completed it should be about as thick as cream). Bake brown in bread tin or steam it thoroughly. Serve it sliced, hot or cold.

DR. MOSHER.

SALMON LOAF.

One can salmon, 4 eggs beaten light, $\frac{1}{2}$ cup bread crumbs rolled fine, 4 tablespoonfuls of melted butter. Add the butter to the fish and stir to a smooth paste. Beat the eggs and bread crumbs together, then stir in the fish. Put in baking dish or mould and steam 1 hour.

Sauce:—One cup of boiling milk, thicken with 1 tablespoonful cornstarch, add 2 tablespoonfuls butter or oil from the salmon, little salt, pinch cayenne pepper. Cook 1 minute and add 1 egg beaten light the last thing, pour over the loaf ready for the table.

MISS TILLIE BROWN.

FISH CUTLETS.

Cooks who are expert in frying will find it a good plan to use cold fish occasionally in cutlets. Flake any firm white fish or salmon, being sure there are no bones left in it. Season with salt and pepper and finely chopped parsley and a few drops of lemon juice. Make a thick white sauce with one-quarter cup each of flour and butter and one cup of milk. Stir in two cups fish and cool the mixture. Form into croquettes, egg and crumb them and fry in deep fat.

FISH TIMBALS.

Flake enough cold fish to make one and one-half cups, add two beaten eggs, one cup of milk and season with salt and pepper. Fill small buttered tins or cups and set in a pan of hot water and bake about twenty minutes. Turn on to a hot platter and pour over a cup of cream sauce flavored slightly with mustard. Add a sprig or two of parsley for a garnish and serve hot.

HOW TO COOK CODFISH.

Buy two pounds of codfish, boil it in salted water, take it from the water before it boils to pieces. Having pared and sliced six or eight potatoes, boil them in the same water. While they are boiling remove the skin and bones from the fish, and make some white sauce. Put two spoonfuls of butter in the frying pan, stir into it two spoonfuls of flour. Let it cook a little, then add two cups of milk and stir until it is smooth and shiny. As soon as your potatoes are done put a layer of them in a pudding dish, then a layer of fish, and turn some of the sauce over the fish. Repeat this until all the ingredients are used up, adding more butter if desired. Spread buttered bread crumbs over the top, and then a little milk over the crumbs, and place the dish in the oven; let it brown nicely and heat through thoroughly.

SALMON IN MOULD.

One can salmon, $\frac{2}{3}$ cup bread crumbs, 4 eggs, 1 tablespoonful of parsley cut fine, a pinch of salt, with a sprinkle of red pepper and mace, and 4 tablespoonfuls of melted butter. Mix the salmon and butter together, beat the egg, add the bread crumbs with the other ingredients, put into a buttered mould and steam 2 hours.

Sauce:—One cup of milk, 1 tablespoonful cornstarch, 1 egg, red pepper, salt and mace. Scald the milk, then add the cornstarch which has been stirred smooth in a little milk. After the cornstarch has been thoroughly cooked add the liquor from the salmon, 1 tablespoonful melted butter and the well beaten egg. Pour the sauce over the moulded loaf and garnish with parsley.

MRS. P. C. FREER.

CREAM SALMON.

One can of salmon minced fine. For dressing boil 1 pt. of milk, 2 tablespoonfuls butter, salt and pepper to taste. Have ready 1 pint bread crumbs; put layer of crumbs in bottom of dish, then layer of fish and layer of dressing and so on, having crumbs on top. Bake until brown.

MRS. CARRIE J. WILLIAMS.

SALMON CROQUETTES—1.

Pick 1 lb. of cold boiled salmon carefully from skin and bones (or 1 can of salmon), mix with a teaspoonful of lemon juice. Put 1 tablespoonful of butter in a saucepan; when melted stir in 2 teaspoonfuls flour, add slowly $\frac{1}{2}$ cup of milk, add the fish and a little salt. When hot stir in the beaten yolks of 4 eggs. As soon as the eggs set turn out on a flat dish to cool. Cut into shape, dip in beaten egg, roll in crumbs, fry in hot fat. Serve on a hot dish.

DR. MOSHER.

SALMON CROQUETTES—2.

One lb. can of salmon, 1 cup of milk, 2 level tablespoonfuls of butter, 3 heaping tablespoonfuls of flour, 1 tablespoonful of lemon juice, 1 level teaspoonful of salt, little chopped parsley, 3 shakes of cayenne pepper. Remove the bone and skin from the salmon, place the milk in a double boiler, rub the butter and flour together and add to the boiling milk, stirring until it thickens. Add to salmon the salt, pepper, chopped parsley and lemon juice. Then pour the cream sauce over salmon, stirring the whole together until thoroughly mixed. Spread out on a platter to cool. When thoroughly chilled roll with the hands into cylinder shaped croquettes of suitable size. Roll them in fine bread crumbs, then in beaten egg, again in coarser bread crumbs. Fry in hot lard or other fat.

MRS. GREGORY E. DIBBLE.

NEW ENGLAND FISH BALLS.

One qt. potatoes boiled and sliced, 1 pt. of salt cod fish. Let the fish just come to a boil and mash the potatoes and fish together while hot, and when cold beat in 1 egg. Season with salt and pepper, put in a tiny bit of flour, then try frying; should the fat soak in add a little more flour. Drop from a fork small balls of irregular shape into very deep boiling fat.

MRS. C. C. LOMBARD.

COD FISH BALLS.

One pt. bowl of fish picked fine and measured lightly, 2 full bowls of potatoes. Put potatoes in a kettle with the fish on top and boil $\frac{1}{2}$ hour. Drain off the water and mash together until fine and light; add an egg of butter, a little pepper, and 2 well beaten eggs. Have a deep kettle of boiling fat, form the fish into balls about an inch and a half in diameter, dip in egg and cracker

crumbs and fry till a light brown. Serve on a platter, pouring carefully about the balls a hot cream sauce containing hard boiled eggs cut in quarters. If served for luncheon, serve with it a salad of chopped cabbage with a French dressing in the scooped out halves of lemons. A pretty garnish for the salad is to stick a tiny red pepper such as comes in bottles in each cup of salad.

MRS. DEMMON.

CREAMED LOBSTER—1.

Two cans "Clover Leaf" lobster, 1 pt of cream, 2 tablespoonfuls of butter, 2 of flour, 1 of mustard, $\frac{1}{3}$ of a teaspoonful of salt, small quantity of cayenne pepper. Drain the lobsters, pick into small pieces, remove the bones, reserve the claws for garnishing.

Dressing:—Mix the butter, flour, mustard, salt and pepper to a paste by adding a few spoonfuls of boiling cream. Boil the cream and stir this mixture into it and cook 2 minutes. Place the lobster in a baking dish and stir the cream through it very thoroughly, cover the top with bread crumbs, add a few pieces of butter and a few spoonfuls of cold cream. Bake 20 minutes.

ANNA E. WARDEN.

CREAMED LOBSTER—2.

The meat of 1 good sized lobster or 1 can of lobster broken into little bits. Take 2 heaping teaspoonfuls of cornstarch, rub into a tablespoonful of butter, stir into a cup of hot milk, add a pinch of soda. When boiling hot add the lobster; salt and pepper to taste. When it has become creamy set aside to cool. Just before lunch butter scallop shells, if you have them, if not, an ordinary pudding dish, put in mixture, sprinkle fine bread crumbs over the top, dot with bits of butter, set in oven and bake delicate brown. To be eaten very hot.

DR. MOSHER.

DEVILLED LOBSTERS.

Two cans of lobster, $1\frac{1}{2}$ pts. of cream, butter the size of an egg, 2 tablespoonfuls of flour and 1 of mustard, mixed smooth with cold cream. Heat the cream to boiling in a double kettle, add the butter and thicken with the flour and mustard and season with salt and red pepper. Boil until the mustard does not taste raw. Pick the lobster to pieces several hours before using. When ready for the oven mix with the dressing, put in a baking dish, scatter fine bread crumbs over the top, add a few spoonfuls of cream and bake 20 minutes.

MRS. DEMMON.

DEVILLED CLAMS.

One pt. of clams and liquor, 1 gill of water, which add to the clams and juice, and then throw away a gill. Let this come to a boil, then pour into a colander. Take the liquor and add 2 tablespoonfuls of butter, $2\frac{1}{2}$ of flour and boil until it thickens; then stir in 2 eggs and 1 tablespoonful of chopped parsley, pepper and salt. Chop the clams very fine and add to this mixture, let boil a moment, then fill your shells and throw cracker crumbs over and brown. This is better to make and let cool before putting in shells.

MRS. MARGARETTA LYDECKER.

LUNCHEON DISH.

Remove skin and bones from a can of salmon and break the fish into flakes. Drain off the liquor and sprinkle the fish with salt, pepper, a little finely chopped parsley and a few drops of lemon juice. Season four cups of mashed potato with salt, a level tablespoon of butter and as much hot milk. Take a platter or dish that will bear the heat and make a border of the potato, leaving a well in the center and reserving a little of the potato. Put the seasoned fish in the center, strain the salmon juice or liquor on and cover with the potato reserved. Brush over with a beaten egg and set in the oven to brown.

CREAMED CLAMS.

Chop steamed clams fine and for one pint make a sauce from four level tablespoons of butter, the same of flour, one cup of thin cream and one cup of liquor from the kettle in which the clams were steamed. Season well with cayenne and if salt is needed add a little with caution. When cooked smooth and creamy add the chopped clams and heat. Have some small squares of toasted bread ready on a hot platter, turn on the creamed clams and serve at once. Do not allow the clams to cook a long time in the sauce and toughen.

COD FISH A LA MODE.

One cup of cod fish, picked up fine, 2 of mashed potato, 1 pint of cream or milk, 2 eggs well beaten, $\frac{1}{2}$ cup of butter, salt and pepper; mix well. Bake in baking dish from 20 minutes to one half hour.

MRS. LOTTIE LABINE, Detroit, Mich.

DEVILLED CLAMS OR OYSTERS.

Seventy-five clams drained and chopped, 1 cup cream (or milk), 1 cup of bread crumbs, 2 ozs. of butter, 1 teaspoonful of onion juice, $\frac{1}{4}$ nutmeg grated, 1 tablespoonful chopped parsley, salt and pepper to taste. Cook in stewpan on top of stove 30 minutes, then put in shells or baking dish. Put bits of butter over bread crumbs and brown in oven. Serve very hot.

MRS. A. C. McLAUGHLIN.

FRIED OYSTERS—1.

Most delicious fried oysters are prepared by frying a few slices of best bacon in the fryingpan; drain the oysters dry, roll in flour or fine cracker crumbs, sprinkle with pepper, and salt if needed, and fry to a crisp brown on both sides. Serve piping hot with the bacon as garnish.

MRS. G. J. KERN.

FRIED OYSTERS—2.

Drain and dry the oysters, then dip first in beaten eggs, then in finely powdered crackers (well seasoned with salt and pepper); dip again in egg and then in crackers. Drop into boiling lard and brown like fried cakes.

MRS. MARY L. MAAS.

ESCALLOPED OYSTERS—1.

Take 1 qt. of oysters and cracker crumbs rolled fine. Put in bottom of buttered baking dish a layer of cracker crumbs, then a layer of oysters, season with salt and pepper and plentiful sprinkling of bits of butter. Repeat till dish is full, having layer of cracker crumbs on top. Cover with good sized bits of butter, add sweet milk and liquor of oysters enough to soak the crackers. Bake about $\frac{1}{2}$ hour.

ESCALLOPED OYSTERS—2.

For a quart of oysters carefully drained have nine large or the same quantity of small crackers finely powdered. Bake 20 minutes, less rather than more. Lay first in the bottom of your baking dish or pan a layer of oysters. Salt them with black and red pepper mixed, proportion $\frac{2}{3}$ black pepper, for $\frac{1}{3}$ red. Take half your crumbs for your second layer. Grate over these a little nutmeg, and add 8 or 10 lumps of butter

the size of a walnut. Another layer of oysters as before, and the remainder of your crumbs, treated in the same way.

MRS. JAMES B. ANGELL.

FRICASSEED OYSTERS.

For 1 pt. of oysters use $\frac{1}{2}$ pt. of cream. Drain the liquor from the oysters and steam them until just hot. Make a cream sauce by putting 1 tablespoonful of butter in a frying pan, and when melted stir into it 1 tablespoonful of flour. Add the cream to this and stir until done, seasoning with salt and pepper, a small pinch of mace and the same of cinnamon. Put in the oysters long enough to plump; pour over dainty rounds or squares of toast on *hot* platter. The dish loses its flavor if allowed to cool, so serve *hot*.

MRS. E. C. GODDARD.

OYSTER LOAF.

Cut a long loaf of bread into slices about 2 inches thick; a baker's long 5 cent loaf will make 6. Dig out the crumbs in center of each piece, leaving sides and bottom like a box, i. e., make a square box of each piece of bread. Brush each box over with melted butter, and put in quick oven till light brown. Fill with creamed oysters and serve.

OYSTER PATTIES.

One pt. small oysters, $\frac{1}{2}$ pt. of cream, a large teaspoonful of flour, salt and pepper. Let the cream come to a boil. Mix the flour with a little cold milk and stir into the boiling cream. Season with salt and pepper. While the cream is cooking let the oysters come to a boil in their own liquor. Skim carefully and drain off all the liquor. Add the oysters to the cream and boil up once. Fill the patty shells and serve. The quantities given are enough for 15 shells.

MRS. EUGENE F. MILLS.

FILLING FOR OYSTER PATTIES.

One pt. cream. 1 qt. of oysters, 2 tablespoonfuls of flour. Heat cream, add the flour wet with a trifle of cold milk, season with piece of butter size of a walnut, and pepper and salt to taste. Parboil the oysters in their liquor, with water enough to cover them, drain and stir into the cream sauce. Have patty shells hot, fill and serve immediately.

MRS. H. D. ARMSTRONG.

OYSTER DRESSING FOR TURKEY.

Boil the liver, heart and gizzard $\frac{1}{2}$ hour. Chop fine with bread crumbs sufficient for the dressing. Put 2 tablespoonfuls of hard butter in a spider. When it is brown, put the dressing in, and pour in about 2 tablespoonfuls hot water. Let steam through, stirring it meanwhile. Take out, season with pepper and salt, and stir in one pint oysters carefully, so that they will remain unbroken. Stuff the turkey with this.

MRS. FANNIE H. BOWEN, Parker, Dak.

CHICKEN WITH OYSTER.

(Mrs. Owen's Cook Book.)

Cut a couple of chickens in small pieces, boil till tender. Take out and fry in butter (or use part lard). To the liquor they were boiled in add pepper and salt to taste, a spoonful of butter, flour to thicken, a quart of oysters and some milk if liked. Boil up and pour over the chicken in a large platter.

OYSTERS ON TOAST.

Drain one can of oysters; add enough milk to the juice to make a quart. Mix together 2 even tablespoonfuls of flour and a piece of butter as large as a good sized egg; season with salt and pepper. Pour liquor over this boiling hot. Stir in oysters and serve on buttered toast.

MRS. STANTON, Pontiac.

DRY OYSTER STEW.

For one. Put into hot skillet four tablespoons water, some butter, pepper and salt. When boiling drop in eight or ten select oysters. Cook only until curled then turn into hot oyster platter.

M. K. BISHOP, Muscatine, Iowa.

OYSTER STEW WITH MILK.

Take 1 qt. of water, 1 qt. of milk, the liquor from 1 qt. of oysters and bring to a boil. Add a blade of mace, salt and pepper to taste, butter the size of an egg and thicken slightly with flour. Then stir in the quart of oysters and when they begin to curl remove from the fire and serve at once.

OYSTER COCKTAIL.

One-half bottle catsup, one teaspoonful Worcestershire sauce, nine drops tobasco sauce, pinch of paprika or red pepper, juice of one lemon, pinch of salt and one of white pepper, one pt. of small oysters. Drain the oysters. Mix sauces, spices and lemon juice and add oysters. Serve cold in small glasses with sprig of parsley.

MRS. STRAUSS.

CHUTNEY, OR CURRY OYSTERS.

Take butter the size of an egg, a level teaspoon of salt, a level saltspoon Fuller's N. T. pepper, one onion quartered and sliced thin; wilt the onion for 3 to 5 minutes; add heaping tablespoon corn starch and dessertspoon Cross & Blackwell's Club Chutney; add 1 qt. drained oysters; stir and cover until the oysters curl. Serve on dipped and buttered toast.

For curried oysters, use salt spoon of curry-powder instead of Chutney and serve as above.

MRS. ERNEST A. CLARK.

GRILLED SARDINES—BROWN SAUCE.

Place sardines on a broiler and broil over a clear fire. Take two tablespoons of the oil left in the box after removing the sardines and set over the fire in a saucepan. Add two tablespoonfuls of flour, one-half teaspoonful of salt, one-half salt spoon pepper, and stir until well browned, being careful not to burn the flour; pour on one cup of boiling water and cook five minutes. Just before removing from the fire add one tablespoon of essence anchovies and one tablespoonful of lemon juice.

MRS. F. P. LAWYER, Muscatine, Iowa.

CREOLE KEDGEREE.

Any kind of cold fresh fish can be used for this appetizing inexpensive dish. To one cupful of cold trout, salmon or white-fish, left over, from which all the bones have been taken, add cupful of cold boiled rice, one teaspoonful of butter, teaspoonful of salt, a dash of cayenne, a very hard boiled egg, chopped fine, a slice or so of garlic, or onion, or one full tablespoon curry powder, if preferred. Drop these into a hot skillet; as the butter melts, stir the ingredients well together. It is not intended to fry them, only to thoroughly heat and blend them, five minutes will be enough. Serve on squares of hot, buttered toast, or slices of buttered bread.

If curry powder is not the East India article, a little lemon juice may be added.

CODFISH IN PUREE OF POTATOES.

Six large potatoes, one pint and one cupful of milk, two tablespoonfuls butter, a small slice of onion the size of a silver quarter, one pint of cooked salt codfish, salt, pepper, and one large tablespoonful of flour. Peel the potatoes and boil and mash them light and fine. Add salt, pepper, one tablespoonful butter and a cupful of milk, which has been allowed to come to a boil. Beat well and spread a thin layer of the potato on the center of a hot platter. Heap the remainder around the edge, making a wall to keep in the cream and fish which should then be poured in. Finish the border with parsley and serve with the codfish prepared as a thick cream in the center.

ANCHOVY TOAST.

Make fingers of nicely browned toast, an inch and a half wide and four or five inches long, and not very crisp. Spread with anchovy butter while hot. Set them a moment in the oven and serve at once.

POTTED FISH.

Chop and pound to a paste all the fragments of cooked fish you have. Season highly, using the proportion of one-half teaspoonful of salt, one-half teaspoonful of made mustard, one-half saltspoonful black pepper, and three dashes cayenne to a pint of the paste. Moisten with a little melted butter. Pack closely in small stone jars. Put the jars in a steamer and heat for half an hour. Then press the meat down again and cover with hot melted butter. This will keep for a long time and may be served in slices or used for sandwiches. Remnants of tongue and poultry are very nice prepared in this way.

OYSTER RAREBIT.

Clean and remove the hard muscle from one-half pint of oysters, parboil them in their own liquor until their edges curl, then remove to a hot bowl. Put one tablespoonful of butter and one-half pound of cheese (broken in small bits), one saltspoonful each of salt and mustard and a few grains of cayenne into a dish; while the butter is melting beat two eggs slightly and add to them

the oyster liquor; mix this gradually into the melted cheese; add the oysters and turn at once over hot toast.

OYSTER PIE.

Make a biscuit dough of one quart flour, two teaspoons baking powder, one-half teaspoon of salt, two tablespoons shortening, milk or water to make a dough not too stiff. Take two-thirds of the dough and roll out to fit a good-sized baking dish. Sprinkle this with a little flour and add one quart of oysters. To the juice of the oysters add one teaspoon of cornstarch. Pour over oysters, cover with small lumps of butter, season with salt and pepper. Roll out the remaining dough and cover pie with it, making incisions in top to let out air. Bake in moderate oven until crust is a rich brown. Serve with Richmond sauce.

MEATS AND POULTRY

GENERAL REMARKS.

BROILING.—The rules for roasting meat apply to broiling, except that instead of cooking it in the oven it is to be quickly browned first on one side and then on the other, over a hot fire, and removed a little from the fire to finish cooking. Meat an inch thick will broil in about 20 minutes. It should be seasoned after it is cooked.

BOILING AND STEWING.—Fresh meat for boiling should be put into boiling water and boiled very gently about 20 minutes for each pound. A little salt, spice or vegetables may be boiled in the water with the meat for seasoning. A little vinegar put in the water with tough meat makes it tender. The broth of boiled meat should always be saved to use in soups, stews and gravies. Stewing and simmering meats mean to place them near enough to the fire to keep the water on them bubbling moderately, constantly and slowly. Salt meats should be put over the fire in cold water, and that as soon as it boils should be replaced by fresh cold water, the water to be changed until it remains fresh enough to give the meat a palatable flavor when done. Salted and smoked meats require about 30 minutes very slow boiling, from the time the water boils, to each pound. Vegetables and herbs may be boiled with them to flavor them. When they are cooked the vessel containing them should be set where they they will keep hot without boiling until required if they are to be served hot; if they are to be served cold they should be allowed to cool in the pot liquor in which they were boiled. Very salt meats, or those much dried in smoking, should be soaked over night in cold water before boiling.

FRYING.—There are two distinct methods of frying, one with very little fat in the pan. To practice this successfully, the pan and fat must be hot before the article to be fried is put into it: for instance, in frying chops, if the pan is hot, and only fat enough is used to keep the chops from sticking to it, the heat being main-

tained so that the chops cook quickly, they will be nearly as nice as if they were broiled. Frying by the other method consists in entirely immersing the article to be cooked in sufficient smoking hot fat to cover it, and keeping the fat at that degree of heat until the food is brown. It should then be taken up with a skimmer and laid upon brown paper for a moment to free it from grease.

Long, slow cooking breaks down the fibre of meat, and so makes it more tender. Many tough pieces are nutritious, and can by slow cooking be made as acceptable as more expensive cuts. In order to shut in the juices, meat should at first be subjected to a high degree of heat for a short time. A crust or case will then be formed on the outside by the coagulation of the albumen, after which the heat should be lowered and the cooking proceed slowly. Dark meats should be served underdone or red; white meats thoroughly cooked. Clean meat by wiping it with a wet cloth, but do not put it in water. Salt and pepper draw out the juices; therefore, do not put them on the meat before cooking, or until after the meat is seared. Do not pierce the meat with a fork while cooking, as it makes an outlet for the juices. Turn it with spoons.

TO ROAST BEEF.

(Adapted from *Century Cook Book*.)

Time for cooking rib roast very rare, 10 minutes, rare, 15 minutes, per pound; time for cooking rolled roast very rare, 12 minutes; rare, 15 to 18 minutes per pound. Wipe the meat with a damp cloth, place it on a rack which will raise it a little from the bottom of the baking pan. Dredge the whole top and sides with flour. Place in a corner of the pan, not touching the meat, $\frac{1}{2}$ teaspoonful of salt and a quarter teaspoonful of pepper. Put into the pan 2 tablespoonfuls of drippings. Place in a very hot oven for 15 or 20 minutes, or until the meat is browned, then shut off the drafts and lower the temperature of the oven, and cook slowly till done. Baste frequently. Do not put water in the pan until the last 20 minutes, as it prevents browning. If beef is cooked as directed it will have one quarter of an inch of seared meat, the rest will be of a uniform red color all through. If cooked in too hot an oven the center will be raw and the outside overdone.

ROAST BEEF.

Heat an iron skillet very hot on top of stove, put the roast of beef in without any seasoning, and turn constantly till it is well seared over on all sides, then put into the hot oven and roast; baste frequently with its own fat; or if roast is very lean add very little hot water in bottom of skillet to baste with; allow about 15 minutes to the pound for roasting. When done take out on platter and season with salt and pepper. MRS. C. W. WAGNER.

YORKSHIRE PUDDING—1.

(To eat like vegetables with beef roast.)

For 1 pt. of milk take 3 eggs, 3 cups of flour and a pinch of salt. Stir to a smooth batter and pour into the skillet around the roast $\frac{1}{2}$ hour before it is done. MRS. C. W. WAGNER.

YORKSHIRE PUDDING—2.

One heaping tablespoonful of flour, 3 eggs, $\frac{1}{2}$ cup of beef drippings, salt to taste. Mix the flour with a little milk, beat in the eggs with a beater, pour the drippings into a hot pan and mix the batter well into it. Serve very hot with roast beef, on the same dish. MRS. W. J. HERDMAN.

YORKSHIRE PUDDING—3.

Two cups of flour, stir in 2 teaspoonfuls of baking powder, $\frac{1}{2}$ teaspoonful of salt, add slowly 1 qt. of milk, stir in 3 beaten eggs. Pour in the pan $\frac{1}{2}$ hour before the meat is done.

DR. MOSHER.

A FILLET OF BEEF.

Use a tenderloin roast ordered a day or two before needed as they can not always be obtained on short notice. Rub the roast well with salt and pepper; make a bed of onions, celery and parsley root in the roasting pan; lay the roast upon this bed and spread thickly with butter. Cut up a few tomatoes and lay on the top; cover the roast air tight and bake in a quick oven 30 minutes. Look after it carefully, basting when necessary, adding hot water as needed. When done lay on a hot platter. Strain the sauce, add water or stock to make a pint in all, thicken with flour and add a pint of fresh or canned mushrooms; pour around the roast

when ready to serve. A very attractive looking dish may be made of this roast by putting all kinds of vegetables around it on the same platter, such as cauliflower, green peas, lima beans, spinach and carrots; of course judgment must be used as to the harmonizing of colors. Do not put more than about 4 tablespoonfuls of each vegetable around the roast. Serve the sauce in a sauce-boat. Slice the roast, but do not destroy its shape.

MRS. M. KERNGOOD.

TO COOK STEAK.

Use covered broiler, if you have one, if not, have your frying pan very hot. Rub hastily with suet and throw in steak at once, turning several times according to the rareness you wish to obtain. Place on hot platter, salt and spread with butter. Send to the table at once.

MRS. S. A. NILES.

BROILED BEEFSTEAK.

A thick tender steak, a double broiler, and a hot clear bed of coals. Place the steak in broiler and cook on one side while you slowly count 10. Turn while you slowly count 10 again. Repeat this till the steak is done. The number of times you turn must depend on whether you wish the steak rare or well done. Practice will soon determine this. Place the steak on a hot platter, cover with butter, season with salt and pepper and serve hot. Or serve with Maitre d' Hotel butter. If a gas stove is used the broiler in the oven will be found quite equal to, if not superior to the bed of coals.

MRS. JAMES B. ANGELL.

See also, "Broiling," under "Cooking by Gas."

MRS. RORER'S BEEF STEW.

Two lbs. of round steak, 2 ozs. of beef suet, or to each lb. of beef allow 1 oz. of suet. Cut into squares of about 1 inch, dust thickly with flour. Pull suet apart, try out thoroughly in frying pan and remove crackling. Put meat, when cut and floured, into the hot suet fat and shake over the fire until each piece is browned. Remove meat to saucepan and make gravy of liquor in the frying pan, with 1 tablespoon of flour and $\frac{1}{2}$ pt. of stock or water; when boiling, add a slice of onion, a bayleaf, a sprig of celery, $\frac{1}{2}$ a teaspoonful of salt and a shake of pepper. Pour over the meat, cover saucepan, and cook slowly 1 hour. Fifteen minutes before serving make dumplings, by mixing thoroughly in bowl, 1 cup of

flour, $\frac{1}{4}$ teaspoonful of salt and 1 level teaspoonful of baking powder, moistened with $\frac{1}{2}$ cup of milk. Drop by teaspoonfuls over top of stew, cover saucepan tightly and cook 10 minutes without lifting cover.

MRS. J. H. DRAKE.

SPONGE DUMPLINGS.

To be used as a dessert with hard sauce, or in soup. For soup the stock should be well seasoned and boiling when the batter is ready. Beat separately very stiff and light the yolks and whites of 2 eggs. Place a saucepan with $\frac{1}{2}$ cup of milk and $\frac{1}{2}$ tablespoonful of butter over the fire. As soon as it boils add $\frac{1}{2}$ cup of flour. Stir until the contents are a smooth dough, and loosen from the bottom. Take from the fire and beat in the yolks. When smooth add the whites of the eggs, add a little salt, drop into boiling soup or water a spoonful at a time; cover and boil 6 minutes without lifting the cover.

MRS. R. WAPLES.

A SAVORY STEW.

One and $\frac{1}{2}$ lbs. of a cheap cut of beef or mutton, 1 small head of celery, 1 carrot, 1 small onion, $\frac{1}{4}$ cup of pearled barley, 1 turnip, 2 bay leaves, 3 or 4 potatoes cut in small pieces. Cut up the meat into very small portions, and put it into the double boiler with a qt. of cold water, and put it over a low fire and cook slowly for 8 hours, not allowing it to boil. Do not have a higher temperature than 180°. Two hours before done put in the vegetables and seasoning, and the result will be a highly nutritious dinner. This slow process of cooking a tough piece of meat at a low temperature results in making the meat tender and all the nutrition available.

MRS. JACOB REIGHARD.

STUFFED BEEF STEAK OR MOCK DUCK.

Take a round steak about 1 inch thick, and prepare bread dressing as follows: Chop dry bread (and a small onion if desired), then add a lump of butter size of an egg. Salt and pepper to taste, season with sage or summer savory. Add 1 beaten egg and moisten with milk. Spread the dressing on the steak, roll and tie, and sew up the ends. Place in a deep pan, sprinkle with salt and pepper, and put lumps of butter or suet over the top; add water and baste often as you would a roast. Bake about 1 $\frac{1}{2}$ hours.

MRS. B. ST. JAMES.

BEEF STEAK PIE.

Take 2 pounds of round beefsteak, cut in pieces an inch square or an inch by 2 inches, put in stew pan and stew till tender with enough water to cover. Turn a small cup upside down in baking dish; put around it the meat, add salt and pepper to taste and bits of butter unless the beefsteak was very rich. Have water sufficient in cooking the meat so there will be at least a pint left; thicken this with flour to the consistency of gravy; pour part of it over the meat and place over all a rich baking powder crust made as for chicken pie; cut a large slash in top and bake about $\frac{3}{4}$ of an hour. Take out and pour the rest of the gravy into the pie through the opening and it is ready for the table. The amount of gravy needed must be regulated by the size of dish and quantity of meat. Cold roast beef may be used.

MISS KITTIE ROSEWARNE.

BEEF OMELET.

Chop very fine cold beef steak. Use eggs enough to make moist, salt and pepper. Drop in a hot, well buttered frying pan a good spoonful for one patty. Turn quickly as it becomes firm, and brown the other side.

MRS. C. K. MCGEE.

SAVORY BEEF.

Three and $\frac{1}{2}$ lbs. lean uncooked beef chopped as fine as possible, 6 soda crackers rolled fine, butter the size of an egg, 4 tablespoonfuls sweet cream, 3 eggs, 1 nutmeg, 4 teaspoonfuls salt, $2\frac{1}{2}$ teaspoonfuls black pepper, 1 tablespoonful sweet marjoram. Mix thoroughly and press into 2 rolls, bake 1 hour, basting often with butter and water, brown on both sides. To be eaten hot with tomato, mushroom, or brown sauce, or sliced cold for luncheon.

BEEF SCRAPPLE.

Three lbs. of brisket, boil in *plenty* of water until the bones will pick out, then mince the meat and fat fine, put back in the same water. Season highly with salt, pepper, herbs, and thicken with cornmeal, sprinkled in while it boils. After boiling thoroughly put in a dish to cool. Cut in slices and fry a crisp brown. No extra fat required for the frying. MRS. W. E. CALDWELL.

SCHMOR BRATEN OR POT ROAST.

Four lbs. of beef, cut from the round, 3 medium sized onions, 2 or 3 bay leaves, $\frac{1}{4}$ lb. of salt pork, 1 large tablespoonful of butter, crust of one slice of rye bread. Lard the roast with strips of the salt pork rolled in salt and pepper, then rub salt and pepper over the roast and put it into the kettle and brown in the butter. Cut up the onions and put with the bay leaves and bread into the kettle. When perfectly browned pour enough boiling water over the roast to cover it, and let it simmer for 2 hours. Serve the roast on a dish with the gravy separate.

MRS. BELLE GUTHE

BEEF LOAF.

Three and $\frac{1}{2}$ pounds of beef chopped fine, 2 cups of rolled crackers, 2 cups of sweet milk, $\frac{1}{2}$ cup of butter, 2 eggs, 1 tablespoon of salt and 1 of pepper. Bake in a hot oven for 5 minutes, then allow the oven to cool and bake slowly $\frac{3}{4}$ of an hour.

MRS. BEGLE.

BEEF LOAF.

Two coffee cups of raw chopped beef, 1 coffee cup of rolled crackers, 1 cup sweet milk, salt and pepper to taste. Mix and put in a bread tin. Put lumps of butter on top and bake 1 hour.

MRS. B. ST. JAMES.

BEEF RAGOUT.

Melt two level tablespoons of butter in a saucepan and let it brown; add two tablespoons of flour, stir until smooth and add one cup of strained tomato, one cup of water, or stock, or water with a spoonful or two of cold gravy dissolved in it. When the sauce has thickened and cooked thoroughly stir in two cups of cold roast beef cut in shavings. Heat the beef through but do not let it stew and harden. Season with salt and a little pepper.

BRAISED VEAL.

Buy four or five pounds of the shoulder of veal and have the bone taken out. Fill with a stuffing made from bread crumbs, seasoned with salt, pepper and two tablespoons of chopped salt pork or bacon. Add also a pinch of sweet herbs and a little onion juice. Moisten with a very little water. Set the meat in a pan, pour one cup of boiling water over, cover closely and cook

in a moderate oven one and one-half to two hours, basting and turning occasionally. When tender take up the meat, add one tablespoonful of lemon juice to the liquid and thicken with browned flour. Serve the gravy in a bowl and slice the meat on a platter.

VEAL SAUSAGES.

Chop fine two pounds of lean veal, one and one-quarter pounds of fat pork, one and one-quarter ounces of salt, half an ounce of pepper, two ounces of sage, half an ounce of summer savory and a half teaspoon of powdered mace. Mix well and fry in small cakes.

VEAL FILLETS.

Cut veal into pieces an inch wide, and six inches long. Make a good stuffing as for roast veal and spread a little on each piece and roll up. Line a dish with thin slices of bacon; lay in the veal rolls; pour on one-half cup of stock and a teaspoon of vinegar to moisten. Cover and simmer until done.

BEEF LOAF.

One and $\frac{1}{2}$ lbs. of round steak, 2 cusp of rolled crackers, 2 cups of warm water, $\frac{1}{2}$ cup of butter, pepper, salt, and bake 1 hour.
MRS. ELUM WORDEN.

CANNELON OF BEEF.

One lb. of uncooked beef chopped fine, yolk of one egg, 1 tablespoonful chopped parsley, 1 tablespoonful of butter, 2 tablespoonfuls of bread crumbs, 1 tablespoonful of lemon juice, 1 teaspoonful of salt, 3 dashes of black pepper, $\frac{1}{2}$ teaspoonful of onion juice. Mix all together and form into a roll about 6 inches long wrapped in buttered paper. Place in a baking pan and bake in a quick oven 30 minutes, basting every few minutes with a little butter melted in 1 cup of boiling water. Serve with a brown mushroom sauce poured around it, or with a plain gravy.

MRS. A. H. RICHMOND.

MEAT BALLS.

Put 1 pound of hamburger steak in a chopping bowl and pound with a meat mallet 10 minutes, then add 1 good teaspoon of salt, a generous sprinkling of pepper, 1 egg and $\frac{1}{2}$ pint of

sweet milk. Use the cake mixer at first, then beat until stiff. Have ready a hot pan with 1 heaping teaspoonful each of lard and butter smoking hot. Remove all tendons that collect on the spoon and drop the meat by spoonfuls into the pan, fry brown and serve hot.
MRS. D. F. SCHAIRER.

FOR CURING CORNED BEEF.

To 100 lbs. meat take 7 lbs. salt, 3 lbs. sugar, 3 oz. soda. Pack the meat in the barrel when cold, and pour on the brine boiling hot. Will be ready for use in 24 hours. SEABOLT BROS.

CURING HAMS.

Ten lbs. salt to 100 lbs. hams, 3 lbs. sugar, 2 oz. saltpeter, 2 oz. pepper. Mix and rub on dry or use as a brine.

SEABOLT BROS.

STUFFED NOODLES.

Make noodles as usual but do not roll quite as thin.

Dressing:—One lb. chopped raw beef, 2 eggs, equal quantities of soaked bread, a little onion, salt, pepper and butter. Mix all together. Cut rolled noodles into 4 inch squares and put on each 1 tablespoonful of dressing, then fold 2 sides and pinch the ends tight; drop in boiling beef broth and boil until they come to the top.
MRS. J. KOCH.

PASTY.

Make a rich pie crust. Roll out as for pie, fill with thin sliced potatoes, round steak cut in small squares, large piece of butter, salt and pepper. Close as for turnover in half-moon shape, and bake in a moderate oven about $\frac{3}{4}$ of an hour or until potatoes are cooked. Parsley or thin sliced turnip seasons nicely.

MRS. SHELEY.

ROAST VEAL.

Place a 6 lb. piece of veal from the loin or ham in a dripping pan. Place 2 thin slices of bacon on it, and season with salt and pepper. Add water in the pan and place in the oven. Baste often, when the water boils down, till quite brown in the pan, then add more water. The bacon gives it a nice flavor. Thicken the gravy, bake about three hours. MRS. BRUNO ST. JAMES.

VEAL CUTLETS.

Trim the slices of veal and cut them in pieces half the size of a hand. Pound, and press each piece into bread crumbs or flour, and salt and pepper. Lay one above the other for about 15 minutes. After that fry in butter and lard mixed until a nice brown. Take out and put the trimmings into the gravy and fry them. Then add water as you need. Also a few drops of lemon juice or vinegar, and strain over the meat. To be served with fried whole potatoes.

MRS. GERTRUDE HOFFSTETTER.

STUFFED VEAL BREAST.

Three lbs. of veal breast cut open, soak stale bread in water, then squeeze out the water. Have a spider ready with hot lard or butter, and steam the soaked bread in it. Also add a little parsley and onions cut fine. When cool add salt, pepper, two eggs, and nutmeg to taste. Stuff the breast with the dressing and sew up the end. Place in a dripping pan with salt and pepper and water, and parboil. Put in the oven and bake until a desired color.

MRS. E. C. SPRING.

VEAL GERMAN DUMPLINGS.

Veal chops off the breast, fry in part butter and lard until a nice brown. Sprinkle over $\frac{1}{2}$ cup of grated bread crumbs; on this pour a cup of water, season with salt and pepper and let simmer until meat is tender, about $\frac{1}{2}$ hour. Lastly, add a couple of slices of lemon.

DUMPLINGS.

A pint of flour mixed with an egg and a little water until softer than pie crust. Cut with a knife pieces about the size of a small finger and drop into boiling water. Skim them out into a dish of cold water, and brown a little butter to pour over the top.

FLORA KOCH.

VEAL BOUDINS.

Two cups finely chopped cold veal, 1 tablespoonful of butter, $\frac{1}{2}$ cup of stock, 2 tablespoons of bread crumbs, 2 eggs, salt and pepper to taste, a little mace or nutmeg if liked, and a little onion juice or finely scraped onion. Put butter in saucepan to get hot, add bread crumbs and stock and cook together. Take from the

fire, add the meat, mix well, then add the other ingredients, adding the eggs, well beaten, last. Bake in well buttered gem-irons from 30 to 40 minutes. Serve with sauce turned around them.

SAUCE FOR VEAL BOUDINS.

One tablespoon of flour and the same of butter rubbed together. Cook with $\frac{1}{2}$ cup of stock, $\frac{1}{2}$ cup cream and yolk of egg beaten. Season with 1 teaspoon of chopped parsley, pepper and salt.

MRS. H. D. ARMSTRONG.

BAKED CALF'S HEAD.

(A Maryland Recipe.)

Have a fresh head split through and eyes removed by your butcher. Cover with cold water and keep in cool place at least six hours; wash in several fresh waters and scald out the nose, remove the brains. More than cover the head with boiling water, into which put $\frac{1}{2}$ of small onion, stalk of celery and 2 cloves. Boil till the tongue is tender and the meat loosens from the bones. Take from water and drain, cut up tongue and meat, also fat and glutinous parts into small pieces, but do not mince. Season with salt, pepper and allspice according to taste and size of head; place in baking-dish with thick layer of bread crumbs on top and plenty of butter over these; put into oven hot enough to brown these thoroughly without drying up the meat. Serve in the same dish. Wash the blood from the brains and boil in $1\frac{1}{2}$ pints of water; mash, thicken with flour, season like head. The water the head is boiled in makes excellent mock-turtle soup the following day.

MRS. C. B. NANCREDE.

VEAL PILLAU.

Three pounds of veal cut from the neck, 1 cup of rice well washed, 3 tablespoonfuls of butter or $\frac{1}{4}$ lb. of salt pork, 1 onion, 3 large teaspoonfuls of salt, $\frac{1}{2}$ teaspoonful of pepper, $\frac{1}{2}$ cup stewed tomatoes, 4 cups boiling water. Cut the veal into small pieces, add salt, chop the onion fine and put into the saucepan with the butter, stir until the onion turns a light straw color, then add veal and stir until that is browned a little. Care must be taken not to scorch the onion. Put in the tomato with a cupful of boiling water, and simmer all gently for an hour and a half, then add the other 3 cups of boiling water, pepper and rice. Heat

all to the boiling point, cover, set back on the stove where it will simmer gently for an hour. The rice will by that time absorb almost all the liquid, and yet every grain will be distinct. Turn the pillau out upon a hot platter, and garnish with parsley.

MRS. M. F. KEEGAN.

VEAL CALLOP.

(A Hawaiian Island dish.)

Take from $\frac{1}{4}$ to $\frac{1}{2}$ lb. of fresh veal chopped fine, and place in hot frying pan with a large tablespoonful of butter. Fry brown, add 1 pt. of rich milk, more if desired. Thicken with flour as you would gravy, but do not make it too thin. Season with salt and pepper. Serve plain for breakfast, or it is nice served on toast. Other meat may be substituted for veal.

STUFFED SHOULDER OR BREAST OF VEAL, WITH CHESTNUT DRESSING.

(Chicago Record Cook Book.)

Remove the bone from the shoulder of the veal without cutting through the outer skin. Take the shells from twelve large chestnuts, boil and mash chestnuts; add to them a large teacup of fine bread crumbs, a tablespoonful of butter, a half-teaspoonful of salt, a little pepper, a tablespoonful hot water, juice of half a lemon, a little catsup if liked. Put this dressing where the bone was, sew and truss the shoulder into shape, put into a baking-pan, the bones under it. Dredge with flour, put a large tablespoon butter and a small cup hot water into the pan. Bake it, allowing twenty minutes to the pound, basting occasionally. An hour before the veal is done pare twelve medium-sized potatoes and put them around the veal. As soon as they are half done turn them so that they may bake evenly. When they are ready arrange them round a hot platter, lay the veal in the center. Put a tablespoonful each of butter and flour rubbed together into the baking-pan, brown this, then add gradually one pint boiling water, a scant teaspoonful salt, a half-teaspoonful pepper. Stir, let it boil up once and serve with meat and potatoes. Five cents' worth large chestnuts will make enough dressing. Breast of veal may be used instead of shoulder.

CUTLETS IN RICE.

Cut into neat cutlets part of the best end of a cooked neck of mutton. Place on each a thin slice of hard boiled egg. On this put a little thick white sauce. Prepare a border of rice, moulded and allowed to get cold. Turn it out, fill the center with shredded lettuce, moistened with mayonnaise, and arrange the cutlets on the top. Garnish and serve.

MINCE VEAL OR VEAL LOAF—1.

Three and $\frac{1}{2}$ lbs. veal, 1 tablespoonful ground pepper, 1 tablespoonful salt, 3 tablespoonfuls cream, a pinch of ground cloves, 1 grated nutmeg, 4 crackers rolled, a piece of butter size of an egg. Chop the veal very fine, roll the crackers very fine. Mix with three eggs, make into loaf; let it stand 2 hours and bake.

MRS. JAMES B. ANGELL.

VEAL LOAF—2.

Three lbs. chopped veal, 1 teaspoon black pepper, 1 tablespoon salt, 1 teaspoon sage, 3 eggs, 6 or 8 rolled crackers, $\frac{1}{2}$ cup milk or water, butter size of an egg. Bake slowly $1\frac{1}{2}$ hours, covering at first. An improvement to cover top slightly with rolled crackers. Eaten cold, sliced thin, or hot smothered with mushroom sauce.

Nice way to serve veal loaf or sliced cold meat:—Cut in thin slices and lay (overlapping each other) in a circle on a round platetr (large), then turn a bowl of jelly in the center.

MISS. P. A. NOBLE.

VEAL LOAF—3.

Three lbs. chopped veal, 2 slices salt pork, 3 eggs, 2 tablespoonfuls milk, 4 powdered crackers, 1 teaspoonful salt, 1 teaspoonful pepper, 1 teaspoonful sage. Make into a loaf, bake slowly $2\frac{1}{2}$ hours. Baste with butter and water, after sprinkling with powdered crackers.

MRS. DAVID TAYLOR.

VEAL CROQUETTES—1.

One solid pint of finely cooked veal, 1 tablespoonful salt, 1 cupful of cream or milk, 1 tablespoonful butter, 4 eggs, 1 teaspoonful grated onion, 1 tablespoonful of lemon juice, 3 table-

spoonfuls flour. Put cream on to boil. Mix flour and butter together and pour in boiling milk, then add veal and seasoning. Take from fire and when cool mould into oblong moulds, roll in eggs and cracker crumbs and fry 4 or 5 at a time in a wire basket in hot lard.

MRS. MARGARETTA LYDECKER.

VEAL CROQUETTES—2.

Two cups roast veal chopped fine, scald 1 cup sweet milk and thicken with 2 tablespoonfuls of flour and 1 tablespoonful of butter rubbed together. Add the meat, juice of 1 lemon, pepper and salt to taste. Beat 2 eggs and add while the meat is hot but not boiling. Cool, shape, roll in egg and cracker crumbs. Fry in hot lard.

MRS. L. P. JOCELYN.

CHICKEN OR VEAL CROQUETTES—3.

Chop the meat very fine. To every pint of meat allow $\frac{1}{2}$ pt. of milk or cream, 1 large tablespoonful of butter, 1 teaspoonful onion juice, 2 tablespoonfuls of flour, 1 teaspoonful of salt, cayenne pepper, little parsley. Chop with the meat 1 nutmeg grated. Put the milk on to boil in a farina boiler. Rub butter and flour to a smooth paste and stir into the milk until it is very thick. Take from the fire. Add the meat and beat until well mixed. Add the seasoning and turn on a plate to cool. When cold and hard form into croquettes, dip in egg and bread crumbs and fry in hot lard.

MISS MATHILDE ILLI.

VEAL CROQUETTES—4.

Two lbs. broiled veal chopped fine, add 2 eggs, 1 tablespoonful of butter, $\frac{1}{2}$ cup of cream, $\frac{1}{2}$ cupful mashed potato, the juice of a lemon, salt and pepper. Make into balls and fry.

MRS. S. W. BEAKES.

MEAT CASSEROLE.

Chop bits of cold meat, from 1 to 2 cupfuls, very fine, put in fryingpan large tablespoonful of butter and flour and brown. Add a pint of milk or cream and let it cook until thick; season with salt and pepper. Cook rice till soft without stirring, season and drain. Make rice into a mound and pour the browned meat around it, or line a mould with rice and pour the meat in center.

MRS. CARRIE WILLIAMS.

MOCK SWEET BREADS.

Take the strings and sinews from 2 lbs. of lean veal; chop very fine with $\frac{1}{4}$ pound of veal suet. Soak a bread roll in milk and beat it light; mix this with the veal and suet, add grated lemon peel, pepper, salt, a very little nutmeg and 2 eggs; shape like a sweet bread, dip in egg, roll in crumbs and fry a golden brown. Serve with cream gravy.

Gravy:—Butter size of an egg, melt, stir in a tablespoonful of flour. When well mixed and brown add milk to thin. Very fine.

MRS. CLOUGH.

CALF'S LIVER AND BACON.

Six or 8 slices of bacon fried crisp; pour boiling water over 1 lb. of sliced liver, drain, add salt and pepper, roll in flour, fry in the bacon fat, garnish with the bacon.

MRS. E. C. GODDARD.

KIDNEY TOAST.

Gently stew three sheep's kidneys in a little water until perfectly tender, then remove all skin and gristle and pound them in a mortar with one ounce of butter till they form a smooth paste. Squeeze a little lemon into them and season highly with pepper and salt. Spread the paste on nicely buttered toast and serve very hot.

BARBECUED LAMB.

Take 1 forequarter of spring lamb, broil till light brown color; lay in a double roasting pan, or dripping pan with another covering it closely as may be made to fit. Have a mixture of vinegar, salt, pepper and butter, add boiling water and baste the lamb as often as required to keep from being dry. Roast till well cooked.

MRS. RUFUS WAPLES.

TO COOK LEG OF LAMB OR MUTTON.

Put into water sufficient to cover, add salt. Boil until tender; lay in dripper, cover with bread crumbs, baste well and bake 15 minutes. Serve with rice and a gravy of drawn butter and caper sauce.

MRS. M. MOTLEY.

ROAST LAMB.

For a quarter of lamb have a dressing of bread crumbs made fine, season with summer savory, adding salt and pepper with enough water to moisten it, also season the lamb with salt

and pepper. Place the lamb in your roasting pan with dressing around it. Roast $2\frac{1}{2}$ hours in a well heated oven, allowing more time should the quarter of lamb be unusually large. Make gravy as for other meat. When the meat is removed to the platter garnish with parsley. This is very good served when cold.

MRS. H. S. DEAN.

LEG OF MUTTON A LA VENISON.

Remove all the rough fat from the mutton and lay it in a deep earthen dish; rub into it thoroughly the following: 1 tablespoonful each of salt, celery salt, brown sugar, black pepper, English mustard, allspice and some sweet herbs all powdered and mixed; after which pour over it slowly a teacupful of good vinegar, cover tightly and set in a cool place for 4 or 5 days, turning it and basting often with the liquid each day. To cook put in a kettle 1 qt. of water* (boiling), place over it an inverted shallow pan, and on it lay the meat just as removed from the pickle; cover the kettle tightly and stew 4 hours. Do not let the water touch the meat. Add a cup of hot water to the pickle remaining and baste with it; when done thicken the liquid with flour and strain through a sieve, to serve with meat. Serve with currant jelly as for venison.

MRS. SOULE.

LAMB CHOPS.

Trim the bones and remove all the fat and skin; cover them with beaten egg, then with bread crumbs, then dip them in melted butter. Broil slowly for about 10 minutes. Serve with fried parsley.

MOCK TERRAPIN.

One-half of a calf's liver cooked tender, dust thickly with flour, a teaspoonful of mixed mustard and a small bit of cayenne pepper, 2 hard boiled eggs chopped fine, butter size of an egg, teacup of water. Let boil a moment or two, then serve. Chop the liver before mixing.

MRS. A. W. PACK.

TO BAKE A HAM.

Lay your ham in cold water over night. In the morning scrape clean and weigh it, put it over to boil allowing a quarter of an hour to get heated through and then one quarter of an hour for every 2 pounds in weight. At the end of that time take it up, remove the skin and cover it thoroughly above and below with a paste made of flour and water; put it into the oven and bake it

one quarter of an hour for every 2 lbs; then let your fire go down and leave the ham in the oven until it is cold, after which remove the crust from the outside. It adds to the flavor of the ham if before covering with the paste you cut deep incisions and fill them with the following mixture: A handful of bread crumbs, a teaspoonful of sugar, a teaspoonful of mixed spices, a teaspoonful of celery seed, a little red pepper.

MRS. ALICE TAFT.

HAM PATTIES.

Chop loose trimmings of ham with bits of cold beef or veal. Rub fine dry bread crumbs and season with salt and pepper. Take 1 cup of bread and 1 of meat, moisten with sweet milk and fill little tins $\frac{2}{3}$ full. Break an egg over top of each and cover with fine cracker crumbs. Bake 10 minutes.

MRS. R. MORTIMER BUCK, Paw Paw.

HAM SOUFFLE.

(German.)

Boil 1 cup of rice until soft but so that the kernels remain whole, drain them on a sieve, chop 2 ozs. of ham very fine and mix with the rice; put it in a buttered mould and pour over it $\frac{1}{2}$ cup of milk in which have been beaten 3 eggs and a pinch of salt. Bake in oven till brown.

MRS. BOUKE.

SAVORY HAM.

This is a good way to use up a little cold ham. Chop fine enough ham to measure one cup, add one-half cup of fine bread crumbs, two or three dashes of pepper and a scant level teaspoon of dry mustard. Chop one hard-boiled egg and stir in, then moisten the whole with milk and turn into a buttered baking dish. Bake about thirty minutes and serve hot or cold in slices. This can be prepared for a picnic dish and will be a change from the usual ham sandwich mixture.

HAM BALLS.

Chop a teacupful of cold ham, season highly and add 1 beaten egg. Soak a large slice of bread in boiling milk and mix with meat and egg; make into round cakes like sausage and fry a deep brown in butter. Make a gravy if desired.

MRS. WM. CONDON.

HAM CROQUETTES.

One cup of cold ham chopped to a paste, mustard to taste, 2 heaping cups of mashed potatoes, shape into croquettes, roll in crumbs and egg, and fry in deep lard.

MRS. A. C. McLAUGHLIN.

ROAST PIG.

Take a young pig. After thoroughly cleaning inside, rinse it out with table soda and water, then again with cold water, wiping pig dry inside and out. Prepare following dressing: 1 cupful crumbs, $\frac{1}{2}$ onion (chopped), 2 teaspoonfuls powdered sage, 3 tablespoonfuls melted butter, 1 saltspoonful salt, same pepper, $\frac{1}{2}$ nutmeg (grated), and yolks of 2 eggs well beaten, moisten with $\frac{1}{2}$ cup soup stock, stuff pig into its original size and shape, sew up, place in kneeling posture in dripping pan, tying the legs in proper position; dredge with flour; pour a little hot salted water in dripping pan; baste with butter and water 3 times as the pig warms; afterwards with gravy from dripping pan. When it begins to smoke all over, rub every 20 minutes with rag dipped in melted butter. This will keep skin from cracking. Roast in moderate steady oven 2 hours. Place the pig upon a large hot dish, surround with parsley and blanched celery tops, place a green wreath around neck and a sprig of celery in its mouth; skim and strain gravy; thicken with browned flour, boil up, add a glass of any good wine and juice of a lemon. Serve in a boat. In carving cut off head first; split down the back; take off hams and shoulders, and separate the ribs.

SWEETBREAD CROQUETTES.

Parboil the sweetbreads and chop fine as soon as cold. One cup of milk; 1 tablespoonful of butter rubbed into 2 tablespoonfuls of flour; juice of 1 lemon; piece of onion; 2 well beaten eggs; salt and pepper. Heat the milk, stir in butter and flour, juice of lemon and onion, the chopped meat, and afterward the beaten eggs. Set away to cool, and make into croquettes. Roll in fine bread crumbs and fry in boiling lard. MRS. TATLOCK.

SWEETBREADS.

Soak sweetbreads in salt and water, partly fry them, slice 1 onion, $\frac{1}{2}$ can of tomatoes, and add these with salt and pepper

to the sweetbreads. Then dredge once or twice with flour, and cook on the back of the stove, slowly, 1 hour.

KATHARINE M. HALE.

SWEETBREADS AND PEAS.

Soak the sweetbreads in cold water for an hour; then cook for twenty minutes in boiling water and cool. Remove the membranes and pipes, season with salt, lay in a baking pan which has been lined with thin slices of bacon. Set in the oven and bake until brown, basting well with the stock in which the sweetbreads were cooked and which has been heated. Make a gravy from the contents of the baking pan and strain over and around the sweetbreads.

Cook three cups of young peas in just enough water to cover, and after the first ten minutes add one-half level teaspoonful of sugar. Cook about ten minutes longer, or until tender, allowing the water to cook nearly all away; add butter and serve.

CREAMED SWEETBREADS.

Remove the pipe and membrane from a pair of sweetbreads and drop into boiling water; cook slowly for twenty minutes, then put them into ice cold water. After five or ten minutes pick them into small pieces and add to a cream sauce.

From the sauce melt two level tablespoons of butter, stir in two level tablespoons of flour and when it is smooth add one cup of thin cream, salt and white pepper and the sweetbreads broken in pieces. When the sweetbreads and sauce are heated through serve in small paper cases or in shells or in china ramequins.

MINCED MUTTON.

(Mrs. Owen's Cook Book.)

Take cold mutton, chop fine, heat it in a gravy, and add a spoon of catsup and a bit of butter. Thicken with a little flour made smooth in water, and serve on a platter surrounded with mashed potatoes.

UNION HASH.

(Mrs. Owen's Cook Book.)

Chop up cold meat and season with pepper and salt, butter and a cup of gravy, if you have it; if not, add a cup of water to

a pint of minced meat. Put in a baking dish and cover with mashed potatoes. Bake $\frac{1}{2}$ hour in a well heated oven.

HAMBURG STEAK.

Three pounds of chopped beef; one half pound of chopped pork. Mix with three eggs, season with salt and pepper; make in small balls and roll in bread crumbs and fry until brown.

MRS. R. B. BAIRD, Muscatine, Iowa.

FRIED BEEF STEAK.

A tenderloin cut rather thick is preferred. Place the meat in a pan hissing hot, turn often to prevent burning or the escape of the juices. Take up as soon as the blood is set, place on a hot platter and season with salt, pepper and butter.

MRS. DABYELL, Muscatine, Iowa.

GARNISH FOR MEAT.

Ripe fruit is delicious as a garnish for meat. Cut round slices from ripe, firm bananas, fry in butter, and lay a few on top and around a broiled steak as it goes to the table.

MARGARET HAMILTON WELCH.

SPANISH HASH.

One cup finely chopped cold meat, 1 cup raw tomatoes cut in bits, 1 common sized onion chopped; season with salt, finely chopped red pepper pods, and butter if the meat is quite lean. Cook until the tomatoes are done. If too thin, thicken with bread, or cracker crumbs.

MEAT SCALLOP.

Chop the cold meat fine, either one or more kinds, just as it happens. Season with salt and a little Cayenne. Mix with a few bread crumbs. Fill the pudding dish. Moisten with broth, or milk. Cover with a thick layer of mashed potatoes. Dust cracker, or bread crumbs over this and bake $\frac{1}{2}$ hour, browning the top. Corn beef is very nice prepared in this way.

MEAT CROQUETTES, VEAL, CHICKEN OR ANY KIND OF MEAT.

Chop fine one large cup of meat; season to taste with salt, pepper and onion juice if desired. Bring to a boil one pint of

milk, a little less of milk and cream; stir into it a heaping tablespoon of butter mixed with two spoonfuls cornstarch or flour. Then add the chopped meat and cook about 10 minutes. Just before taking from the fire stir in 2 well beaten eggs. Take off, let cool thoroughly, preferably on ice over night, then make into croquettes, rolling in egg, then in bread crumbs and fry in deep lard.

MRS. DAVIS.

CREAMED MEAT.

(A Favorite Dish.)

Take cold cooked meat of any kind, beef, veal, chicken, fresh pork, etc., and chop fine. Make a cream sauce in the usual way, and have ready rolled crackers or bread crumbs. In a well buttered baking dish place a layer of crumbs, on this a layer of meat, and cover with the cream sauce seasoned well with salt and pepper. Repeat till the baking dish is full as desired, covering the last layer of sauce with crumbs and bits of butter. Bake about 20 minutes. Or the chopped meat may be put in the hot sauce and alternate layers made of the two.

CASSEROLE OF RICE AND MEAT.

Boil one cup of rice till tender (wash rice thoroughly). Chop very fine half a pound of any cold meat, season highly with salt and pepper, ($\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ saltspoon pepper, 1 spoonful celery salt, 1 teaspoon finely chopped onion, 1 teaspoon of chopped parsley, 1 saltspoon each thyme and marjoram). Add 1 beaten egg, 2 tablespoons of fine cracker crumbs, and moisten with hot water or stock enough to pack it easily. Butter a small mould, line the bottom and sides $\frac{1}{2}$ an inch deep with rice, pack in the meat in the center, cover closely with rice, and steam 40 minutes. Loosen it around the edge of the mould; turn it out on a platter, and pour tomato sauce over it.

Tomato Sauce—Half can tomatoes, 1 cup water, 2 cloves, 2 allspices, 2 peppercorns, 1 teaspoonful of mixed herbs, 2 sprigs parsley, 1 tablespoonful of chopped onion, 1 tablespoon butter, 1 heaping tablespoonful cornstarch, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ saltspoon pepper. Put the tomato, water, spices, herbs and parsley on to boil in dish, not tin or iron; fry the onion in the butter till yellow, add the cornstarch, and stir all into the tomato. Simmer 10 minutes; add salt and pepper, and a little cayenne pepper, and strain the sauce over the meat.

MARY F. MCNALLEY.

MEAT PUDDING.

Take left-overs of baked or fried beef, veal or pork, also a piece of bacon freshly boiled, about half as much as the other meat, chop this fine with one small onion and a little parsley. While you chop the meat soak a piece of bread in water; half as much as the meat is enough. When thoroughly soaked press out the water and mix the bread, the meat, salt, pepper and a little grated nutmeg, and then add from 3 to 4 eggs according to the quantity of the mixture or the size of the pudding desired. When all is thoroughly mixed put in a pudding dish or pan which can be placed on the table, and bake to a nice brown. Potato, endive or lettuce-salad served with this makes a very nice dish.

JULIA ROMINGER.

MEAT CROQUETTES.

To 1 pint of minced meat take $\frac{1}{2}$ pint of broth or milk, 1 tablespoon each of flour and of butter rubbed together. Let this boil till very thick, then stir in well the yolks of 3 eggs; set aside to cool. Roll in dried bread crumbs, beat the white of 1 egg, add 1 tablespoon of water, dip the croquettes in this and roll in the crumbs again. Fry in hot lard.

MRS. V. C. VAUGHAN.

KIDNEY WITH SOUR GRAVY.

Take 2 kidneys, cut fine, freshen in water for 1 hour, adding a little soda. Take a heaping tablespoonful of lard, let it get hot, add 2 heaping spoonfuls of flour and keep stirring until a brown color; add a good sized onion cut fine and stew in the browned flour until soft, then add water or any kind of gravy or broth. Season to taste with salt and pepper and a slice of lemon. Squeeze out the kidneys and boil in the gravy until done; add a little vinegar to taste.

MRS. G. F. STEIN.

BRAISED TONGUE.

Too little known or too seldom attempted is the process of braising, and it is one of the most savory ways of cooking tongue. Wash a fresh tongue and cover with boiling water, and a heaping teaspoonful of salt. Simmer slowly for $2\frac{1}{2}$ hours if large, 2 if small; then take it out, remove the skin, and trim off anything that may look ragged about the thick end. Then thrust the point of skewer through the tip of the tongue, turn the thick part of the tongue inward, hold it firmly so until the top is lapped around and the skewer driven through both; then take a piece

of muslin—part of a well washed flour sack will do—and cut a strip just as wide as the tongue; bind this firmly around the tongue and tie with twine. Set this aside while the vegetables are being fried. Have these prepared while the tongue is boiling. Brown in the braising pan 2 heaping tablespoonfuls of butter; toss in 1 small carrot, 2 medium-sized onions, 1 small turnip, all sliced; 1 bay leaf, a small stalk of celery, and two sprigs of parsley. Stir these together over a brisk fire till they look glossy, taking care that they do not scorch, and add 1 quart of beef stock. If this is not convenient use 1 quart of the water in which the tongue was boiled. Put the tongue in with the broth and vegetables; cover and bake. Occasionally turn the tongue and stir up the vegetables from the bottom. At the end of two hours take out the tongue, untie the twine, take off the cloth and remove the skewer. Place the tongue on a pie plate or in a dripping pan and put on the upper grate of the oven to brown; rub the vegetables and broth through a sieve into a saucepan; put on a hot part of the stove and boil rapidly until reduced to about a pint. Blend 2 tablespoonfuls of flour with a cupful of tomato juice, and add a pinch of salt, pepper, and a scant dessertspoonful of Worcestershire sauce. Stir into the reduced broth and boil up sharply; remove the tongue to a platter. Pour this thick brown, altogether delicious sauce over it; sprinkle all with shredded fresh parsley, garnished with thinly sliced lemon, and serve at once. When this has once been successfully prepared (and failure is impossible if the directions are followed) the dish is sure to become a favorite one. The labor is really far less than one would suppose from reading the recipe. Alterations of seasoning may be made to suit individual tastes. For instance, a pinch of thyme may be used or a fourth of a teaspoonful of curry powder. Celery salt may take the place of celery. A tablespoonful of tomato catchup to a little of the broth will do if fresh or canned tomatoes cannot be had. The tongue that is left over will do nicely for lunch the next day.

FRANCES M. H. DAVIS.

BONED CALF'S HEAD.

Have the butcher remove the bare bones without injuring the skin, and also the center of the ears. Fill the head with a well-seasoned forcemeat. Cover all over with thin slices of salt pork and peeled lemon, pin up in a stout cloth and cook in plenty of water, with soup vegetables and aromatics for three

hours. Then lift the saucepan from the fire, let it rest awhile. Drain the head, take off the cloth and lay the brain at one end of the dish and the tongue at the other, both of these having been cooked in the stockpot. Serve with ravigot sauce. This is made by stewing a minced onion in a gill of white wine vinegar and an ounce of butter, for 20 minutes, after which add a pint of veloute sauce and a handful of minced parsley.

CALVES' BRAINS, WITH EGGS.

One pound of calves' brains soaked in cold water 20 minutes; remove the membrane. Cook 10 minutes in boiling salted water; then put in cold water. When cold break in small pieces. Stir with it 3 eggs well beaten, 1 tablespoonful of milk, butter the size of a walnut, salt and pepper to taste; remove to the fire and cook until the eggs are done.

ROAST VENISON.

Procure a nice five-pound roast; this will serve two dinners and one luncheon. Wipe off with a damp cloth. Rub over with butter and lard. Then cover the top and sides with a thick paste of flour and water, an inch deep. Lay a coarse paper over all and put in a dripping pan or roaster with one cup of hot water. Keep the oven well heated. Baste every 15 minutes with butter and water. Twenty minutes before serving remove the paste and paper, and dredge with a spoon (tea) of salt, and some flour, and baste with butter until brown. Pour in a pint of water and make a thickened gravy as for roast beef. Add a pinch each of cloves, nutmeg, mace; stir in 2 tablespoonfuls of currant jelly; strain, send to table in hot dishes. Venison cools quickly, so be sure plates are well heated.

HEAD CHEESE.

Boil the forehead, ears and feet, and nice scraps trimmed from the hams of a fresh pig, until the meat will almost drop from the bones. Then separate the meat from the bones, put in a large chopping bowl, and season with pepper, salt, sage and summer savory. Chop it rather coarsely; put it back into the same kettle it was boiled in, with just enough of the liquor in which it was boiled to prevent its burning; warm it through thoroughly, mixing it well together. Now pour it into a strong muslin bag, press the bag between two flat surfaces, with a heavy

weight on top; when cold and solid it can be cut in slices. Good cold, or warmed up in vinegar.

SCOTCH ROLL.

Remove the tough skin from about 5 pounds of the flank of beef. With a sharp knife cut meat from the thick part and lay it upon the thin. Mix together 2 tablespoonfuls of salt, $\frac{1}{2}$ a teaspoonful pepper, $\frac{1}{8}$ teaspoonful clove, and 1 teaspoonful of summer savory. Sprinkle this over the meat and then sprinkle with 3 tablespoonfuls vinegar. Roll up and tie with twine. Put away in a cold place for twelve hours. When it has stood so long, place it in a stew pan, cover with boiling water and simmer gently for $3\frac{1}{2}$ hours. Mix 4 heaping tablespoonfuls of flour with $\frac{1}{2}$ a cupful of cold water and stir into the gravy. Season to taste with salt and pepper, and simmer $\frac{1}{2}$ an hour longer. Good, either hot or cold.

RISSOLES.

Mince 1 pound of beef, boiled or roasted; add 2 onions finely chopped. Grate in the rind of $\frac{1}{2}$ a lemon and 4 ounces of bread, season plentifully with salt and pepper. Thoroughly mix, then stir in one or two well-beaten eggs. Form the mixture into balls, dip in egg and sprinkle with crust of bread and fry in boiling fat until a golden shade.

INDIAN CUTLETS.

With a $\frac{1}{4}$ of a pint of milk mix a teaspoonful of coriander seed, and the same of powdered ginger, and a small onion finely chopped. Take 2 pounds of tender veal, cut it into neat cutlet-shaped pieces and soak them in the above mixture 1 hour. Then roll them in bread crumbs and fry a light brown. Sprinkle a salt-spoonful of salt over each and squeeze a little lemon juice over them at the moment of serving.

ROMAN MEAT PUDDING.

Break up a trifle and parboil 10 minutes in slated water $\frac{1}{2}$ cup of vermicelli. Drain. Mince fine a coffee cupful of any cold meats that are desirable, such as cold veal, chicken, mutton or beef (and there is nearly always some on hand). To this add 1 cup of good stock (gravy or cold soup is as good), nicely flavored, 1 egg, 3 tablespoonfuls of tomato sauce, the $\frac{1}{2}$ cup of parboiled vermicelli. Mix all well together and season with a

tablespoonful each of minced onion and parsley, a heaping saltspoon of salt and a $\frac{1}{4}$ saltspoon of pepper. Have ready some macaroni boiled tender in salted water; it should be in 3-inch lengths, about 1 pint. Line a neat greased mold with the macaroni, fill in the mince meat, place cover on mold, steam half an hour. Turn out of mold; serve with a white sauce.

HAM QUENELLE.

(An excellent breakfast dish.)

One cupful and a half of boiled ham minced very fine and a cupful and a half of potatoes sliced thin. Arrange the ham and potatoes in alternate layers, seasoning the ham with a pinch of pepper. When the dish is full pour over it a pint of cream sauce made as follows: Melt a tablespoonful of butter in a saucepan, stir in a heaping teaspoonful of flour, add very slowly a pint of rich milk and a pinch of pepper. Let the same boil up once. Pour a heaping tablespoonful of it over 2 beaten eggs; stir it in and then add the eggs to rest of the sauce. Sprinkle a tablespoonful of bread crumbs over the dish of ham and potatoes after adding the sauce and set it in a hot oven to brown for 15 minutes. Serve with the flakiest biscuit, the best of coffee, the freshest of boiled eggs and you have an ideal rural breakfast.

HAM FRITTERS.

One cup cold minced ham, 1 egg, 1 cup soup stock, saltspoonful dry mustard, teaspoonful Worcestershire sauce, 1 tablespoonful manufactured butter, 1 tablespoonful flour. Heat the stock to boiling point and thicken with butter and flour rubbed together; stir into it the ham with the seasoning; add the beaten egg. Let boil for a minute; remove from fire to cool. When cold make into small balls, drop into a batter made of 1 cup of flour, 2 teaspoonfuls of melted butter, a small cup of warm water, the beaten white of an egg and a saltspoonful of salt. Fry in boiling fat and serve at once.

CURRY OF TRIPE.

Parboil $1\frac{1}{2}$ pounds of tripe 10 minutes in salted water; drain; put on in another water; cook 15 minutes; drain, and in the liquor put $\frac{2}{3}$ of a cupful of well-washed rice; boil until tender; fry brown in dripping 2 medium-sized onions; into them

lay the tripe and add hot water to cover. Season with sufficient salt and pepper to suit the taste and a teaspoonful of curry powder. Stir it up. Dish the tripe on a platter and pile the rice around it.

SOMETHING FOR BREAKFAST.

An economical way of using ham, or bacon and eggs that have been left from a previous meal, is to put them in a wooden bowl and chop them quite fine, adding a little mashed or cold chopped potato, and a little bacon gravy, if there was any left. Mix and form into flat cakes, dip in raw egg and cracker crumbs, and fry in a spider, a light brown on both sides; serve hot.

VEAL ROLL.

Have 1 large veal cutlet cut as evenly as possible, so it may be evenly thick at all parts; sprinkle with finely cut parsley, then with a layer of finely chipped almonds and a teaspoonful of salt; roll and tie so it will keep in shape. Put in a stewing pan 1 sliced onion, a sliced carrot and 2 bay leaves; steam for one hour and a half; stand away to cool, then slice. This may be prepared the day you wish to use it.

BAKED HAM.

Cover your ham with cold water and let it simmer gently, just long enough to loosen the skin, so that it can be pulled off (this will probably be in from 2 to 3 hours, according to the size of your ham). When skinned, put in a dripping pan in the oven, pour over it a teacup of vinegar and one of hot water, in which dissolve a teaspoonful of English mustard. Bake slowly, basting with the liquid every few minutes for two hours; then cover the ham all over to the depth of one inch with coarse sugar, press it down with your hand firmly, and do not baste again until the sugar has formed a thick crust, which it will do in a very slow oven. Let it remain in a full hour after covering with sugar, till it becomes a rich golden brown. When done drain from the liquor in the pan and put on a dish to cool. When it is cool, but not cold, press, by turning a flat dish on top. The pressing makes it cut firmly.

BOILED BEEF WITH PARSLEY SAUCE.

Boil 4 pounds of beef with 4 cloves, 1 inch stick cinnamon, $\frac{1}{2}$ teaspoon summer savory, 2 teaspoonfuls of salt, in 2 quarts

of water till tender. Strain the liquor and thicken with 2 table-spoonfuls flour mixed in $\frac{1}{2}$ cup of cold water; add $\frac{1}{4}$ teaspoonful of pepper, 1 tablespoonful of minced parsley; pour over the beef on platter and serve.

BEEF HEART BAKED OR ROASTED.

Cut a beef heart in two, take out the strings from the inside; wash it with warm water, rub the inside with pepper and salt, and fill it with a stuffing made of bread and butter moistened with water, and seasoned with pepper and salt, and, if liked, a sprig of thyme made fine; put it together and tie a string around it, rub the outside with pepper and salt; stick bits of butter on, then dredge flour over and set it on a trivet, or muffin rings, in a dripping-pan; put a pint of water in to baste with, then roast it before a hot fire, or in a hot oven; turn it around and baste frequently. One hour will roast or bake it; when done, take it up, cut a lemon in thick slices, and put it in the pan with a bit of butter, dredged in a teaspoonful of flour; let it brown; add a small teacup of boiling water, stir it smooth, and serve in a gravy tureen.

CORNED BEEF HASH.

(*Delmonico's recipe.*)

Take equal quantities of minced corn beef, quite cold, and cold potatoes—baked potatoes not overdone preferred. Mix well; put into hot spider lightly greased. When thoroughly heated, add to each quart of the hash a $\frac{1}{2}$ cup of sweet milk, stir lightly; then put in the oven to bake for twenty minutes. It will then have a very light crust on both sides and be very toothsome.

MINCED VEAL.

Two cupfuls of chopped cold roast veal, a large saltspoonful of salt and $\frac{1}{2}$ a saltspoonful of pepper. Moisten with 1 beaten egg and a small cupful of either stock, gravy or water; if the latter add 1 teaspoonful of melted butter. Put into a buttered baking dish, press down, cover and put in a steamer for an hour. Then spread a beaten yolk of egg on top; stew with fine grated bread crumbs; brown in the oven. Take out and moisten the crumbs with 1 teaspoonful of melted butter and 1 teaspoonful of hot water. Thin slices of lemon may be used as a garnish.

POULTRY

HOW TO CHOOSE POULTRY.

In the choice of poultry the age of the bird is the chief point to which you should attend.

A young turkey has a smooth black leg; in an old one the legs are rough and reddish. If the bird be fresh killed the eyes will be full and fresh, and the feet moist.

Fowls, when they are young, the combs and the legs will be smooth, and rough when they are old.

In geese, when they are young, the bills and the feet are yellow and have a few hairs upon them, but they are red if the bird be old. The feet of a goose are pliable when the bird is fresh killed, and dry and stiff when it has been killed some time. Geese are called green till they are two or three months old.

Ducks should be chosen by their feet, which should be supple; and they should also have a plump and hard breast. The feet of a tame duck are yellowish, those of a wild one, reddish.

Pigeons should always be eaten while they are fresh; when they look flabby and discolored about the under part, they have been kept too long. The feet, like those of poultry, show the age of the bird; when they are supple, it is young; when stiff, it is old. Tame pigeons are larger than wild ones.

TURKEY DRESSED WITH OYSTERS.

For a ten-pound turkey about 2 pints of bread crumbs, half a cup of butter, cut in bits (not melted), 1 teaspoon of sage, salt, pepper. Mix thoroughly. Rub the turkey well inside and out, with salt and pepper, then fill with first, a spoonful or two of bread crumbs, then a few well drained oysters and so on until the turkey is full, using about a pint of oysters. Strain the oyster liquor and use to baste the turkey. Cook the giblets in the pan and chop fine for the gravy, adding a tablespoon of flour. A fowl of this size will require three or three and one half hours cooking in a moderate oven.

MRS. EMMA DEAN, Muscatine, Iowa.

ROAST TURKEY.

Young hen turkeys weighing from 7 to 10 lbs., are the best for roasting. Stuff the breast and body with dressing prepared as follows: Season according to taste a quantity of fine stale bread crumbs with salt, pepper, summer savory and sage, then pour $\frac{1}{2}$ or $\frac{2}{3}$ of a cup of boiling water on a large lump of butter and moisten the crumbs with the melted butter and water. The dressing should be moist, not wet. Fill the breast and put the remainder of the stuffing in the body. Truss the turkey by fastening the legs and wings securely to the sides with skewers and with string across the back from the skewers. Now dredge well with salt. Take soft butter in the hand and rub it thickly over the turkey; then dredge thickly with flour. Dredge the bottom of the roasting pan with flour, place a meat rack in the pan and lay the turkey on its side in the rack. Put the turkey into a hot oven and when the flour is brown put in hot water enough to cover the bottom of the pan. When one side of the turkey is nicely browned, turn it and brown the other side; then place it on its back. Baste it every 15 minutes, with the water in the pan, renewing the water as it cooks away, and dredge with salt, pepper and flour. The last basting should be with soft butter. Allow $1\frac{3}{4}$ hours for a turkey of 8 pounds, and 10 minutes for each additional pound. For the gravy, the liver should be boiled until thoroughly cooked. After removing the turkey from the roasting pan, place the pan on the stove, and add to its contents 1 cupful of water, or more if necessary. Stir it well, scraping everything from the bottom and sides of the pan. Let it boil up once, and if it is not thick enough mix a little flour with a little cold water, and stir it into the pan as it boils. Then strain it, mash the liver very fine and add to the strained gravy. MRS. F. W. KELSEY.

CHESTNUT STUFFING FOR POULTRY.

Boil $\frac{1}{2}$ lb. chestnuts till one can mash them after cutting them open. Mash with a fork not as fine as a paste, salt and pepper. MRS. W. P. LOMBARD.

MARYLAND CHICKEN.

Clean a chicken and cut in pieces for serving, season with salt and pepper, dip in beaten egg, diluted with a little water (2 table-spoonfuls to 2 eggs) and roll in flour. Place in a buttered pan

sprinkling a little chopped parsley and onion over the top and bake 1 hour, basting with $\frac{1}{3}$ cup of butter melted in 1 cup water. Serve with 1 pt. of white sauce to which has been added $\frac{1}{4}$ tea-spoonful of celery salt. MRS. J. H. PRENTISS.

JELLIED CHICKEN.

Cook a fowl slowly in boiling water until it is thoroughly done; about three-quarters of an hour before taking up add a small onion and a carrot sliced, a bit of bay leaf, four cloves, two level teaspoons of salt and a saltspoon of pepper. Strain the liquid and add to three cups while hot, one level teaspoon of powdered gelatine which has soaked in two tablespoons of cold water, and set away to cool. Shred the cold chicken meat into small strips and skim the fat from the cooled broth. Pour a little of the broth into a mold and let it become firm enough to hold the meat, which may be put in alternate layers with the chicken jelly. Place slices of hard cold-boiled egg on the sides and fill the mold. Turn out on to a platter when cold and firm and garnish for serving.

FRIED CHICKEN.

Joint the chicken and wipe each piece dry; dust with flour, pepper and salt. Put equal parts of lard and butter into a frying pan and heat. Put the chicken into the fat and fry until brown on both sides. Add three tablespoons of sweet cream and one-quarter teaspoonful of mace. Heat and it is ready to serve with the chicken.

PRESSED CHICKEN.

Boil chicken in very little water until tender, putting plenty of salt and pepper in the water. When done separate the meat from the bones. Put the bones back in the broth and boil it down, adding if you like a very little ground cloves or cinnamon. Strain and thicken, if necessary, and pour over the chicken and press when thoroughly cold. MRS. H. D. KERN, Muscatine, Iowa.

"To roast spring chicken is to spoil it.
Just split it down the back and broil it."

BAKED SPRING CHICKEN.

Cut a tender chicken into 7 or 9 pieces, season with salt and white pepper and roll in flour. In a dripping pan heat $\frac{1}{3}$ cup of

butter to the browning point and put in the chicken, skin side up. Place in a moderate oven and bake about 45 minutes. Turn when brown on one side and baste two or three times. When done arrange on platter and garnish with parsley or celery tops. Make gravy in pan by adding $\frac{1}{2}$ pt. hot water, 1 heaping tablespoon flour made smooth with a little cold milk, and 1 pt. good milk. Stir constantly and cook well; serve in gravy boat.

MRS. J. O. REED.

FRICASEED CHICKEN.

Cut up the chicken, washing thoroughly, and scrape the skin well. Put it in the kettle with 2 slices salt pork. Cover with water and stew slowly till tender. When done make a thickening of flour and water and pour on the chicken, cooking a few moments. Place sliced bread or biscuits on a platter and pour the chicken over them.

MRS. A. P. WILLIS.

IMPERIAL CHICKEN.

One chicken, boiled or cut as for salad, 1 can mushrooms, 1 pair sweetbreads parboiled and cut, 2 tablespoons butter, 2 tablespoons flour stirred smooth in butter, 1 pint milk. Season, stir together and boil 20 minutes. Then stir in 2 eggs and let them come to a boil again. Serve from platter or on plates.

MRS. W. J. HERDMAN.

CHICKEN PIE.

For one large pie 7 lbs. of chicken. Clean the fowl and cut in pieces as for serving; put in kettle with hot water enough to cover and add pepper and salt. When it comes to a boil, skim, and set back where it will simmer $1\frac{1}{2}$ hours or until tender. Take up chicken, remove all large bones and place in a deep earthen or tin pan. Draw kettle forward where the liquor will boil and skim off the fat. Put butter in frying pan and when hot add the flour, using 1 tablespoonful of butter and 2 of flour to 1 pt. of liquor; stir until smooth but not brown, then stir in the water in which the chicken was boiled, cook 10 minutes; turn into the pie dish. Lift the chicken with a spoon that the gravy may fall to the bottom.

The paste for the pie:—One qt. of flour, 1 cup of butter, $1\frac{1}{2}$ cups milk, 3 teaspoonfuls baking powder, 1 teaspoonful of salt. Sift and mix thoroughly 1 qt. of flour with 3 spoonfuls of baking

powder, and 1 teaspoonful of salt, then work in 1 cup of butter and make into a smooth dough by adding $1\frac{1}{2}$ cups of milk. Roll to thickness of $\frac{1}{2}$ inch, line edge of pie dish down 1 inch, then cover top and bake 1 hour in moderate oven. MRS. CUTTING.

CHICKEN PIE.

One large chicken, 5 lbs. if possible. Cut it up, wash carefully and cover with boiling water. Boil very slowly till tender and season with salt and pepper, remove the large bones, breast, back and drumsticks, and most of the skin. Arrange the meat in baking dish, remove most of the fat from the water, thicken as for gravy, and pour over the meat, nearly covering it. Make the crust as follows: $1\frac{1}{2}$ cups flour, $\frac{1}{3}$ cup lard, $1\frac{1}{2}$ teaspoonfuls baking powder; $\frac{2}{3}$ teaspoonful salt, sweet milk to make a dough as soft as can be rolled out. Flour the board well and roll $\frac{1}{2}$ or $\frac{3}{4}$ of an inch thick, cut 2 slashes that the steam may escape, and cover the meat, which should be boiling hot. Bake $\frac{1}{2}$ hour. It is economy to select a large chicken about a year old. The meat is richer and there is less waste. What is left, crust and all, is very nice for croquettes. The bones, if cracked and boiled a little longer will furnish a good soup stock. MRS. BRADSHAW.

CHICKEN PIE WITH OYSTERS.

Boil a good sized chicken until tender, drain off the liquor from a quart of oysters, line the sides and bottom of large round pan with crust, put in a layer of oysters and a layer of chicken until the pan is full. Season with pepper, salt, bits of butter and the oyster liquor and some of the chicken liquor. Cover with crust and bake. Serve with sliced lemon. MRS. CLOUGH.

POULET-AU RIZ.

Select an old fowl, well fatted; stuff it with a dressing made of bread crumbs, moistened with milk, seasoned with butter and chopped onion, salt and pepper. Put the fowl in a pot of boiling water, into which throw a red pepper pod and a teaspoonful of salt. Let it boil slowly for 5 or 6 hours, the time depending upon the size and age of the fowl. Half an hour before serving put a pint of well washed rice in the pot with the fowl; when this is tender, dish up, place the fowl in the center of the platter, and the rice around it. It is an addition to throw a handful of raisins into the pot with the rice. MRS. ELIZABETH A. RATHBONE.

PRESSED CHICKEN FOR A COMPANY.

Take 5 well dressed chickens well washed and scraped, cut into uniform pieces, breaking the bones that all the gelatine may boil into the water. Have water enough to cover well, also a shank of veal the purpose of which is to get the gelatine this contains. When boiling skim and boil tender; then take it out in a large pan leaving the fluid to the amount of a quart or more, which is to be kept hot until the chopped chicken is ready. If you wish the light and dark meat in layers place the dark and light meat in separate dishes to be chopped separately, the skin to be chopped fine and mixed with the light meat and the veal to be chopped with the dark meat, each of these to be seasoned to taste, in their separate dishes. Take the liquor which has been kept hot and skimmed of all its grease, pour half of it into each dish of chopped meat and stir well. Have a pan and spoon ready, put alternate layers of dark meat and light until you have four, pressing each layer down so that it will be firm and show the layers plainly. When well pressed cover with plate until ready for use, then slice, season to taste with salt and pepper. MRS. JANE L. WILLIAMS.

JELLIED CHICKEN.

Boil the chicken till well done, then take out and remove all bones and skin; there should be about 1 qt. of liquor; add to that $\frac{1}{2}$ box gelatine dissolved in 1 cup of hot water, cook a few moments both meat and liquor, and then turn into moulds and set away to cool. Very nice for tea. The bones and skin can be thrown into the soup kettle.

MRS. A. P. WILLIS.

CHICKEN JELLY.

Boil a pair of chickens till you can easily pull the meat from the bones. Return the bones to the broth and boil $\frac{1}{2}$ hour longer, strain and set in a cool place. The next day cut the chicken into small pieces leaving out the skin. Melt the jelly and put the pieces in it; add 2 spoonfuls of Worcestershire sauce, 2 of walnut catsup, one of salt, a pinch of each of ground cloves and mace; slice 8 hard boiled eggs and 2 lemons and line a large bowl or mould with them. Pour in the mixture and let it stand till the next day.

CHICKEN SOUFFLE.

Chop fine enough cold chicken to fill a pint measure, melt 1 tablespoonful of butter in a saucepan, and mix with it 1 table-

spoonful of flour, gradually add 1 pt. of hot milk or stock, stirring to a smooth cream; add to this a teaspoonful of chopped parsley (can be omitted), $\frac{1}{2}$ cup of bread crumbs, a pinch of pepper, a teaspoonful of salt, and the chicken mixed with the well beaten yolks of 4 eggs. Finally add the whites of the eggs beaten to a stiff froth. Turn the mixture into a buttered baking dish and bake in a hot oven for $\frac{1}{2}$ an hour. Serve at once.

MRS. D. M. LICHTY.

BLANQUETTED CHICKEN.

Have chicken sufficient for 6 people cooked, boned and picked into small pieces. Mix 2 tablespoonfuls of butter, 2 tablespoonfuls of flour, $1\frac{1}{2}$ cups broth and one cup milk; boil up and add slowly a tablespoonful of lemon juice; salt and pepper to taste. Add the chicken and let all cook slowly for 10 minutes, then remove from the stove and stir in the unbeaten yolks of 2 eggs. Boil rice in a large amount of water with a little salt; when well cooked add cold water to separate the kernels, then pile the rice around the outside of a platter and fill the center with the chicken prepared as above.

MRS. EFFIE L. SPALDING.

BLANQUETTE OF CHICKEN.

One qt. of cooked chicken cut in pieces, 1 large cupful of white stock; the juice the chicken was boiled in, 3 tablespoonfuls butter, 1 heaping tablespoonful of flour, 1 teaspoonful of lemon juice, 1 cup of cream or milk, the yolks of 4 eggs, salt and pepper. Put butter in saucepan and when hot add flour; stir until smooth but not brown, add the stock and cook 2 minutes, then add seasoning and cream. As soon as this boils up add chicken, cook 10 minutes. Beat the yolks of eggs with 4 tablespoonfuls of milk; stir in blanquette and cook a moment longer. This can be served with rice or potato border.

MRS. MARGARETTA LYDECKER.

CHICKEN TERRAPIN.

Cut up a cold boiled chicken into small pieces, being careful not to get in any of the skin. Put in a sauce pan with $\frac{1}{2}$ pt. of cream, $\frac{1}{4}$ lb. butter rolled in tablespoon of flour, and season with cayenne pepper and salt to taste. Have ready two hard boiled eggs, chopped, and when the above has come to a boil, stir in the egg. Let simmer a few moments.

MRS. MARGARETTA LYDECKER.

CHICKEN CHEESE.

Two chickens, 3 or 4 hard boiled eggs, salt and pepper, a few olives and 1 bay leaf. Boil the chicken in as little water as possible until very tender, boil eggs hard. After removing stones chop olives fine, chop chicken not too fine, add salt and pepper. Put a layer of chicken in a mould, then a layer of eggs sliced, then sprinkle with chopped olives, and continue until all the chicken has been used. Pour over the water in which the chicken was cooked.

MRS. M. F. KEEGAN.

CREAMED CHICKEN—1.

Two chickens, $\frac{1}{2}$ cup of flour mixed with a little cold water. Stir this in 1 quart of boiling milk, add $\frac{1}{2}$ cup of cream, $\frac{1}{2}$ cup of butter. Remove from stove, then season with salt, a dash of cayenne pepper, little nutmeg and juice of 1 lemon, 1 can mushrooms. Chicken to be boiled tender and picked up as for salad. Put in baking dish, mix well and put rolled crackers or bread crumbs over the top and bake about 20 minutes.

MRS. GREGORY E. DIBBLE.

CREAMED CHICKEN—2.

One chicken $4\frac{1}{2}$ lbs., 4 sweet breads, 1 can of mushrooms. Boil chicken and sweet breads. When cold cut up as for salad. In a sauce pan put 4 cups of cream, in another 4 tablespoonfuls of butter and 5 even spoonfuls of flour. Stir until melted, then pour over the hot cream, stirring until it thickens. Season with a small onion grated, a very little nutmeg and black and red pepper. Put chicken, sweet breads and mushrooms cut in small pieces in a baking dish mixed with cream. Cover with bread crumbs and pieces of butter, and bake 20 minutes. ADELE W. KNOWLTON.

CREAMED CHICKEN—3.

Boil until very tender 8 lbs. of chicken. When cold cut into small pieces as for salad. Make a dressing of 1 qt. sweet milk, 1 cup of sweet cream, $\frac{3}{4}$ cup butter, juice of $1\frac{1}{2}$ large lemons, salt and pepper to taste, small quantity of red pepper on point of knife. $\frac{3}{4}$ cup of flour mixed smoothly in enough cold milk to be of the consistency of cream, 1 can of mushrooms boiled until tender in the juice. Mix milk, cream, butter, salt and pepper and cook in double boiler. When boiling stir in gradually the flour wet with

some of the milk until it thickens. Strain the juice of lemons and stir in last. Strain all through a fine gravy strainer into the chicken. Stir in the mushrooms and cover with finely rolled cracker crumbs. Bake about 20 minutes.

MRS. E. H. EBERBACH.

CREAM CHICKEN—4.

Mix $\frac{1}{2}$ cup of flour with cold milk. Stir this into 1 qt. boiling milk, add $\frac{1}{2}$ cup sweet cream or butter, season with salt, a little cayenne pepper, juice of lemon and 1 can mushrooms (dry), a little onion if you like. Boil and cut fine two chickens. When cold mix together, sprinkle with cracker crumbs and bake as oysters.

MRS. GILLETTE.

CHICKEN CASSEROLES.

One cup of rice washed several times and boiled till very tender in a lot of water, $\frac{1}{4}$ cup of milk, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{8}$ teaspoonful of pepper. Drain the rice, season it with a little butter, pepper and salt and line greased muffin tins with it. Fill with creamed chicken, cover over with rice, put the cups in a pan of hot water and bake 20 minutes. Turn out on a platter and pour about them a cream sauce.

MRS. I. N. DEMMON.

CHICKEN CROQUETTES—1.

Fourteen ozs. of boiled chicken chopped fine, $\frac{1}{2}$ pt. milk, $\frac{1}{4}$ lb. butter, 1 teaspoon of salt, 2 tablespoonfuls of flour, a pinch of cayenne pepper. Mix flour in a little of the milk, rub smooth, then add to the boiling milk; add salt, pepper and butter, when nearly cold add to chicken, mix thoroughly, let cool. When cool make into 12 croquettes, dip in egg, roll in fine cracker crumbs, lay in frying basket and fry in hot lard.

MRS. GILLETTE.

CHICKEN CROQUETTES—2.

One pint chicken, veal or beef boiled and chopped, $\frac{1}{2}$ pt. cream or milk, 2 tablespoonfuls of flour, 1 tablespoonful of butter, 2 tablespoonfuls of chopped parsley, 1 tablespoonful of chopped onion, 1 tablespoonful of salt, $\frac{1}{4}$ tablespoonful of nutmeg, cayenne pepper to taste. Put the cream over the fire in a farina kettle, melt butter and flour to a smooth paste and stir into the boiling milk. Stir constantly until very thick. Take from the fire and add the

meat and beat till thoroughly mixed, adding the seasoning. Spread on a large platter to cool. Have ready a bowl containing 2 beaten eggs, and a platter with sifted bread crumbs. Form the croquettes tightly, dip into the egg and then roll in the crumbs, again into the egg and crumbs and fry them a golden brown in smoking hot lard.

MRS. CLARA WHEELER-LUTHER.

AN ECONOMY.

Take the parts of chicken not nice to serve as first course; if not enough add what was left of roast the day before; chop very fine. For 5 persons use a quart basin; first put in a teacupful of gravy left from roast or chicken, or either, then a layer, perhaps $\frac{1}{2}$ inch thick, of the chopped meat, then a layer of cracker crumbs or stale bread crumbs, then a layer of the chopped meat and so on in alternation, having a layer of meat for the last. The layers should be interspersed with small bits of butter. Above the last layer put the mashed potatoes left from dinner or if the potatoes are whole chop them. Finally add $\frac{1}{2}$ a cup of milk; bake until thoroughly done, and a delicate brown on top. Practice makes perfect. A good dish for lunch.

MRS. STEDMAN.

CHICKEN PATTIES.

Prepare the cream the same as for oyster patties, and add 1 pt. of cold chicken cut into dice. Boil 3 minutes, fill the shells and serve. Add 1 teaspoonful of onion juice if liked.

CHICKEN—KENTUCKY STYLE.

Kill chicken the day before it is cooked. Split open on the back, as if to broil. When all ready to cook, wipe dry, rub well with butter, pepper and salt. Put in a pan with a slice of bacon or pork in a pint of water. Simmer an hour, basting frequently. When thoroughly done, place on a hot dish.

CURRY OF CHICKEN LIVERS AND RICE.

(A famous dish.)

Make a hot curry of finely minced chicken livers and rice. Sprinkle to the depth of $\frac{1}{2}$ an inch with freshly grated cocoanut. Cover all with a liberal paste of English chutney.

VEAL PATTIES.

The same as chicken patties, with 1 teaspoonful of lemon juice, instead of onion juice.

MRS. GREGORY E. DIBBLE.

ROAST GOOSE.

Soak in salt water 2 hours before cooking. Make a mashed potato dressing seasoned with onion, butter, pepper and salt. Fill the body of the goose, grease it all over well with butter and dredge with flour. Place in a pan with a pint of water, baste well and cook 2 hours. Serve with onion gravy and apple sauce.

MRS. R. WAPLES.

ROAST DUCKS—1.

Singe off all small feathers, wash thoroughly, rub well with salt, ginger and a little pepper, inside and out. Prepare the following dressing: Take the livers, gizzards and hearts and chop to a powder in chopping bowl. Grate in a little nutmeg, add a piece of celery root, $\frac{1}{2}$ an onion and a tomato. Put all this into your chopping bowl, soak some stale bread, squeeze out all the water and fry in spider of hot fat, throw this soaked bread into the bowl, add 1 or 2 eggs, salt, pepper and a speck of ginger. Mix all thoroughly, fill this in the ducks and sew up. Lay in the roasting pan with slices of onions, celery and tomatoes and specks of fat. Put this on top of fowl. Roast covered up tight and baste often. Roast 2 hours.

MRS. M. H. KERNGOOD.

ROAST DUCKS—2.

Lay them in salt and water for an hour or so after they are drawn. Make a dressing of bread crumbs, mashed potatoes, one onion chopped fine, a little summer savory, salt and pepper. Put the ducks into the dripping pan and cover with water. Let them boil 10 minutes, then turn off the water and add sufficient to baste with. When almost done dredge with flour, and lay on some pieces of butter to brown them. Make the gravy from the pan with the giblets cooked and chopped fine.

MRS. MOTLEY.

ROAST DUCK—3.

Dressing—One onion minced fine, 1 large sour apple cut in medium sized pieces, stale bread crumbs, with small cup of butter thoroughly mixed with bread crumbs, salt and pepper. Rub in-

side of fowl with lemon juice before adding dressing. Roast in quick oven until tender. If there is an excess of oil pour some off before making brown gravy. Serve with baked apples.

MRS. RUFUS WAPLES.

BROILED QUAIL.

Split down the back, dry well with a cloth, place on the broiler over a clean fire turning frequently. Allow them to cook slowly. It requires a little more than 30 minutes to cook nice and brown. When done place on a hot plate, season with salt and pepper. Lay bits of butter on the birds. Each bird should then be placed on buttered toast and served with tart jelly and bread sauce.

ALDEAN CHAPIN, Muscatine, Iowa.

SQUIRRELS.

The following is all I know about cooking squirrels. First catch your squirrel. Skin him, etc. Parboil in a little water in a kettle, add salt, pepper, and enough butter to fry it brown. Then eat. If the animal is tough parboil a little more till he is tender.

F. A. LYMAN.

MEATS AND THEIR ACCOMPANIMENTS.

With roast beef: tomato sauce, grated horse-radish, mustard, cranberry sauce, pickles.

With roast pork: apple sauce, cranberry sauce.

With roast veal: tomato sauce, mushroom sauce, onion sauce and cranberry sauce. Horse-radish and lemons are good.

With roast mutton: currant jelly, caper sauce.

With boiled mutton: onion sauce, caper sauce.

With boiled fowls: bread sauce, onion sauce, lemon sauce, cranberry sauce, jellies. Also cream sauce.

With roast lamb: mint sauce.

With roast turkey: cranberry sauce: currant jelly.

With boiled turkey: oyster sauce.

With venison or wild ducks: cranberry sauce, currant jelly, or currant jelly warmed with port wine.

Chicken Tamales

4 lbs chicken & remove bone, cut in pieces, not too fine, add to chicken 1 can corn, 1 ts salt, 1 ts pepper, 1 ts red chilli pepper, 3 cups chicken stock 3 tb chicken fat or butter. Make mush of yellow corn meal.

Tomatoe juice 1 can, make mush with tomatoe juice and water equal parts. Butter cups and when mush is partly cool line cups and fill with chicken mixture, cover tops smoothly and steam for 2½ hrs.

Sauce. 1½ cups chicken stock, 1½ cups tomatoe juice. Boil in this a few minutes, 1 teaspoon salt, 1 ts gr. pepper strain & add 1 ts chicken fat or butter, thicken with a little flour. No chutney shire sauce if you choose.

SAUSES AND DRESSINGS FOR MEATS

DRAWN BUTTER.

Melted butter is the foundation of most of the common sauces. Have a covered saucepan for this purpose. One lined with porcelain will be best. Take a quarter of a pound of the best fresh butter, cut it up, and mix with it about 1 tablespoonful of flour. When it is thoroughly mixed, put it into the saucepan, and add to it $\frac{1}{2}$ a teacupful of hot water. Cover the saucepan and set it in a large tin pan of boiling water. Shake it round continually (always moving it the same way) till it is entirely melted and begins to simmer. Then let it rest till it boils up. If you set it on too hot a fire, it will be oily. If the butter and flour are not well mixed, it will be lumpy. If you put too much water, it will be thin and poor. All these defects are to be carefully avoided. In melting butter for sweets or pudding sauce, you may use milk instead of water.

ASPIC JELLY.

One pound of uncooked beef, a knuckle of veal, $\frac{1}{4}$ lb. of bacon, 1 slice of turnip, 1 slice of parsnip, 2 cloves, 1 large tablespoonful of butter, 1 onion, $\frac{1}{2}$ carrot, a stalk of celery, 6 peppercorns, 1 blade of mace, a chip of lemon rind, 2 qts. of water, 3 whole allspice, 1 tablespoonful Worcestershire sauce, salt to taste. Put the bacon in the bottom of a soup kettle, let it brown, then add the onion cut in slices; stir until a nice brown, then add the butter, and, when hot, the beef; cover the kettle and let it simmer until a thick brown glaze is formed in the bottom of the kettle; then add the veal and the water, and simmer gently for 2 hours. Now add all the other ingredients and simmer 2 hours longer. When done it should be reduced $\frac{1}{2}$. Strain, cool, remove all grease and clarify the same as bouillon. Turn into a square mould. When ice cold cut in small cubes and use as a garnish for cold meats.

MRS. I. N. DEMMON.

BREAD SAUCE FOR PARTRIDGES OR GROUSE.

One cup of stale bread crumbs, 1 onion, 2 ozs. butter, pepper and salt, a little mace. Cut the onion fine and boil it in milk till quite soft; then strain the milk on to the stale bread crumbs, and let it stand an hour. Put it in a saucepan with the boiled onion, pepper, salt and mace. Give it a boil, and serve in sauce tureen. This sauce can also be used for grouse, and is very nice. Roast partridges are nice served with bread crumbs, fried brown in butter, with cranberry or currant jelly laid beside them in the platter.

OYSTER DRESSING.

Two tablespoonfuls flour, 2 tablespoonfuls butter; brown butter and flour in dripper; add water to make thin for gravy; boil; add 1 pint oysters chopped; pepper and salt to taste.

SAUCE PIQUANTE.

One cupful liquor from tongue or any other kind of meat, 2 tablespoonfuls butter, 1 teaspoonful fresh made mustard, a little salt and pepper, one heaping tablespoonful browned flour, one teaspoonful mixed parsley and sweet marjoram, 1 tablespoonful onion vinegar. Brown butter by shaking it over a clear fire, in saucepan. Heat cupful liquor to a boil, skim and season with salt and pepper, skim again before stirring in flour, wet up with cold water; as it thickens put in batter, herbs, mustard and vinegar. Boil up; pour half over tongue, the rest into sauce bowl.

SAUCE FOR BOILED COD, AND OTHER KINDS OF FISH.

To 1 gill boiling water add as much milk; stir into this while boiling 2 tablespoonfuls butter gradually, 1 tablespoonful flour wet up with cold water; as it thickens the chopped yolk of 1 boiled egg and 1 raw egg beaten light. Take directly from fire, season with pepper, salt, a little chopped parsley and juice of one lemon, and set covered in boiling water (but not over fire) 5 minutes, stirring occasionally. Pour part of sauce over fish when dished; the rest in a boat. Serve mashed potatoes with it.

SAUCE FOR SALMON AND OTHER FISH.

One cupful milk heated to a boil and thickened with tablespoonful cornstarch previously wet up with cold water, the liquor

from the salmon, 1 gravyspoonful butter, 1 raw egg beaten light, juice $\frac{1}{2}$ lemon, mace and cayenne pepper to taste. Add the egg to thickened milk when you have stirred in butter and liquor; take from fire, season and let stand in hot water 3 minutes, covered. Lastly put in lemon juice and turn out immediately. Pour it all over and around the salmon.

SAUCE FOR WILD DUCKS, TEAL, ETC.

Take proper quantity of veal gravy, pepper and salt to taste; squeeze in the juice of 2 good oranges, add a little red wine; let wine boil some time in the gravy.

SHRIMP SAUCE.

Wash clean $\frac{1}{2}$ pint of shrimps, put them in stewpan with 1 spoonful anchovy liquor, and $\frac{1}{2}$ pound thick melted butter. Boil up for 5 minutes and squeeze in $\frac{1}{2}$ lemon. Toss it up and pour into sauce boat.

SAUCE.

(Italian.)

Put a lump fresh butter into stewpan with some mushrooms, onions, parsley, and $\frac{1}{2}$ laurel leaf, all cut fine; set over the fire for some time and shake in a little flour; moisten it with a glass of white wine, and as much good broth, adding salt, pepper, and a little mace beaten fine; boil $\frac{1}{2}$ hour; skim off the fat and serve. Can give a fine flavor by putting in a bunch sweet herbs while boiling; take them out before serving the sauce.

SAUCE FOR VENISON.

Two spoonfuls currant jelly, 1 stick cinnamon, 1 blade mace, grated white bread, 10 tablespoonfuls water; let stew with little water; serve in dish with venison steak.

EGG SAUCE.

One cup of chicken broth, heated and thickened, with tablespoonful of butter rolled thickly in flour, poured over 2 beaten eggs; boiled 1 minute, with tablespoonful parsley stirred in; then seasoned and poured upon pounded yolks of 2 boiled eggs placed in bottom of bowl. Stir up and it is ready.

GRAVY FOR ROAST MEATS.

After taking out meat, pour off fat; add water; season, and thicken with flour.

GRAVY FOR TURKEY.

Boil giblets very tender; chop fine; then take liquor in which they are boiled; thicken with flour; season with salt, pepper, and a little butter; add giblets, and dripping in which turkey was roasted.

HORSERADISH SAUCE.

One dessertspoonful of olive oil, same quantity of powdered mustard, 1 tablespoonful of vinegar, 2 of grated horseradish and 1 teaspoonful of salt.

MAYONNAISE SAUCE.

Work yolks of 2 raw eggs to a smooth paste, add 2 saltspoonfuls salt, $\frac{1}{2}$ saltspoonful cayenne pepper, saltspoonful dry mustard, and teaspoonful salad oil. Mix these ingredients thoroughly and add strained juice of $\frac{1}{2}$ a lemon. Take remainder of $\frac{1}{2}$ pint finest salad oil and add gradually teaspoonful at a time. Every fifth teaspoonful add few drops of lemon juice, until you have used 2 lemons and $\frac{1}{2}$ pint of oil. There are almost as many ways of making mayonnaise sauce as there are of cooking eggs.

MINT SAUCE.

Mix 1 tablespoonful white sugar to $\frac{1}{2}$ teacupful good vinegar; add mint chopped fine; $\frac{1}{2}$ teaspoonful salt. Serve with roast lamb or mutton.

OYSTER SAUCE.

One pint oysters, $\frac{1}{2}$ lemon, 2 tablespoonfuls butter rolled well in flour, 1 teacup milk, cayenne pepper and nutmeg to taste. Heat the oyster liquor and when it boils skim, and put in oysters. Soon as they boil stir in butter, cut up and well floured, spice and lemon juice. Boil 5 minutes; take from fire and put with milk which has been heated in another vessel. Stir up well and serve.

ONION SAUCE.

Time, nearly $\frac{1}{2}$ an hour, 4 or 5 white onions, $\frac{1}{2}$ pint hot milk, 1 oz. butter, pepper and salt to taste. Peel onions and boil till

tender; press water from them, chop them very fine, make milk hot; pulp onions with it; add butter, pepper and salt to taste.

TO MAKE SAGE AND ONION DRESSING, FOR ROAST PIG OR ROAST PORK.

Time 25 to 30 minutes. Two large onions, double the quantity bread crumbs, 3 tablespoonfuls chopped sage, 2 oz. butter, 1 egg, pepper and salt. Boil onions in 2 or 3 waters, to take off strong taste in them; then drain them; chop up fine, mix with bread crumbs, minced sage, butter, pepper and salt; mix the whole with well-beaten yolk of an egg to bind it.

EGGS AND CHEESE

BOILED EGGS.

Put in boiling water, draw to the back of the stove, or if gas is used place the pan over simmer burner turned so low the water will stay very hot, but *not boil*. If desired very soft take out in 5 minutes; if better done, at the end of 8 or 10 minutes; if hard boiled, 15 to 20 minutes. Experience only will enable one to determine the right degree of heat and time required. Eggs boiled in this way are more delicate than those quickly boiled.

BAKED EGGS.

Break into an earthen nappy or shallow baking dish in which they may be served as many eggs as needed; sprinkle with salt and pepper; add 4 or 5 tablespoonfuls of cream; dot with bits of butter, and bake till the eggs are set, but not hard.

BAKED EGGS.

One oz. of bread crumbs soaked in $\frac{1}{2}$ pt. of milk, add 4 eggs and salt and pepper. Bake in a pudding dish. MRS. BOUKE.

STEAMED EGGS.

Are very delicate, especially for invalids. Prepare them the same as baked eggs, omitting the cream if desired, and steam over hot water.

HARD BOILED EGGS WITH BUTTER.

Hard boiled eggs are nice, cooked 15 or 20 minutes, and served hot. Remove the shells and serve with hot melted butter over them.

HARD BOILED EGGS WITH CREAM SAUCE.

Cut eggs in two crosswise, cut off tip so they will stand upright on platter. Pour cream sauce around them.

When boiling a cracked egg, add a teaspoonful of salt to the water, and you will find that it cooks without any of the white part leaving the shell.

EGGS A LA CARACAS.

One-fourth lb. smoked beef, 1 cup tomatoes, 4 eggs, 1 teaspoonful onion juice, $\frac{1}{8}$ teaspoonful cinnamon, 2 heaping tablespoonfuls grated cheese, 2 tablespoonfuls butter, 4 hard boiled eggs, mayonnaise and a dash of pepper. Put the 4 eggs to be boiled hard in a saucepan and let them simmer 20 minutes, put beef and tomatoes to boil until tender, add 1 tablespoonful butter, the pepper, onion juice and cinnamon; break the other 4 eggs, beat enough to mix, and stir into the mixture, season with red pepper to taste and add the cheese and the other tablespoonful of butter. Cut hard boiled eggs in slices and dip in mayonnaise thinned with a little vinegar and garnish the edge of the dish with them. The mixture should be cooked until it has the consistency of scrambled eggs.

MRS. BEMAN.

EGG CUTLETS.

Three hard boiled eggs, 1 cupful of milk, 1 tablespoonful of chopped parsley, 1 tablespoonful of butter, 2 tablespoonfuls of flour. Cover the eggs with boiling water and simmer $\frac{1}{2}$ hour. Heat the milk in a double boiler, rub together the butter and flour, add to the milk, and stir until thick and smooth, season with $\frac{1}{2}$ teaspoonful of onion juice and the parsley. Shell the eggs, cut them fine and mix well with the sauce. Turn on a buttered platter and set in the ice box until very cold, then flour your hands and mould a small quantity of the mixture into the shape of a cutlet about an inch thick. When ready to fry, the cutlets are to be coated with egg and then with fine dry bread crumbs, laid a few at a time in the frying basket and browned in boiling fat. Garnish with parsley.

MRS. BEMAN.

STUFFED EGGS.

Half doz. eggs boiled 20 minutes, cool, shell and cut in half, removing the yolks. Hash the yolks very fine with a silver fork; mix with them $\frac{1}{2}$ cup of bread crumbs rolled fine and 2 or 3 sticks of celery cut in very small pieces, season with salt, mustard and cayenne, moisten with 2 tablespoonfuls of melted butter and enough olive oil and vinegar to make it the right consistency. Fill the halves with this dressing and set on a platter to serve. For luncheon fill the halves and put them together with wooden toothpicks, being careful to match the whites. Cold veal, chicken or ham chopped fine may be used in place of the celery.

MISS EDITH LA BARON, Pontiac.

GOLDEN CREAM TOAST.

Cut bread into even pieces, toast and butter the pieces and moisten with hot water. Boil 6 eggs hard, separate the whites from the yolks, chop the whites, press the yolks through a colander or sieve. Make a white sauce by rubbing together 1 tablespoonful each of butter and flour, add a cupful of cream or milk, boil till well thickened, add the whites and season with pepper and salt. Spread the mixture on the slices of toast, cover the top with the sifted yolks, sprinkled over each piece till they look very yellow. Serve very hot.

MRS. GREGORY E. DIBBLE.

MARGUERITES.

Cut bread into large rounds with a biscuit cutter or large cutter if possible. Toast the bread rounds; make a cream sauce with a pint of milk thickened with flour and seasoned with butter, salt and pepper. Have ready several hard boiled eggs, cut the yolks in slices. Pour the hot sauce over the rounds of bread, or dip them into the sauce so that they may be well covered; place on a platter and put a disc of egg in the center of each, to make the daisy. Garnish with parsley.

MRS. BEMAN.

EGG TIMBALES WITH TOMATO SAUCE.

One qt. of milk, 6 eggs (yolks only), 1 teaspoonful chopped parsley, salt to taste. Pour the quart of boiling milk on the beaten yolks of the eggs. Have custard cups or ordinary cups with a little chopped parsley sprinkled in the bottom, fill these with the custard; stand the cups in a pan of hot water and boil until solid, about 10 minutes. Turn them out on a platter or serve on separate plates with tomato sauce poured around them, 1 qt. tomatoes strained, 1 onion, 1 heaping tablespoonful of butter, 1 heaping tablespoonful of flour, 6 whole cloves. Fry the onion, butter, cloves and flour until a golden brown, add tomatoes and cook 10 minutes, season with salt and pepper and strain over the timbales.

MRS. BREWSTER.

EGGS BAKED IN CREAM.

Beat 8 eggs in a buttered dish. Put on them three tablespoonfuls of cream, pepper and salt and small pieces of butter. Bake in a hot oven and serve.

PRESERVING EGGS.

One-half pint coarse salt; one pint of pulverized lime; four gallons of cold water; mix well, and let stand three days. Put fresh eggs in a jar and pour this water over them.

MARGARET BAIRD, Muscatine, Iowa.

TO POACH EGGS.

Have the water well salted and boiling, but do not let it boil too hard. Break the eggs separately into a saucer and slip gently into water; let the whites set, then take them up with a skimmer, and lay each egg upon a thin square of buttered toast.

MRS. JOHN BENNISON, Muscatine, Iowa.

EGGS ON TOAST.

Toast and butter your bread; boil your eggs hard, chop the whites up fine and stir into butter gravy (drawn butter) and cover each slice with the mixture, then grate the yolks over the top.

MRS. J. O. HILL, Pontiac.

SUBSTITUTE FOR EGGS.

When eggs are scarce, put away at night, a teacup of mashed potatoes in which has been strained a tablespoonful of sugar and mix it in the corn batter next morning. You will find the cakes light and sweet.

SARDINE EGGS.

For each egg to be used, allow two sardines. Boil the eggs hard and take out the yolk carefully, without breaking the whites. Scald the sardines, season with salt, cayenne and lemon juice; chop very small and then pound with butter and yolks of eggs. Fill the boiled whites of eggs with this mixture; press together and serve, when perfectly cold, on lettuce leaves coated with apple jelly.

BREAKFAST EGGS.

Break half a dozen eggs into a teacupful of sweet cream, simmer gently ten minutes, season with pepper and salt, and pour over slices of brown bread. Serve hot.

FONDEAU a L' ITALIEUNE.

Into a pan, over the fire, put half a pint of cream into which has been stirred a teaspoonful of flour. Stir until it is the consistency of melted butter, add half a lb. of finely grated cheese, mix well, remove the pan from the fire and when it is luke warm beat in the yolks of four eggs, then the whites beaten to a stiff froth. Pour this mixture into a deep dish, filling it not more than half full; bake twenty minutes and serve hot from the oven before it falls.

EGGS FOR TEA.

A pretty way to serve eggs is to cut bread into squares and toast. Separate eggs, keeping yolks whole. Beat whites to stiff froth. Lay beaten whites around on toast, drop yolk in centres of white ring and place in oven to bake for a few minutes. On removing from oven, pour little melted butter over eggs and add salt and pepper.

MRS. J. ALFRED KLEIN, Butler, Pa.

EGG TIMBALES.

Eight eggs beaten together, salt, pepper, 1 grated onion, a little chopped parsley, 1 large cup milk. Stir all together. Bake in timbale cups set into a pan of hot water. Serve on toast with sauce.

Sauce:—Three spoons butter, 1 spoon flour, 1 cup milk and salt. Melt the butter in a saucepan, add the flour and stir. When mixed add the milk a little at a time, stirring continually until it creams.

MRS. SESSIONS.

OMELET.

Soak a slice of bread in milk till it will not absorb any more. Crush it with a fork and add the beaten yolks of 4 eggs, and salt. Just before cooking add the beaten whites of 4 eggs. Cook on a hot buttered griddle. When nearly done turn one half over on to the other half. Serve immediately.

MRS. F. R. MECHEM.

EGG OMELET.

Two eggs, 2 tablespoonfuls milk, 1 saltspoon salt, $\frac{1}{4}$ saltspoon pepper, 1 level teaspoon butter. Beat yolks until creamy, add milk and season. Beat whites stiff and dry. Cut and fold lightly into yolks until just covered. Have a clean, smooth frying pan. When hot rub around the edge 1 teaspoon butter, letting

butter run into pan. Turn the omelet into the pan. Lift the pan from hot fire and cook carefully until slightly browned underneath. Put on oven grate to dry and brown a minute. Fold over and invert on hot platter. MRS. HERBST.

OMELET.

Four eggs, 4 tablespoons milk. Salt to taste. Beat whites very stiff, and yolks until light. Mix together the milk, yolks and salt. Stir in the whites, last, mixing all together very lightly. Have ready a hot frying pan with a piece of butter the size of a walnut. Pour in the omelet and bake over a slow fire for 10 minutes. Fold together and slip on to a hot platter. Serve at once. This will serve 5 persons. MRS. MONTGOMERY.

BAKED OMELET.

Two tablespoonfuls of butter, 2 tablespoonfuls of flour, ½ teaspoonful of salt, 1 cup of milk, 4 eggs. Put the milk on to boil; rub the butter and flour together and add to the boiling milk. Stir over the fire for 10 minutes. Beat the yolks and salt together, add to the milk and turn the mixture out to cool. When cold beat the whites to a stiff froth and add them to the mixture. Turn into a buttered dish and bake in a quick oven for 10 minutes. Serve at once. MRS. M. C. LLOYD.

OMELET.

Six eggs, yolks and whites beaten separately, 1 cup of rich milk, with one tablespoon of flour stirred in and a pinch of salt. Beat well together and pour into a hot, buttered frying pan. When cooked on bottom set in hot oven on upper grate to brown. Roll over on to platter and serve. MRS. DUNCAN.

CHEESE OMELET.

Four eggs well beaten, 1 tablespoon of milk to each egg. Stir in 1 tablespoon of grated cheese. MRS. PATTEN, Detroit.
Omelets may be varied by adding a little finely chopped ham or chicken, or for an omelet of 4 eggs add 6 or 8 chopped oysters.

ESCALLOPED EGGS.

Chop very fine 1 cup of ham. Boil 8 eggs until hard. Cover the bottom of a pudding dish with very fine bread or cracker crumbs. Cover this with a layer of the meat, then cut 4 eggs in

slices, laying them on the meat, sprinkle with salt and pepper and pour over this enough drawn butter gravy to cover it. Then another layer of meat and eggs, covering again with the gravy. Spread over the top bread crumbs not too fine and bake until the crumbs are brown.

EGGS A LA CREME.

Boil 6 eggs hard, cut in slices, lay in a deep dish with bread crumbs between each layer. Put 2 ozs. of butter with ½ tablespoonful of flour rubbed into it, in a sauce pan, add some parsley, a little onion, salt, pepper and nutmeg, ½ pt. of cream (a pt. is better), stir on the fire until it thickens, then pour it over the eggs; cover the top with bread crumbs and bits of butter. Bake a light brown. MRS. A. H. RICHMOND.

SPANISH EGGS.

Boil 1 cup of rice, pour on a platter. Poach 6 eggs, season well and lay on the rice. This makes a very dainty dish.

CODDLED EGGS.

One-fourth cup hot milk, 1 egg, 1 teaspoonful butter, salt, pepper. Beat the egg slightly, add butter, salt and pepper. Add hot milk gradually, pour into double boiler and stir until light. Serve on slices of toast. JENNIE BUELL.

CHEESE BALLS.

One pt. grated cheese, 1 saltspoon cayenne, ½ teaspoon salt, whites of 2 eggs beaten; mix thoroughly and roll in little balls size of marbles. Roll in bread crumbs, then in egg, then in crumbs. Fry in a basket in hot fat. MRS. JUNIUS E. BEAL.

CHEESE STRAWS.

One cup of grated cheese, 1 cup of flour, half a cup of butter, half a teaspoonful of salt, a dust of cayenne pepper. Mix these ingredients with ice water and roll out thin; cut in small strips about 6 inches long, lay the strips in a baking pan and put in a moderate oven. The straws will cook in a few minutes, must not allow to get brown. MARY CLEMENTS.

CHEESE STRAWS.

Mix 4 oz. flour, 6 oz. grated cheese, a little salt and cayenne pepper together, moisten with the yolk of 1 egg. Roll out ⅛ of

an inch thick, 4 inches long and 4 inches wide; lay on greased sheets of paper and bake 10 minutes in a very hot oven till slightly colored.

CHEESE STICKS.

One cup of flour, 1 teaspoon of baking powder, 1 teaspoon of salt, $\frac{1}{8}$ teaspoon of paprika, 1 oz. of butter. Make into a stiff dough with yolk of 1 egg, $\frac{1}{4}$ cup of milk and 2 oz. of cheese. Roll in long rolls and bake. MARGARET M. STIVERS.

CHEESE RAMEKIN.

Two tablespoonfuls melted butter, 4 tablespoonfuls grated cheese, 1 thick slice of bread soaked in 1 cup of milk, 3 eggs, salt and pepper, bake in small buttered pan in moderate oven about 15 minutes. MRS. E. F. SHELEY.

CHEESE SOUFFLE.

Two tablespoonfuls of butter, $1\frac{1}{2}$ tablespoonfuls of flour, $\frac{1}{2}$ cup of milk, 1 cup of grated cheese, 3 eggs, $\frac{1}{2}$ teaspoonful of salt, cayenne. Put butter in a saucepan and when hot add flour and stir until smooth; add milk and seasoning; cook 3 minutes; remove and add well beaten yolks and cheese; set away to cool. When cold add whites beaten stiff. Turn into buttered dish and bake 20 to 25 minutes. Serve hot. JENNIE BUELL

CHEESE TOAST.

Slice the bread, toast and butter it, and spread with grated cheese; arrange on a platter and set in the oven to soften the cheese; pour a thin white sauce over it and serve immediately.

MRS. BRADSHAW.

CHEESE EGGS.

Toast round slices of bread without crust. Butter well, then melt cheese in $\frac{1}{3}$ cup of milk slightly salted. Just before taking from fire stir in yolk of 1 egg, thoroughly beaten, pour over the toast. Serve hot with poached egg on top.

MRS. JOHN RICE MINER.

SOYER'S EGGS.

Slice 2 or 3 large onions very thin and fry till a nice brown. Have ready 5 or 6 hard-boiled eggs (boiled 30 minutes they are perfectly digestible), cut in slices, and a half bowl of good gravy.

Add first the gravy, then the eggs, stirring gently to blend (do not break the eggs), cook a minute or two and serve very hot. Season the onions with pepper and salt.

CHEESE RELISH.

Four thick slices of bread buttered with crust removed, 1 pint milk, 3 eggs, almost $\frac{1}{3}$ pound grated cheese, salt, spoonful of mustard, pinch of cayenne pepper. Make custard of milk and egg, adding a little salt. Place layer of bread cut in one inch squares in a heated dish, sprinkle thickly with cheese seasoned with mustard and pepper, add another layer of bread and cheese and continue until you have used it all. Then pour the milk and egg over all and bake in a moderate oven until brown and puffy. This is delicious. ETHEL JOHNSON, Peninsula Cook Book.

CHEESE BALLS.

Two cups of flour, 1 cup of grated cheese, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ teaspoon salt, dash of cayenne pepper. Work thoroughly together, make in balls the size of a walnut. Fry in deep fat.

MINNIE FRANCES BROWN.

A WELSH RAREBIT THAT NEVER STRINGS.

One large cup (or small bowl) of grated cheese, not quite as much cream and milk (half and half); 2 eggs beaten, cayenne pepper; dash of dry mustard; 1 teaspoonful of sugar. Put butter size of walnut in blazer; when hot add cheese, milk, cream and seasoning. Let melt for about five minutes; then stir in the eggs. Let it cook until it is thoroughly mixed. Have plates warm and serve on crackers or toast. LEDA STIMSON.

For other cheese recipes see chapter on "Chafing Dish Dainties."

Omelet.

6 eggs, 1 cup milk, 1 Tablespoonful flour,
 1 Tablespoon butter, a little salt.
 Add butter to $\frac{1}{2}$ of milk and warm till
 butter melts. Add flour to rest of milk, and
 put the two together. Then add yolks well
 beaten, and then the whites beaten stiff. Put
 immediately into hot spider with butter enough
 to keep from sticking. Roll while cooking.
 Anna B. Back.

Egg backbones.

1 cup beef or chicken stock.
 6 eggs boiled hard. 1 cup cream or milk.
 2 Tablespoonfuls butter, a little salt,
 1 Tablespoon flour.
 Cut eggs in half, lay in baking-dish, cover
 with the dressing, and sprinkle cracker
 crumbs on top. Bake a nice brown.
 Mrs. Yerkes, Detroit.

SALADS

GENERAL REMARKS.

Yesterday while weary with writing, and my mind quite dusty with considering these atoms, I was called to supper, and a salad I had asked for was set before me. "It seems then," said I aloud, "that if pewter dishes, leaves of lettuce, grains of salt, drops of vinegar, and oil, and slices of egg had been floating about in the air from all eternity, it might at last happen by chance that there would come a salad." "Yes," says my wife, "but not so nice and well dressed as this one of mine is." KEPLER.

SALAD.

(*Crisp and Cool.*)

It is now generally conceded by writers on dietetics that salads—especially green salads—are a very useful form of food, and should be often served. A few general directions may be useful to beginners in the noble art of salad making. Nothing is better than a good salad—nothing worse than a poor one. To the making of a good one are necessary the best of materials and good judgment. The first should be always present and the second may be easily acquired. For the making of a salad may be used: almost all vegetables, almost all fruits, many kinds of fish, a few kinds of meat. For the dressing either of two preparations may be used. One of simple oil and vinegar with seasoning, the other a mayonnaise of yolk of egg, oil, vinegar and seasoning. The first is more wholesome and more suitable for use at dinner, the latter richer and suitable for a salad served at luncheon or supper. These things are of prime importance: 1. If materials are to be cut into pieces, do it with such nicety that there shall be no *mussiness*. For the same reason the materials should not be cut too fine. 2. See that all materials that have to be washed are perfectly dry, no water clinging to them from the washing. 3. See that they are *ice cold*. 4. See that the *dressing*, also *ice cold*, is over, rather than under, seasoned, and added at

the last possible moment before serving. By the use of a little ingenuity, keeping these points in mind, an almost infinite variety of salads may be made.

FRENCH DRESSING.

One tablespoonful vinegar, 3 of olive oil, $\frac{1}{2}$ teaspoon salt, 1 saltspoon pepper. Put salt and pepper in a bowl, gradually add oil, mix till salt is thoroughly dissolved. Then slowly add vinegar, stir for 1 minute and it is ready for use. Have bowl very cold, or set it in ice water.

MAYONNAISE—1.

Yolks of 2 eggs, 1 teaspoonful of mustard, 1 teaspoonful of powdered sugar, 1 teaspoonful of salt, $\frac{1}{4}$ teaspoonful of cayenne pepper, 1 pt. of olive oil, $\frac{1}{4}$ cup of vinegar, $\frac{1}{4}$ cup of lemon juice. To the yolks of the eggs add the dry ingredients, and beat well before adding the oil. Add the oil slowly in a thread-like stream, beating vigorously. When the dressing is thick, thin it with the vinegar, then add oil and vinegar alternately, and lastly the lemon juice. Less oil may be used if less dressing is required, but the yolks of 2 eggs will make a foundation for almost any quantity of mayonnaise.

MERIB R. PATTERSON.

MAYONNAISE—2.

Make a mixture of 24 teaspoonfuls of salt, 6 teaspoonfuls of mustard, 3 (scant) teaspoonfuls red pepper, to be kept on hand for use as needed. Two whole eggs, or yolks of 4, 4 tablespoonfuls vinegar. Beat eggs and pour in the vinegar hot. Place over the fire and cook until it thickens. Remove and continue beating while adding 4 tablespoonfuls melted butter. When cool add 3 teaspoonfuls (scant) of the above mixture. Add as much whipped cream as dressing just before using.

MRS. T. J. KEECH.

MOCK MAYONNAISE.

One cup vinegar, $\frac{1}{2}$ teaspoonful mustard, a pinch of salt and of cayenne pepper, 1 teaspoonful flour, yolks of 2 eggs, 1 tablespoonful butter. Beat eggs and melted butter together. Put the vinegar on to boil, saving out a little to moisten the flour; salt and pepper while cold. When the vinegar boils, add the thickening, stir till smooth, and then pour it into the eggs and butter. Set in ice box till ready to serve, and add 2 tablespoonfuls of olive oil, or cream to taste.

MRS. A. C. McLAUGHLIN.

MAYONNAISE DRESSING.

One tablespoonful of dry mustard, 1 tablespoonful of sugar, 1 teaspoonful salt, 1-10 teaspoonful cayenne pepper, yolks of 3 raw eggs. Beat these with a Dover egg beater until very light, setting bowl in pan of ice water while beating. Add a few drops of oil at a time until it becomes very thick or hard. After this the oil can be added more rapidly. When so thick the beater turns hard add a little vinegar and lemon juice, then more oil and then vinegar and lemon juice, using 1 pt. of oil, and juice of $\frac{1}{2}$ lemon and $\frac{1}{4}$ cup vinegar. When last of oil is used it should be very thick. Add $1\frac{1}{2}$ cups of whipped cream just before using, keeping on ice for a short time.

MRS. MORTIMER E. COOLEY.

CREAM SALAD DRESSING.

One-half cup of sweet cream, 3 yolks of eggs, $\frac{1}{4}$ cup of melted butter, $\frac{1}{4}$ cup of vinegar, 1 teaspoonful of mustard, 1 teaspoonful of salt, a dash of cayenne pepper. Add to the beaten yolks all save cream, and cook over hot water, stirring constantly till thick. Beat briskly a moment before setting aside to cool. When cold add cream. Never allow salad dressing to stand in a tin receptacle.

MRS. ROBERT CAMPBELL.

BOILED OIL DRESSING.

A level tablespoonful of mustard, 1 of sugar, 1 teaspoonful of salt, 1-10 of a teaspoonful of cayenne, the yolks of 6 eggs, the juice of $\frac{1}{2}$ lemon, $\frac{1}{3}$ cup of vinegar, 1 cup of oil and 1 cup of milk. Beat the yolks light with an egg beater, in a bowl, mix salt, sugar, mustard and pepper, and add to the yolks. Add the oil and vinegar slowly as in mayonnaise dressing, then add milk; cook all together in a double boiler, stirring constantly until it forms a creamy coating on the spoon. The materials must be very cold. Set the bowl in a dish of ice water during the beating.

MRS. A. H. PATTENGILL.

SALAD DRESSING.

Yolks of 7 eggs, 1 tablespoonful of mustard, 1 tablespoonful of salt, 1 tablespoonful of butter (or oil), 1 tablespoonful of sugar, 1 cupful of milk, 1 cupful of vinegar. Mix the mustard, salt, sugar and butter until smooth; add the beaten yolks of the eggs, the vinegar (warm), and lastly the milk; cook in a double boiler until thick.

MRS. B. A. HINSDALE.

DRESSING FOR CABBAGE AND LETTUCE.

Take $\frac{1}{2}$ cup of cream, beat until smooth, add 2 teaspoons salad oil, 1 teaspoon salt and lastly $\frac{1}{2}$ cup of vinegar. For those not fond of salad oil it may be omitted.

MRS. B. F. SCHUMACHER.

SALAD DRESSING.

One-half cup of milk, $\frac{1}{2}$ cup of vinegar, $\frac{1}{2}$ cup of butter, 2 teaspoonfuls of sugar, $\frac{1}{2}$ teaspoonful of salt, 2 teaspoonfuls of mixed mustard, yolks of 4 eggs. Beat sugar and butter together, add beaten eggs and milk, with salt and mustard. Stir together and cook slowly in a farina kettle until it begins to thicken then add the vinegar slowly. Cook one minute.

MRS. CHICKERING.

SALAD DRESSING.

(Can be used for any salad.)

One cup flour, 1 tablespoonful butter to make a paste. Add boiling water; boil briskly 3 minutes. Take off stove, add a pinch of cayenne pepper, $\frac{1}{2}$ teaspoonful mustard, $\frac{1}{2}$ nutmeg, grated, yolk of 1 egg, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup of sugar. Just before using add $\frac{1}{2}$ cup of cream, beaten light. This will keep quite a while without cream.

MRS. L. CURTIS.

SALAD DRESSING.

One cup butter, 1 cup cream, sweet or sour, 5 eggs, 1 tablespoonful mustard, mixed smooth with little water, 1 teaspoonful black pepper, 1 teaspoonful salt, 1 cup vinegar, 1 tablespoon sugar, 1 tablespoon flour if desired. Stir constantly while cooking. This makes a solid quantity which can be doubled with cream.

MRS. SAM E. VAIL, Cleveland, O.

SALAD DRESSING.

One quart vinegar, boiling, 6 eggs, 1 cup sugar, 1 teaspoonful mustard, 1 teaspoonful salt, 1 teaspoonful celery seed, small piece butter. Boil until it thickens.

MRS. J. N. MARTIN.

SALMON SALAD.

Boil one can of salmon 20 minutes in the can without opening. Open, remove skin and bone, pour cold vinegar over it, mixing in a few whole cloves. Let stand in refrigerator 2 or 3

hours as convenient. When ready to serve, pour off vinegar, pick in small pieces, mix with an equal amount of diced celery and serve on cool crisp lettuce leaves with mayonnaise dressing. This is very nice with lettuce picked up instead of celery.

MRS. LEWIS, Saginaw.

SHRIMP SALAD.

Wash the shrimps in salt and water, taking all the black spots away. Chop into small pieces and to every cup of shrimp add 2 cups of nice crisp cabbage chopped. Mix until moist with salad dressing and serve on lettuce.

ELIZABETH W. DEAN.

OYSTER SALAD.

Boil the oysters in as little water as possible, being careful not to cook too long. Drain off the liquor and throw the oysters into cold water and vinegar. When cold drain again and put into a good salad dressing. Sprinkle over this crisp cabbage chopped fine, or celery also cut fine. Serve as entree to turkey or game.

MRS. BEMAN.

OYSTER SALAD.

Wash 2 heads of crisp celery, put the celery stalks in a sauce pan with their bulk in tender white cabbage, cut in strips; cover with boiling salted water and cook. Drain in a colander and mince fine. Before entirely cold marinate with a little oil and vinegar, then chill. Strain the liquor from 25 large oysters; put it into a saucepan and let it come to a boiling point; skim at once, add a little salt, a dozen bruised peppercorns and two tablespoons of vinegar and then the oysters; heat until the oysters curl, drain them and set on the ice to cool. When ready to serve arrange the chopped celery and cabbage in a dish, garnish with a border of cress and celery tips or lettuce. Place the oysters close together on the top of a bed of celery and cabbage, cover all with mayonnaise, sprinkle over it a little minced capers and serve.

MRS. JAMES KEARNS.

FISH SALAD.

Flake enough cold boiled fish to make two cups and mix with two cups of sliced cold boiled potato. Chop two small pickles fine and stir in, also salt, pepper and a little finely chopped parsley. Arrange in a salad dish with a little green garnish and cover with mayonnaise dressing in a thick coating.

SARDINE SALAD.

Remove skin and bone from a dozen sardines and if the oil seems strong lay them in a strainer and pour boiling water over. Line a salad bowl with crisp lettuce leaves, arrange the sardines on the lettuce and sprinkle over two chopped hard boiled eggs. Serve with a French dressing.

TOMATO JELLY SALAD.

An excellent substitute for hot house tomatoes may be made by this rule: Heat and strain $\frac{1}{2}$ can of tomatoes and add $\frac{1}{2}$ teaspoon each of salt and sugar. Soak $\frac{1}{2}$ box of gelatine in $\frac{1}{2}$ cup of cold water for half an hour and add to the strained tomato. Mold in cups and run a knife around each before removing, as this will slightly roughen the surface and increase the resemblance to fresh tomatoes. Serve on lettuce leaves, and if the lettuce is not close and crisp roll several leaves together and cut into ribbons with a sharp knife. Lettuce should be washed with great care and should be shaken and drained dry as possible. If it is to be used soon after washing wipe the leaves with a cloth, as drops of water detract greatly from the quality of a salad. Garnish each tomato with a spoonful of salad dressing, and if it is not convenient to make a mayonnaise try a boiled dressing. Mix 1 teaspoon of salt, $\frac{1}{2}$ teaspoon of mustard, 1 scant tablespoon of sugar, a few grains of cayenne, 1 teaspoon of flour, the yolk of 1 egg, 1 scant tablespoon of melted butter, $\frac{1}{2}$ cup of milk and 2 tablespoons of vinegar. Mix the dry ingredients first, then add the egg and milk and last the vinegar. Cook in a double boiler until the mixture thickens, then strain and cool. Serve cheese straws with this salad.

ALICE E. WHITAKER.

LOBSTER SALAD.

Pick the lobster apart with a fork, in small pieces. To every cup of lobster add 2 cups of lettuce chopped or cut fine, just before serving. Mix until moist with salad dressing, serve in salad dish garnished around the edges with lettuce. Keep cold.

ELIZABETH W. DEAN.

SWEET BREAD SALAD.

Lay the sweet bread in cold salted water for 1 hour before cooking, then boil, changing the water twice. Then throw into cold water immediately after they are done, which will be in about

20 minutes. Remove every particle of skin before chopping, and do not chop too fine. In season chop up some nice white, crisp celery, say about $\frac{1}{3}$ as much as you have of sweet breads. You may also mix some French peas with this salad—looks pretty and tastes nice. Line a salad bowl with lettuce leaves which have been previously mixed with mayonnaise. (You may add a small quantity of cold roast veal, if you happen to have it; in fact, for economy's sake, you may add it to almost any salad and it is equally nice).

MRS. M. H. KERNGOOD.

CHICKEN SALAD.

Cut cold, cooked chicken into small pieces. Use only the white meat if particular as to appearance, but the dark meat is also good. Marinate the chicken in a mixture of oil and vinegar, three parts of vinegar to one of oil, seasoned with salt and pepper to taste. Let stand in the mixture two hours, pour off what is not absorbed. Mix the chicken with equal parts of celery cut in small pieces. Make a mayonnaise dressing, add at the last a small quantity of whipped cream, stir a part of the dressing through the chicken and celery mixture, spread the rest over the top. Garnish with sliced pickle, stoned olives, capers, celery tops or anything you may fancy.

MARY LOUISE POND.

SALAD COLUMBINE.

One qt. of tomatoes. Boil until soft, then strain. Season with 1 teaspoonful of sugar, 1 of salt, and $1\frac{1}{2}$ of vinegar, and a speck of red pepper. Have half box of gelatine dissolved in as little water as possible. Stir into the tomato and mould in small cups.

MRS. A. E. SHAW.

TOMATO SALAD.

Cut a small hole in the top of a large tomato and fill with chopped cucumber, onion, cabbage or cauliflower, and the tomato that has been taken out. Serve on a lettuce leaf with mayonnaise, and parsley chopped with vinegar.

MRS. BOUKE.

CANNED TOMATO SALAD.

Drain *part* of juice from a can of best quality tomatoes; put the latter on to boil, with a *small* piece of onion; when boiling stir in, till dissolved, a box of gelatine, or 6 sheets, the latter having been soaked in a little of the tomato juice; pour into wet egg, or small teacups, and put into a cold place. Do not use until *very*

firm; then *loosen* the edges with a knife and turn out and slice, serving on lettuce leaves with mayonnaise dressing. Unless the weather is very cold, the tomatoes should be prepared the day before using.

MRS. C. B. NANCREDE.

TOMATO JELLY.

One qt. tomatoes, 1 teaspoon whole allspice, $\frac{1}{2}$ box gelatine, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon salt. Boil and strain tomatoes, and spice. Add soaked gelatine and sugar. Mould and serve on lettuce leaves with mayonnaise dressing.

MRS. H. M. POMEROY.

BEEF SALAD.

One qt. raw cabbage chopped fine, 1 qt. cooked beets chopped, $1\frac{1}{2}$ cups sugar, 1 cup grated horseradish, 1 tablespoonful salt, $\frac{1}{2}$ teaspoonful pepper, cover with cold vinegar and keep from air. Garnish with lettuce leaves or celery leaves. A very nice relish.

MRS. H. M. POMEROY.

CELERY SLAW.

Take 1 large head of celery with some of the small yellow leaves, chop very fine, put a tablespoonful of butter into a stewpan with 6 tablespoonfuls of hot water and a very little salt, put the chopped celery into the stewpan and let it boil 5 minutes, beat 2 eggs and add 6 tablespoonfuls of vinegar and 1 heaping teaspoonful of white sugar; stir these well, pour over the celery and let all cook until well heated through. Serve cold.

MRS. H. P. FINLEY.

CABBAGE SALAD.

Cut off the outside leaves of a red cabbage and cut out the stalk. Shred the best portion of one-half of the cabbage fine. Cut the stalks of one head of celery into inch pieces, mix with the cabbage and fill the salad dish. Garnish with the celery tips. Make a dressing of one beaten egg, one tablespoon each of oil and vinegar, a pinch of mustard, a few grains of red pepper and a salt spoon of salt. Let stand a few minutes before serving.

CABBAGE SALAD.

Two qts. finely chopped cabbage, 2 level tablespoonfuls salt, 2 level tablespoonfuls white sugar, 1 heaping tablespoonful ground mustard. Rub yolks of 4 hard boiled eggs until smooth, add $\frac{1}{2}$ cup butter, slightly warmed; mix thoroughly with the

cabbage, and add a teacup good vinegar; serve with whites of the eggs sliced and placed on the salad.

HATTIE A. THOMPSON.

EGG SALAD.

Twelve hard boiled eggs, $\frac{1}{2}$ pt. cream, butter size of an egg, a little parsley chopped fine, put a layer of eggs then a layer of dressing, lastly dressing.

Salad Dressing:—Yolks of 4 eggs well beaten, 2 tablespoons of butter, 2 spoons of made mustard, 4 teaspoons of sugar, 2 teaspoons of salt, 16 tablespoons of vinegar. Boil in hot water—put ingredients in a bowl and set in a pan of hot water to boil. Mix salad with eggs and then put cream over all.

FLORA KOCH.

WALDORF SALAD.

One head of celery, 3 good eating apples, $\frac{1}{2}$ cup chopped English walnuts. Cut the celery and apples into cubes. Mix the nuts with them. Arrange on lettuce leaves and pour over each dish a little mayonnaise or cooked salad dressing.

MRS. SHIRLEY W. SMITH.

WALNUT SALAD.

Three cups of chopped celery, 1 cup of broken English walnut meats. Serve on cold crisp lettuce leaves with mayonnaise. When celery is out of season, or hard to obtain, the canned celery answers very well.

FRUIT SALAD.

One cup of apples diced, 1 cup of orange cut fine, 1 cup of celery cut in small pieces, 1 cup of hickory and English walnuts mixed. Just before using mix with enough salad dressing to moisten. Serve on lettuce. This is enough for 8 people.

ELIZABETH W. DEAN.

FRUIT SALAD.

Raw apples, bananas, celery and English walnuts; dice apples, bananas, celery, break nuts in pieces and serve on lettuce leaves with mayonnaise dressing is a nice salad.

MRS. H. M. POMEROY.

FRUIT SALAD.

Three or 4 bananas, 6 oranges, 1 can sliced pineapple, $\frac{1}{2}$ box Cox's gelatine, 1 teacup sugar. Dissolve gelatine in $\frac{1}{2}$ cup hot water, drain juice from the pineapple and oranges, which

have been cut in small pieces, add the sugar to the juices, boil up and add the gelatine; set on ice; when it begins to thicken add the fruit, slicing the bananas; wet mould in cold water and pour in the mixture. When hard turn on platter and cover with whipped cream, if for a dessert, if used as a salad course mould in orange moulds made by cutting oranges in half and scraping out pulp and throwing the rinds in cold water for an hour before filling. Place 2 or 3 candied cherries on each half of orange.

MRS. F. D. ARMSTRONG.

ORANGE SALAD.

Take 6 oranges, peel and separate into pieces. Have your plates ready with a leaf of lettuce on each; lay the pieces of orange on the lettuce and over this sprinkle English walnuts chopped rather fine. Just before serving pour over the salad dressing, taking out as nearly whole as possible some of the nuts and place on this.

Dressing:—Two eggs well beaten, 1 teaspoonful of salt, $\frac{1}{2}$ of pepper, 1 of sugar, 1 of mustard, 1 cup of milk or sweet cream, butter the size of an egg and $\frac{1}{2}$ cup of vinegar; just let this come to a boil and use when cold.

MRS. W. M. FERRIS.

MACEDOINE SALAD.

Take a medium sized carrot and turnip; peel and wash them; cut them with a vegetable scoop or dice after they are cooked; put them into separate boiling water and boil till tender. Let cool, then place in salad bowl with 3 tablespoonfuls of cooked peas; the same quantity of string beans cut in $\frac{1}{2}$ inch pieces. Serve with French dressing, or mayonnaise. Diced cold beets, asparagus tips, and celery may be substituted for any 3 of the above vegetables.

DANDELION SALAD.

One pint each of dandelion and water cress; 3 green onions sliced; 1 teaspoon salt; oil or cream dressing.

MRS. J. R. MINER.

CELERY SALAD.

Cut the white stalks of celery into half-inch pieces, after it has been standing in ice cold water to which has been added a little lemon juice. Pour some mayonnaise dressing over the celery and serve it very cold.

LILY SALAD.

The materials required are several hard-boiled eggs, two firm heads of lettuce and mayonnaise dressing. Cut the whites of the eggs into long strips; sift the yolks and mix with dressing. Place a few crisp leaves of lettuce on each plate, arrange the white strips of egg like petals and make a mound of the yolk and dressing for the center of the lily.

ONION SALAD.

The Spanish onions are best for this salad. Cook them in boiling salted water until they can be pierced with a small steel skewer or a knitting needle. Drain and chill in the ice chest. Set each onion on a bed of lettuce leaves and cover with mayonnaise dressing. The water should be changed three or four times while the onions are cooking.

LETTUCE AND HAM SALAD.

Wash two heads of firm lettuce and put in the ice chest or in cold water to keep it crisp. Do not let it stand in water long. Cut a thin slice of ham into small pieces and fry brown, then add while hot 2 tablespoons of vinegar, 2 tablespoons of sour cream and 1 beaten egg. Stir the mixture constantly and when it thickens pour it over the lettuce, which has been drained and arranged on a salad dish.

TONGUE SALAD.

Canned tongue may be used for this salad. Slice the tongue thin and cut in small pieces. Marinate with French dressing and when ready to serve mix with shredded lettuce and mayonnaise dressing.

TOMATO TULIP SALAD.

Select medium and uniform sized round tomatoes. Cut the skin and outer part in sections like the petals of a tulip beginning at the blossom end. Bend the petals back leaving the seeds and pulp in a round ball. Set the tulips on blanched lettuce leaves and at the moment of serving place on each a teaspoon of mayonnaise dressing. Chill the tomatoes and dressing before serving. As a rule an epicure would prefer French dressing with a vegetable salad but the tomato is an exception. In warm weather it is well to chill both egg and oil before making mayonnaise and this being

done not more than fifteen or twenty minutes is required for the making. Take the yolk of two raw eggs for the foundation and add $\frac{1}{2}$ teaspoon each of salt and sugar and 1 teaspoon of mustard, all measured level, and a speck of cayenne. Beat until the egg becomes light colored, then add 1 cup of olive oil. At first add the oil drop by drop; when it seems thick add it in $\frac{1}{4}$ or $\frac{1}{2}$ teaspoons. After beating awhile the dressing will become very thick then add a few drops of vinegar at a time, beating between each addition until two tablespoons have been used; finish the beating and thinning with one tablespoon of lemon juice.

ALICE E. WHITAKER.

CREAM MAYONNAISE TOMATO SALAD.

Mix $\frac{1}{2}$ level teaspoon each of mustard, salt and powdered sugar, a few grains of cayenne and stir in the yolk of an egg. When the mixture is without lumps measure 1 tablespoon of lemon juice and 1 of vinegar and $\frac{3}{4}$ of a cup of olive oil. Add a few drops of the vinegar to the egg mixture and stir, then add the oil drop by drop, beating all the time. When the mixture becomes thick add a little vinegar or lemon juice, using them alternately. After about $\frac{1}{3}$ of the oil has been added put in the remainder more rapidly, remembering that too much oil added at one time causes curdling. Just before this mayonnaise is to be served beat $\frac{1}{4}$ cup of thick cream until thick and stir lightly into the mayonnaise. When serving tomatoes as a salad arrange each plate differently. Cut 1 tomato in basket form, and fill with cucumber dice; hollow out another like a cup and fill; arrange another in slices and so on as ingenuity suggests.

ALICE E. WHITAKER.

CUCUMBER SALAD.

Pare medium-sized green cucumbers and either slice thinly or cut into small dice. Set on the ice until ready to serve. Then pour over ice-cold boiled salad dressing into which a little whipped cream has just been beaten. Toss about with a fork until it is thoroughly mixed. Often a little onion or celery is added to the cucumber. Serve on lettuce leaves or in tomato halves.

FRENCH POTATO SALAD.

Slice very thin some cold potatoes, add a small onion chopped fine. Salt and pepper to taste. Take 1 cup of thick, sour cream

and mix with $\frac{3}{4}$ cup of vinegar. Stir well together and pour over the potatoes. Don't have them too moist.

MRS. B. ST. JAMES.

POTATO SALAD.

Take 6 good sized boiled potatoes and cut in small pieces; 2 small onions chopped fine; make alternate layers with these, and mix well the dressing several hours before serving. Reserve part of dressing to pour over salad, before being sent to the table.

Dressing:—Take 1 heaping tablespoonful of flour, 1 heaping spoonful of sugar, 1 teaspoonful of salt, $\frac{1}{2}$ teaspoonful of pepper, 1 teaspoonful of mustard, $\frac{1}{4}$ cup of vinegar, $\frac{1}{2}$ cup of butter, 1 cup of milk. Place in double boiler stirring constantly until quite thick. When cold dilute with about $\frac{1}{2}$ the amount of cream or to such consistency as is desired.

HELEN MARSHALL.

POTATO SALAD.

Boil 12 large white potatoes and when cold pare and slice, also 2 good sized white onions, 4 fresh boiled eggs chopped rather fine, also chop potatoes and onions fine, then add 2 tablespoonfuls of sugar, 1 of salt, 2 of Coleman's ground mustard, English imported, 1 tablespoonful of celery seed, 4 tablespoonfuls of imported olive oil, 2 small cups of cider vinegar. Stir all together and garnish with celery tops and eggs boiled hard and cut in rings.

MARGARET E. LIDDELL.

POTATO SALAD.

Two cups of cold potatoes cut in dice, 1 cup celery, $\frac{1}{2}$ of a small onion.

Dressing:—One-half cup of vinegar, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon mustard, $\frac{1}{2}$ teaspoon salt; when near boiling add 1 beaten egg, stir until cooked. When perfectly cold add $\frac{1}{2}$ cup of thick cream, beat together thoroughly. Have potatoes, celery and dressing cold before mixing. Slice hard boiled eggs on top.

MRS. E. G. SUTHERLAND.

CAULIFLOWER SALAD.

Soak a firm, large cauliflower in salted water for half an hour. Cook in boiling salted water until tender, but not until so soft as to break. Drain and cool, then break into pieces, each floweret being separate. Line a salad bowl with crisp lettuce leaves and fill with the cauliflower. Mash the yolks of 4 hard-

boiled eggs by rubbing them through a small wire gravy strainer. Cut the whites in halves and then in strips which will resemble the petals of a daisy or lily. Arrange the petals in groups and put small mounds of the sifted yolks in the center of each.

BEAN SALAD.

Get nice fresh wax beans, green. Wash and string them and cut very fine lengthwise strips. Add salt to the water and cook until tender. When cold use the following dressing: Have ready some bacon or ham frying. Stir in gradually dry flour until quite thick. Add a half teaspoon of sugar and a little vinegar and thin to right consistency with sweet cream.

BAKED POTATO SALAD.

Butter a baking dish and put in a layer of raw potatoes sliced thin. Sprinkle with chopped onion and season with salt and pepper and dredge on a very little flour. Cut a level tablespoon of butter into bits and scatter over. Make another layer in the same way and when the dish is full pour on a cup of milk and cover the top with bread crumbs and bits of butter. Bake slowly until the potato is soft, which takes more time than would seem to be needed. The exact time depends on the shape and size of the dish and the thickness of the slices. As the salad can be kept hot, it is well to start it cooking early, because if underdone it is not eatable.

LETTUCE SALAD.

Break lettuce into small pieces; arrange in salad dish. Then cover with creamy paste made by rubbing yolks of hard-boiled eggs until they are mealy with cider vinegar. Add to this paste salt, red pepper and mustard. Drop this paste here and there on lettuce, as well as whites of eggs cut in small pieces. Fry two thin slices of bacon brown; cut in tiny bits and scatter over the lettuce. Then pour over all the hot fryings from bacon.

MRS. J. ALFRED KLEIN, Butler, Pa.

SALAD EGGS.

Six hard-boiled eggs cut in two. Take out the yolks and mash; add 1 teaspoon of butter, 1 of cream, several drops of salad oil, salt and pepper to taste, $\frac{1}{2}$ teaspoon of mustard. Mix thoroughly and fill the whites; serve on lettuce leaves.

MRS. ED. COOK, Muscatine, Iowa.

WATER CRESS EGG SALAD.

Boil 1 egg hard for each person to be served, drop each sprig of cress in dressing made of oil and vinegar, place on salad platter. Remove center of hard-boiled eggs without breaking, putting 1 in the center of each plate. Press whites through potato masher and pile around yellow. Add 1 teaspoonful of dressing to each plate.

FLORENCE T. MILLER, Winnetha, Ill.

BEET SALAD.

Boil young sweet beets until tender. Cut up into cubes instead of chopping. Pour over them any good mayonnaise or salad dressing, and garnish with parsley or sliced boiled eggs.

E. M. T., Pontiac.

CHEESE SALAD.

Mash the yolk of 1 hard-boiled egg and rub smooth with 1 tablespoon of olive oil; add 1 teaspoonful of salt and $\frac{1}{4}$ teaspoon of white pepper. Mix well. Add $\frac{1}{4}$ lb. of grated cheese and 1 tablespoonful of good vinegar. Mix smooth and serve in shells or paper cases, with lettuce sandwiches.

T. T., Pontiac.

POTATO SALAD DRESSING.

Four tablespoons melted butter, 1 tablespoon flour, 1 tablespoon salt, 1 tablespoon sugar, 1 heaping teaspoon mustard, 1 cup sweet milk, $\frac{1}{2}$ cup vinegar, 3 eggs, a speck of cayenne pepper, melt butter in saucepan, add flour, stir until smooth, being careful not to brown, add milk and boil up. Have saucepan in another of hot water. Beat eggs, salt, pepper, sugar and mustard together and add the vinegar; stir this into the boiling mixture; cook until it thickens like soft custard—will take about 4 minutes.

FLORA SCOTT.

SALAD OF '76.

In making this salad the ingredients must be chopped separately and in order given. One teaspoonful of onion chopped fine and measured after chopping, 5 good-sized cold boiled potatoes (or enough to fill 2 cups after they are chopped), 3 hard-boiled eggs chopped not too fine, and the crisp tender leaves of two heads of lettuce, leaving out enough of the inner leaves to line the salad bowl. Pour on a dressing made from the following recipe, and mix gently with a silver fork: Yolks of 2 eggs,

$\frac{3}{4}$ of a cup of sour cream if you have it, if not, use same quantity of sweet or sour milk thickened with a half teaspoonful of corn starch dissolved in tablespoonful of cold water; level tablespoonful of sugar, teaspoonful of mixed mustard, $\frac{1}{2}$ teaspoonful of pepper, teaspoonful of salt and $\frac{1}{2}$ a cup of best vinegar. Mix thoroughly and cook in double boiler or over the teakettle till it thickens. This dressing keeps well and the quantity is sufficient for two salads of the size given.

CORN SALAD.

Twelve ears of corn, 2 onions, 1 sweet pepper, 2 tablespoons salt, $\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cup vinegar, $\frac{1}{2}$ teaspoon mustard, 2 cents worth tumeric. Seal while hot. (Cook 5 minutes.)

CORN SALAD.

Twenty-four ears corn, 2 heads cabbage, 8 onions, 4 sweet peppers chopped fine, 2 cups sugar, $\frac{1}{2}$ cup salt, $\frac{1}{4}$ lb. ground mustard, mixed smooth with a little vinegar. Cook 5 minutes and seal while hot. Will keep a year.

MRS. M. C. PETERSON.

NUTCHOLO SALAD.

Four rolls cottage cheese, $\frac{3}{4}$ lb. English walnut meats chopped (not very fine), moisten with sweet cream and roll into balls as large as a walnut. Serve on a lettuce leaf, and pour mayonnaise dressing over. This makes 10 small rolls, very nice served with a small tomato in place of one of the cheese rolls, if desired.

MRS. M. C. PETERSON.

Salad Dressing.

For 12 yolks I use 1 cup vinegar beaten in the yolks, then salt last 1 cup of cream either sweet or sour

1 cup chopped pickles, 1 cup walnuts
 $\frac{1}{2}$ pkg gelatine, $\frac{1}{2}$ pt vinegar $\frac{1}{9}$ water
 2 cup sugar Cook vinegar + sugar
 to a thread, ^{cook and add gelatine} soak gelatine in 1 cup
 boiling water. When cool add nuts and
 pickles Mrs Bilyeu.

Fruit Salad Dressing

Apr. 10-1921

2 egg yolks
 $\frac{1}{2}$ Tablespoons flour
 2 Tablespoons sugar
 1 C. fruit juice (any kind of fruit juice)
 $\frac{1}{2}$ C. whip cream.

Beat yolks well add flour, sugar
 and fruit juice. Cook in double
 boiler until real thick. Cool and just
 before serving add whip cream.
 Serves eight.

Salad Dressing Gladys Amey

2 eggs.
 1 cup weakened vinegar
 $\frac{1}{2}$ ts salt, 2 tbs sugar
 1 " flour Mrs Whitty -
 mustard, P. pepper, Butter.

Jellied Fruit Salad -

Cubed pineapple, marshmallows, and nuts with few chopped maraschino cherries added to plain lemon jelly well sweetened. Serve on lettuce with salad dressing or whipped cream.

Imperial Salad

Drain juice from half a can of pineapple, add one tablesp. vinegar & enough water to make a pint. Heat to boiling & add 1 lb. lemon jello. As jello begins to set add 3 cans pineapple, cubed; 1 can Spanish pimientos, shredded; and 1 cucumber salted & cut fine. Put in moulds & dice. Serve with whipped cream or salad dressing.

Eden with Salad

1 can peas, $\frac{1}{2}$ cup chopped nuts
2 apples chopped fine, with one cucumber
Serve with May

Salad Dressing.

1 egg, Bacon $\frac{1}{4}$ c. vinegar red pepper.
1 T. flour, $\frac{1}{4}$ c. sugar salt, mustard

BREAD, MUFFINS, ROLLS, GRIDDLE CAKES, ETC.

GOOD YEAST.

Scald 2 tablespoonfuls of flour with 1 pt. of boiling water. Boil 4 medium sized potatoes and put these when well mashed into the scalded flour. Soak $1\frac{1}{2}$ yeast cakes in 1 cup of lukewarm water. When the above mixture has become lukewarm pour the cup of dissolved yeast cakes into it and let it stand over night. This will make 12 loaves of bread and will keep 2 weeks in cold weather.

NONA V. O'BRIEN.

YEAST.

In the morning take 3 tablespoonfuls of flour, 2 of sugar, and 2 of salt, and beat till smooth. Pour over this 1 pt. of boiling water; when this is cool or lukewarm add 2 dry yeast cakes and let rise until noon. At noon boil 12 large potatoes; mash fine, add 1 qt. of boiling water and 1 qt. of cold water. When lukewarm stir into it the mixture made in the morning, and let it rise until the next morning. This is all the moisture required for the bread and 1 pt. of it makes a good sized loaf. Take as many pints of this yeast as you wish loaves, mix thoroughly into the flour until thick enough to knead well; let rise and bake.

MRS. L. W. MILLER.

YEAST AND BREAD.

Boil 2 medium sized potatoes, mash fine, wet $2\frac{1}{2}$ cups of flour with the water in which they were boiled. If not enough remaining, add clear water sufficient to make a batter like cake batter, put into this the finely mashed potatoes, and when lukewarm add 1 cake of yeast well soaked in $\frac{1}{2}$ cup of lukewarm water. For 4 loaves use $1\frac{1}{2}$ cakes. Do this after dinner and let rise. Use 1 coffee cupful for a loaf of bread.

Bread.—For 2 loaves of bread use $1\frac{1}{2}$ qts. of flour, 2 teaspoonfuls of granulated sugar, 2 teaspoonfuls of lard, 2 teaspoonfuls of salt; sift flour and salt together, mix or rub the sugar and lard into this as for pie crust. Stir to a thick batter with

milk previously scalded and allow to become lukewarm. Part water may be used, or all water. Add the yeast prepared as above.

MRS. WM. WAGNER.

BREAD.

To 1 qt. of new milk scalded, add 1 tablespoonful of butter and 1 of sugar and a good pinch of salt. Cool a little and stir in enough flour to make a thick batter, and beat $\frac{1}{2}$ hour. Add 1 compressed yeast cake, dissolved, and let rise over night. In the morning knead, form into loaves and let rise again, and when ready for the oven wet each loaf on top with cold water. Bake in a moderate oven $\frac{1}{2}$ hour.

MRS. WILL STIMSON.

BREAD.

One cake of compressed yeast to every pt. of wetting. Wetting— $\frac{1}{2}$ new milk and $\frac{1}{2}$ water 75° to 80° when mixed. Pour enough cold water over the yeast to dissolve it. Mix stiff, using Pillsbury flour, the wetting of milk and water and the dissolved yeast. Add, during the kneading, a level teaspoonful of salt. Knead till perfectly smooth—it will take at least $\frac{1}{2}$ hour. Put in a greased bowl, rub the top over with melted butter and keep at a temperature of 75° for 3 hours. Make into loaves and rub over with melted butter. Let the loaves rise for 1 hour and then bake 1 hour. Fine rolls may be made by adding a little butter and a very little sugar to some of this dough; $1\frac{1}{2}$ hours before the rolls are wanted the dough should be rolled out about $\frac{1}{4}$ of an inch thick, cut out with a cake cutter, rubbed over with melted butter and folded over. They should be allowed 1 hour for rising and should be baked in a quick oven for 20 minutes.

MRS. DEMMON.

BREAD.

Sift 3 qts. of flour into a pan, take out 3 tablespoonfuls of this flour, and scald it with boiling water. Cool this paste with 3 tablespoonfuls of new milk, and a little cold water; then add 1 egg, 1 tablespoonful of sugar, and 1 of salt. Make an opening in center of your pan of flour, pour in the above mixture, with a cupful of well risen yeast, add enough water to make a moderately stiff dough, and knead it well. The water should be blood warm in winter and cold in summer. Put your bread to rise in a bucket with a close fitting lid. There are 3 good tests by which to find if the bread be sufficiently light: 1. It should be twice its original size. 2. It should feel like a lightly stuffed cotton cushion. 3. When touched on one side, it should shake through

the whole mass. Now, mould your loaves, or rolls, let them rise as before, with the 3 tests. Wet them over with cold water, and bake immediately. Bake slowly.

MRS. ALICE TAFT.

GOOD BREAD.

Set a thick sponge at night with warm water, not milk, using 1 yeast cake for 3 loaves; beat the sponge thoroughly. In the morning take 2 tablespoonfuls of white sugar dissolved in $\frac{1}{2}$ cup of melted butter, 1 tablespoonful salt and flour enough to make a soft dough. Mould vigorously. Let it rise until very light, mould again. Let it rise again, less time. Make in loaves; rub each one with melted butter and bake in a good oven. Bread made in this way is deliciously light and tender.

MRS. N. REEVES.

WORLD'S FAIR BREAD.

One cake of compressed yeast (Fleischman's) dissolved in 4 tablespoonfuls of warm water, $\frac{1}{2}$ pt. of water and $\frac{1}{2}$ pt. of milk, both lukewarm. Into this stir the yeast with 1 teaspoonful salt. Stir in sifted flour, until the dough will not stick to the bowl, knead about 5 minutes, till it will not stick to the board, put in a warm (75°) place for 3 hours. Put in pans to rise 1 hour. Makes 2 loaves.

MISS MARY HIMES.

SALT RISING BREAD.

In a pitcher or bowl put 1 pt. of lukewarm water, $\frac{1}{4}$ teaspoonful of salt, $\frac{1}{2}$ teaspoonful white sugar, and 1 heaping tablespoonful of white meal. Add enough sifted flour to make a stiff batter. Beat well 3 minutes. Set it to rise in a covered kettle of warm water and keep it at even temperature. After two hours stir in 2 tablespoonfuls of flour. Let it rise until very light. Sift a heaping teaspoonful of salt with 2 or 3 qts. of flour and put in pan so as to leave a large cavity in the center, and put in a tablespoonful of sweet lard and butter. Pour over this $1\frac{1}{2}$ pts. of lukewarm water, and add the rising. Mix and work into loaves. Rub butter over each loaf. Put in long, deep tins, and when it rises to the top of tins bake $\frac{3}{4}$ -1 hour in a moderate oven. Let it cool uncovered. This will make nice moist bread.

MRS. N. REEVES.

QUICK BUTTERMILK BREAD.

One pt. of buttermilk, $1\frac{1}{2}$ teaspoonfuls of soda, $\frac{1}{2}$ cupful of shortening, 1 teaspoonful of white sugar, a little salt, flour to make a medium dough. Bake at once.

LIME WATER IN BREAD.

Use lime water in making bread. It has been found that lime water produces the same whiteness, softness and capacity for retaining moisture, as results from the use of alum, while it removes all acidity from the dough. One cupful of air-slacked lime in 1 qt. of cold water will answer as a solution. Use 1 tablespoonful for each loaf of bread.

BROWN BREAD.

Half cup corn meal, scalded; 1 small teaspoonful of salt, 1 small cup molasses, 3 cups graham, heaping, $1\frac{1}{2}$ cups sour milk, 1 heaping teaspoon of soda. Mix salt, corn meal and boiling water enough to scald the meal, then molasses, milk, soda and graham. Steam or bake 2 hours. MRS. KINYON.

BROWN BREAD.

Two teacups graham flour, 1 teacup sour milk, $\frac{1}{2}$ teacup brown sugar, $\frac{1}{4}$ teacup molasses, 1 teaspoonful soda, 1 teaspoonful salt. Steam $1\frac{1}{2}$ hours. MRS. W. E. CALDWELL.

BROWN BREAD.

One cup of molasses, 1 cup of sour milk, 1 teaspoonful of soda, dissolved in a little hot water, 1 teaspoonful of salt. The above to be whipped with an egg beater for a few minutes, then add 1 cup of graham flour, 1 cup of corn meal, 1 cup sifted flour. Put in baking powder cans and steam 2 hours, and then put in oven 10 minutes. MRS. MORTIMER E. COOLEY.

NEW ENGLAND BROWN BREAD.

One qt. each of Indian and rye meal, 3 pts. of milk, 2 teaspoonfuls soda, 2 teaspoonfuls of salt, $\frac{3}{4}$ cup of molasses. Steam 5 hours, then set in a hot oven long enough to brown the crust well. MRS. LEBARON, Pontiac.

STEAMED BROWN BREAD.

One cup molasses, 1 cup sour milk, $1\frac{1}{2}$ teaspoonfuls of soda mixed in the sour milk, $1\frac{1}{2}$ cups Indian meal, $1\frac{1}{2}$ cups rye meal, 1 teaspoonful salt, $\frac{1}{2}$ cup sweet milk. After it is thoroughly mixed put in steamer and cook from 3 to 4 hours.

MRS. JAMES B. ANGELL.

GRAHAM BREAD.

One qt. buttermilk, 1 tablespoonful soda, $\frac{2}{3}$ cup molasses, 2 eggs, 5 large cups graham flour. Steam $1\frac{3}{4}$ hours and brown slightly in oven. This makes 2 large loaves. ELLA SPENCER.

PRISON MISSION BROWN BREAD.

One pt. sour milk, 1 cup corn meal, 1 cup graham flour, 1 cup white flour, 1 teaspoonful salt, 1 teaspoonful soda, $\frac{1}{2}$ cup molasses. Steam 2 hours and bake 1 hour in a 2-qt. basin.

This recipe was given me by the wife of our United States Prison Missionary, Rev. W. D. A. Matthews, Onarga, Ill., who is doing so much for the welfare of prisoners.

MRS. J. B. WHEELER, Peoria, Ill.

PRUNE BROWN BREAD.

One cup sweet milk, 1 cup cold water, $\frac{2}{3}$ cup New Orleans molasses, $1\frac{3}{4}$ cups graham flour, $1\frac{3}{4}$ cups corn meal, 1 teaspoonful salt, 1 teaspoonful (a little heaping) soda. When a batter is made of these ingredients stir into it the meats of 18 prunes shaved from the stones. Put a paper into the bottom of a basin, grease sides of basin and top of paper. Put in the batter and steam 3 hours, then put into a moderate oven for 20 minutes. Remove from oven and let stand for 5 minutes, then turn on a plate and remove paper. MRS. GEO. B. W. WIGGINS.

BOSTON BROWN BREAD.

Two cups corn meal, 1 cup flour, or 1 cup each of rye, corn and wheat flour, 1 cup molasses, 1 pt. boiling water or sour milk, 1 teaspoonful salt, 2 teaspoonfuls soda. Mix meal, flour, salt and molasses together. Add water or sour milk in which has been dissolved the soda. The batter should be rather thin to make the bread light. Steam in a covered tin about 3 hours.

FRANCES M. H. DAVIS.

BAKED BROWN BREAD.

One cup sour milk, 1 cup sweet milk, 1 cup of molasses, 1 cup corn meal, 2 cups graham flour, $\frac{1}{2}$ cup white flour, 1 egg, 1 teaspoonful soda, 1 teaspoonful salt. This makes an ordinary sized loaf and will require about 1 hour for baking.

MRS. S. M. SPENCE.

BOSTON BROWN BREAD.

One cup of water, 1 cup of sour milk, 1 cup molasses, 2 cups of graham flour, 2 cups corn meal, 1 cup wheat flour, 1 cup of stoned rasins, 2 teaspoons soda. Steam 3 hours.

MRS. ELLEN WOOD.

BOSTON BROWN BREAD.

Beat together thoroughly 2 cups New Orleans molasses, 2 cups sweet milk, 1 cup sour milk. Add to this 1 heaping cup each of corn meal, rye, and graham flour, 1 teaspoon salt, and 1 dessertspoon soda, thoroughly mixed together and sifted. Pour into a well buttered tin mould or pail with a tight fitting lid (the mixture should fill the mould about three-fourths full), place in a kettle of *cold* water and boil 4 hours. See that the water does not boil up to the top of the mould; also take care that it does not stop boiling, or boil entirely away. To serve, remove the lid of the mould and set it a few minutes in the oven to dry the top; it will then turn out in perfect shape.

FLORA B. STURGEON.

BOSTON BROWN BREAD.

Two measures of corn meal, 2 measures of rye, 2 even teaspoonfuls of soda, mashed fine and put in the flour, 2 teaspoons of salt. Mix all together. Add 1 cup of New Orleans molasses and 3 cups of sour milk. Add last, in layers, a small cup of seeded raisins. Steam the loaf in a mould from 6 to 9 hours, being sure not to let the water stop boiling.

MRS. DEMMON.

BROWN BREAD OF SOUR MILK.

Two cups of sour milk, $\frac{1}{2}$ cup sugar, 1 teaspoonful soda, 1 cup of wheat flour, 2 cups of graham flour. Steam $1\frac{1}{2}$ hours and bake $\frac{1}{2}$ hour. Add more flour if needed. The batter should be quite stiff.

MRS. CHARLES HURD.

GRAHAM BREAD.

Two cups sour milk, $\frac{3}{4}$ cup of brown sugar, $\frac{3}{4}$ cup white flour, $\frac{1}{4}$ cup molasses, salt to taste, 1 teaspoon soda dissolved in the molasses, graham flour sufficient to make a stiff batter. Bake slowly. A little corn meal in the batter is good if one is fond of it.

MISS SARAH WRIGHT.

RAISED GRAHAM BREAD.

Three cups bread sponge, $\frac{1}{2}$ cup molasses, 1 teaspoonful soda. Stir in graham flour to make a stiff batter, and let rise and bake.

MISS CLARA MILLER.

GRAHAM BREAD.

Two cups sour milk—quite sour, $\frac{3}{4}$ cup of sugar, $\frac{1}{2}$ teaspoon salt, 2 teaspoonfuls soda, $2\frac{2}{3}$ cups graham flour. Bake slowly about 1 hour.

AMELIA M. BREED.

GRAHAM BREAD.

One cup cream, $\frac{1}{2}$ cup of milk, 1 egg, pinch of salt, 2 teaspoonfuls of baking powder, 4 tablespoonsful of sugar, white and graham flour to make a batter that will just drop from spoon, more graham than white flour.

MRS. VICTORIA MORRIS.

SCOTCH BREAD.

Two lbs. of flour well dried and sifted. Mix with 1 lb. of powdered sugar, 3 oz. of candied citron and orange peel cut into small dice and $\frac{1}{2}$ lb. of caraway comfits. Put $\frac{1}{2}$ lb. of butter into sauce pan over hot water, and when melted mix it with the flour. Make it into a nice paste, roll it out about $\frac{1}{2}$ inch thick, cut it into cakes, prick them around the edge and on the surface and bake slowly $\frac{1}{2}$ hour.

MARGARET M. STIVERS.

ENTIRE WHEAT BREAD.

Three cups of entire wheat flour, 2 cups of milk, 2 teaspoonfuls sugar, 1 teaspoonful salt, 4 teaspoonfuls of baking powder.

MRS. CUTTING.

MRS. HAZEN'S JOHNNY CAKE.

One egg, 1 cup of buttermilk or sour milk, 1 tablespoonful of shortening, 1 level teaspoonful of soda, 1 saltspoon of salt, 2 cups of corn meal, 1 cup of flour, $\frac{1}{2}$ cup of sugar. Bake 20 minutes to $\frac{1}{2}$ hour.

MRS. DURAND.

JOHNNY CAKE.

Two cups flour, 1 cup corn meal, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, 3 eggs, $\frac{1}{2}$ cup sweet milk, 3 teaspoonfuls baking powder.

MRS. BEGLE.

HOE CAKE.

Moisten *fresh* Indian meal with cold water and add a little salt, knead your dough well to make it light. Bake on a griddle over a moderate fire, turning it often till well browned on both sides.

MRS. ALICE TAFT.

PONE.

One teacup of cooked hominy, the smaller sized hominy, While it is hot stir in 1 tablespoon of melted butter, and 2 eggs beaten very light, stir in $\frac{1}{2}$ pt. of sweet milk very gradually, then yellow corn meal enough to make a batter as thick as boiled custard. Add $1\frac{1}{2}$ teaspoons of baking powder, and less than teaspoon of salt. Bake in a hot oven $\frac{3}{4}$ of an hour in a pudding dish.

MRS. R. C. DAVIS.

INDIAN STEAMED BREAD.

One pt. sweet milk, 1 teaspoon soda, 3 cups meal, 1 cup flour, 2 eggs. Steam 2 hours, bake 20 minutes after steaming.

SARAH M. WOOD.

STEAMED CORN BREAD.

Three teacups corn meal, 1 flour, 2 cups sweet milk, 1 cup sour milk, 2 tablespoons brown sugar, 1 teaspoon soda. Steam 2 hours. Bake $\frac{1}{2}$ hour.

MRS. M. L. WHITE.

VIRGINIA CORN BREAD.

One pt. hot corn meal mush, 1 tablespoonful melted butter or lard, 2 eggs beaten separately, 1 cup of raw oysters (drained). Add sweet milk, enough to make it like cake batter, put in buttered pudding dish and bake from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. Serve in the dish. (Delicious).

MRS. S. A. NILES.

CORN BREAD.

One egg well beaten, 2 cups of sour milk, 1 even teaspoonful soda, corn meal enough to make a thick batter, and to this add 2 tablespoons of melted lard. Bake in a hot oven.

MRS. J. BREID.

CORN BREAD.

One and a half cups flour, $\frac{1}{2}$ cup meal, 1 cup milk, 1 egg, 2 teaspoons baking powder, salt. Beat the egg, add the milk and salt, then stir sifted flour, meal and baking powder. Bake from 20 minutes to $\frac{1}{2}$ hour.

JULIA POMEROY WILGUS.

-CORN BREAD.

Two cups of Indian, 1 cup wheat,
 One cup sour milk, 1 cup sweet,
 One good egg that well you beat;
 Half a cup molasses, too,
 Half cup sugar add thereto;
 With 1 spoon of butter new,
 Salt and soda each a spoon;
 Then you'll have corn bread complete,
 Best of all corn breads you meet.
 It will make your boy's eyes shine,
 If he's like that boy of mine.
 If you have a dozen boys
 To increase your household joys,
 Double then this rule I should,
 And you'll have two corn cakes good.
 When you've nothing nice for tea,
 This the very thing will be.
 All the men that I have seen
 Say it is of all cakes queen—
 Good enough for any king,
 That a husband home can bring.
 Warming up the human stove,
 Cheering up the hearts you love.
 And only Tyndall can explain
 The link between corn bread and brain.
 Get a husband what he likes,
 And save a hundred household strikes.—*Selected.*

MRS. D. F. SCHAIRER.

CORN CAKE.

One egg, $\frac{1}{2}$ cup sugar, butter size of an egg, 1 cup sweet milk, a pinch of salt, 1 cup of corn meal, 1 cup of flour, 3 teaspoonfuls of baking powder. Bake $\frac{1}{2}$ hour.—MRS. CUTTING.

CORN BUNS.

Half cup sugar (small), $\frac{1}{2}$ cup butter (small), 1 cup milk, 2 cups corn meal, $\frac{2}{3}$ cup flour, 2 eggs, 1 teaspoon baking powder.

MRS. MECHEM.

CORN DODGERS.

One pt. corn meal, 1 pt. sour milk, 2 eggs, 2 tablespoons flour, 1 teaspoon salt, 1 teaspoon soda (or more). Make batter thicker than pancakes, and fry small in hot lard (not deep lard) in spider.

MRS. GEORGE W. HILL, Detroit.

CORN BREAD.

One pt. of wheat flour, 1 pt. of corn meal, 2 eggs, 2 tablespoons of sugar, 2 of melted butter, 1 teaspoon of soda and 2 of cream tartar. Mix with sweet milk, making it as thick as common sugar cake. Bake in a quick oven. Very good.

MRS. J. P., Fishkill on the Hudson.

RICE CORN BREAD.

One pt. corn meal, scant; 1 even tablespoon of flour, 1 pt. of milk, 2 eggs, two teaspoons of baking powder, $\frac{1}{2}$ cup of boiled rice, pinch of salt. Beat eggs thoroughly, add rice, flour, meal and milk and beat "like mad." Add baking powder last. If you do not have the rice use a little more meal. If a little more rice is preferred, use a little more milk.

MRS. A. L. MAHIN, Muscatine, Iowa.

CORN FRITTERS.

Cut corn from 6 ears or use 1 can corn, 3 eggs, 1 teaspoon melted butter, 3 tablespoons sweet milk, pinch of salt and pepper, flour to make thin batter. Fry in spider with hot lard.

MRS. E. M. SPENCER.

CORN BREAD—EXTRA.

One and $\frac{1}{2}$ cups corn meal, $\frac{1}{2}$ cup flour, $\frac{2}{3}$ cup milk, 1 egg, salt, large tablespoon butter, 3 level teaspoons baking powder. Spread quite thin, bake 20 minutes.

CORN BREAD.

One cup of molasses, $1\frac{1}{2}$ cups of sour cream, 2 teaspoons of soda, 1 teaspoon of salt, 2 cups of corn meal, 2 cups of flour. Steam 3 hours. Do not raise the cover or let the water stop boiling. This is just right for a 2-qt. basin.

MRS. B. M. CRAVATH.

JOHNNY CAKE.

One cup of flour, 1 cup of corn meal. Mix with 2 table-spoonfuls of baking powder. Mix with this butter the size of a walnut, 1 egg, $\frac{1}{2}$ teaspoon of salt, 2 dessertspoons of sugar, 1 cup of sweet milk.

MRS. B. M. CRAVATH.

KENTUCKY CORN DOGERS.

One pt. sifted meal, 1 large tablespoonful lard, $\frac{1}{2}$ pt. cold water, 1 pinch salt. Heat the griddle. This is better than a tin, as it will not scorch on the bottom. Mix the ingredients well. Shape the dough into balls, a little larger than an egg. Drop them on a griddle and bake in the oven until brown on the bottom; change and brown the top. Serve hot with plenty of butter. Delicious. Instead of lard, $\frac{1}{2}$ cupful of cracknels rubbed fine may be substituted and the cakes called cracknel dogers.

CORN CAKE CRUSTS.

Mix $\frac{1}{4}$ teaspoon of salt with 1 cup of corn meal. Add boiling water to merely wet and swell the meal. Thin with milk to a thick batter that will not spread when dropped. Stir in 1 teaspoon of baking powder. Spread the dough in 1 large cake on a well buttered griddle. When browned underneath, turn the cake over, having first put a bit of butter on the top to make fresh greasing for that surface. Peel off the thin crust, lay it on a plate and spread with butter. When another brown crust has formed beneath, turn the cake over again, remove and butter that crust and repeat the process until only a thin crust remains. Put the crusts together and serve in sections. MARGARET M. STIVERS.

HOE CAKES.

Make a batter of water and corn meal. Salt slightly and bake in cakes $\frac{1}{2}$ inch thick on a well buttered griddle. Cook slowly, first one side and then the other. A favorite Southern dish. Mixed with sweet milk and the addition of an egg, they will be found very nice.

PARKER HOUSE ROLLS.

Scald and let cool a little more than 1 pt. of milk (sweet), 2 tablespoons of butter rubbed into 2 qts. of flour, 1 tablespoon of sugar put into the milk. Make hole in center of flour, pour

in yeast (1 compressed yeast cake dissolved in $\frac{1}{2}$ cup of water, or $\frac{1}{2}$ cup of home made yeast), stir very little, cover with the flour and let rise; then knead 20 minutes; let rise a second time; when light cut out, rub with butter on sides and top, then fold over, let rise and when light bake 20 minutes.

MRS. H. SOULE.

TEA ROLLS.

One qt. of flour, 2 eggs, 1 tablespoonful butter melted, 2 tablespoonfuls of yeast, enough milk to work into a soft dough, 1 saltspoonful of salt, 1 teaspoonful of white sugar. Rub the butter into the sifted flour, beat the eggs well with a cup of milk and work into the flour, adding more milk if necessary to make the dough of right consistency. Stir the sugar into the yeast and work this into the dough with a wooden spoon until all the ingredients are thoroughly incorporated. Do not knead it with the hands. Set it to rise in a moderately warm place until very light. Make into rolls lightly and quickly, handling as little as possible. Set these in rows in your baking pan just close enough together to touch. Throw a cloth lightly over them and set on the hearth for a second rising until they begin to "plump" which should be in about 15 minutes. Bake $\frac{1}{2}$ hour in a steady oven. They are best eaten hot.

MRS. WAPLES.

FRUIT ROLLS.

Two cups sifted flour, 2 slightly rounded teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 1 rounded tablespoon sugar, sift these together; add $1\frac{1}{2}$ rounded tablespoons butter, rub thoroughly through the flour; beat 1 egg, add $\frac{1}{2}$ cup of milk, add this to dry material and stir to smooth dough. Quickly and lightly turn on to flour board, roll out into sheet about $\frac{1}{4}$ inch thick, spread with 2 tablespoons of butter which has been creamed, sprinkle with 2 tablespoons granulated sugar which has been mixed with 1 teaspoon of cinnamon, sprinkle with $\frac{3}{4}$ cup of dried currants, roll into a long thin roll and with a *sharp* knife cut into slices $\frac{1}{2}$ or $\frac{3}{4}$ inch thick. Bake in quick oven for about 15 minutes.

MRS. HERBERT E. SARGENT.

QUICK ROLLS.

Sift 1 pint flour, $\frac{1}{2}$ teaspoonful salt and 1 teaspoonful each of sugar and baking powder together, rub $\frac{1}{2}$ tablespoonful each of butter and lard into it. Mix with 1 cup of milk, stirring

quickly with a spoon. Roll out, spread with soft butter and roll up. Cut the roll into slices $\frac{3}{4}$ of an inch thick and set on end in a buttered baking pan, having them a little way apart. Bake in a quick oven.

MRS. J. H. PRENTISS.

ROLLS.

Pint of bread dough when ready for pans add $\frac{1}{2}$ cup butter, 2 tablespoons sugar. Mix and let rise. Roll out and spread with butter. Cut out with cake cutter and fold. Let rise again and bake in quick oven.

BREAKFAST BREAD ROLLS.

Take light bread dough, enough for one loaf, add sugar and shortening the same as for rusks, roll quite thin, sprinkle with cinnamon, sugar and dried currants, roll and place in round covered bread pans, allow it to rise and bake the same as bread.

MRS. JOHN RICE MINER.

POCKETBOOK ROLLS.

Take well raised dough and knead it thoroughly, letting it rise a second time, then knead in a piece of butter the size of a walnut, roll thin and cut in rounds, spreading on each piece melted butter; fold these pieces over, pinching together at the edge to hold them, and let them rise until quite light. Then bake quickly.

MRS. CHICKERING.

CINNAMON ROLLS.

Pint bowl of bread dough when ready for pans, $\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ cup lard, 1 egg. Knead well and roll out about $\frac{1}{2}$ or $\frac{3}{4}$ inches thick. Spread thin with soft lard or butter and sprinkle with cinnamon and sugar. Roll up and cut $1\frac{1}{2}$ inches thick and set in pans to rise with outside up.

MISS P. A. NOBLE.

BAKING POWDER ROLLS.

One qt, flour, 3 teaspoonfuls baking powder, 1 scant teaspoonful salt, 1 large tablespoonful lard, milk enough to moisten. Mix flour, baking powder, and salt together, rub in the lard, and mix with milk into a dough that can be handled. Roll it thin, cut into rounds the size of a small saucer, spread with softened butter, fold over and press the edges together. Put them some distance apart in a baking pan. Let them rise $\frac{1}{2}$ hour. Brush over with milk and sugar and bake in a hot oven.

MRS. W. H. PETTEE.

SALLY LUNN.

Warm $\frac{1}{2}$ cup of butter in 1 pint of milk; add 1 teaspoonful of salt, 1 tablespoonful of sugar, and 7 cupfuls of sifted flour; beat thoroughly and when the mixture is blood warm, add 4 beaten eggs, and last of all $\frac{1}{2}$ cup of good lively yeast or $\frac{1}{2}$ cake of compressed yeast. Beat hard until the batter breaks in blisters. Set it to rise. In the morning dissolve a teaspoonful of soda. Stir it into the batter and turn it into a well buttered, shallow dish to rise again about 15 or 20 minutes. Bake about 20 minutes, until a light brown. They should be torn apart, not cut. These are often seen on Southern tables.

MRS. R. WAPLES.

RUSK.

One pt. warm milk, $\frac{1}{2}$ cup of yeast or $\frac{1}{2}$ cake of dried yeast. Mix sufficient flour to make a thick sponge; when light work in 1 cup of sugar, 2 heaping tablespoonfuls of butter, 2 or 3 well beaten eggs, $\frac{1}{2}$ teaspoon salt; add flour sufficient to mould. Let rise until light, and then make into small balls. Arrange closely in a buttered tin, let rise again, then brush over with sweetened milk and bake.

MRS. E. B. BROOMHALL.

PARKER HOUSE ROLLS.

One teacup home-made yeast, a little salt, 1 tablespoon sugar, a piece of lard size of an egg, 1 pt. milk, flour sufficient to mix. Put the milk on the stove to scald, with the lard in it. Prepare the flour with salt, sugar and yeast. Then add the milk, not too hot. Knead thoroughly when mixed at night; in the morning but very light kneading is necessary. Then roll out and cut with large biscuit cutter. Spread a little butter on each roll and lap together. Let them rise very light, then bake in a quick oven.

FRIED ROLLS.

Scald 1 cup of milk and pour it into a bowl containing 1 heaped tablespoon butter, 2 level tablespoons sugar, and $\frac{1}{4}$ teaspoon salt. When the milk is lukewarm, add $\frac{1}{2}$ yeast cake, which has been dissolved in $\frac{1}{4}$ cup lukewarm water, and then stir in enough flour to make a drop batter. Beat the white of 1 egg until it is stiff, stir it into the batter, and when well mixed, add enough more flour to make a stiff dough, and knead on the board until it is smooth and elastic. Cover closely and let it rise

in a warm place until it is light, then cut it down, take out pieces of the dough as large as an egg, shape first into balls and then into long thin finger rolls. Place them some distance apart, let them rise until very light, then drop them into a kettle of hot fat and cook until brown. They are best when freshly fried and warm. Shape the remainder of the dough into rolls, place in a buttered pan, let them rise until very light, and bake in a quick oven.

MARGARET M. STIVERS.

SCOTCH SODA SCONES.

One lb. flour, $\frac{3}{4}$ teaspoon cream of tartar, $\frac{3}{4}$ teaspoon soda, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ pt. buttermilk. Rub all the lumps out of the soda, mix dry ingredients first. Add enough buttermilk to make a light dough, turn out on a floured board and quickly knead till smooth. Press out to a round cake, divide it crosswise in 4, place the scones on a floured griddle and cook for 10 minutes, turn them and cook the other side for 10 minutes. They should be pressed to a $\frac{1}{4}$ inch thick, and will rise to be more than an inch. The scones can be *rolled* thinner if required. An ounce of butter makes the scones shorter.

MRS. R. M. WENLEY.

SCOTCH SHORTBREAD.

Two lbs. of flour, 1 lb. of butter, $\frac{1}{4}$ lb. of sugar. Work the butter to a cream, add the sugar and stir in the flour, work them well together. Cut and roll out about an inch thick, nick round the edges and prick with a fork. Bake in a moderate oven on paper for $\frac{1}{2}$ hour.

MRS. R. M. WENLEY.

COFFEE-BREAD.

One cake of compressed yeast soaked in $\frac{1}{3}$ cup of tepid milk. Sift and weigh two lbs. of flour. Early in the morning make a small hole in the flour and put in it the milk and yeast, stirred into a batter. Let this stand until light, from 1 to 3 hours. Then take $\frac{1}{2}$ lb. of washed butter, 1 small teacup of sugar, 1 small teacup of milk, the grated rind of a lemon, and 7 eggs. Put this in the bowl with the flour and yeast, and stir until thoroughly mixed. Set aside to rise. Separate into 2 parts, each of these into 3 parts, pull these into long rolls and braid. Put into 2 buttered pans and let rise. When ready to put into the oven brush over with milk and egg (stirred together) and sift sugar on top.

MRS. ROMINGER.

DROP BISCUIT.

One pt. flour, butter, or lard, the size of an egg, $1\frac{1}{2}$ teaspoonfuls baking powder, water enough for a stiff batter. Heat a buttered pan hot. Drop the batter in spoonfuls and bake.

A. E. REEVES.

DROP BISCUIT.

Two cups flour, 2 teaspoonfuls baking powder, butter size of a walnut, little salt, 1 cup of milk. Stir in gradually, have thick enough to drop in pieces from the spoon.

MRS. BACH.

BAKING POWDER AND SODA BISCUIT.

Four cupfuls sifted flour, $\frac{1}{2}$ cupful butter or lard, 1 pt. sweet milk, or water, 1 teaspoonful soda, 2 teaspoonfuls of baking powder. Sift the flour, baking powder and soda together, add 1 teaspoonful of salt and rub in the shortening. Make into a soft dough with the milk, or water. Roll out; cut with small biscuit cutter and bake.

SODA BISCUIT.

One pt. buttermilk, or sour milk, 1 teaspoonful of soda, $\frac{1}{2}$ cupful of butter, or lard, flour to mix a soft dough. Cut rather thin. If a pint of sour cream be used instead of milk, no shortening will be required.

CREAM BISCUIT.

Take $1\frac{1}{2}$ qts. flour, add to it 1 teaspoonful soda and 1 of salt. Put it in a pan and pour into the middle $\frac{1}{2}$ pt. of sour cream. Knead the dough well, with sweet milk enough to make it moderately stiff. Roll out and cut with a ring. Bake in a quick oven, and do not allow them to remain until hard.

MRS. ALICE TAFT.

CREAM BAKING-POWDER BISCUIT.

Sift together, 3 times, 1 qt. flour, 2 teaspoonfuls baking powder, 1 level teaspoonful salt. Mix to a *soft* dough with sweet cream. Cut out with a small cutter and bake in a quick oven.

MISS KITTIE ROSEWARNE.

SWEET POTATO BISCUIT.

To $\frac{1}{2}$ lb. potatoes, boiled, mashed and strained through a colander, add 1 tablespoonful of butter, 1 teaspoonful of salt, and 1 qt. of flour. Wet these up with as much milk as will

make a pliable dough, that will be easily rolled out on a board. When rolled, cut your biscuit with a cutter, and bake them in a quick oven.

MRS. ALICE TAFT.

TAFFY BISCUIT.

One qt. of flour, 1 rounding tablespoon butter, 3 rounding teaspoons baking powder, 1 level teaspoon salt, a little less than a pt. of milk. Handle little, soft dough, quick fire. Roll the dough thin and spread with the following: $\frac{1}{4}$ cup butter, $\frac{3}{4}$ cup brown sugar. Roll like jelly cake. Cut in inch slices and bake.

MRS. JUNIUS E. BEAL.

MARMALADE TOAST.

Beat 1 egg in a shallow dish, add 1 teaspoon of sugar, a pinch of salt and 1 cup of milk. Soak 6 slices of stale bread in the custard, drain them and brown on each side on a well-buttered griddle. Spread them with orange marmalade and pile lightly on a dish, serve immediately.

MARGARET M. STIVERS.

BREAD STICKS.

Take a pint of very light bread dough, work into it the whites of two eggs and flour enough to make the same consistency as before, cover and set aside until very light. Cut off small pieces, roll out about six inches long and the thickness of a lead pencil. Lay them on a baking sheet, brush over with milk and water and bake in a quick oven for ten minutes.

MRS. CHARLES HURD.

WHEAT MUFFINS.

One cup of flour, 1 heaping teaspoonful of baking powder, thoroughly mixed with flour, $\frac{1}{2}$ cup of water beaten thoroughly with egg, 1 tablespoon of melted butter. Mix the butter with flour and baking powder; then put in egg and water; beat thoroughly; bake 20 minutes in hot oven. Have gem tins hot when put in.

RUTH M. DIETZ.

BLUEBERRY MUFFINS.

Cream one level tablespoon of butter and $\frac{1}{3}$ cup of sugar together, add 1 egg, a scant $\frac{1}{2}$ cup of milk, 1 cup of flour and two tablespoons more measured level, a pinch of salt and 2 level teaspoons of baking powder. Mix well and then stir in carefully 1 cup of blueberries.

WHOLE WHEAT MUFFINS.

Beat 1 egg, add $1\frac{1}{2}$ cups of milk. Sift $\frac{1}{2}$ level teaspoon of salt, 2 level teaspoons of sugar, $1\frac{1}{2}$ cups of whole wheat flour and 2 level teaspoons of baking powder together. Beat and turn into hot greased muffin tins. Bake about 25 minutes.

LIGHT CORN MUFFIN.

Mix $1\frac{1}{2}$ cups of corn meal, 1 cup of flour, 1 tablespoon of sugar and 3 level teaspoons of baking powder. Stir in 1 cup of milk, 1 beaten egg, 1 tablespoon of melted butter and $\frac{1}{2}$ level teaspoon of salt. Beat long and hard with strokes across the bowl and bake in hot greased gem pans.

MUFFINS.

Small $\frac{1}{2}$ teacup of butter, 1 tablespoon of sugar, mix this light, a little salt, 1 teacup full of milk, 2 eggs very light, 2 big cups of flour, 2 heaping teaspoonfuls of Royal baking powder, put in the last thing before baking. Hot oven.

MRS. WARREN FLORER.

BREAKFAST MUFFINS.

Three and $\frac{1}{2}$ cups of flour sifted with 2 rounding teaspoonfuls of baking powder, $\frac{1}{2}$ teaspoonful of salt, $1\frac{3}{4}$ cups of sweet milk, 1 egg, 3 tablespoonfuls of sugar, 3 tablespoonfuls of melted butter. Mix baking powder with flour, beat the egg and other ingredients together, pour it over the flour, beat hard and bake 20 minutes.

MRS. JOHN E. TRAVIS.

RICE MUFFINS.

One cup of boiled rice, 1 cup of sweet milk, 2 eggs, 5 tablespoonfuls of melted butter, 1 teaspoonful of sugar, pinch of salt, 2 teaspoonfuls of baking powder and flour to make a soft batter which will drop from the spoon. Stir well and bake in gem tins.

MRS. JENNIE RAMSEY, Belvidere, Ill.

FRIED RYE MUFFINS.

One and $\frac{1}{2}$ cups rye meal, $1\frac{1}{2}$ cups flour, 1 cup milk, 2 eggs, 1 teaspoon soda, 2 teaspoons cream of tartar, 2 generous table-spoons of sugar, $\frac{1}{2}$ teaspoon salt. Put meal in large bowl; put flour, cream of tartar, soda, sugar and salt into sieve and rub them

through into the meal. Beat the eggs well, add the milk to them and stir into the dry ingredients. Dip a tablespoon into cold milk, fill it with batter and drop this into boiling fat. Cook 10 minutes.

MRS. R. C. DAVIS.

CORN MEAL MUFFINS.

Soak 1 cup of corn meal in 1 cup of sweet milk, 1 hour. Add $\frac{1}{2}$ cup granulated sugar, 2 tablespoonfuls of melted butter, a little salt, 2 eggs, well beaten, and 1 cup of white flour with 2 rounding teaspoonfuls of baking powder, sifted in the flour. This will make 15 muffins. The same recipe may be used for whole wheat flour.

MRS. ROWLAND.

CORN MEAL MUFFINS.

Two cups of corn meal, 1 cup of white flour, 2 cups of buttermilk, 2 tablespoons of sour cream (sour milk and melted butter can be used, or sweet milk and butter and baking powder, 2 rounding teaspoonfuls, instead of soda), a *little* more than 2 level teaspoonfuls of soda, 2 eggs. Put all together and beat vigorously. Pour into hot muffin rings. Bake in a hot oven.

FRANCES LENNOX POWELL.

CORN MUFFINS.

Half cup flour, $\frac{1}{2}$ cup corn meal, 1 teaspoon baking powder, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon sugar. Sift these together, then add 1 beaten egg and a little milk. Bake $\frac{1}{2}$ hour in buttered muffin tins.

MRS. S. D. ALLEN.

BINAH MUFFINS.

Six eggs, 1 qt. of sweet milk, 1 light qt. of flour, 1 table-spoonful of butter, a little salt; beat the butter to a cream; as you break your eggs drop the yolk of each into the butter, beating it until very light. Then add in small portions, alternately, the milk and flour and last of all the whites of the eggs, beaten as stiff as possible, and bake immediately.

MRS. ALICE TAFT.

BLUEBERRY PATTIES.

One and $\frac{1}{2}$ cups blueberries, $1\frac{1}{2}$ cups milk, $2\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup sugar, $2\frac{1}{2}$ teaspoonfuls baking powder, a little salt, 2 tablespoonfuls melted butter, 2 eggs beaten well.

MRS. BRADSHAW.

THIRDED BREAD.

One cup white flour, 1 cup rye flour, 1 cup yellow corn meal, 3 tablespoonfuls of sugar, 1 teaspoonful salt, $\frac{1}{2}$ cake compressed yeast dissolved in scant $\frac{1}{2}$ cup water. Mix these ingredients with milk, scalded and cooled till thick enough to be shaped in a loaf. Let the loaf rise till it cracks open. Put into a pan, and when light bake 1 hour.

LONDON CRUMPETS.

Three cups flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoonful sugar, 2 teaspoonfuls baking powder, 1 egg, 1 pt. milk, 1 teaspoonful cinnamon. Sift together flour, salt, sugar and powder; add beaten egg, milk and extract, mix into a firm batter. Heat a well-greased griddle and on it set greased muffin rings. Half fill the rings, bake on both sides, and when done serve hot with cottage cheese.

OATMEAL CROQUETTES.

Warm 1 cup of cooked oatmeal in 1 tablespoonful of milk; add the beaten yolk of 1 egg and 1 saltspoon of salt. When cool shape into small ovals, roll in crumbs, dip in beaten eggs, roll in crumbs again and fry in smoking-hot fat.

GRAHAM BREAD, FOR ONE LOAF OR FOR GEMS.

Two cups of sour milk; add 2 level teaspoonfuls of soda dissolved in $\frac{1}{2}$ teacup of hot water, 1 teaspoon of salt, $\frac{2}{3}$ cup sugar, 4 scant cups of sifted graham flour. This makes 1 loaf. Bake in moderate oven.

RUTH M. DIETZ.

GRAHAM GEMS.

Mix 2 teaspoons baking powder in 1 qt. of graham flour, then mix in small $\frac{1}{2}$ cup of melted butter, moisten with sweet milk or water, till thin enough to drop freely from spoon.

MRS. A. H. HOLMES.

GRAHAM GEMS.

One pt. of sweet milk, 1 egg, a little more than an even teaspoonful each of sugar and salt, graham flour for a batter—not stiff. Beat until creamy. Bake 30 minutes in iron pans, in a hot oven. The lightness of these gems depends entirely on the heating of the oven. The oven should be very hot until they begin to brown, then lower it gradually so they will not burn. Heat the irons before putting in the batter.

MRS. CHARLES HURD.

GRAHAM GEMS.

One cup milk, 1 egg, 2 tablespoonfuls sugar, 1 tablespoon butter, $1\frac{1}{2}$ cups graham flour (or use $\frac{1}{2}$ white flour), $1\frac{1}{2}$ teaspoonfuls baking powder. Drop into hot gem irons and bake 15 or 20 minutes.

MRS. C. K. MCGEE.

GRAHAM GEMS.

One tablespoonful sugar, 2 tablespoonfuls melted butter, 2 eggs, 1 cup milk, $\frac{1}{2}$ nutmeg, grated, 2 cups graham flour, 2 small teaspoonfuls baking powder, a little salt. Bake in a quick oven.

MRS. MORITZ LEVI.

GRAHAM GEMS.

One cup sour milk, pinch of salt, $\frac{1}{2}$ teaspoonful soda, 1 heaping tablespoonful white flour and enough unsifted graham to make a good firm batter. Place tins on the stove and heat *hot* while making the batter. Put in tins and bake on upper grate in hot oven 15 or 20 minutes.

MRS. H. M. WOODS.

CORN MEAL GEMS.

Sift 1 pt. of meal and scald. Thin with cold water. Add 1 tablespoonful lard or butter, $\frac{1}{2}$ teaspoonful salt, 2 eggs, beaten separately. Add, last of all, the whites of the eggs beaten to a froth. Bake quickly in hot, well buttered gem irons.

A. E. REEVES.

OATMEAL GEMS.

One heaping cup of rolled oats soaked in $\frac{3}{4}$ cup water for an hour or over night, $\frac{3}{4}$ cup sour milk, soda to sweeten, 1 teaspoonful sugar, salt, 1 cup flour. Bake in gem pans which are very hot when batter is poured in.

MRS. SCHLOTTERBECK.

MOTHER'S OATMEAL GEMS...

One cup flour measured before sifting, 1 cup milk, 1 cup rolled oats, 1 egg, 2 level teaspoons baking powder, pinch of salt and 1 of sugar.

MARY HIMES.

HUCKLEBERRY GEMS.

One cup of sugar, $\frac{1}{2}$ cup of sweet milk, 2 well-beaten eggs, 1 tablespoonful of butter, $1\frac{1}{2}$ cups of flour, 1 teaspoonful baking powder. Just before putting in gem pans stir in 1 cup of huckleberries, to be flavored if you choose.

MRS. DR. LEFFINGWELL, Knoxville, Ill.

BRAN GEMS.

Half pint of milk, 3 tablespoons of molasses, 1 pt. of bran, ½ pt. of flour, ½ teaspoon of soda. DR. MAY H. CRAVATH.

POP-OVERS.

Two eggs, beaten light, 2 cups of milk, 2 cups of flour, a pinch of salt. Bake 40 minutes in hot gem pans in a hot oven.

MARTHA O. COFFIN.

POP-OVERS.

One half pint flour, ½ pt. milk, 3 eggs, a pinch of salt. Mix milk and flour carefully, then add eggs after 12 strokes with a whisk.

MRS. B. M. THOMPSON.

POP-OVERS.

One egg, 2 cups flour, 1 cup sweet milk, 1 teaspoon cream tartar and ½ teaspoon soda. (Use baking powder if one prefers), 3 tablespoonfuls melted butter. Salt. Bake in gem tins in very hot oven. Stir quickly and bake just before putting on table.

MISS SARAH WRIGHT.

RICE POP-OVERS.

One cup of flour, 1 cup of milk, 1 egg, 1 saltspoon of salt and 1 cup of rice flakes. Beat thoroughly and bake in greased muffin tins.

MARGARET M. STIVERS.

LAPLANDERS FOR BREAKFAST.

Two eggs, 2 cupfuls of sweet milk, 1 tablespoonful melted butter, 2 cupfuls of flour. Beat well together and bake in hot, buttered gem pans.

BANANA FRITTERS.

One cup flour, 2 eggs, beaten separately, 1 tablespoonful butter, 1 cup milk, or water. Add the whites of the eggs last of all, whipped to a stiff froth. Slice three bananas around (sprinkling with a little lemon will improve the flavor). Stir into the batter and fry by spoonfuls in hot lard, having a slice of the banana in each fritter. Sift powdered sugar over them and serve. The daintiest possible dessert.

A simpler way is to cut the bananas in two across and steep them in a syrup of sugar and water. After an hour, drain, roll in flour and fry in hot lard. Boil the sugar and water into a syrup and serve with them as a sauce. Peel first.

APPLE AND BANANA FRITTERS.

One egg, 1 cup of sweet milk, pinch of salt, 2 cups of chopped apples, 2 teaspoonfuls baking powder, flour enough to make a stiff batter. Fry in hot lard and eat hot with a syrup. Banana fritters may be made in the same way by using sliced bananas in place of apples.

MRS. C. W. WAGNER.

FRITTERS.

Three eggs, 1 teaspoonful melted butter, 2 tablespoonfuls baking powder, 1 cup of sweet milk and a little salt. Make a soft batter and drop from a spoon in hot lard. Use 1 or 2 eggs. One-half the ingredients for a less amount. Serve with maple syrup.

RICE FRITTERS.

Boil a little more than ½ pt. of rice in 1 pt. of milk until soft and all the milk is absorbed. Then add the beaten yolks of 3 eggs, 1 tablespoonful of sugar and 1 tablespoonful of butter. When cold mix with the whites of 3 eggs which have been whipped stiff. Make the mixture into small balls and fry brown in 1 qt. or more of hot lard.

FRITTER BATTER.

Mix 1 cup of flour, 1 level teaspoon of baking powder, ¼ teaspoon of salt and 1 teaspoon of sugar; add gradually ½ cup of milk, and two eggs beaten separately, 1 tablespoon of melted butter, or olive oil. Beat vigorously and let stand two hours before using.

MARGARET M. STIVERS.

BUTTER FRITTERS.

One cup of flour, 1 heaping teaspoon of baking powder, mix together, 1 egg, beaten. Then fill cup with water and stir into the flour. Fry in liberal amount of butter in covered spider.

RUTH M. DIETZ.

ROUGH CAKES.

Mix one-fourth cup of sugar, 1 teaspoon of salt in 1 cup of hot milk. When cool, add one-fourth of a cake of yeast dissolved in one-fourth cup of water, and one well beaten egg, then beat in flour enough to make a stiff dough. Let rise over night or till light. Then add one well beaten egg in the morning, pull off small, irregular pieces of the dough and drop them into deep fat, and cook until a light brown.

MARY J. LINCOLN.

WAFFLES.

One pint of flour, $\frac{1}{2}$ pt. of milk, $\frac{1}{2}$ teaspoonful melted butter, 3 teaspoonfuls baking powder, $\frac{1}{3}$ teaspoonful salt, 5 eggs, whites and yolks beaten separately. Add the whites last and beat hard.

MRS. L. P. JOCELYN.

RICE WAFFLES.

One cup boiled rice, 1 pt. milk, 2 eggs, lard size of a walnut, $\frac{1}{2}$ teaspoonful soda, 1 teaspoonful cream-tartar, 1 teaspoonful salt, flour for a thin batter.

MARION HARLAND.

RICE AND CORN MEAL WAFFLES.

One cup boiled rice, 1 cup white flour, and same of corn meal, 2 eggs well whipped and milk to make a soft batter, 1 tablespoonful melted butter, $\frac{1}{2}$ teaspoon soda dissolved in hot water, 1 teaspoon of salt. Beat the mixture smooth before baking. Grease the irons well, as for all which contain rice.

MARION HARLAND.

BUCKWHEAT CAKES.

Dissolve $\frac{1}{2}$ yeast cake in 1 qt. water, and mix in enough buckwheat to make a stiff batter. Set to rise over night, and in the morning stir up and add 1 tablespoonful white flour and 1 teaspoon soda.

MRS. A. C. McLAUGHLIN.

PANCAKES.

One pt. flour, 1 pt. milk, 4 eggs, whites and yolks beaten separately, 1 teaspoon baking powder, 1 tablespoon butter, 1 salt-spoon salt.

MARY EARLENBUSH.

FRENCH PANCAKES.

Two eggs, 2 ounces of butter, 2 ounces of sifted sugar, 2 ounces of flour, $\frac{1}{2}$ pt. of new milk. Beat the eggs thoroughly, and put them into a basin with the butter, which should be beaten to a cream; stir in the sugar and flour, and when these ingredients are well mixed, add the milk; keep stirring and beating the mixture for a few minutes; put it on buttered plates, and bake in a quick oven for twenty minutes. Serve with a cut lemon and sifted sugar, or pile the pancakes high on a dish, with a layer of preserve or marmalade between each.

FLANNEL CAKES.

One pt. of sour milk, or cream, 1 tablespoon of melted butter, if milk is used, 3 eggs, 1 teaspoon of soda, flour or meal, enough to bake on a griddle. Leave the whites until just before baking, then beat very light and stir in lightly.

EXCELLENT BREAKFAST CAKES.

Three cups and a half of flour, $1\frac{1}{2}$ cups of milk, 2 eggs well beaten, butter the size of an egg, 2 tablespoonfuls of baking powder, 1 teaspoonful of salt; bake in muffin tins or gem pans.

MRS. MOTLEY.

RAISED CORN GRIDDLE CAKES.

One cup of corn meal, 2 cups of flour, 2 cups of sweet milk, 1 qt. of boiling water, 1 cake of yeast, 1 tablespoon of brown sugar, $\frac{1}{4}$ teaspoonful of soda, 1 teaspoonful of salt. Scald the meal at night with the boiling water; beat well while yet warm; stir in flour, sugar, milk and yeast; let rise all night; in the morning add soda and salt.

CRUMB GRIDDLE CAKES.

Soak pieces of dry bread in cold water until very soft. Press free from water, mash fine, or rub through a colander. To 2 pts. of bread pulp add 2 beaten eggs, 1 teaspoonful butter, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful soda, dissolved in 1 cup of sour milk. Wheat flour to make a batter a little thicker than for buckwheat cakes.

POTATO PANCAKES.

Grate 4 large potatoes as rapidly as possible to prevent discoloration. Add 1 pt. of milk, 3 well beaten eggs, salt, flour to make proper consistency, and a teaspoon of baking powder. Bake as griddle cakes.

ELLA W. HANSON, Los Angeles, Cal.

LADY WASHINGTON ROLLS.

It is a tradition in Virginia that these rolls were frequently served to the first President of the United States. Scald a pint of milk and let cool; add a tablespoonful of butter, a small teaspoonful of salt and sugar each; stir until well mixed, sift in 2 qts. of flour, and beat for 5 minutes; add $\frac{1}{2}$ a cupful of yeast,

cover and set in a warm place over night. Knead, sift in flour to make soft dough, work well, put back in the bread-pan and keep warm for an hour; work down, make out in little rolls, put in a greased pan, stand in a very warm place for 15 or 20 minutes and bake in a very hot oven.

RICE MUFFINS.

Two cups of boiled rice, 1 pt. of flour, 1 teaspoon of salt, 1 tablespoon of sugar, $1\frac{1}{2}$ teaspoons of Royal baking powder, $\frac{1}{2}$ pt. of milk, 3 eggs. Dilute rice free from lumps with milk and beaten eggs, sift together flour, salt, sugar and yeast powder, add to rice preparation, mix smooth, rather firm batter; muffin pans must be cold and well greased, then fill $\frac{2}{3}$ full and bake in hot oven 15 minutes.

BREAD STICKS.

One qt. flour, 2 teaspoonfuls baking powder, $\frac{1}{4}$ cupful melted butter, 1 heaping tablespoonful sugar, $1\frac{1}{2}$ cupfuls scalded milk, 3 whites of eggs, a little salt. Sift together flour, salt and baking powder. Beat butter, sugar and milk together and add it to the flour. Beat up the eggs and work them into the dough; turn out on a floured board; divide into pieces as large as an egg and with the hands slightly buttered roll them into long, thin sticks. Bake them hard and crisp in a very hot oven.

INDIAN WAFFLES.

One cupful each of flour and Indian meal, 2 cupfuls of sour milk, 1 cupful of sour cream, $\frac{1}{2}$ teaspoonful of salt, 1 teaspoonful of soda, 2 tablespoonfuls of sugar and 2 eggs. Have irons very hot; pour a thin layer of the batter into one-half of the iron; drop the other half gently upon the first, then turn the iron over; brown the waffle on both sides. These are delicious if served hot.

BLUEBERRY MUFFINS.

Cream 1 level tablespoon of butter and $\frac{1}{3}$ cup of sugar together, add 1 egg, a scant $\frac{1}{2}$ cup of milk, 1 cup of flour and 2 tablespoons more measured level, a pinch of salt and 2 level teaspoons of baking powder. Mix well and then stir in carefully 1 cup of blueberries.

CREAM TOAST.

Put in the double boiler 1 qt. of milk, then cut even slices of stale bread and toast them a nice brown on each side. Dip each toasted slice into the hot milk a moment, then place it in the serving dish. When all are done add $\frac{1}{2}$ a pt. of milk to the hot milk, put in a large tablespoonful of butter and $\frac{3}{4}$ of a teaspoonful of salt. Beat the yolk of 1 egg, add to it 1 small tablespoonful of flour and 2 tablespoonfuls of cold milk. Mix together until smooth and stir it into boiling milk. Let it boil until it is creamy, stirring it all the while. Then put it into the dish with the toast, lifting up the slices carefully so the cream will be at the bottom of the dish and all around the toast. Fill the dish nearly full of the cream, and if there is any left put that in a bowl, and send all to the table very hot.

BUTTER BALLS.

The best way to make individual butter pats is to work the butter into little balls with the grooved butter paddles made of wood. Keep the paddles in cold water until well chilled, then take a piece of butter about the size of an English walnut and roll it between the paddles in either a round ball or a tiny roll. Place the rolls in ice water until they are to be served. This is a great improvement over setting cut or broken pieces of butter on the table, as must often be done in the emergency. It takes but a little time to make up all the butter needed for the day.

HOMINY DROP CAKES.

One pt. of fresh boiled hominy (cold may be used; if the latter, break into grains as lightly as possible with a fork and heat in a double boiler without adding water), 1 tablespoonful water, 2 eggs, whites and yolks beaten separately. Stir the yolks into the hominy first, then the whites, a teaspoonful of salt, if not already salted, if it is, $\frac{1}{2}$ as much. Drop by spoonfuls on well buttered tin sheets, or pans, and bake to a good brown in a quick oven.

EGG BREAD.

Two cups of yellow meal, 1 cup of cold boiled rice, 3 well-beaten eggs, 1 tablespoonful of melted butter, a teaspoonful of salt and 2 cups of milk. Stir the beaten eggs into the milk; add

the meal, butter, salt and lastly the rice; beat hard 3 minutes; add 2 teaspoonfuls of baking powder and bake quickly in a shallow pan.

KENTUCKY ROLLS.

One pound of flour, 1 pt. of milk, 1 egg, 1 ounce of butter, 2 tablespoonfuls of yeast, 1 saltspoonful of salt. Heat the milk, add the butter and salt. When lukewarm, beat all together and set to rise in a warm place not less than 3 hours before wanted. When risen, form into rolls with as little handling as possible. Let stand $\frac{1}{2}$ hour or until light. Bake on tins.

HOT CROSS BUNS.

Rub a $\frac{1}{4}$ of a pound of butter into 2 pounds of flour and add a pinch of salt. Into a glass of fresh yeast stir a pt. of warm milk and gradually stir this into the flour till it forms a light batter. Cover over and allow it to rise, then work into it by means of a wooden spoon $\frac{1}{2}$ a pound of sugar, $\frac{1}{2}$ a nutmeg grated, $\frac{1}{2}$ a pound of currants, 1 egg and $\frac{1}{2}$ teaspoonful of allspice. Knead well, cover again and allow it to stand until perfectly spongy. Then knead into buns, cut a cross on top, let rise until light, cover with clarified sugar and bake 20 minutes.

FRANCES M. H. DAVIS.

SOUTHERN CORN-PONE.

Take 1 qt. of white corn meal. Pour over it just enough boiling water to scald it through. Stir thoroughly and let stand until cold. Rub into it a piece of butter the size of an egg and teaspoonful of salt. Beat 2 eggs until light; add them to the meal; mix well; add 1 pt. sour milk or buttermilk, a teaspoonful of soda dissolved in a tablespoonful of hot water, and beat until smooth. Turn into a greased tin and bake 35 minutes in a quick oven.

Oatmeal Gems -

1 heaping cup rolled oats soaked in $\frac{3}{4}$ cup water for 1 hour, or over night.
 $\frac{3}{4}$ cup sour milk, $\frac{1}{2}$ teaspoon soda,
 1 teaspoonful sugar, salt, 1 cup flour.
 Bake in gem pans which are very hot when batter is poured in - Mrs. Schlotterbeck.

Oatmeal Bread -

1 cup oat meal, pour on 2 cups boiling water and let stand until cool. Add $\frac{1}{2}$ cup sugar, or molasses and sugar, 1 large teaspoon salt, $4\frac{1}{2}$ cups white flour, and the yeast. Stir all together and let stand over night. In morning stir lightly and put in pans. Let rise, and bake.
 Make yeast at noon thus - 1 yeast cake, 1 cup warm water, $\frac{1}{2}$ teaspoon salt, 1 sugar. Thicken quite thick with flour and let stand till bread is mixed - Anna B. Bach.

Pop Overs.

1 cup milk, 1 egg (2 beaten), 1 cup flour.
 Put into hot gem tins -

Graham Pop Overs.

1 cup milk, 1 cup Graham flour stirred together. Add a little salt, and 1 egg beaten well but not separately. Stir all together and beat five minutes. Pour into hot tins -

Brown Bread.

1 cup molasses, 1 cup sour milk, 2 tb. of sugar, pinch of salt, $\frac{1}{2}$ cup hot water, (heating) to soda, dissolved in hot water.
 $3\frac{1}{2}$ cups of graham flour. Bake in slow oven on still better steam for one hr. and then put in oven for a very few minutes, long enough to dry it.

Soft ginger Bread

One small half cup butter, one and one half cups of molasses, two well beaten eggs, three cups flour, one tablespoon ginger, a little each of nutmeg, allspice and cinnamon, one half cup sweet milk and one and one half teaspoons

Baking Powder

Corn Bread

$\frac{1}{4}$ cup white flour, $\frac{1}{2}$ cup corn meal
 $\frac{1}{4}$ cup sugar, 1 cup milk, $\frac{1}{2}$ table spoon melted but. 1 ts. salt, 5 to B.P. level.

Nut Bread.

2 cups flour, $\frac{1}{2}$ cup sugar, 4 teas. B.P. 3 table spoon Butter, 2 table spoons card, 2 eggs, $\frac{3}{4}$ cup nuts, 1 cup milk mix all dry ingredients together, with shortening then add milk & eggs.

Mrs Kiddle

Ginger bread.

1 egg well beaten, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sour milk with 1 level teaspoon soda dissolved.
 1 " " ginger dash cinnamon cloves & allspice, $1\frac{1}{2}$ cups flour
 Last add $\frac{1}{2}$ cup melted butter, beat all well and bake in a slow oven 25 minutes.

Potato Doughnuts
Mrs Lumer

1 cup mashed potatoes, melted
 1 " milk - 3 tbl butter
 1 " sugar take potes, sugar
 3 eggs butter cream together
 2 ts B. P. vanilla, added eggs, flour
 milk and B. P. last
 the flavoring

SANDWICHES

Sandwiches may be made of white, whole wheat, graham or brown bread with any kind of meat, fish, salad, eggs, some vegetables, jams or chopped nuts, and spread with butter or mayonnaise dressing. The meat used in sandwiches should be chopped fine, *not* cut in slices, first for convenience in eating and serving, and secondly, because in this form only is it possible to properly season the sandwich. Fish should be flaked very fine with a fork, and mixed to a paste with the seasonings.

The bread should not be too fresh to cut well, nor will actually stale bread make good sandwiches. It is best when about a day old, should be of fine grain, and be trimmed to good shape before the sandwiches are cut.

The crusts should not be left on, but removed, dried and put through the chopper for crumbs. The butter must be absolutely fresh and good, for in softening, that the bread may be properly spread, any foreign flavor or odor will be brought out. For meat, fish, salad and egg sandwiches the bread should be cut in squares, oblongs or triangles; for jam and nut sandwiches it is usually cut round.

HAM SANDWICHES.

Make a dressing of $\frac{1}{2}$ cup of butter, 1 tablespoon of mixed mustard, 1 of salad oil, a little red or white pepper, a pinch of salt and the yolk of 1 egg. Rub the butter to a cream, add the ingredients and mix thoroughly; then stir in as much ham as will make it consistent, and spread between thin slices of bread.

MRS. D. P. JOHNSON, Muscatine, Iowa.

ROLLED SANDWICHES.

Cut freshly made bread lengthwise of the loaf with a sharp knife, in thin, even slices, spread with butter before cutting. They are nicer to discard crust entirely. Then put on a thin layer of

grated ham. Roll up like a jelly-roll. Wrap tightly in a cloth to keep them in shape until wanted. Serve the same day the bread is made if possible.

FISH SANDWICHES.

Fresh fish should be flaked fine, seasoned with salt and pepper, chopped pickle, lemon juice, celery or onion extract, and mixed with mayonnaise dressing, or moistened with a sauce. Anchovies, sardines or salt fish are better pounded to a paste and moistened with lemon juice.

SANDWICHES.

Take any kind of meat chopped very fine and mix with an equal quantity of celery, which should also be chopped very fine. Slice bread very thin, spread with butter and a very little French mustard, then spread the chopped meat and celery.

MRS. WOODARD.

HICKORY NUT SANDWICHES.

Cut thin slices of home-made bread into round, oval and heart-shaped pieces with cookie cutter, spread with soft butter. Cover with napkins wrung out of hot water, until thoroughly steamed. Spread with gooseberry jam, sprinkle heaping teaspoonful of chopped hickory nut meats in the middle of a slice, cover with the other and press the edges securely together.

MRS. JOHN BURG.

PEANUT SANDWICHES.

One pint of peanuts, remove shucks and peel them; roll with rolling pin—not too fine. Stir in $\frac{1}{2}$ cup, or more if you wish, of mayonnaise dressing. Cut your bread very thin, spread with butter, then with the peanut mixture. MRS. S. A. NILES.

HALIBUT SANDWICHES.

Chop the halibut fine and remove the tough fibre. Season highly with cayenne pepper. Rub to a paste with butter and spread on bread. MRS. J. G. LYNDS.

BROWN BREAD SANDWICHES.

Steam the brown bread before spreading with butter, and cutting in the usual way. For filling use grated cheese and finely chopped nuts well salted.

ROLLED SANDWICHES.

Fresh bread is a necessity for rolled sandwiches. Cut it lengthwise from the loaf in thin slices, so thin that it is necessary to butter the loaf evenly and thinly before cutting. Trim off the crust and cover the slice with a thin layer of ham grated or chopped. Chicken is sometimes used, in which case it must be seasoned slightly, and a little ham minced with it is an improvement. These sandwiches should be small. After the grated meat is spread on smoothly, roll up like a roll jelly cake and one after the other wrap tightly in a long, narrow cloth to keep in shape. Before serving, tie each one with a bit of narrow ribbon. A party dish. A. E. REEVES.

CHEESE AND CELERY SANDWICHES.

Beat $\frac{1}{2}$ cup of thick cream and add enough grated Parmesan cheese to make a thick paste. Spread this on sliced bread, then sprinkle thickly with very finely minced celery and serve the sandwiches at once.

TOMATO SANDWICHES.

Cut firm but ripe tomatoes into as thin slices as possible. Cut bread into thin slices, spread lightly with mayonnaise instead of butter, put slices together with tomatoes between and serve within an hour of making.

GINGERBREAD SANDWICHES.

Make a good soft gingerbread and bake it in sheets in shallow pans. Cut in squares, split and spread with a thin layer of Neufchatel cheese.

SPANISH SANDWICHES.

Slice rye bread thin, spread a slice with made mustard and thin slices of hard boiled eggs, another slice with stoned olives dipped in mayonnaise dressing, then press the two together.

LETTUCE SANDWICHES.

Boil as many eggs as needed until dry and it will take about half an hour to reach this stage. Chop the eggs after they are cooled and season with salt and pepper. Shred the inner crisp leaves of lettuce with the fingers and mix with the egg. Spread thin buttered slices of bread with the egg mixture and cover with any good salad dressing; lay on a second slice of buttered bread and press together.

EGG SANDWICHES.

Chop the whites of the hard-boiled eggs very fine. Mix the yolks smooth with well-seasoned mayonnaise dressing, add the whites, and spread on the bread.

RURAL SANDWICHES.

Season water cress with salt, pepper and a few drops of vinegar, and chop coarsely. Mix with creamy cottage cheese and spread on thinly sliced white bread. MARY J. LINCOLN.

COTTAGE-CHEESE SANDWICHES.

Take nice white bread and prepare it as for any sandwich, butter smoothly, then spread with a seasoned layer of cottage cheese through which small bits of the spicy water cress are plentifully scattered; place another buttered slice on top, cut them in strips or any shape desired. Arrange on a nice plate on a folded napkin and serve.

COLLEGE CLUB SANDWICHES.

Stone, chop and pound to a pulp two dozen olives. Mix with $\frac{1}{2}$ teaspoonful of celery salt, $\frac{1}{4}$ teaspoonful of prepared mustard, a teaspoonful of tomato catsup, a few drops of tabasco sauce, and $\frac{1}{2}$ cup of mayonnaise dressing. Spread the paste between oblongs of bread from which the crust has been removed.

OYSTER SANDWICHES.

Chop 1 quart oysters very fine, season with salt, pepper, a little nutmeg, mix with $\frac{1}{2}$ cup melted butter, the same of rich cream, whites of three eggs, and eight powdered crackers, heat over steam in double cooker until a smooth paste, set away until very cold, put between buttered slices of bread. FLORA SCOTT.

EGG SANDWICHES.

Four dozen hard-boiled eggs, 2 raw eggs, 1 teaspoon each of salt, pepper and mustard, 2 teaspoons of sugar, 1 tablespoon butter, 1 cup vinegar, cook in double cooker or over hot water, chop eggs fine and put between buttered slices of bread.

FLORA SCOTT.

LEMON BUTTER FOR SANDWICHES.

Three lemons, grated; yolks of 5 eggs, 2 cups sugar, butter size of an egg. Cook in double boiler until thick.

MRS. WHITING.

VEGETABLES

Few things are more commonly cooked than vegetables, and few things are served more often in an unwholesome and unpalatable form. It is too often thought and said that "any one can cook vegetables," and it is true that few cook them well. Of course, much depends on the freshness and quality of the vegetables themselves, even when well cooked. Green vegetables are never so fine as when freshly gathered, and all vegetables are best in their season, the forced ones lacking in quality and flavor.

For chemical reasons cook young green vegetables in hard salted water, and dry vegetables, as dry peas, lima and other beans in soft water, without salt. Put them on in freshly boiling water, boil continuously until *tender* and drain at once. Have them neither *underdone* or *overdone*, if you would have them perfect. Especially is this true of potatoes. Wilted green vegetables may be freshened by sprinkling with cold water. Old potatoes may be improved by soaking in cold water for several hours. Dried beans and peas should be soaked over night in soft water. To keep celery and lettuce fresh roll in a damp napkin and place on ice. When green peas are growing old add a pinch of soda to make them tender.

BAKED POTATOES.

Choose fine, smooth potatoes of equal size, and bake; as soon as tender remove from oven, cut in halves or cut off the top lengthwise; scoop out the inside of the potato, mash it fine, season with tablespoonful of butter, 4 tablespoonfuls of cream, salt and pepper to taste; beat until very light, then replace in the jackets. If cut in halves fill the 2 halves level full and press them together. If the opening has been made on the side fill the cavity rounding full, brush over with yolk of an egg and place in the oven until a nice brown.

MASHED POTATOES.

Pare and soak the potatoes in cold water 1 hour, put them in boiling water and boil $\frac{1}{2}$ hour. Pour off the water *at once*, let steam 3 or 4 minutes; mash until they are free from lumps. Add 1 tablespoonful of butter, $\frac{1}{2}$ cup of cream or milk, 1 teaspoonful of salt, beat with a fork until very light. Serve immediately.

Two ways of Serving Mashed Potatoes.—1. Put through a colander into a dish that can be placed in the oven. Make hole in the center of the potatoes and put in the oven to brown. Just before serving put $\frac{1}{2}$ pint of whipped cream into the space in the center and serve immediately. 2. Run the potatoes through a fine colander or potato press on a hot platter on which they are to be served.

CREAMED POTATOES.

One pint cold potatoes, $\frac{1}{2}$ cup milk, 1 tablespoonful butter, $\frac{1}{2}$ teaspoon salt, 1 teaspoonful finely chopped parsley, speck of pepper. Cut potatoes in dice or slices, put milk in stew pan; when hot add potatoes and cook until milk is nearly absorbed. Add butter and seasoning and cook 5 minutes longer. Serve hot.

MRS. HERBST.

CREAMED POTATOES.

Take cold boiled potatoes, not overcooked, dice enough of them to make 1 qt. or cut them in spheres with a potato scoop. Make 1 qt. of very rich cream sauce, not too thick, well seasoned with salt; add tablespoonful of chopped parsley, if desired. Put the potatoes into the hot sauce, and turn at once into a buttered baking dish; cover with fine cracker crumbs, bits of butter and bake 20 minutes.

MRS. E. C. GODDARD.

LYONNAISE POTATOES.

Put 1 tablespoonful of butter in a fryingpan, and when it is hot add 1 small onion sliced, and fry until a golden brown. Slice 5 or 6 cold potatoes, put in the fryingpan and cook slowly until they are well browned; use more butter if needed. When done serve in a hot dish, sprinkle with salt, pepper, and a tablespoonful of chopped parsley, or dice 1 pt. of cold boiled potatoes and cook in the same way. Nice with steak, liver or fried chicken.

ESCALLOPED POTATOES.

Pare and slice raw potatoes and place in a baking dish a layer of potato seasoned with bits of butter, salt and pepper; dredge lightly with flour; repeat until the dish is full. Pour over the potato 1 pt. of rich milk, or enough to about cover them. Sprinkle with cracker crumbs and bake 1 hour or longer.

SARATOGA CHIPS.

Pare raw potatoes, slice thin, let soak in cold water 15 minutes and then dry on soft towel, covering them with another so that they will not discolor. Let them remain until the water has been absorbed, then have ready a kettle of boiling lard, drop a handful of the potatoes into the lard and fry until a light brown, stirring often. Take up on soft brown paper in a colander, sprinkle with salt and place in the oven to keep warm. Put in more potatoes and continue until sufficient have been fried in the same way.

FRENCH FRIED POTATOES.

Pare small raw potatoes, divide them into halves and each half into 3 pieces. A still more ornamental way is to cut into perfect cubes or into spheres with a potato scoop. Put into boiling lard and fry 10 or 15 minutes; drain and sprinkle with salt. Very fine served hot with chops or steak or as a garnish for fried or baked fish.

SARATOGA PARSNIPS.

Saratoga parsnips treated in the same manner as Saratoga potatoes are delicious.

MRS. HELENE HUSBAND, Woodbine, Iowa.

POTATO PUFFS.

Two cups of mashed potatoes, 2 tablespoons of melted butter, beat these together to a cream, beat 2 eggs very light and add a very scant pint of milk. Add this to the potato, season with salt and pepper, pour into a greased baking dish and bake for $\frac{1}{2}$ hour until it browns nicely.

MRS. WM. GOODYEAR.

POTATO PUFFS.

Two teacups of salted, peppered and finely mashed potato. Add 2 tablespoons melted butter, and beat to a white cream, stir

in thoroughly yolks of 2 eggs that have been beaten very light, add teacup sweet milk; then add whites of eggs, stir lightly. Pile the mass upon a hot buttered dish and bake about 10 minutes.

MRS. A. W. PACK.

POTATO PUFFS.

One pint cold mashed potatoes, 4 eggs, 1 small spoon salt; have the potatoes in one end of a dish and break the eggs in the other. With a common steel fork break or crumble the potato into the eggs, and do not beat. Fry in hot lard (enough to little more than cover bottom of fryingpan), dipping by small spoonfuls. Turn over when they are nicely browned; serve as fast as made.

MRS. H. M. WOODS.

FRIED POTATO BALLS.

Mix 1 teaspoonful of melted butter with 1 cupful of cold mashed potatoes until they are white and light; then add the beaten yolk of 1 egg and season with salt and pepper. Dip the hands in flour and make the mixture into balls; roll the balls in flour and fry in hot lard, or lard to which a small piece of butter has been aded.

MRS. D. M. LICHTY.

POTATO CROQUETTES.

Season cold mashed potatoes with salt, pepper and a very little nutmeg. Beat to a cream with a tablespoonful of melted butter to every cupful of potato. Add 2 or 3 well beaten eggs and some well-minced parsley. Roll in oval balls, dip in egg and thin cracker crumbs. Fry in hot lard and serve.

MRS. L. P. JOCELYN.

SAVORY POTATOES.

Eight cooked potatoes, 4 tablespoonfuls of grated cheese, 1 ounce of drippings, pepper and salt and a little milk. Mash the potatoes and mix the grated cheese together, pile up on a baking tin, sprinkle with bread crumbs and bake $\frac{1}{2}$ hour.

BANANAS AS A VEGETABLE.

Bananas can be served as a vegetable if they are used green. Cut the fruit in halves, stew 25 minutes in a very little water, drain, cover with a cream sauce, such as is used with cauliflower, and serve hot.

MARGARET HAMILTON WELCH.

SWEET POTATOES.

Peel potatoes, cut lengthwise in thin slices. Put on to boil in water with half cup of sugar; when almost tender, remove from the water, place in a pan; sprinkle with sugar a few dots of butter and cover with the sweetened water in which they were boiled. Bake until a golden brown.

MRS. C. HAHN, Muscatine, Iowa.

ESCALLOPED POTATOES WITH ONION.

Four large raw potatoes, 2 onions sliced; put in baking dish a layer of potato, then onions, season well with butter, pepper and salt. When all are in pour in milk to almost cover the potatoes; sprinkle rolled cracker crumbs over the top and bake an hour.

MRS. BISHOP, Muscatine, Iowa.

ESCALLOPED SWEET POTATOES.

Peel and slice thin. In a shallow tin put a layer of potatoes. Sprinkle with salt, a little sugar and bits of butter, then another layer of potato, then seasoning until the tin is full. Cover sparingly with water and bake very slowly.

MRS. MONTGOMERY.

SWEET POTATOES AND APPLES.

(A Southern Dish.)

Boil sweet potatoes until tender, then slice them in small pieces. Make an apple sauce as it should be served for the table. Put a layer of sweet potatoes in the bottom of a baking dish; sprinkle with a very little sugar and dot over the top a few flecks of butter. On top of this put a layer of the apple sauce, alternately using the sweet potatoes and apples until the dish is filled. Finish the top with the potatoes and then use more butter and sugar so that a rich brown crust is formed. Bake from 1 hour to $1\frac{1}{2}$ hours. This is very good with game.

MRS. FREER.

SWEET POTATO CROQUETTES.

Boil 6 medium-sized sweet potatoes. Remove the skins, mash fine, add 1 large tablespoonful of butter, salt and pepper. Form into croquettes, dip in egg and then in cracker crumbs, and fry in hot lard.

TART TURNIP.

Chop or cut in small cubes as much turnip as your family will require. Cover with boiling water and boil 15 minutes. Then add to every quart of the turnip $\frac{1}{2}$ cup vinegar, $1\frac{1}{2}$ teaspoonfuls salt and 1 teaspoon sugar. When the liquid has nearly boiled away add a small quantity of butter. Let it cook slowly 10 minutes, when it is ready to serve. MRS. G. O. HIGLEY.

TURNIP.

Take 4 nice white turnips, pare and slice; 4 medium-sized potatoes, pare and slice them and cook with turnips. When tender drain, mash, season with salt and butter.

MRS. H. S. DEAN.

DICED TURNIPS.

Pare, slice, cut in dice, 1 inch square, boil till nearly done in as little water as possible; to 1 quart of turnips add 1 tablespoon of sugar, salt to make it palatable; when they are boiled as dry as possible add 2 or 3 spoons of cream and 1 beaten egg. Excellent.

TO STEW MUSHROOMS.

Trim and rub clean $\frac{1}{2}$ pint mushrooms; put into stew pan 2 ounces of butter; shake it over the fire till thoroughly melted; put in the mushrooms; teaspoon salt, half as much pepper and a blade of mace pounded; stew till the mushrooms are tender and serve them on a hot disk.

DR. E. A. CLARK.

MUSHROOMS A' LA CREME.

Trim and rub $\frac{1}{2}$ pint button mushrooms; dissolve 2 ounces of butter rolled in flour in a stew pan; then put in the mushrooms, a bunch of parsley, teaspoon of salt, $\frac{1}{2}$ teaspoon white pepper, $\frac{1}{2}$ teaspoon sugar; shake the pan for ten minutes; add the yolks (beaten) of 2 eggs, with 2 tablespoons of cream; add by degrees to the mushrooms; in 2 or 3 minutes you can serve them in the sauce. Can be served on toast if preferred.

E. A. C.

MUSHROOMS WITH BACON.

Fry a few rashers of nice streaky bacon. When nearly done, add mushrooms; fry slowly until cooked. It will make a nice breakfast dish.

MUSHROOM STEMS.

If young and fresh, make a capital dish for those who cannot eat mushrooms. Wash in salt water; slice thin; then place them in sauce pan with sufficient milk to stew them tender; add butter, salt and pepper to taste, and flour to thicken. Serve on toast. A light and delicate supper dish and a good sauce for a boiled fowl.

DR. E. A. CLARK.

CREAMED MUSHROOMS.

Take several pieces of butter size of hickory nut; roll them in flour until well covered, then put in frying pan. Have mushrooms ready and put in pan before butter melts. Cover for awhile, then allow them to fry brown. Just before serving, add a cup of cream, or milk, and let cook until like a cream gravy. Can be served this way with beefsteak, plain or in cases.

MRS. J. ALFRED KLEIN, Butler, Pa.

BOILED TURNIPS.

Pare a few turnips and cut into pieces about $\frac{1}{2}$ inch square. Place in a granite pan, cover with boiling water, add a little salt, and cook until tender; then take from the fire and drain. When dry put in a pan, partly cover with hot milk, add a pinch of pepper, and a small piece of butter. Let this come to a boil and it is ready to serve.

MRS. D. M. LICHTY.

TOMATOES A L'ART.

Take medium sized green tomatoes and slice rather thin, fry to a delicate brown in plenty of butter. When cooked remove to a hot dish and into the hot butter left in the pan put 1 cupful thick cream; thicken with 1 dessertspoonful flour. Season with salt and white pepper and pour over tomatoes. MRS. BOUKE.

CREAMED TOMATOES.

Put into a granite stew pan 1 pt. of cooked tomatoes; season to taste with butter, salt and sugar, add to the cooking tomatoes 1 slice of stale bread cut into inch squares. Just before serving add $\frac{1}{2}$ cup of sweet cream to the boiling hot tomatoes; boil up once and serve in a covered vegetable dish. MRS. J. O. REED.

ESCALLOPED TOMATOES.

Put a layer of tomatoes fresh or canned in a buttered baking dish, season with salt and pepper and bits of butter. Cover with a layer of bread or cracker crumbs, and repeat till the dish is as full as desired. Have crumbs for the top layer. Bake about $\frac{1}{2}$ hour.

FRIED TOMATOES.

Slice 4 or 6 good sized tomatoes as needed, $\frac{1}{8}$ of an inch thick, leaving on the skin. Roll in flour, fry in butter, turning them carefully with a pancake turner and browning on both sides. Heat 1 cup of cream, season with salt and pepper and turn over the tomatoes, or dip the slices first in beaten egg then in fine cracker crumbs and fry as above in butter, lard or drippings. Serve on hot platter as soon as fried.

FRIED GREEN TOMATOES.

Cut 6 large green tomatoes into slices about $\frac{1}{8}$ of an inch thick. Beat the yolk of an egg with a tablespoonful of cold water. Sprinkle over the tomatoes some salt and pepper, dip them in the egg and then in fine bread crumbs. Fry in butter, brown thoroughly on both sides, and serve with a gravy made as follows: Rub together 1 tablespoonful of flour with 2 tablespoonfuls of butter, and when well creamed, brown in the pan; add $\frac{1}{2}$ pint of boiling milk, stirring constantly until it begins to thicken; then add a saltspoonful of salt and pour over the tomatoes.

BAKED RICE AND TOMATOES.

Cover the bottom of a baking dish which has been well buttered with a layer of cooked rice. Sprinkle with salt, pepper and bits of butter, add a layer of chopped tomato, then 1 of rice and so on until the dish is full. Cover the top with bread crumbs and bits of butter and bake $\frac{1}{2}$ hour.

SPANISH RICE.

Chop 1 onion fine, fry with 2 level tablespoons of butter, add 1 sweet green pepper also chopped fine and $\frac{1}{2}$ pound of rice. Stir until all are heated through, then add $1\frac{1}{2}$ cups of veal or chicken stock and set the dish in another one of hot water, and cook the rice until tender without stirring. This may take $\frac{1}{2}$ hour or a

little longer. Add salt and a cup of hot strained tomato, and a savory dish is ready to serve.

MACARONI WITH TOMATO SAUCE.

Cook $\frac{1}{4}$ pound of macaroni in plenty of boiling salted water until when pressed with a fork against the side of the kettle it can be cut in two. Drain off the hot water, then pour water through and drain again. Cook $\frac{1}{2}$ a can of tomatoes, or take enough stewed fresh tomatoes to make 1 pint, and press through a strainer. Melt 2 level tablespoons of butter, add 3 level tablespoons of flour and cook together until smooth, then add the strained tomato and cook until it thickens. Season with salt and pepper; put in the macaroni and heat it, stirring carefully so that the sauce may not burn, but do not break the macaroni.

MRS. RORER'S FRIED TOMATOES.

Cut in halves 6 nice ripe tomatoes, place them in a baking pan skin side down. Cut $\frac{1}{4}$ lb. of butter into small pieces, place over the tomatoes, dust with salt and pepper, and stand in the oven 10 minutes; then place over the fire and fry slowly. Do not turn, but when done, lift with cake turner, and place on heated platter. Draw the pan over a quick fire, stir until the butter is brown, add 2 tablespoonfuls of flour, mix until smooth, add 1 pt. of milk, stir continually until boiling, season with salt and pepper, pour over tomatoes and serve. Nice for luncheon or tea dish in place of a meat dish.

Tomatoes make a dainty salad by cutting off the stem, scooping out the seeds and filling the cavity with either chopped celery, cabbage, cold peas or asparagus tips mixed with French dressing or mayonnaise as desired.

TOMATO TOAST.

Stew and strain several tomatoes (canned ones are just as good), taking pains to save all the pulp. Thicken with a little cornstarch, cooking it thoroughly. Season with salt and a little butter and pour over hot buttered toast. MRS. BRADSHAW.

TOMATO TOAST.

Two eggs, butter size of an egg, $\frac{1}{2}$ can tomatoes, 1 small onion, cut in small pieces, teaspoon cornstarch, salt, pepper. Stew tomato, onion and butter together 5 minutes, then stir in

cornstarch (moistened in water); add the eggs which have been broken and stirred together, add seasoning, stir constantly till rather thick, remove at once and serve on buttered toast.

MRS. BOUKE.

TOMATO TAVASI.

(*An Armenian Recipe.*)

Across the top of smooth, round tomatoes make three parallel incisions with a sharp knife, and into each gap put a tablespoonful of raw, lean meat of any kind, that has been chopped and well seasoned. Arrange tomatoes in rows in a square baking dish so they will not fall apart in baking. Put pieces of butter on top of each tomato, add a little water. Bake 1 hour, and serve hot.

BROILED TOMATOES.

Select firm, not over-ripe tomatoes and cut each into about 3 slices. Cover the cut sides with sifted, fine bread crumbs, then put into a wire broiler and hold over the fire. Turn often the same as when broiling meat, and when cooked through lay each slice on a small square of buttered toast and pour a cream sauce over and around the slices. Cut bread thin when it is served with the broiled tomatoes, poached eggs or similarly as a sort of plate for serving whatever is laid on it. Have the toast hot and crisp and the sauce ready and hot, then put together and serve at once with a few sprigs of parsley as a garnish. It will be an attractive dish with the pink, white and green coloring. This is an excellent way to serve tomatoes if they can be eaten at once. The dish will lose nothing by standing for a few minutes in the hot closet, but it should never be allowed to cool before being brought to the table. This rule applies as well to all broiled foods. Another way is to melt a tablespoon of butter in a sauce pan and saute the slices. Let one side cook thoroughly before turning.

ALICE E. WHITAKER.

TOMATOES STUFFED WITH SPAGHETTI.

Select round, smooth tomatoes and cut a slice from the top of each. Remove the seeds and fill with spaghetti which has been boiled. Coil the strings of spaghetti round and round, season with salt and pepper, put on a bit of butter and then sprinkle lightly with Parmesan or any grated dry cheese, but do not add enough cheese to make the flavor too prominent. Bake until the tomato is

soft and cooked through. To cook the spaghetti have 2 quarts of salted water boiling in a saucepan. Take $\frac{1}{4}$ pound of spaghetti without breaking and hold one end in the boiling water; as the spaghetti softens coil it round until it is all under water. Cook uncovered until tender enough to cut easily with a spoon or fork pressed against the side of the kettle. Turn into a colander, pour cold water through quickly and it is then ready to serve with butter, a tomato sauce, to bake with cheese or to use as above.

ALICE E. WHITAKER.

GREEN PEAS IN TURNIP CUPS.

Pare small, white, sweet turnips and cook in boiling water until tender. Be sure that all the woody peel is taken off. Cut out a ring from the top and remove enough of the center to form a cup. Shell green peas and pick over without washing. Boil a quarter of an hour which is sufficient for young tender peas; if they are not green and fresh more time must be allowed. If peas are to be served alone let the water boil away almost entirely and serve what remains with the peas, seasoning with butter or cream, salt and, if not sweet enough, just a bit of sugar, but do not overdo the sweetening. To serve the turnip cups, drain the peas and fill the turnips, then add the seasonings which will season the cups as well as the contents. Peas are best when fresh from the vines, but most cooks must take them as they find them at the market or in the huckster's wagon and always more or less wilted. The small earliest peas have little flavor but later varieties should have a distinct flavor. When peas are wilted or too old to be at their best, it is better to boil them, rub through a colander, season and thicken a little for a soup; in this form they are palatable and digestible.

ALICE E. WHITAKER.

RICE STUFFING.

Rice stuffing for roast chicken, or turkey, is considered preferable to the usual bread crumbs. To prepare it, brown 1 chopped onion in a tablespoonful of butter and mix with it 4 cupfuls of cold boiled rice and 1 cupful of bread crumbs that have been moistened in 1 cupful of milk. Season with sage, parsley or other sweet herbs, as desired. Add $\frac{1}{2}$ pound of sausage meat, or finely chopped salt pork and salt and pepper to taste.

HOW TO BOIL RICE.

Pick your rice clean and wash in 2 cold waters, not draining off the last water until you are ready to put the rice on the fire. Prepare a saucepan with cold water and a little salt. When it boils sprinkle in the rice gradually so as not to stop the boiling. Boil hard for 20 minutes keeping the pot covered; then take it from the fire, pour off the water, after which set the pot on the back of the stove with the lid off, to allow the rice to dry and the grains to separate. Remember to boil rapidly from the time you cover the pot until you take it off; this allows each grain to swell to 3 times its normal size and the motion prevents the grains from sticking together. Do not stir it as this will cause it to fall to the bottom of the pot and burn. When properly boiled rice should be snowy white, perfectly dry and soft and every grain separate and alone. Do not add any water after the rice begins to boil. Put a large quantity of water on to boil at first.

MRS. FLEMMING CARROW.

GERMAN DRY NOODLES.

For 6 persons take 2 eggs beaten very light, add as much sifted flour as they will absorb, with a little salt; cut into 4 pieces and roll as thin as wafers, spread on moulding board to dry. When nearly dry roll together and cut into strips about $\frac{1}{8}$ of an inch thick, sift lightly through the fingers and spread out to dry. Stir lightly into boiling water with a little salt; when tender drain through a colander and pour on to a platter. Cut into small squares 4 slices of bread and brown in butter, spread this over noodles, cover this with the yolks of 4 hard boiled eggs chopped fine. Last of all cover with a layer of cheese, then a dressing made as for salad.

MRS. ED. H. EBERBACH.

NOODLE MACARONI.

Into 2 beaten eggs mix flour to make a very stiff dough; knead until perfectly smooth then divide into portions and roll to 1-16 inch thickness; lay aside to dry the outside, then fold and cut into strips $\frac{1}{4}$ inch wide. This may be thoroughly dried and in a close jar kept any length of time. To cook, drop into boiling water, stirring occasionally to prevent sticking. When perfectly tender and the water all absorbed, add $1\frac{1}{2}$ cups of milk, salt, butter and bits of cheese to taste. Let this boil up well, then turn into a buttered dish, cover with grated cheese and bake until nicely brown.

MRS. O. C. JOHNSON.

HOMINY CROQUETTES.

Take two cups of hominy, cover with equal parts of milk and water, soak between 1 and 2 hours, then boil until the hominy is well cooked, adding milk and water if it becomes dry. When cooked it should be as thick as oat meal; add salt and a tablespoonful of butter. Set it away until cold. When ready to make into croquettes add 2 eggs, mix well, roll in hands into oval-shaped balls, sprinkle with flour and fry in boiling lard.

MRS. JAMES B. ANGELL.

TURKISH PILAFF.

One cup of stewed and strained tomatoes, 1 cup of stock, seasoned highly with salt, pepper and minced onion. When boiling add 1 cup of well washed rice; stir lightly with a fork until the liquor is absorbed, then add $\frac{1}{2}$ cup of butter. Set on the back of the stove in double boiler, and steam 20 minutes. Remove the cover, stir it lightly, cover with a towel and let the steam escape. Makes a very hearty dish and is especially good served with mutton. Or: Prepare as above and add with the butter 1 cup of cooked meat, cut into $\frac{1}{2}$ inch pieces and shredded fine.

MRS. J. H. DRAKE.

RICE CROQUETTES.

(From Miss Parloa.)

For 18 croquettes use $\frac{1}{2}$ a cupful of raw rice, 3 gills of stock, 1 cupful of strained tomato, 3 tablespoonfuls of butter, 4 tablespoonfuls of grated Parmesan cheese, 1 teaspoonful of salt, 1-10 of a teaspoonful of cayenne, 1 teaspoonful of onion juice, 4 eggs and crumbs for breading. Wash the rice and boil with the stock for 10 minutes. Now add the strained tomato, onion juice, salt and cayenne, and cook for 20 minutes longer. If the rice is found to be tender now, add the cheese and 2 of the eggs, well beaten. Stir for 1 minute and take from the fire immediately. Spread on a platter and set away to cool; when cold shape and then bread with remaining 2 eggs and the crumbs. Fry $1\frac{1}{2}$ minutes; arrange on a warm napkin and serve very hot.

MRS. HEMPL.

VEAL AND RICE CROQUETTES.

One cup veal chopped fine, 1 cup of boiled rice, add to this $\frac{1}{2}$ cup of milk, 2 tablespoonfuls butter. Heat all these ingre-

dients together; season with a pinch of parsley, salt and pepper. Before removing from slow fire add 1 well beaten egg; let stand till cold and form into croquettes; when ready to fry dip in beaten egg and roll in cracker crumbs. Have the lard hot and fry to a golden brown. If the mixture is not stiff enough to mould in shape add some rolled cracker crumbs.

MRS. WM. GOODYEAR.

RICE CROQUETTES.

One teacup of rice, 1 pt. of milk, 1 pt. of water. Boil together in farina boiler till kernels of rice are scarcely or not at all to be seen. Then add 1 egg, 1 tablespoonful of butter, 2 tablespoonfuls sugar, 2 eggs beaten well together, the juice and grated rind of a lemon, a little salt and cinnamon or mace; let cool and then mould. Roll in egg and cracker crumbs and fry in hot lard.

MRS. D'OUGE.

RICE CROQUETTES.

One-half cup of rice, 1 pint of milk, 2 tablespoonfuls of sugar, 3 eggs, a little grated lemon peel, 1 tablespoonful butter, 1 saltspoon of salt. Put rice and milk in double boiler and cook until soft. Add sugar, salt and butter; then stir in egg beaten lightly and cook a few minutes longer. Remove from fire and add lemon peel, pour on greased platter and when cool mould into balls or cone shaped. Roll in egg and cracker and fry in wire basket in hot lard.

MRS. MARGARETTA LYDECKER.

RISOTTO.

(Recipe from an Italian restaurant in London.)

Rice already cooked. Chop an onion of medium size, put in fryingpan with piece of butter larger than the onion. After it begins to fry add the rice, stir carefully with wooden spoon and add slowly 2 cups of pure white bouillon. Let it cook slowly for a few moments. Add a little powdered saffron or curry and sprinkle with Parmesan cheese. Serve as hot as possible. This dish is very nice for an entree at luncheon or for a relish with cold meat for supper.

MRS. JAMES B. ANGELL.

JAMBOLAYA.

Fry ham, as for gumbo, with garlic, onion and pepper; add 3 cups of tomatoes and strain. Have 1 cup of rice, previously soaked in warm water. Put the rice into the hot tomato and add

herbs to taste. Keep the pot covered and boil slowly until the rice is well cooked. When the rice is ready to serve oysters may be lightly pressed into the rice. Put into a baking dish and set into the oven until the oysters curl. Clams or shrimps may be used instead of oysters.

MRS. R. WAPLES.

HOW TO SCALLOP ASPARAGUS.

Wash the asparagus and cut the tender part in two inch lengths and boil them in salted water for ten minutes. Boil four eggs hard and chop them fine. Butter an earthen dish and put a layer of the asparagus in the bottom. Scatter some of the egg over it and season with salt and pepper. Repeat until the dish is filled, having for the last layer the vegetable. Make a sauce of two tablespoonfuls of butter and the same of flour. When this is cooked, gradually stir in two cups of milk and cook until it thickens. Season with a dash of cayenne and pour it over the prepared asparagus. Cover the top with a layer of bread crumbs and sprinkle grated cheese on top. Bake in a hot oven from 10 to 15 minutes.

STUFFED TOMATOES.

Tomatoes skinned and cut in halves; make a dressing of 1 cup of soft bread crumbs, 2 tablespoons melted butter, $\frac{1}{4}$ teaspoon salt, 1 teaspoon grated onion. Form into flat balls with which cover the halves of tomatoes and bake 15 minutes. This quantity of dressing will cover 6 pieces. Very nice.

MRS. H. M. POMEROY.

STUFFED TOMATOES.

Slice off the stem end of the tomatoes and scoop out a good sized hole in each. Fill these cavities heaping full of a dressing for stuffed tomatoes made as in the above recipe. They are improved by adding to the dressing a small quantity of cooked meat, beef, veal, ham, or chicken. Sprinkle buttered crumbs over the top and bake in granite baking pan until crumbs are brown. Remove carefully to platter with pancake turner.

CUCUMBER DOLMASI.

(An Armenian Recipe.)

Pare the cucumbers, cut off 1 end, and make cucumber hollow by removing the seeds. Fill them $\frac{1}{2}$ full with rice which

has been mixed with chopped raw meat and seasoned; add cinnamon if desired. Pack in baking tins, putting two open ends opposite, so the rice will not fall out in baking. Cover with water and bake slowly for an hour. Serve with lemons. If preferred, use tomatoes instead of cucumbers. Do not peel them, and remove seeds with a spoon from a small opening in the stem side.

WILTED LETTUCE.

Place in a vegetable dish tender lettuce that has been carefully washed and drained. Cut a slice of bacon into dice and fry until brown; when very hot add $\frac{1}{2}$ cup of vinegar and pour it boiling hot over the lettuce; mix well with a fork and garnish with hard boiled eggs. MRS. J. O. REED.

SPINACH BOILED.

Look over very carefully and wash well; boil in clear water until tender, drain in a colander, cut fine with a knife, return to a vessel on the stove and season with butter, pepper and salt.

NOTE.—Spinach is sometimes covered with nicely poached eggs or hard boiled eggs sliced. MRS. HENRY S. DEAN.

SPAGHETTI, WITH CREAM SAUCE.

Boil one-quarter pound spaghetti 20 minutes in salted water, then dip in cold water to separate it. Make a sauce of one cup of milk, thickened with one tablespoonful each of flour and butter melted together; grate a little cheese in it and stir in the spaghetti; heat thoroughly and serve.

SPINACH.

Pick over the spinach, wash in several waters and cook until tender in boiling water to which a teaspoonful of salt has been added. When thoroughly cooked, remove from the fire, drain, and chop very fine. Make a cream dressing as follows: Put 2 tablespoonfuls of butter in a fryingpan; when melted add 1 tablespoonful of flour, mix until smooth, then add $\frac{1}{2}$ pt. of milk or cream, and stir continually until it boils; add $\frac{1}{2}$ teaspoonful of salt and a dash or two of black pepper; now add the chopped spinach and stir until it is very hot. Serve on a hot dish with

slices of hard boiled egg. The quantity of cream dressing used may vary according to taste. Many like to use a little vinegar with it on the table. MRS. F. W. KELSEY.

ASPARAGUS.

Cut the asparagus in $\frac{1}{2}$ inch pieces and let stand in cold water about 1 hour. Throw off this water and put on enough hot water to cover; let it cook till tender, then add about a tea-cupful of milk, salt and pepper and a lump of butter. Dissolve a tablespoonful of flour and thicken a little.

MRS. B. ST. JAMES.

ASPARAGUS.

(English.)

Take only the tender part of the stalk, tie about 12 stalks into a bundle with white thread; prepare as many bundles as needed. Drop the bundles into boiling water and cook until tender, about 20 minutes; take up and drain. Have ready 4 or more slices of toasted bread on a platter, lay the bundles of asparagus on the toast, take off the threads and let them drop apart; pour over this a hot cream sauce and serve at once.

Another way is to cut the asparagus in inch pieces reserving the tips. Put in boiling water and boil 20 minutes, at the end of 10 minutes' boiling, put in the tips as they cook very quickly. When done add 1 tablespoonful of butter, season with salt and pepper and pour over pieces of buttered toast placed in a tureen. See that quite a bit of water remains when the asparagus is done, as it will be needed to moisten the toast.

COOKED CABBAGE.

Slice 1 small head of cabbage, cook for 20 minutes in well salted water, then drain well and pour over 1 cup sweet cream. Let the cream just heat through and serve immediately.

MRS. B. F. SCHUMACHER.

OYSTER CABBAGE.

Cook the cabbage in water until well done and pour off the water; add $\frac{1}{2}$ pt. of milk thickened with rolled crackers. Season with butter, salt and pepper.

MRS. R. MORTIMER BUCK, Paw Paw.

TO COOK CAULIFLOWER.

Let it soak in cold water 1 hour before cooking. Take off the outside leaves and cut the stem off close. Put it, stem side down, into boiling water sufficient to cover it; add teaspoonful of salt, and boil till tender, from $\frac{1}{2}$ hour to 1 hour. When done it may be served in the following ways: First, take up carefully so as to preserve shape. Place in dish and pour cream sauce over it. Second, serve in the same way with Hollandaise sauce. Third, break into small pieces. Put a layer in a buttered baking dish, sprinkle with grated cheese and a few bits of butter. Repeat till dish is filled. Pour over it a cupful of milk seasoned with a teaspoonful of salt and saltspoonful of pepper. Cover with bread or cracker crumbs, and brown in oven. Fourth and *best*, cook the cauliflower whole as given above. When done cover with drawn butter, not cream sauce. Sprinkle thickly with grated cheese. Put in oven to brown. Serve either in baking dish in which it has been browned, or remove carefully to platter and garnish with parsley.

ESCALLOPED CAULIFLOWER.

Boil till very tender. Drain well and cut in small pieces. Put it in layers with fine chopped egg and this dressing: Half pint of milk thickened over boiling water with 2 tablespoonfuls of flour and seasoned with 2 teaspoons of salt, 1 of white pepper and 2 ounces of butter. Put grated bread over the top, dot it with small bits of butter and place it in the oven to heat thoroughly and brown. Serve in the same dish in which it was baked.

MRS. W. H. PETTEE.

SWEET POTATOES A LA CREOLE.

Scrape six large sweet potatoes; cut in halves the long way. Put in deep baking dish; cover with milk, add $\frac{1}{2}$ teaspoon salt and tablespoon butter. Wet $\frac{1}{2}$ teacup of bread crumbs with 1 egg lightly beaten; cover potatoes with these and bake in moderate oven about an hour.

ONIONS AND CARROTS.

Onions and carrots, cooked together, equal quantities, season with salt, pepper and butter, or make a white cream sauce and pour over the whole when done.

CREAM OR WHITE SAUCE.

Two tablespoons of butter, 2 tablespoons of flour, 1 large cup of milk, or cream. Rub butter and flour smooth in a saucepan over the fire, and add the boiling milk or cream gradually, stirring until all is smooth; season with salt.

GREEN TOMATOES AND ONIONS.

For 6 persons peel and slice six good sized onions; put in a fryingpan and almost cover with water. Let boil while preparing an equal number of green tomatoes. Place in dish with onions, season with pepper and salt and a generous allowance of butter. Stir frequently while cooking.

MRS. IDA WATKINS.

CARROTS IN CREAM SAUCE.

The carrots must be very small to make the dish delicate, as the full grown vegetable has a stronger flavor. Cook the young carrots in slightly salted boiling water until they can be pierced easily. Melt two level tablespoons of butter in a saucepan; add a level tablespoon of flour, a few dashes of pepper, one-half level teaspoon of salt, a saltspoon of powdered sugar and one cup of thin cream. When the sauce is smooth and well cooked add two or three gratings of nutmeg, or if the nutmeg is objectionable, add a few drops of onion juice instead. Put the carrots into the sauce and simmer a few minutes.

LIMA BEANS.

Shell lima beans and cook in boiling salted water until tender. Drain, add to enough beans to serve six persons, a cup of thin cream, a rounding tablespoon of butter and pepper with more salt if needed. Simmer three minutes longer.

A thin knitting needle is better than a fork for testing vegetables in cooking, as it leaves scarcely any mark.

If cauliflower is boiled with the head downward well covered with water, it will come out much whiter than if exposed to the air while cooking.

BEET HASH.

One cup hot mashed potatoes, 1 cup diced pickled beets, 1 heaping tablespoon butter, 1 teaspoon sugar, a very little chopped onion. Serve hot garnished with hard boiled eggs.

MRS. ALBERT WOLFF, Arvada, Colo.

PARSNIP FRITTERS.

Boil tender, mash fine, picking out the woody bits. To three large parsnips allow 2 eggs, 1 cup rich milk, 1 tablespoonful of butter, 3 tablespoons of flour. Salt and pepper. Beat eggs light, stir in parsnips, beating hard, then butter; salt and lastly the milk. Fry as fritters or as griddle cakes.

TO DRY SWEET CORN.

Cut the corn from cob carefully sufficient to fill dripping pan, place in oven hot enough to set the milk and not burn the corn. Spread on white cloths and put in suitable drying place. When required for use, take one cup of dried corn, place in double boiler, cover with boiling water, let stand for two or three hours until tender. Just before serving, bring to a boil; add cream, butter, salt and pepper. MRS. JOHN RICE MINER.

BAKED EGG-PLANT.

(*A Maryland Recipe.*)

Remove the stalk but not the skin, wash, cut into halves, put on in boiling water and boil till partly tender (about $\frac{1}{2}$ hour), drain, cut into small pieces and season with salt, pepper and plenty of butter. Place in baking dish with thick layer of bread crumbs and more butter. Bake till brown in a quick oven and serve in the same dish. MRS. C. B. NANCREDE.

BAKED OR ESCALLOPED ONIONS.

Boil, and if large cut into quarters. Put in a shallow dish, cover with white sauce and buttered crumbs and bake until the crumbs are brown. MRS. H. SOULE.

ESCALLOPED ONIONS.

Peel and slice the onions, cover with boiling water and leave on the stove where they will be kept hot for 10 minutes. Then drain and place in a dish alternate layers of the prepared onions and bread or cracker crumbs, using only a thin layer of the latter. Bits of butter and a sprinkling of salt should be placed between the layers. Cover with milk which has been previously heated, and bake 30 minutes or until tender. The dish should be covered. MRS. M. L. WOODARD.

CREAMED CELERY.

Cut fresh, white stalks of celery into pieces an inch long. Put the pieces into a granite saucepan, and cook until tender in slightly salted boiling water. When tender drain in the colander and return the celery to the saucepan. Cover well with rich milk and season to taste with salt, a little pepper and good butter. When the milk is well heated, not boiling, add 1 cup of rich, sweet cream, and serve hot with or without toast. A delicate dish for luncheon or dinner. MRS. A. B. STEVENS.

CREAMED CELERY.

Cut celery in pieces about $\frac{1}{2}$ inch long—split broad part before cutting. Pour boiling water over and stew until tender; adding salt when partly done; drain, put in warm dish, pour over cream sauce and serve immediately.

CREAM SAUCE.

Use just half the quantity of sauce that you have of celery or other vegetables. For 2 cups of celery you will need 1 cup of milk, or less, and some of the celery water if you like; 2 level tablespoonfuls butter, 2 level tablespoonfuls flour, $\frac{1}{2}$ teaspoonful salt and a little white pepper, rubbed together and add to milk when boiling, in a double boiler. Potatoes, string beans, parsnips, turnips, oysters, left-over fish and meats of different kinds are creamed in the same manner, adding cracker or bread crumbs to the meats and fish and baking a few minutes.

MRS. E. A. LYMAN.

ESCALLOPED CORN.

Put 1 qt. of canned corn into a pudding dish and season with butter, salt and pepper. Add 1 cup of milk, cover the top with cracker or bread crumbs well moistened with milk, and seasoned with bits of butter on top, and bake in hot oven $\frac{3}{4}$ of an hour. MRS. C. W. WAGNER.

ESCALLOPED CORN.

Butter a baking dish and put in a layer of cracker crumbs, then a layer of canned corn, with salt and bits of butter; alternate the crackers and corn to the top of the dish, finishing with crackers. Pour in enough milk to come to the top; bake $\frac{3}{4}$ of an hour. BERTHA G. BUELL.

CORN PUDDING.

To 1 pt. of corn (if canned press it through a colander, if fresh, cut very fine from the ear) add 2 eggs, 1 tablespoonful of flour, butter (melted) the size of an egg, 1 pt. of milk, salt and sugar so as to be neither salt nor sweet in excess, and a little pepper. Bake in a greased dish until the custard is set or the handle of a silver spoon will come out clean.

MRS. R. WAPLES.

CORN FRITTERS.

One dozen ears of sweet corn grated, 3 eggs, 2 tablespoonfuls of milk, 2 tablespoonfuls of flour, 1 tablespoonful of sugar, 1 teaspoonful of salt and a little pepper. Bake in small cakes on griddle with plenty of butter. Serve hot.

ELIZABETH DEAN.

CORN FRITTERS.

Grate 1 dozen ears sweet corn, add 3 eggs well beaten and 5 tablespoons milk, or cream, 3 tablespoons flour and teaspoon baking powder.

ELLA W. HANSON, Los Angeles, Cal.

CORN PATTIES.

Remove the outer portion of the kernels of green corn with a grater, then scrape with a knife until the pulp is removed. When you have $\frac{1}{2}$ pt. of the pulp add 1 heaping teaspoonful flour, 2 eggs and $\frac{1}{2}$ teaspoonful salt; stir well and drop in a well buttered pan. The pan should be hot but not hot enough to burn the butter; cook until brown then turn and brown on the other side. Serve hot.

MRS. G. O. HIGLEY.

CORN CAKES.

One pt. bread crumbs, 1 cup canned corn, or green corn left from a meal, 4 eggs, $\frac{1}{2}$ teaspoon salt. Dash boiling water over crumbs to moisten slightly; stir in the eggs and add corn. Fry in hot lard; drop in by small spoonfuls. Do not turn over until set so they will turn easily when they will be a nice golden brown. Sour milk may be used instead of water by adding enough soda to sweeten the milk.

MRS. H. M. WOODS.

PARSNIP BALLS.

Boil parsnips till tender, drain and mash, or put through a colander, season well with butter, salt and pepper. Flour the

hands and form the parsnips into balls. Roll in flour and fry in drippings in a fryingpan until a nice brown on both sides. If preferred a well beaten egg and 1 tablespoonful of flour may be added with the butter, salt, and pepper, and the balls made as before. Good with roast beef.

PARSNIP FRITTERS.

Pare parsnips and cut in slices either across or lengthwise. Boil till tender and drain, make batter of 1 egg well beaten, $\frac{1}{2}$ cup of milk, $\frac{1}{4}$ teaspoonful of salt, and flour enough to make rather thin batter; dip slices of parsnip in this and drop in boiling lard; fry till delicate brown. Cooked salsify is very nice treated in the same way or made into balls the same as parsnip balls.

STUFFED GREEN PEPPERS.

Get peppers that will stand on the blossom end. Cut off the stem end for a lid, leaving the stem on for a handle. Take out all inside, being careful to leave no seeds. Make a free meat stuffing by chopping some tender roast beef, or tough parts of steak stewed till tender, with 2 tomatoes size of an egg, piece of an onion, tablespoon of minced parsley, slice of bread $\frac{1}{2}$ inch thick. Season with salt and pepper; if not moist enough add a little stock. Fill the pepper; put on the lid and bake $\frac{3}{4}$ hour in a moderate oven.

Delicious stuffed green peppers were served at a luncheon recently. Very large ones were chosen. They had been split lengthwise into halves, the seeds removed and a mixture of bread crumbs and minced ham, well seasoned with butter, pepper and salt, placed in them. They were then moistened with tomato juice and baked in a hot oven until brown. A little chopped parsley was sprinkled over them just before they were sent to the table.

MRS. WALDRON.

SALSIFY OR VEGETABLE OYSTERS.

Wash and scrape off skin until they are white, slice across in rather thin slices, stew until tender in as little water as possible. When done add milk and if preferred thicken with a little flour rubbed into butter, salt and a little pepper. Stew in granite rather than iron.

MISS PAMELA A. NOBLE.

SUCCOTASH.

Wash 1 pt. shelled (green) lima beans, parboil about 10 minutes, pour off water, add hot water, and boil about 15 minutes longer. Cut corn from 6 or 8 good sized ears and add to the beans. Boil $\frac{1}{2}$ hour or until tender. Add salt, pepper and about 2 tablespoons butter. Care must be taken to prevent the mixture from burning. Scrape the milk from the cob after having cut the corn.

MRS. L. C. NOBLE, Evanston, Ill.

TO COOK SUMMER SQUASH.

If young and tender cut into thick slices and boil in as little water as possible, or steam about 1 hour. Drain well, or, better still, squeeze it in a thin cloth. Mash and season with butter, plenty of salt and a little pepper. If the squash is old peel and remove the seeds.

BOSTON BAKED BEANS BY A NEW ENGLANDER.

Carefully pick over and wash 1 qt. of beans, pea-beans preferred. Put them over the fire in at least 4 qts. of cold water, into which has been thrown a pinch of baking soda. Boil until the outer skin will crack when blown upon, about an hour or a little less. Remove from fire, drain through a colander. Place about half in a bean pot, then put in $\frac{1}{2}$ lb. rather fat salt pork and 1 lb. quite fat cornbeef, which gives a delicious flavor. Add the rest of the beans. Over the top pour 2 tablespoonfuls molasses and cover with cold water. Bake for 6 hours at least, replacing the water with hot water as it boils away. Let them cook rather dry at the last and brown on top.

LIMA BEANS.

(Mrs. Owen's Cook Book.)

Boil and when tender, drain, season with butter and pepper and cream, if you have it.

BOILED ARTICHOKES.

Soak artichokes, wash them in several waters; cut stalks even, trim away lower leaves and ends of the others; boil in salted water with tops downwards; let them remain until leaves can be

easily drawn out. Before serving remove the choke and serve with melted butter.

TO BOIL JERUSALEM ARTICHOKES.

To each gallon of water, 2 large spoonfuls of salt. Wash artichokes, peel or cut them into a round or oval form, and put them into a large saucepan of cold water, with salt in the above proportion. They will take 20 minutes from the time the water boils to become tender. When done, drain them, and serve them with a little melted butter poured over them. Time 20 minutes.

COOKING SUMMER SQUASH.

When young and very tender slice across, dip in batter made of 1 egg, $\frac{1}{2}$ cup of milk, a little salt thickened with flour, and fry brown in drippings or butter

MRS. L. C. NOBLE, Evanston, Ill.

BAKED BEANS.

Pick 1 qt. of beans free from dirt. Wash and soak in cold water over night. In the morning pour off the water. Cover with hot water, put 2 lbs. of corned beef with them, and boil until they begin to split open. (The time depends upon the the age of the beans, but it will be from 30 to 60 minutes). Turn them into the colander and pour over them 2 or 3 qts. of cold water. Mix 1 teaspoonful of mustard and 1 tablespoonful of molasses with some pepper and salt. Put in a deep earthen pot, then put in the beans and beef and add boiling water to just cover. Bake slowly 10 hours. Add a little water occasionally. MRS. CUTTING.

BOSTON BAKED BEANS.

Soak 1 qt. of beans in cold water over night; in the morning put to cook in cold water; add teaspoonful of soda to the water; let them come to the boiling point, drain, add new freshly boiled water, simmer until you may blow the skins off the beans, turn into colander, pour cold water through them. Pour boiling water over $\frac{3}{4}$ lb. salt pork, scrape and cut rind, then put in bean pot, add 1 teaspoonful of salt, 1 level tablespoonful of dry mustard, 2 tablespoonsful of molasses, 1 cup of hot water, and pour over beans. Add enough more water to cover them. Bake 6 to 8 hours in moderate oven. Keep covered with water until the last hour.

MRS. JUNIUS E. BEAL.

MILK SAUCE FOR VEGETABLES.

One tablespoon of butter, 1 teaspoon of salt, 2 tablespoons of flour, $\frac{1}{8}$ teaspoon of white pepper, 1 pt. hot milk. Heat butter till it bubbles, add flour and seasoning, then the hot milk gradually. If it lumps, cook until it thickens. It may be made thinner by using more milk, richer by using cream, brown by browning flour and butter.

JENNIE BUELL.

MASHED POTATOES.

The "greenest" girl will be indignant if her ability to prepare a dish of mashed potatoes is questioned, while, in truth, very few trained cooks make the dish to perfection. First put on the potatoes in cold, salted water, and cook till done, drain and return to stove to dry. Next put them through a "potato press" (they only cost 15 cents), and you are then ready to make really fine mashed potatoes. For a pint and a half of potatoes put on a tumbler of milk to heat, adding salt and a lump of butter. Before the boiling point is reached pour over the potatoes and beat hard for two or three minutes. They will be white as snow, and will melt in your mouth, literally.

DUCHESS POTATOES.

One pint potatoes, 1 teaspoon butter, $\frac{1}{2}$ teaspoon salt, 1 egg, 1 level saltspoon white pepper. Wash, pare and boil potatoes. When dry and mealy put in the butter, salt, pepper and mash them thoroughly and quickly. Add the egg, well beaten, and 3 tablespoonfuls of cream or milk. Mix and form into a flat cake $\frac{1}{2}$ inch thick. Cut into oblongs or squares or shape into balls; brush over with white of egg or milk and bake in a hot oven until a delicate brown.

DUTCH FRIED POTATOES.

Fry a teaspoonful of chopped onion in pork fat or butter, add 2 cupfuls sliced raw potatoes, $\frac{1}{2}$ teaspoonful pepper and fry a delicate brown. Beat an egg light, pour over the potato and take up at once in a hot dish.

STEAMED SWEET POTATOES.

Take half a dozen medium-sized sweet potatoes and steam until done. Remove and put into a pan, sprinkle with salt and

pepper, put a bit of butter on each and place in the oven and dry until slightly brown.

SWEET POTATO CROQUETTES.

For eight croquettes use $\frac{1}{2}$ cupful hot milk, two tablespoonfuls butter, $\frac{1}{2}$ teaspoonful salt, 2 eggs, enough sweet boiled potato to make a pint; bread crumbs. When the potatoes have been mashed smooth and light, beat into them the hot milk, and then the salt and butter; next beat 1 egg light, and beat this into the mixture, which should be shaped into croquettes; beat the second egg in a soup plate; cover croquettes with egg, and roll them in bread crumbs; fry in fat till they turn brown. Serve at once.

CAULIFLOWER WITH DRESSING.

Nearly all cook books give "twenty minutes" as the proper time for cooking cauliflower. Cooked a full hour it is a different vegetable, and tried once you will never cook it a shorter time. Tie it in a clean white cloth. Put it on in cold salted water (stem up) in a graniteware or porcelain-lined saucepan, never in iron or tin. When done place it (flowers up) in a hot platter and pour over it the following sauce: Rub together a tablespoonful of butter and flour to a smooth paste, add gradually a cup and a half of the water in which the cauliflower was boiled. Let this boil for two or three minutes, seasoning with salt and pepper, and just before serving add the well-beaten yolk of an egg, mixed with a tablespoonful of cold water to prevent curdling. This is also the best sauce for asparagus, using the water in which the vegetable is boiled.

FRIED TOMATOES, WITH CREAM.

Cut six large, firm tomatoes in halves, without peeling, lay them in a pan, with a large tablespoonful of melted butter, having the skin side down. Fry them very slowly until quite tender, then place them carefully on a hot dish and let the butter remaining in the pan brown a little, then stir a tablespoonful of flour into it. When this is brown add to it half a pint of boiling milk, and a saltspoonful of salt, stir and blend until smooth. Stir all and boil three minutes, then pour it over the tomatoes, first adding a dash of pepper and a pinch of salt to each piece.

SHREDDED WHEAT BISCUITS, WITH TOMATOES.

Split into halves three biscuits, place in baking pan. Pour over sufficient milk to soak them, about four tablespoonfuls to each, and over each one teaspoonful of melted butter. Peel and cut in slices four solid tomatoes; place them on the biscuits and bake in quick oven 15 minutes. Dust a little salt and pepper over the tomatoes and put a tablespoonful of butter in little bits over the whole. Transfer carefully with cake turner to hot dish and serve. This is a quickly prepared, appetizing and nutritious dish.

ASPARAGUS WITH EGGS.

Use two bunches of asparagus, half a dozen eggs, 3 tablespoonfuls of butter and two and a half level teaspoonfuls of salt. After cutting off the tough ends wash the asparagus, tie it in a bundle and put it in a saucepan with enough boiling water to cover it. Boil for 25 minutes, adding 2 teaspoonfuls of salt at the end of the first quarter of an hour. When done take from fire and drain. Untie the bundle and place the asparagus in a baking dish. Spread half the butter on it and set the dish to keep hot. Beat the eggs light and add $\frac{1}{2}$ teaspoonful of salt and the remainder of the butter, broken into bits. Pour this mixture over the asparagus and set dish in a moderate oven for four minutes. Serve very hot.

RICE BALLS.

Thoroughly mix a brimming tablespoonful of lemon juice with a pint of cold, boiled and well-drained rice. Press into tight balls the size of a walnut. Drop in hot fat until a golden brown. Drain on paper, dust with pulverized sugar and serve at once. Very delicate.

BAKED CABBAGE.

Trim a small cabbage and cut in quarters; parboil and drain. Butter a plate that can be set in the oven and cover with a tablespoon of finely chopped raw bacon. Arrange the cabbage on the plate, after having cut out the coarser part of the stalk. Pour over a cup of white sauce and sprinkle with crumbs that have been dried and sifted. Pour 2 tablespoons of melted butter over and set the whole in the oven to brown the crumbs. Serve in the same dish.

ESCALLOPED OYSTER PLANT.

Boil the vegetable without scraping, until the skin peels off. Slice thin. Put into an earthen baking dish a layer of bread crumbs, a layer of salsify, seasoned with salt, pepper and butter. Repeat until the dish is full, with buttered crumbs on top. Moisten with milk and bake until top is brown.

CUCUMBER FRITTERS.

Peel and grate three full-grown, tender cucumbers. Press all the juice from the pulp and add to two cups of the pulp $\frac{1}{2}$ a cup of cream, a cup of flour, 1 tablespoonful of melted butter, a level teaspoonful of salt and half a saltspoonful of white pepper. Beat 4 eggs, yolks and whites separately, very light, and add to the batter, which should be very thick. Have ready a kettle of boiling cotosuet and drop in one large spoonful at a time, removing as soon as crisp and brown. Serve as you would fried oysters, which they very much resemble.

CUCUMBER JELLY.

This is especially nice to serve with any fish, or it makes a good salad course served with lettuce leaves, which have French dressing upon them. Pare 4 large cucumbers, not too ripe. Cut up and stew in 1 qt. of water with a small onion, full teaspoon salt, $\frac{1}{2}$ teaspoon white pepper. Soak meanwhile half box gelatine in teacup cold water. When cucumbers are perfectly soft stir in the gelatine until it is fully dissolved. Then strain so as to avoid the seeds. When almost cold peel and slice very thin 1 cucumber; line the mold, which has been wet with cold water, with it; pour in the liquid jelly; allow to "set" very firmly. If served on platter upon lettuce leaves pour the French dressing over the mold as well as leaves. French dressing is made in proportion of 2 tablespoons of salad oil to 1 of vinegar, with $\frac{1}{2}$ teaspoon salt.

Peas in Potatoe Cases. Mix three cups of hot mashed potatoes and the yolks of two eggs slightly beaten. Season with salt & pepper and add a little grated onion or chopped parsley if desired. With a broad knife smooth down on flatter or molding board, and with a small cookie cutter or sharp knife cut them into rounds, set a depression in center of each and brush over each one with a little melted butter and beaten egg and brown carefully in the oven. When served fill centers with canned peas made very hot with half a spoonful of melted butter poured over each serving.

PICKLES AND RELISHES

Pickles should never be put into vessels of brass, copper or tin, as the action of the acid on such metals often results in poisoning the pickles. Porcelain or granite-ware is the best for such purposes.

Vinegar that is used for pickling should be the best cider or white-wine, and should never be boiled more than five or six minutes, as it reduces its strength. In putting away pickles, use stone or glass jars; the glazing on common earthenware is rendered injurious by the action of the vinegar. When the jar is nearly filled with the pickles, the vinegar should completely cover them, and if there is any appearance of their not doing well, turn off the vinegar, cover with fresh vinegar, and spices. Alum in small quantities is useful in making them firm and crisp. In using ground spices, tie them up in muslin bags.

To green pickles, put green grape-vine leaves or green cabbage leaves between them when heating. Another way is to heat them in strong ginger tea. Pickles should be kept closely covered, put into glass jars and sealed tightly.

"Tumeric" is India saffron and is used very much in pickling as a coloring.

A piece of horse-radish put into a jar of pickles will keep the vinegar from losing its strength, and the pickles will keep sound much longer, especially tomato pickles.

CHILI SAUCE.

Chop 18 tomatoes, 6 green peppers and 3 onions fine. Add $\frac{1}{4}$ cup of salt, 1 qt. of good vinegar, 1 cup of brown sugar, 1 level tablespoon each of ground ginger, cloves and allspice, 1 grated nutmeg and 2 level tablespoons of ground cinnamon. Simmer together for 2 hours, bottle and seal. Or put in small jars and seal.

FRENCH PICKLES.

One peck of green tomatoes chopped fine, 6 large onions chopped fine, sprinkle over them 1 cup of salt and let them stand over night. In the morning drain and boil for 15 minutes in 2 parts water and 1 part vinegar; drain again; take 2 qts. of vinegar, 2 lbs. of sugar, 1 tablespoonful each of cloves, cinnamon, allspice and mustard seeds; boil together for 15 minutes.

CHARLOTTE HUTZEL.

MEXICAN PICKLES.

Four qts. of green tomatoes, 6 large peppers, 3 onions; chop them all very fine. Put a layer of this mixture in an earthen jar, and then a layer of salt alternately, and let it remain over night, then drain off the water and add 1 tablespoonful each of peppercorns, mustard seed and whole cloves. Simmer the whole for a few minutes in 3 pts. of vinegar, then set away in a cool place, and after two or three weeks pour off the vinegar and add fresh. In a week after this has been done the pickles will be ready for use.

MRS. JAMES B. ANGELL.

OIL PICKLES.

One hundred cucumbers sliced as for the table, 1 qt. onions sliced; soak over night in brine; 2 cups of olive oil, 1 oz. white mustard seed, 3 ozs. ground black pepper, 1 oz. celery seed. Mix spices well with oil, then with cucumbers and onions. Put in jars with a small piece of alum and cover with cold vinegar.

MRS. J. H. PRENTISS.

SWEET TOMATO PICKLE.

Eight pounds of green tomatoes chopped fine, 4 lbs. brown sugar, boil 3 hours, add 1 qt. vinegar, 1 teaspoonful of cloves ground, 2 teaspoonfuls of cinnamon ground, 1 teaspoonful of mace ground. Boil 20 minutes and bottle. MRS. L. P. HALL.

EAST INDIA PICKLES.

One hundred cucumbers (large and small), 1 peck green tomatoes, $\frac{1}{2}$ peck onions, 4 cauliflowers, 4 red peppers (without seeds), 4 heads celery, 1 pint bottle horse-radish. Slice all, stand in salt 24 hours; then drain, pour over weak vinegar, stand on stove until it comes to a boil, then drain again. One ounce of

ground cinnamon, 1 ounce ground turmeric, pound mustard, $\frac{1}{4}$ lb. brown sugar; wet these with cold vinegar; add sufficient vinegar to moisten all the pickles. Cook all together 10 minutes. Seal in bottles while hot.

CHOPPED SWEET PICKLES.

(Southern Recipe.)

One peck green tomatoes, 6 large onions, 6 large green peppers, 2 bunches celery, 2 lbs. seeded raisins, 1 lb. minced citron. Sugar and spices to make quite a rich syrup with vinegar to cover. Also ginger root, minced fine, if flavor is liked. Chop all the vegetables very fine, add a teacup salt and let stand over night. Strain very carefully and pour over vinegar and water (about half and half) sufficient to cover and cook till tender. Strain this off and pour over sweetened and spiced vinegar and let cook slowly about 2 hours. Add raisins and citron half an hour before pickle is done.

MRS. C. A. DAVIS.

MIXED PICKLES—VERY FINE.

Two medium-sized cabbages, 30 medium-sized cucumbers, $\frac{1}{2}$ pk. green tomatoes, 6 onions, 6 large green peppers, $\frac{1}{2}$ lb. white mustard seed, 1 oz. celery seed, $\frac{1}{4}$ teacup ground black pepper, 1 oz. turmeric, 1 lb. sugar. Cut finely or chop the vegetables, slicing the cucumbers $\frac{1}{8}$ inch thick. Pack over night in salt. Strain in the morning and cover with equal parts of vinegar and water. Strain again in 24 or 48 hours. Boil the spices in a bag with the sugar in $1\frac{1}{2}$ gallons of vinegar and pour hot over the drained vegetables. Let it stand a day or two. Then drain off the vinegar and scald again—generally twice is sufficient. After scalding the last time add a little mustard seed and if liked, a little salad oil. Let bag of spices remain in jar. F. H. D.

MUSTARD PICKLES.

One qt. of small green cucumbers, 1 qt. of large green cucumbers, sliced, 1 qt. of green tomatoes cut in bits, 1 qt. of fine white button onions, 1 large cauliflower divided into flowerets, 4 green peppers cut into bits. Put in a weak brine made of 1 cup of salt to 1 gal. of water and let soak 24 hours, then scald up in the brine, drain thoroughly. While they are draining put 2 qts. best vinegar on stove. Mix together dry 3 tablespoonfuls

mustard. 1 tablespoonful sugar, 1 tablespoonful turmeric, 1 small cup of flour. Dissolve in a little cold vinegar; add to the boiling vinegar and cook until thick, stirring continually or it will stick or burn; add pickles and stir together. Will keep indefinitely.

ELIZABETH W. DEAN.

GREEN TOMATO CATSUP.

One pk. green-tomatoes, 1 doz. large onions, $\frac{1}{2}$ pt. salt; slice tomatoes and onions. To layer of these add layer of salt; let stand 24 hours, then drain. Add $\frac{1}{4}$ pound mustard seed, 3 dessertspoons sweet oil, 1 ounce allspice, 1 ounce cloves, 1 ounce ground mustard, 1 ounce ground ginger, 2 tablespoonfuls black pepper, 2 teaspoonfuls celery seed, $\frac{1}{4}$ pound brown sugar. Put all in preserving pan, cover with vinegar, and boil 2 hours.

WALNUT CATSUP.

Take green walnuts before the shell is formed (usually in a proper state early in August). Grind or pound them in an earthen or marble mortar. Squeeze out the juice through a coarse cloth, and add to every gallon of juice 1 pound of anchovies, 1 pound salt, 4 ounces cayenne pepper, 2 ounces black pepper, 1 ounce each ginger, cloves and mace, and the root of one horse-radish. Boil all together till reduced to half the quantity. Pour off, and when cold bottle tight. Use in 3 months.

CHOW CHOW.

One qt. large cucumbers, 1 quart small cucumbers, 2 quarts onions, 4 heads cauliflower, 6 green peppers, 1 quart green tomatoes, 1 gallon vinegar, 1 pound mustard, 2 cups sugar, 2 cups flour, 1 ounce turmeric. Put all in salt and water one night; cook all the vegetables in brine until tender, except large cucumbers. Pour over vinegar and spices.

TOMATO SOY.

One-half peck tomatoes, 1 large pepper cut fine, 1 large onion cut in slices, 1 tablespoonful each of ground allspice, black pepper and celery seed, $\frac{1}{4}$ cup of salt, $\frac{1}{2}$ pint of vinegar. Boil all together slowly 1 hour; cool, and bottle for use.

MANGOES.

Take small musk melon and cut an oval piece out of one side; take out the seeds with teaspoon, and fill this space with stuffing of chopped onions, scraped horse-radish, mustard seed, cloves, and whole pepper; sew in the piece. Put in jar, pour boiling vinegar, with a little salt in it, over them. Do this 3 times, then put in fresh vinegar, cover close.

HIGDOM.

Chop fine 1 peck of green tomatoes, 6 large onions, 1 large cabbage and 3 peppers. Cook with $\frac{1}{2}$ cup of salt for 10 minutes, and then drain. Add 3 cups of brown sugar, 2 tablespoons each of cinnamon and allspice, 1 tablespoon of cloves, a little black pepper, and celery seed if you like. Cover with cold vinegar.

GREEN TOMATO PICKLE.

Slice $\frac{1}{2}$ peck of green tomatoes and 6 large onions in layers, sprinkling salt on each layer. Let them remain over night, then pour off the brine and add 1 cup sugar, 2 teaspoons each of ground cloves and cinnamon, 1 teaspoon of cayenne pepper, $\frac{1}{2}$ pint vinegar. Let them boil 45 minutes. Then add 4 heaping teaspoons mustard mixed with $\frac{1}{2}$ pint of vinegar. Boil 15 minutes and bottle.

CUCUMBER PICKLES.

Cover 4 or 5 hundred gherkins with boiling soft water, and let stand for 24 hours. Then wipe each one carefully and return to the crock. Turn over them a brine made of 1 gallon vinegar, 1 cup of salt, and 1 tablespoon of alum. Let stand a week. Then pour off and bottle. Scald 1 gallon of vinegar sweetened and spiced to your taste with brown sugar, cinnamon, cloves, mace and white mustard seed, adding if you wish, peppers and horse-radish. When this spiced vinegar is cold, fill up your bottles.

MRS. A. W. WILSON.

PICKLED RED CABBAGE.

Slice it into a colander, sprinkle each layer with salt; let it drain 2 days, then put into a jar, pour boiling vinegar enough to cover, put in few slices of red beet-root. Choose purple red cabbage. Those who like flavor of spice will boil it, with the

vinegar. Cauliflower cut in bunches, and thrown in after being salted, will look red and beautiful.

MADE MUSTARD.

Mix together 3 teaspoons flour, 4 teaspoons dry mustard, 4 teaspoons dry sugar, small spoon of salt, and then mix in butter the size of a walnut. Add $\frac{1}{2}$ cup boiling water, and let boil until thick. Then add 3 tablespoons of thick sweet cream, and $\frac{1}{2}$ cup of vinegar.

HORSE RADISH SAUCE.

Grate very fine a stick of horse-radish. With 2 tablespoons of it mix 1 teaspoon of salt and 4 tablespoons cream; stir briskly and add by degrees a wine glass of vinegar.

MRS. A. W. WILSON.

BEET PICKLES.

Cook them until tender. Put in glass can and cover with the following: One qt. of vinegar to 1 pound of sugar; 1 tablespoon of mixed spices and a little salt. Boil together and pour over the beets and seal while hot and they will keep two years and be as nice as when canned.

MRS. FRANK STONE, Peninsula Cook Book.

PEPPERS FOR WINTER USE.

Remove the seeds and wash thoroughly. Attach the lids to the peppers to which they belong by taking a stitch to join them and tying the thread and cutting. Make a brine that will bear up an egg. Put the peppers in this, weighting them down so they will be well covered with the brine. They will keep indefinitely and are almost as good for stuffing as the fresh ones. Before using them take what you wish from the brine and soak in water for an hour.

MRS. M. D. ADAMS, Alexandria, Ind.

PICKLING CAULIFLOWERS.

Take whitest and closest cauliflowers in bunches; spread on earthen dish, cover them with salt, and let stand 3 days to draw out all the water. Then put in jars, pour boiling salt and water over them, let stand over night; then drain with a hair sieve, and put in glass jars; fill up jars with vinegar; cover tight.

PICCALILLI.

One qt. green tomatoes, 1 qt. of onions, 1 good sized cabbage, 15 medium sized peppers, chop very fine and mix all together, salt well and leave till morning; then press out all the brine, pack in jars and pour over a nice cider vinegar. This is an excellent appetizer.

MRS. WIRT CORNWELL.

CHOPPED PICKLES.

This never fails to be pronounced the finest pickle eaten. Take 6 large cucumbers, $\frac{1}{2}$ peck of green tomatoes, 1 head of cabbage, 4 large onions, 3 large bunches of celery, 4 small peppers, 2 lbs. of brown sugar, 5 cents worth of mixed white mustard and celery seed, 1 gallon of vinegar, $\frac{1}{2}$ teacupful of grated horse-radish; chop all fine, and sprinkle 1 cupful of fine table salt through it, pack in a jar and let stand 24 hours; heat up in weak vinegar at first, drain and boil 20 minutes in clear, strong vinegar, pack in a jar with horse-radish leaves over the top.

MRS. ROBERT CAMPBELL.

MIXED PICKLES.

One pk. small onions, 1 pk. green tomatoes, $\frac{1}{2}$ pk. small cucumbers, 3 heads cauliflower cut in small pieces. Put in weak brine over night, drain thoroughly. Use pure cider vinegar 1 gal., add 4 ozs. white mustard seed, 1 oz. celery seed, some stick cinnamon, 2 lbs. brown sugar, 6 large green peppers cut in pieces. Simmer on stove $\frac{1}{2}$ hour.

MRS. G. E. SUTHERLAND.

PICKLES.

Two qts. of small onions, 2 qts. of small tomatoes, or large ones sliced, 2 qts. small cucumbers, $\frac{1}{4}$ lb. mustard, 2 cups sugar, 2 cts. worth turmeric, 1 large head cauliflower cut fine. Salt all and let stand over night, then scald in weak vinegar, then scald in strong vinegar with the mustard, turmeric, sugar and $\frac{1}{4}$ lb. of mixed spices, 1 cup of flour to thicken. Let scald well in this and can. Excellent.

MRS. M. C. PETERSON.

MUSTARD PICKLES.

Two qts. small cucumbers, 2 qts. of large cucumbers, 4 qts. of small onions, 1 oz. of turmeric powder, 3 or 4 cauliflowers, 6 green peppers cut in strips, $1\frac{1}{2}$ lbs. of ground English mustard,

6 cups of granulated sugar, 2 cups of flour. Make paste of flour with 1 gal. of vinegar. Soak vegetables in salt water over night, put into scalding vinegar and cook, then thicken liquor with paste and pour on the pickles. MRS. C. A. BEGLE.

MUSTARD PICKLES.

One qt. cucumbers, 1 qt. cauliflower, 1 qt. green tomatoes, 2 green peppers. Cut in pieces and soak in brine over night. One qt. small onions put in salt over night. In the morning drain and pour boiling water over them. Drain the vegetables, put in a jar and make the following liquor and pour over hot: One qt. vinegar, $\frac{1}{2}$ cup mustard, 1 tablespoon oil, 1 tablespoon turmeric. Let it stand one week, then drain off the liquor, heat, add $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup corn starch, boil and pour over.

MRS. KEECH.

MUSTARD PICKLES.

Two heads of cauliflower cut in pieces, 1 qt. small onions, 1 qt. of small green tomatoes, 2 qts. of small green cucumbers, 4 green peppers sliced, 2 bunches of celery cut up fine. Soak cauliflower, cucumbers and tomatoes over night in weak brine; in the morning drain and cook all the above in weak vinegar, when tender drain well, then take 1 gal. of good vinegar, $\frac{1}{2}$ lb. ground mustard, 1 cup of cornstarch, 3 cups of sugar, 1 oz. of turmeric, $\frac{1}{2}$ teaspoonful of black pepper, $\frac{1}{2}$ teaspoonful of cayenne pepper; boil until it thickens, then add above.

JENNIE KELLY.

CHILI SAUCE.

Eighteen good sized tomatoes, 6 medium sized onions, 3 red peppers, $2\frac{1}{2}$ cups of vinegar, 1 cup of sugar, and $\frac{1}{3}$ cup of salt. Chop onions and peppers fine, peel the tomatoes and squeeze out the juice, take the juice with all except tomatoes and boil together a few minutes, then add tomatoes chopped fine, and boil about 20 minutes, when it is ready to seal. MRS. W. H. JACKSON.

CHILI SAUCE.

Twenty-four ripe tomatoes, 8 onions, 12 green peppers, 4 tablespoons salt, 8 tablespoons sugar, 4 tablespoons cinnamon, 4 teaspoons ginger, 8 teacups vinegar; peppers and onions chopped fine, put all together and boil 3 hours. MRS. MENSEL.

COLD CATSUP.

Four qts. of tomatos after they have been mashed fine and run through a sieve, 1 qt. grated horse-radish, 1 qt. cider vinegar, 1 teacup sugar, 1 teacup salt, 1 teacup mustard, 1 teaspoon cloves, $\frac{1}{2}$ cup grated onion, $\frac{1}{2}$ cup celery seed, 2 teaspoons black pepper, 2 teaspoons cayenne pepper, 2 teaspoons allspice. Mix all together thoroughly and bottle.

MRS. ALBERT WOLFF, Arvada, Colo.

CELERY SAUCE.

Sixteen large ripe tomatoes, 5 onions, 1 red pepper, 4 heads of celery, $3\frac{1}{2}$ cups vinegar, 2 tablespoonfuls of salt, 6 tablespoonfuls of sugar. Chop fine and boil until thick (one hour or more).

ANTWERP SAUCE.

Four common sized onions, $\frac{1}{2}$ peck ripe tomatoes, skinned; 2 red peppers, $\frac{1}{2}$ scant teacup of salt, 1 teacup of white sugar, $\frac{3}{4}$ teacup of white mustard seed, 1 teacup grated horse-radish, 2 tablespoons each of cloves, cinnamon and black pepper, 3 table-spoons celery seed and 1 qt. cider vinegar. Chop peppers and onions very fine, chop tomatoes and drain them; mix well with the spices and put in a stone jar with a cover. Do not cook.

MRS. EUGENE F. MILLS.

TOMATO SAUCE.

One peck of ripe tomatoes, 4 lbs. white sugar, 1 cup vinegar, 1 teaspoon cloves, stew gently 4 hours. MARY EARLENBUSH.

MEAT SAUCE.

Five qts. of currants, 4 lbs. of sugar, $1\frac{1}{2}$ lbs. of raisins stoned and chopped, 4 oranges seeded and chopped with peel. Stew together 1 hour and put up as jam. MRS. BELLE GUTHE.

TOMATO CATSUP.

One peck of tomatoes, 6 tablespoonfuls of salt, 4 tablespoonfuls of mustard, 2 tablespoonfuls of cinnamon, $\frac{1}{2}$ tablespoonful of allspice, $\frac{1}{2}$ tablespoonful of cloves, $\frac{1}{2}$ tablespoonful of black pepper, $\frac{1}{2}$ tablespoonful cayenne, 1 pt. of vinegar. Boil the

tomatoes until tender, rub through a sieve to remove seeds, add seasoning and simmer 3 hours. MRS. A. H. PATTENGILL.

TOMATO CATSUP.

Wipe and break into pan or kettle 1 peck nice, ripe, juicy tomatoes. Cook till tender. When cool enough put through sieve and replace over the fire. Add salt, $\frac{1}{2}$ cup each cloves, allspice; 1 pt. best vinegar before boiling, and boil 1 hour. Bottle or put in jugs, it will keep as well in open jars, for 2 years.

MRS. H. M. WOODS.

RIPE CUCUMBER CATSUP.

Twelve ripe cucumbers, 4 onions. Grate and remove the seeds. Let stand over night in a colander, measure juice. Do not use the juice, but add as much vinegar. Salt and pepper to taste. Bottle as other catsup. MRS. JOHN E. TRAVIS.

GRAPE CATSUP.

Cook together 8 pounds of grapes, 4 pounds of sugar, 1 qt. of vinegar, 3 level tablespoons of ground cloves and the same of cinnamon. If the spice is liked very strong, measure the tablespoons slightly rounding. After cooking 2 hours at a moderate heat, strain through a colander and seal in bottles.

PICKLED CUCUMBERS.

For a panful of freshly picked cucumbers add a handful of salt and small piece alum, cover with boiling water. When cold put into vinegar. When all the cucumbers are gathered turn off the old vinegar. Spice or pepper if desired, and press down with weight for use. These will keep in crocks the year through.

MRS. H. M. WOODS.

PICKLED CUCUMBERS.

Wipe the amount you wish to pickle, place layer of cucumbers in jar, with slight layer of salt alternately, until jar is full; then pour over this boiling water until the cucumbers are covered. Let stand 24 hours, then drain, scald vinegar sufficient to cover. Flavor with whole spices, brown sugar, red pepper. Green tomatoes, cauliflower, small onions may be done in the same way.

NONA V. O'BRIEN.

PUMPKIN PICKLES.

Pumpkin pickles are made just as those made from the watermelon.

Sweet Pickle Syrup.—Four lbs. of brown sugar, 1 cup of mixed whole spices, cinnamon, allspice, cloves, 1 qt. of vinegar. Tie the spices in a bag and boil with the vinegar and sugar. Skim well. Pare the pumpkin and cut into pieces $\frac{1}{2}$ inch thick and 2 or 3 inches long. Boil 1 oz. of alum in 1 gallon of water, pour it on the rinds and let them stand for several hours. Take out and put into cold water; when cold boil them $\frac{1}{2}$ hour in the syrup. Boil the syrup 3 mornings and pour over the rinds, enough to cover them. MRS. BELLE GUTHE.

WATERMELON PICKLES.

Cut the rind into small pieces and cover with cold water to which add 1 tablespoonful salt. Let boil until it can be pierced with a fork (about 1 hour), then drain off the water and throw pickles into cold water changing it several times while the following syrup is prepared: One qt. vinegar, 3 lbs. sugar, 4 tablespoonfuls stick cinnamon, 1 tablespoonful whole cloves. Let this boil 5 minutes and pour it over the pickles from which the water has been drained. Let stand over night; the next day drain off the syrup and let boil for 5 minutes then pour over pickles. The third day boil all together 5 minutes when it is done. Put a piece of cheese cloth over the pickles to keep cloves and cinnamon away and the third day omit the spice altogether. This keeps them light colored. MRS. T. C. TRUEBLOOD.

SPICED WATERMELON.

Cut up watermelon and take out all the red portion. Then cut the rind into pieces about 2 inches square and pare off the green outside part, using only the white portion. After this is done soak in salt and water over night, and in the morning drain off this water and put in clear water and stew until tender enough to run a broom-straw through. Then drain and put in kettle with 1 pt. of vinegar to 3 lbs. of light brown sugar and 4 lbs. of fruit; add a little stick cinnamon and cloves, and cook the same as spiced peaches. MRS. E. B. BROOMHALL.

SPICED CURRANTS.

Five lbs. currants or juice, 4 lbs. sugar, 1 pt. vinegar, 2 tablespoons cinnamon, 2 tablespoons cloves, boil slowly 2 or 3 hours till quite thick.
SARAH M. WOOD.

SPICED CURRANTS.

Four qts. of currants picked from the stems, 1 pt. vinegar, boil together about 20 minutes, then add 2 lbs. of sugar and 1 teaspoonful each of allspice, cloves and cinnamon, and boil until thick enough.
MRS. W. H. JACKSON.

SPICED GOOSEBERRIES.

Five lbs. of gooseberries green or ripe, 4 lbs. sugar, 1 pt. of vinegar, 1 heaping tablespoonful of cloves, 1 heaping tablespoonful of cinnamon; boil slowly 2 or 3 hours.

MRS. C. E. GREEN.

SPICED TOMATOES.

One pt. of sliced ripe tomatoes, 1 pt. of brown sugar, $\frac{1}{2}$ pt. of vinegar; fill an 8 qt. kettle nearly full with this mixture. Add $1\frac{1}{2}$ ozs. of whole cloves, $1\frac{1}{2}$ ozs. of whole allspice, 3 ozs. of stick cinnamon, tied in bags; cook slowly 5 or 6 hours. Canned tomatoes may be used.
MRS. C. E. CROCKER.

SPICED TOMATOES.

Three lbs. of ripe fruit, pared and sliced, 1 pt. of vinegar, 1 qt. of sugar, add spices to taste and boil to a jam. Nice for cold meats.
MRS. M. B. GILBERT.

SPICED GRAPES.

To 6 lbs. of grapes add 3 lbs. of sugar, $\frac{1}{2}$ pt. of vinegar, 2 teaspoonfuls of cinnamon, 2 teaspoonfuls of cloves, 2 teaspoonfuls of allspice; seed the grapes, cook the skins in a little water until tender, cook the pulp until soft and strain through a sieve; then add the vinegar, sugar and spices, after mixing the pulp and cook until thick and put into jelly glasses. Other fruits can be prepared in the same way.
MRS. HENRY S. DEAN.

SPICED CHERRIES.

Five lbs. of fruit, 3 lbs. of sugar, 1 pt. vinegar, 1 teaspoonful of cinnamon, 1 teaspoonful of allspice, 1 teaspoonful of cloves, $\frac{1}{2}$

teaspoonful of mace. Stone the cherries, boil the vinegar, sugar and spices to a syrup, add cherries and cook about 2 hours until thick.
MRS. E. LUICK.

SPICED CRAB APPLES.

Four lbs. of fruit, 4 lbs. of sugar, 1 pt. of vinegar, stick a clove in each apple and steam till tender. Make a syrup of vinegar, sugar, and a little stick cinnamon, boil a few apples at a time in the syrup 15 minutes, and put in glass cans, filling up with the syrup.
MISS MARY HIMES.

PICKLED PEARS AND PEACHES.

Prepare carefully good sound fruit, not too ripe. For 1 peck of fruit put 2 or 3 qts. of good mild vinegar into fruit kettle and as much fruit as it will cover, boil until tender, when it will be somewhat transparent; as fast as cooked put into the crock in which it will remain and cover closely with earthen cover or plate. When all are thus cooked add to the remaining vinegar from 3 to 5 lbs. of sugar according to taste, $\frac{1}{2}$ oz. of cloves, 1 oz. of cinnamon, tie cloves in a cloth, break cinnamon in small pieces, add more vinegar if necessary to make at least 2 qts. in all. Boil well and pour over fruit. When perfectly cold they may be put away. Never fails. No heating over.

MRS. H. M. WOODS.

SWEET PICKLE FOR PLUMS, PEACKES OR TOMATOES.

Four qts. cider vinegar, 5 lbs. sugar, $\frac{1}{4}$ lb. cinnamon, 2 oz. cloves to 7 lbs. fruit. Scald the vinegar and sugar together and skim, add spices, boil up once, and pour over the fruit. Pour off and scald vinegar twice more at intervals of 3 days, and then cover all close. A less expensive way: Take 4 lbs. sugar to 8 lbs. of fruit, 2 ozs. cinnamon, 1 oz. cloves, 1 teaspoonful salt, 1 teaspoonful allspice.

PICKLED PEACHES.

Seven lbs. of fruit, 4 lbs. of sugar, 1 oz. of cloves, 1 oz. of cinnamon, 1 pt. of vinegar. Rub the peaches with a cloth first, put them in a jar carefully, boil the syrup, pour over the fruit; let it stand 24 hours; repeat twice; the last time boil them all together, put 2 cloves in each peach, or prick them.

MRS. M. B. GILBERT.

MANGO PEACHES.

Select large, fine peaches, cut in half and remove the pits. Fill the cavity with mixed black and white mustard seed and press a clove into each peach. Fasten halves together with wooden toothpicks; pack in crocks. Make a syrup of 3 lbs. of sugar to 1½ pts. of vinegar according to the quantity of peaches. Put a small bag of cinnamon and cloves unground into the syrup and let boil; skim carefully and pour that over the peaches, cover and set away for 24 hours. Pour off the syrup and reheat 2 or 3 days in succession according to the ripeness of the peaches; the last time taking out the toothpicks and packing closely into 2 qt. cans. Let the syrup boil down until quite rich, adding more sugar if necessary; pour over pickles and cover jars.

MRS. EDWARD D. CAMPBELL.

SWEET PICKLED PEACHES.

For 7 lbs. of peaches or pears, take 4 lbs. nice brown sugar, 1 pt. of vinegar, ½ oz. of cinnamon, ¼ oz. of cloves; boil up together for a few moments, then pour over the fruit and let it stand over night. Next day boil very slowly 1 hour, or until a fork will pierce the fruit easily. Whole spices are frequently used. When fruit is done take out and strain liquid over it. If ground spices are used tie in muslin bag.

MRS. C. K. MCGEE.

SWEET TOMATO PICKLE.

One peck of green tomatoes and 2 onions, sliced; sprinkle with 1 cup of salt and let stand over night. In the morning drain, add to the tomatoes 2 qts. of water and 1 qt. of vinegar; boil 15 minutes, then drain again, throw this vinegar and water away; add to the pickle 3 lbs. of sugar, 2 qts. of vinegar, 2 tablespoonfuls each of cloves, allspice, ginger, mustard and cinnamon, and boil 15 minutes.

MRS. CUTTING.

TO PICKLE ONIONS.

Peel the onions until they are white, scald them in strong salt and water, then take them up with a skimmer; make vinegar enough to cover them, boiling hot; strew over the onions whole pepper and white mustard seed, pour the vinegar over to cover them; when cold, put them in wide-mouthed bottles, and cork them close. A tablespoonful of sweet oil may be put in the bot-

tles before the cork. The best sort of onions for pickling are the small white buttons.

PICKLED MUSHROOMS.

Sufficient vinegar to cover the mushrooms, to each quart of mushrooms, 2 blades pounded mace, 1 ounce ground pepper; salt to taste. Choose some nice young button-mushrooms for pickling, and rub off the skin with a piece of flannel and salt, and cut off the stalks; if very large, take out the red inside, and reject the black ones, as they are too old. Put them in a stewpan, sprinkle salt over them, with pounded mace and pepper in the above proportion; shake them well over a clear fire until the liquor flows, and keep them there until it is all dried up again; then add as much vinegar as will cover them; just let it simmer for 1 minute, and store it away in stone jars for use. When cold, tie down with bladder, and keep in a dry place; they will remain good for a length of time and are generally considered delicious.

RIPE TOMATO PICKLES.

To 7 lbs. of ripe tomatoes add 3 lbs. sugar, 1 qt. vinegar; boil them together 15 minutes, skim out the tomatoes and boil the syrup a few minutes longer. Spice to suit the taste with cloves and cinnamon.

PICKLED CHERRIES.

Five lbs. of cherries, stoned or not; 1 qt. of vinegar, 2 lbs. of sugar, ½ oz. of cinnamon, ½ oz. of cloves, ½ oz. of mace, boil the sugar and vinegar and spices together (grind the spices and tie them in a muslin bag), and pour hot over the cherries.

INDIAN CHUTNEY.

Eight ozs. of sharp, sour apples, pared and cored, 8 ozs. of tomatoes, 8 ozs. of salt, 8 ozs. of brown sugar, 8 ozs. of stoned raisins, 4 ozs. of cayenne, 4 ozs. of powdered ginger, 2 ozs. of garlic, 2 ozs. of shalots, 3 qts. of vinegar, 1 qt. of lemon-juice. Chop the apples in small square pieces, and add to them the other ingredients. Mix the whole well together, and put in a well-covered jar. Keep this in a warm place, and stir every day for a month, taking care to put on the lid after this operation; strain but do not squeeze it dry; store it away in clean jars or bottles for use, and the liquor will serve as an excellent sauce for meat or fish.

TOMATO MUSTARD.

Slice and boil for an hour, with 6 small red peppers, $\frac{1}{2}$ bushel of ripe tomatoes; strain through a colander and boil for an hour with 2 tablespoonfuls of black pepper, 2 ozs. of ginger, 1 oz. allspice, $\frac{1}{2}$ oz. cloves, $\frac{1}{8}$ oz. mace, $\frac{1}{4}$ lb. salt. When cold add 2 ozs. mustard, 2 ozs. curry powder, and 1 pt. of vinegar.

MUSHROOM CATSUP.

To each peck of mushrooms $\frac{1}{2}$ lb. of salt; to each qt. of mushroom liquor $\frac{1}{4}$ oz. of cayenne, $\frac{1}{2}$ oz. allspice, $\frac{1}{2}$ oz. of ginger, 2 blades of pounded mace. Choose full-grown mushroom-flaps, and take care they are perfectly *fresh-gathered* when the weather is tolerably dry; for, if they are picked during very heavy rain the catsup from which they are made is liable to get musty, and will not keep long. Put a layer of them in a deep pan, sprinkle salt over them, and then another layer of mushrooms, and so on alternately. Let them remain for a few hours, then break them up with the hand; put them in a nice cool place for 3 days, occasionally stirring and mashing them well to extract from them as much juice as possible. Now measure the quantity of liquor without straining, and to each quart allow the above proportion of spices, etc. Put all into a stone jar, cover it up very closely, put it in a saucepan of boiling water, set it over the fire, and let it boil for 3 hours. Have ready a nice clean stewpan; turn into it the contents of the jar, and let the whole simmer very gently for $\frac{1}{2}$ an hour; pour into a jug, where it should stand in a cool place till next day; then pour it off into another jug, and strain it into very dry, clean bottles, and do not squeeze the mushrooms. To each pint of catsup add a few drops of brandy. Be careful not to shake the contents, but leave all the sediments behind in the jug; cork well, and either seal or rosin the cork, so as perfectly to exclude the air. When a very clear, bright catsup is wanted, the liquor must be strained through a very fine hair-sieve, or flannel bag, *after* it has been very gently poured off; if the operation is not successful, it must be repeated until you have quite a clear liquor. It should be examined occasionally, and if it is spoiling should be reboiled with a few peppercorns.

PICKLED EGGS.

Pickled eggs are very easily prepared and most excellent as an accompaniment for cold meats. Boil quite hard 3 doz. eggs, drop in cold water and remove the shells, and pack them when entirely cold in a wide-mouthed jar, large enough to let them in and out without breaking. Take as much vinegar as you think will cover them entirely, and boil in it white pepper, allspice, a little root-ginger; pack them in stone or wide-mouthed glass jars, occasionally putting in a tablespoonful of white and black mustard seed mixed, a small piece of race ginger, garlic, if liked, horse-radish ungrated, whole cloves, and a very little allspice. Slice 2 or 3 green peppers, and add in very small quantities. They will be fit for use in 8 or 10 days.

WATERMELON PICKLES—VERY NICE.

Pare off the green rind of the melon; cut white rind of melon in squares, put in pan with enough water to cover and about a heaping teaspoon of soda and soak over night. In the morning pour off water and boil 20 minutes in water and a lump of alum the size of hickory nut; then pour this off and make a syrup of vinegar and sugar, equal parts (being careful not to have the vinegar too strong), a teaspoonful of ground ginger tied in a cloth and boil the whole $2\frac{1}{2}$ hours—if the syrup boils down more may be added at any time.

MRS. ANDREWS, Chicago.

CHUTNEY SAUCE.

Six green tomatoes, 4 onions, 2 green peppers (remove seeds), 1 cup seeded raisins, 12 medium-sized apples, 2 cups sugar, 2 tablespoons salt, 2 tablespoons white mustard seed. Chop all fine except the apples. Add 1 qt. of vinegar and cook $\frac{1}{2}$ hour. Then add the quartered apples and sugar and cook till apples are fine. Will keep in jelly glasses. G. E. SUTHERLAND.

FRENCH RELISH.

Of green tomatoes, onions, celery, cabbage, cauliflower, each 1 qt. Put in weak brine over night. Drain and add 3 qts. vinegar, 2 cups sugar, 3 large green peppers. Cook 5 minutes. Stir smooth in a little vinegar $1\frac{2}{3}$ cups flour, 2 tablespoons turmeric and 4 tablespoons mustard. Add to the pickles while boiling. Cut all in small pieces.

G. E. SUTHERLAND.

Cherry olives.

Wash cherries and clip stems off half way. Pack in jars, cold. To one quart cherries use 1 cup vinegar, 1 tablespoon salt. Add to cherries and fill jar with water Seal. Mrs. Bury cherries.

Pepper Relish.

12 large pepper
3 onions. Put thru food chopper
cover with boiling water, stand five min
then add 1 cup sugar
2 tbs salt
1 c vinegar

Tomato Catsup.

1 gal. of Tomatoe juice, 3 large onions, 2 cups brown sugar, 3 tbs. mustard, 3 tbs. salt, 3 tbs black pepper, 2 tbs. allspice, 2 tbs cloves, 1 tbs. cinnamon, 1 tbs. Red pepper. One qt vinegar. Boil onions and tomatoe and strain thru sieve. Boil until it thickens and then add other ingredients. Mrs. Whitney

Tomato Catsup.

Boil 1 peck ripe tomatoe very tender. rub through a sieve. Then add 1 pint vinegar, 5 tablespoons salt, 2 tablespoons Cinnamon, 1/2 tablespoon cloves, 1/2 tablespoon red pepper (allspice if you choose). Boil slowly till it thickens - from 1-3 hours. The tomatoe may be cooked all night in a fireless cooker, and boiled down on the stove afterwards - Anna B. Bach.

Delicious Spiced Pickles.

4 quarts green cucumbers.

4 onions

2 large green peppers

1 cup grated horse radish

1 qt vinegar

1 cup sugar

1 tbs. white mustard seed
1 " powdered cloves.
1 " turmeric powder
2 " celery seed salt.

Slice the cucumbers, onions and peppers and place in layers in a large bowl, sprinkled each layer with a little salt. Add horse radish and allow to stand three hours. Drain and put into large kettle, adding the vinegar sugar + spices. Boil 30 min. This pickle will keep without sealing. Mrs. Bach

Sweet Pickles

Get 300 small cucumbers, wash and dry them clean. wipe dry and place on large dish. Take $2\frac{1}{2}$ cups of salt and sprinkle well thru the pickles. then boiling water thru the pickles covering well. Allow to stand over night. In the morning remove the brine wipe each pickle dry and lay in a crock. Then take half a gallon cold vinegar and mix it with 4 tbs. of mustard, heaping, the same of salt and granulated sugar and cover pickles. Add $\frac{1}{2}$ cup of mixed spices and lay in a root of ginger. Pour this mixture over the pickles and stir so each pickle is covered. Sit in cool place. Weigh out three pounds of sugar and each morning add a handful to pickles till all is gone. Stir well. Follow this receipt strictly, especially the sugar.

PRESERVES, JELLIES AND JAMS

CANNING FRUITS.

Berries and all ripe, mellow fruit requires but little cooking, only long enough for the sugar to penetrate. Strew sugar over them, allow them to stand a few hours, then merely scald with the sugar; $\frac{1}{2}$ to $\frac{3}{4}$ of a pound is considered sufficient. Harder fruits like pears, quinces, etc., require longer boiling.

The great secret of canning is to make the fruit or vegetable perfectly air-tight. It must be put up boiling hot, and the vessel filled to the brim.

Have your jars conveniently placed near your boiling fruit, in a tin pan of hot water on the stove, roll them in the hot water, then fill immediately with the hot, scalding fruit, fill to the top, and seal quickly with the tops, which should also be boiled; occasionally screw down the tops tighter, as the fruit shrinks as it cools, and the glass contracts, and allows the air to enter the cans. They must be perfectly air-tight. The jars to be kept in a dark, cool, dry place.

Use glass jars for fruit always, and the fruit should be cooked in a porcelain or granite-iron kettle. If you are obliged to use common large-mouthed bottles with corks, steam the corks and pare them to a close fit, driving them in with a mallet. Use the following wax for sealing: One pound of resin, 3 ounces of beeswax, $1\frac{1}{2}$ ounces of tallow. Use a brush in covering the corks, and as they cool, dip the mouth into the melted wax. Place in a basin of cool water. Pack in a cool, dark and dry cellar. After one week, examine for flaws, cracks or signs of ferment.

The rubber rings used to assist in keeping the air from the fruit cans sometimes become so dry and brittle as to be almost useless. They can be restored to normal condition usually by letting them lie in water in which you have put a little ammonia. Mix in this proportion: One part of ammonia and two parts water. Sometimes they do not need to lie in this more than 5 minutes, but frequently a half hour is needed to restore their elasticity.

TABLE FOR CANNING FRUIT.

	Time for boiling fruit.	Quantity sugar to quart.
Cherries	5 min.	6 oz.
Raspberries	6 "	4 "
Blackberries	6 "	6 "
Strawberries	8 "	8 "
Plums	10 "	12 "
Whortleberries	5 "	8 "
Pie-plant, sliced.....	10 "	8 "
Small sour pears, whole.....	30 "	4 "
Bartlett pears, halved.....	20 "	6 "
Peaches	8 "	4 "
Peaches, whole.....	15 "	4 "
Pine apples, sliced.....	15 "	6 "
Siberian crab-apples.....	25 "	8 "
Sour apples, quartered.....	10 "	5 "
Ripe currants.....	6 "	8 "
Wild grapes.....	10 "	8 "
Tomatoes	20 "	none.
Gooseberries	15 "	8 oz.
Quinces, sliced	15 "	10 "

ABOUT DRIED FRUITS.

Both economy and good quality are combined in the best grades of dried fruits, which cost about half as much as the canned. It depends something on the cooking, however. The right way is to wash the fruit quickly in lukewarm water, soak it a half hour in water to cover, then cook slowly in the same water; add sugar just as it is done, but do not stir at all to break it into a mush. The wrong way is to soak the fruit over night, throw the water away, set over a hot fire and cook rapidly, adding sugar and stirring often.

CHIPPED GINGERED PEAR.

Eight lbs. of seckle, or other nice pears, 8 lbs. of granulated sugar, $\frac{1}{2}$ lb. candied ginger root, 4 lemons. Chip or slice the pears very fine, slice the ginger root and let these boil together with the sugar for 1 hour, slowly. Boil the lemons whole in clear

water until tender, then cut up in small bits, removing the seeds. Add to the pear and boil 1 hour longer and pour that into tumblers or large top cans. Delicious to eat with cake for luncheon. Use candied ginger root in preference to the green root.

MRS. EDWARD D. CAMPBELL.

QUINCE HONEY.

Three small or 2 very large ripe quinces, 1 pt. boiling water, 1 pt. sugar. Put sugar and water over fire and let boil while paring and grating quinces. Add grated quince, and let boil 15 or 20 minutes. Put up in glasses same as jelly. Nice for cake filling.

MRS. E. A. LYMAN.

QUINCE HONEY.

Pare and grate 3 large quinces; add 3 lbs. of sugar and 1 qt. of water; boil until thick. Pour into jelly glasses and seal when cold.

MRS. B. G. BUELL.

ORIENTAL MARMALADE.

Six lbs. of cherries after being pitted, 2 lbs. of seeded raisins, 3 lbs. of sugar, 4 oranges. Scrape and wash the oranges that they may be free from scales, remove the rind and chop very fine. Mix all together and cook until thick. Twenty minutes before taking from the stove add pulp of the oranges with the seeds and shreds removed, cook very slightly. Seal in cans.

MRS. HENRY S. DEAN.

APPLE ORANGE MARMALADE.

Equal weight of apples and of coffee sugar. Pare and chop the apples fine. Allow to every 3 lbs. of sugar 1 qt. of water to dissolve the sugar, then boil till pretty thick, skim well and add the apples and 3 oranges with the peel grated fine. Boil well together till the apples are a clear yellow.

MRS. W. P. LOMBARD.

ORANGE MARMALADE.

Boil 24 large, bitter oranges until quite soft; about 3 hours will do, and, of course, the skins must not be removed. Then chop them up quite small taking out the pits. Make a syrup of 16 lbs. of sugar, add the juice and grated peel of 4 lemons, and 7 qts. water. Let the syrup boil until quite thick, and then put in

the oranges. Boil all together a good $\frac{1}{2}$ hour, and watch it very carefully, for if it overboils 1 second the color will darken, and it will lose that clear golden tint that is so desirable. This amount will supply a family of moderate size for the winter, at an expense within \$1.88.

MRS. HUTCHINS.

ORANGE MARMALADE.

Cut oranges in quarters, removing the seeds and pith from the center, cut very thin lengthwise. To 1 lb. of fruit put 3 pts. of cold water. Let this stand in granite or china dish 24 hours, then boil until clear ($\frac{3}{4}$ hour or so), Let it stand until next day and to every pound of this put $1\frac{1}{4}$ lbs. of sugar. Boil $\frac{3}{4}$ hour, or until the desired thickness is obtained. Four oranges should make 8 or 9 glasses marmalade.

MRS. J. N. MARTIN.

ORANGE MARMALADE.

Twelve large oranges (navel are best), 4 lemons, 8 lbs. sugar, white. Scrub the fruit, and slice thin; put in a jar and cover well with cold water. Soak 36 hours; pour off all the water, and chop the fruit; boil the sugar in about 1 qt. of water, add the fruit and boil till tender and clear; stir very carefully. Put in bowls, and cover with melted wax. Cover bowl with paper.

MRS. J. W. BRADSHAW.

CANNED TOMATOES.

To can tomatoes whole, select tomatoes that will pass through the mouth of the jars. Put 4 or 5 into a wire basket, and plunge the basket into a kettle of boiling water. Then remove the skins, cut out the hard parts around the stem ends. Repeat until the jars are filled. Dissolve a tablespoonful of salt in four quarts of boiling water and fill the jars to the top. Put the rubbers in place and the covers on loosely. Set on a rack in a steam kettle filled with water nearly to the height of the rack. Cover, and let boil nearly $\frac{1}{2}$ hour. Add boiling water, if needed, to fill the jars. Screw down the covers and set aside.

SLICED CANNED TOMATOES.

Remove the skins and hard portions as above, and cut in slices. Bring to the boiling point in a granite or white-lined saucepan. Add a teaspoonful of salt to each quart of fruit. Fill the jars, put on the rubbers and covers, and cook in the steam

kettle about $\frac{1}{2}$ hour. Fill from one of the jars, if needed, and make the covers tight. If a steam kettle be not at hand, let the tomatoes cook in the saucepan, covered 10 or 15 minutes. Have the cans and covers standing in boiling water. Fill the cans to overflow, then adjust the rubbers and covers and set aside. Tighten the covers, when the jars are cold. The size of jars is immaterial, save the fact that a pint of tomatoes is all that is required for use in a small family at one time.

HOME-MADE JELLIES.

Pure jellies are always high in price and the housewife may feel well paid for making various kinds at home. Fruits are suited for making jelly according to the amount of pectin which they contain. Pectin is a little like both starch and gelatine; apples and quinces contain a larger amount than other fruits and their juices turn to jelly easily; strawberries, raspberries, rhubarb have little of it, yet with care excellent jelly may be made from them.

Provide jelly tumblers having tin covers, a cake of paraffine, a cotton and wool flannel bag sewed up like a cornucopia and an enameled kettle that has an unbroken surface. Use granulated sugar and do not try to make jelly with over-ripe fruit—it should be just in its prime. Common ripe grapes make better jelly than the choice cultivated kinds. Rinse and drain the grapes, then put them in the preserving kettle, and as they become heated, mash them. Cook for half an hour, then turn into the flannel bag and hang it where the juice will drip into a bowl. When all has drained through that will come without squeezing the bag, measure the juice and put it back into the kettle to cook five minutes. Measure an equal amount of sugar and heat it in a pan set in the oven, but do not let it melt or caramelize. Add the hot sugar to the juice and cook five minutes, or until a little dropped on a cold place will thicken slightly. Skim well and strain into jelly glasses which have been put into cold water and brought to the boiling point. Put on the covers, and, after the jelly has cooled, melt a piece of paraffine and turn enough over the jelly to form a thin coating, which will act as a perfect seal against the air and prevent mould. Make apple jolly in the same way, adding a little water to the fruit when it is cooked.

ALICE E. WHITAKER.

CRAB APPLE JELLY.

Wash the little apples and cut out all imperfections. Cover with water and cook until soft, then pour into a jelly bag and drain without pressure. Measure the juice and for every cupful allow $\frac{3}{4}$ cup of granulated sugar. Boil the juice rapidly for ten minutes, then add the sugar and boil ten minutes longer. Fill jelly glasses, let stand 24 hours uncovered, then seal air-tight. Always keep jellies in a cool, dry place.

BLACK OR RED CURRANT JAM.

Time, $\frac{3}{4}$ of an hour to 1 hour. To every pound of currants allow $\frac{3}{4}$ of a pound of sugar. Gather currants on fine day, pick from stalks. Put them into preserving pan with sugar broken into small pieces. Bring gradually to boil, then let simmer, removing scum as it rises, stirring jam constantly. When done, put into pots with brandy paper, or paper steeped in starch, over them, and tie them down closely.

CHERRY JAM.

To 12 pounds cherries, when ripe, weigh 12 pounds sugar; break the stones of part, and blanch them; then put them to fruit and sugar; boil all gently till jam comes clear from the pan.

GOOSEBERRY JAM.

Time, $1\frac{1}{4}$ hours. Three-quarters pound loaf sugar to 1 lb. red gooseberries. Pick off stalks and buds from gooseberries, bruise them lightly, boil them quickly for 8 or 10 minutes, stirring all the time; then add sugar, pounded and sifted, to fruit, boil quickly, removing scum as it rises. Put into pots, when cold cover as above. All jams are made much in the same way.

PINEAPPLE JAM.

Peel, grate, and weigh the apple. Put pound to pound of pineapple and sugar. Boil it in preserving kettle 30 or 40 minutes.

WINE JELLY.

Half box gelatine dissolved in $\frac{1}{2}$ pt. of cold water; add $\frac{1}{2}$ pt. of boiling water, $1\frac{1}{2}$ cups sugar, juice of 3 lemons; let it come to a boil; strain and when cold add $\frac{1}{2}$ pt. of sherry wine; pour into

moulds. Use the same recipe for lemon jelly, only leave out the wine.
MRS. PATERSON, Pontiac.

COMBINATION JAM.

One box each of cherries, gooseberries, currants and two of raspberries. After being stemmed, washed and mashed, place in a preserving kettle; add $\frac{2}{3}$ cup of sugar to each cup of fruit; cook slowly until thick as ordinary jam; pour into jelly glasses. This will make about six glasses and is especially tasty when cold. Cover with melted paraffine before setting away.

FLORENCE T. MILLEN, Winnetka, Ill.

CRAB APPLE CONSERVE—VERY NICE.

Eight pounds crab apples, 8 lbs. sugar, 4 oranges, 3 lemons. Half pare each apple, by leaving a band of the skin around the middle; core; cut in pieces the size of a large cherry; sprinkle sugar over in layers and let stand over night. Next day simmer slowly about 3 hours or until clear. When the apples and sugar begin to boil, add the oranges chopped fine and the juice of the lemons.

FRANCES M. H. DAVIS.

PLUM JAM.

Cook the plums in water until nearly tender, then rub through a sieve or colander. Put the pulp in a preserving kettle with three-quarters as much sugar by measure. Boil and stir constantly and when thick enough seal in small jars.

SPICED PLUMS.

Allow one pint of vinegar to every pound of sugar and 7 pounds of plums. Add 1 level teaspoon of allspice, one of cloves, and $\frac{1}{2}$ ounce of ginger root. Tie the spices in a muslin bag and cook in the syrup. When it boils add the plums and bring all slowly to the boiling point. Simmer slowly for 15 minutes and set in a cool place over night. Drain the syrup from the plums, put the plums into glass jars and boil the syrup until quite thick, then pour over the fruit and seal.

IMITATION EAST INDIAN PRESERVES.

(An Old Family Recipe.)

Two quarts of apples, 1 ounce of green ginger root that has been soaked all night, then boiled slowly for one hour, and cut

into tiny bits; 2 even cupfuls of sugar, 1 cupful of cold water. Pare the apples, cut into neat dice less than half an inch square, and throw into cold water to preserve their color. Put the sugar and water into a preserving kettle, and when it boils add the ginger and simmer half an hour. Drain the apples out of the water, throw into boiling syrup and boil until tender and transparent, but not broken much. Pour into small jars and seal hot.

Pears are very nice preserved in the same way.

GREEN GRAPE JAM.

Pick the stems from grapes that are green or but barely beginning to turn. Put them in an agate or porcelain lined preserving kettle with half a cup of water to prevent burning before the juices start. When cooked soft press through a sieve or colander and measure the pulp. To every 2 cups of pulp allow $1\frac{1}{2}$ cups of sugar. Cook the pulp and sugar for $\frac{1}{4}$ of an hour, stirring carefully to prevent burning; seal in pint jars or in jelly glasses.

FRUIT JELLY.

First make a plain lemon jelly, adding sugar according to the fruit to be used. When beginning to set add 1 orange, 1 banana and 2 or 3 figs cut in small pieces. Serve plain or with whipped cream.

RAISIN JAM.

Wash and seed one pound of large sweet raisins; put them on to cook with half a pound of sugar, 1 cup of water and half a grated nutmeg. Cook until thick; when cold it is ready to serve.

I, 2, 3, 4 JAM.

One pint of raspberries, 2 quarts of fresh currants, 3 pounds seedless raisins, 4 pounds sugar. Boil all together until thick.

Mrs. BERST, Erie.

STRAWBERRY PRESERVES.

Take two-thirds as much sugar as you have berries, dissolve the sugar and boil until it haurs, then pour over the berries. Let it remain over night; in the morning skim out your berries, and boil your syrup half an hour, then put in your berries and boil the syrup until it is quite thick, stiring carefully. Can. This is fine for strawberry ice cream.

M. S. BROW.

CHERRY MARMALADE.

Take 1 qt. of sour cherries (stoned). Cook a few minutes until soft. Put through a sieve. Take equal parts of the pulp and sugar. Boil until thick. Can.

Mrs. MAE BERST, Erie.

ORANGE MARMALADE.

Six oranges, 3 lemons. Pare the oranges and lemons and cut the rinds into shreds. Take off and throw away the thick, white inner skin. To 1 pt. of sliced orange and lemon take $1\frac{1}{2}$ pts. water. Cook $\frac{1}{2}$ hour and let stand over night. To 1 pt. of mixture add $1\frac{1}{2}$ lbs. of sugar. Boil 40 minutes.

Mrs. W. J. BOOTH.

BLACKBERRY JAM.

Put the blackberries in a porcelain lined kettle, simmer slowly till very tender. Put through a sieve, measure the liquid and for 1 pt. take 1 pt. of granulated sugar. Boil together 20 minutes and it is ready to seal.

CURRANT AND ORANGE PRESERVES.

Five lbs. of currants, 5 oranges chopped, $2\frac{1}{2}$ lbs. of raisins, 5 lbs. of sugar, cook 20 to 30 minutes. Mrs. P. C. FREER.

CRANBERRY JELLY.

Cook with the cranberries $\frac{1}{2}$ as many cups of sugar as there are cups of cranberries and $\frac{1}{2}$ as many cups of water as sugar. Boil and strain.

Mrs. JACOB REIGHARD.

SPICED CURRANT JELLY.

Five pts. of juice, 5 lbs. of sugar, 1 teaspoonful of cloves, 2 teaspoonfuls of cinnamon, $\frac{1}{2}$ teaspoonful of mace, 1 tablespoonful of vinegar. Make same as jelly and boil 20 minutes.

Mrs. C. E. GREEN.

CURRANT JELLY.

Boil the juice hard 20 minutes. Have your sugar in a crock or large jar, 1 lb. of sugar to 1 pt. of juice, pour your juice boiling hot over the cold sugar and stir until sugar is thoroughly dissolved, then fill your glasses and set away to harden.

Mrs. LEBARON, Pontiac.

CURRANT JELLY.

Twelve lbs. fruit, 6 lbs. sugar, Mash currants with 1 pt. water and boil 20 minutes. Let drip, but not squeeze, then boil juice 4 minutes longer and add sugar. The moment the sugar is dissolved the jelly is done. MRS. WARREN W. FLORER.

YELLOW TOMATOES PRESERVED.

Five lbs. tomatoes skinned, 5 lbs. sugar, $\frac{1}{2}$ lb. of raisins seedless or seeded, $1\frac{1}{2}$ lemons, $1\frac{1}{4}$ oz. race ginger sliced. Put sugar in 1 pt. of water, boil until clear thick syrup, add tomatoes, cook until done, from two to three hours; add raisins and ginger, $\frac{1}{4}$ lb; 15 minutes before done add lemon juice; last put in the chopped rind with tomatoes. ELIZABETH W. DEAN.

CITRON PRESERVES.

Prepare rind into any form you desire, boil very hard 30 or 40 minutes in alum-water, tolerably strong; take from alum water and put into clear cold water; allow them to stand over night; in morning change water and put them to boil; let cook until they have entirely changed color and are quite soft; then make syrup, allowing $1\frac{1}{2}$ pounds white sugar to 1 pound fruit; then add fruit, which needs but little more cooking. Mace, ginger or lemon flavors nicely.

PRESERVED PEACHES.

Take ripe, but not *soft* peaches. Pour boiling water over them to take off skins, which will pull off easily. Weigh equal quantities fruit and sugar; put them together in earthen pan over night. In morning pour off syrup, boil few minutes; set off kettle, take off scum. Put back kettle on fire; when syrup boils up, put in peaches. Boil them slowly $\frac{3}{4}$ of an hour; take out and put in jars. Boil syrup 15 minutes more and pour over them.

TO PRESERVE STRAWBERRIES.

To 1 pound strawberries, after they have been picked over, add 1 lb. clean sugar; put them in preserving kettle, over slow fire, until sugar is melted, then boil them precisely 25 minutes fast as possible; have jar ready and put fruit in boiling hot; jar should be heated before hot fruit is poured into it, otherwise it will break. Cover and seal jars immediately; set in a cool place.

QUINCE AND APPLE PRESERVES.

Take an equal amount of sweet apples and quinces; weigh them, then take by weight an equal amount of sugar; pare, quarter and core the fruit. When quince is boiled tender, take it out; boil apples in quince water; put them into syrup; let them boil till they look red and clear—an hour and a half is not too long. Do not boil quinces in syrup, but put layers of the apple, when done, into jars with quince, previously cooked tender in water, and pour syrup over them.

PRESERVED QUINCES.

Pare, quarter and core them, saving skins and cores. Put quinces over fire with just water enough to cover them, and simmer till soft, but do not let them cook till they break. Take out fruit and spread on dishes to cool; add parings and cores to water in which quinces were boiled; stew it an hour; then strain through jelly-bag; to each pint of this liquor allow a pound of sugar. Boil and skim this, put in fruit, and boil 15 minutes. Take all off the fire, and let stand in deep dish 24 hours. Then drain off syrup, let it boil; put in quinces, and boil 15 minutes. Take out fruit again, spread on dishes; boil syrup down to a jelly, nearly. Put fruit into jars $\frac{2}{3}$ full, and cover with the syrup. The quinces will be a fine deep red color.

TO PRESERVE CURRANTS.

To 10 lbs. currants, 7 lbs. sugar; take stems from 7 lbs. currants, press the juice from other 3 lbs. When sugar is made into hot syrup, put in currants; boil until thick and rich.

QUINCE MARMALADE.

Gather the fruit when fully ripe; pare, quarter and core it; boil the skins with as many teacupfuls of water as you have pounds of quinces; when they are soft, mash them, and strain the water from them, and put it to the quinces; boil them until they are soft enough to mash them fine; rub them through a sieve; put to the pulp as many pounds of sugar; stir them together, and set them over a gentle fire, until it will fall from a spoon, like jelly; or try some in a saucer. If it jellies when cold, it is enough. Put it in pots or tumblers, and when cold, secure as directed for jelly.

PEACH MARMALADE.

Peel ripe peaches, stone them, and cut them small; weigh $\frac{3}{4}$ of a pound of sugar for each pound of cut fruit, and a teacup of water for each pound of sugar; set it over the fire; when it boils, skim it clear, then put in the peaches, let them boil quite fast; mash them fine, and let them boil until the whole is a jellied mass, and thick, then put it in small jars or tumblers; when cold, secure it as directed for jellies. Half a pound of sugar for a pound of fruit will make nice marmalade.

TO PRESERVE PLUMS WITHOUT THE SKINS.

Pour boiling water over large egg or magnum bonum plums, cover them until it is cold, then pull off the skins. Make a syrup of a pound of sugar and a teacup of water for each pound of fruit; make it boiling hot, and pour it over; let them remain for a day or two, then drain it off and boil again; skim it clear and pour it hot over plums; let them remain until the next day, then put them over the fire in the syrup; boil them very gently until clear; take them from the syrup with a skimmer into the pots or jars; boil the syrup until rich and thick; take off any scum which may rise, then let it cool and settle, and pour it over the plums. If brown sugar is used, which is quite as good, except for greengages, clarify it as directed.

PRESERVED GREENGAGES IN SYRUP.

To every pound of fruit allow 1 lb. of loaf-sugar, $\frac{1}{4}$ pint of water. Boil the sugar and water together for about 10 minutes; divide the greengages, take out the stones, put the fruit into the syrup, and let it simmer gently until nearly tender. Take it off the fire, put it into a large pan, and, the next day, boil it up again for about 10 minutes with the kernels from the stones, which should be blanched. Put the fruit carefully into jars, pour it over the syrup, and, when cold, cover down, so that the air is quite excluded. Let the syrup be well skimmed both the first and second day of boiling, otherwise it will not be clear.

TO PRESERVE CHERRIES IN SYRUP.

Four pounds of cherries, 3 lbs. of sugar, 1 pt. of white-currant juice. Let the cherries be as clear and as transparent as possible, and perfectly ripe; pick off the stalks, and remove the

stones, damaging the fruit as little as you can. Make a syrup with the above proportion of sugar, mix the cherries with it, and boil them for about 15 minutes, carefully skimming them; turn them gently into a pan, and let them remain till the next day; then drain the cherries on a sieve, and put the syrup and white-currant juice into the preserving-pan again. Boil them together until the syrup is somewhat reduced and rather thick; then put in the cherries, and let them boil for about 5 minutes; take them off the fire, skim the syrup, put the cherries into small pots or wide-mouthed bottles; pour the syrup over, and when quite cold, tie them down carefully, so that the air is quite excluded.

RASPBERRY JAM.

To 5 or 6 pounds of fine red raspberries (not too ripe) add an equal quantity of the finest quality of white sugar. Mash the whole well in a preserving-kettle; add about 1 qt. of currant juice (a little less will do), and boil gently until it jellies upon a cold plate; then put into small jars; cover with brandied paper, and tie a thick white paper over them. Keep in a dark, dry, and cool place.

STRAWBERRY JELLY.

In strawberry season make the strawberry syrup with 1 lb. of sugar to 1 pt. of juice. Seal and set away. When making crabapple jelly heat the strawberry syrup and add half as much crabapple jelly; boil together a few minutes. The jelly will have the strawberry flavor and the crabapple will cause it to jell.

MRS. J. L. SKINNER.

JELLIES.

Currants, crabapples, cranberries and grapes, not too ripe, make nice jelly by stewing well in water enough to just cover. When done hang in a jelly bag to drain. Let the clear juice boil 15 or 20 minutes. Meanwhile heat the sugar, measure for measure, and turn into the juice. Boil up, stirring to be sure the sugar is dissolved, and remove from fire immediately.

MRS. H. M. WOODS.

GRAPE SAUCE.

Remove the pulp of the grapes from the skins, boil the pulp until seeds can be separated, strain through the colander, add the skins and boil 5 minutes, after which add $\frac{2}{3}$ the amount in sugar

and boil 20 minutes, stirring constantly. Concord grapes the best.

MRS. WM. CONDON.

GINGER PEARS.

Eight lbs. pears, 6 lbs. sugar, 1 pt. water, $\frac{1}{2}$ lb. candied ginger, 2 tablespoonfuls powdered ginger root, grated rind of 3 lemons with juice of 1, cut pears into small pieces. Boil with sugar, lemon and ginger root, finely powdered, for about 3 hours; about 10 minutes before taking it from the fire add the candied ginger root. The pears should be a clear, rich color, almost the same as the candied ginger. Serve with ice cream.

FRANCES M. H. DAVIS.

GINGER APPLES.

Two pounds of any kind of hard apples, 2 lbs. of sugar, $1\frac{1}{2}$ pts. water, 1 oz. tincture ginger. Boil the sugar and water until they form a rich syrup, adding the ginger when it boils up. Pare, core and cut the apples into pieces; chop them in water to preserve the color and boil them in the syrup till transparent. A very good substitute for ginger pears. Serve with ice cream, or for a dessert dish with whipped cream.

F. H. D.

until it seemed thick enough
when cooked.

M

Cherry Preserves,

7 pounds of cherries (stone after weighing)

$3\frac{1}{2}$ pounds of sugar

Make a syrup of the sugar, boil cherries
in it until nearly cooked, skin out

cherries, add to syrup 1 pint currant juice
and one pound of sugar, boil this until
it thickens or about thirty minutes or
more. Then add cherries and boil

Jam.

One pound English walnuts, one pound raisins chopped very fine. Two oranges, three pounds of grapes, heat the grapes and put through a colander. Taking out skins and seeds. Squeeze the oranges into the grape, chop the skins fine, take one cup of sugar to one of juice, then put in raisins, nuts orange peel cook like any other jam.

Good and something new.

Peach Conserve

24 peaches, 4 oranges, 2 lemons.
cut peaches up for preserves, use rind of oranges and lemons and as much sugar as fruit. Boil lemons 10 min

Prune Conserve

6 lbs sliced prunes,
5 " sugar
2 " seeded raisins.
2 oranges put thru food chopper
rind and all.
1 lemon
1 lb walnuts chopped. This should
cook twenty minutes after it has
started to boil. Mrs Amey.

CAKES

ANGEL CAKE.

One measure of whites of eggs, $1\frac{1}{2}$ measures of granulated sugar, 1 full measure of flour, 1 even teaspoonful of cream of tartar, 1 even teaspoonful of almond extract. Sift the cream of tartar into the whites of eggs and beat very stiff. Put in the sifted sugar and the flavoring and beat again. Then sift in the flour and mix very carefully with the wire spoon egg beater. Put a buttered paper in the bottom of a mould with a tube in it; put the dough in carefully by spoonfuls and bake in a slow oven for 1 hour, covering for the first half hour. Turn upside down and cover with a cloth for 10 minutes, then run a knife around the edge and it will slip out.

Frosting.—One measure of white of eggs, 4 of confectioner's sugar, beat till stiff enough, for $\frac{1}{2}$ hour or more, flavor and spread on the cool cake. MRS. DEMMON.

ANGEL FOOD.

One and one-half cups of granulated sugar, 1 level cup of flour, whites of 11 eggs, 1 level teaspoonful of cream of tartar, 1 teaspoonful of vanilla and a pinch of salt. Spread 2 square papers on your table and place your sieve upon one of them. Have ready some sifted flour and put 1 level cupful in your sieve, to this add the sugar, cream of tartar and salt, and sift through upon the paper. Place the empty sieve upon the other paper, pour the mixture into it and so sift back and forth from one paper to the other five or six times. Then beat the whites of eggs to a stiff froth, pour the flour mixture into it from the paper, gradually but quickly, stirring lightly just enough to moisten all the flour; a few strokes will suffice, then turn at once into an ungreased tin and bake about 45 minutes. Success depends largely upon the baking. A slow, gradual heat is best, but only care and practice will make perfect. MRS. E. C. GODDARD.

Boiled Icing.—Put a level cup of granulated sugar and $\frac{1}{3}$ cup water in small saucepan and boil until it hairs. Pour this slowly upon the stiffly beaten white of 1 egg, beating all the time with a Dover egg beater. If possible let one person beat while another slowly pours the syrup over the egg. Remove the beater, and beat for a few moments with a silver knife, add vanilla and spread while still hot upon the cake. If the sugar hairs the frosting will always be thick enough; if by accident too thick, thin with hot or cold water to the consistency desired.

MRS. E. C. GODDARD.

IMPROVED SUNSHINE CAKE.

Sift flour 5 times, set aside $\frac{2}{3}$ cup of it; sift granulated sugar; set aside 1 cup of it. Separate 7 cold, medium sized, fresh eggs. Add a pinch of salt to 5 yolks and beat until the yolk will cling to the beater when held up. Wash beater, half beat the 7 whites; add small $\frac{1}{2}$ teaspoonful of cream of tartar; beat very, very stiff; add sugar, stir lightly; add yolks and $\frac{1}{2}$ teaspoonful vanilla, stirring only enough to dissolve the sugar and mix yolks evenly through; add flour, with much care, as stirring tends to toughen the cake. Put in cake mould and into a very moderate oven at once. Use moulds with slides at the sides, neither greased nor papered. Should the cake show tendency to brown before it has risen quite to the top of pan, reduce temperature of oven, if a wood range is used. (It is almost impossible to meet with success with a coal range.) Set basin of cold water beside the cake, but do not allow it to steam, otherwise your cake will drop out of pan when inverted. As soon as cake has risen remove water, and turn on heat or the cake will drop. Requires 40 to 50 minutes to bake. Invert when taken from the oven and leave until cold. Loosen the slides by rapping with a knife and remove; loosen cake with knife around the sides, then slip long knife into the slide openings and loosen at the bottom, invert the pan, and carefully lift it off the cake.

MRS. JOHN BURG.

SUNSHINE SPONGE CAKE.

Whites of 7 eggs, yolks of 5, 1 cup of fine granulated sugar, 1 scant cup of flour, measured after sifting 5 times, $\frac{1}{4}$ teaspoonful of cream of tartar, 1 teaspoonful of orange extract. Beat yolks till thick and set aside. Now add a pinch of salt

and the cream of tartar to the whites and beat till very stiff; add sugar, beat thoroughly, then add flavoring and beaten yolks; beat lightly and carefully, stir in the flour. Bake in tube pan in moderate oven 40 to 50 minutes. Invert the pan to cool.

HATTIE BAXTER.

SPONGE CAKE.

Three-fourths lb. sugar, $\frac{1}{2}$ lb. flour, 8 eggs, reserving the whites of 2 for frosting. Put 7 tablespoonsful of water on the sugar and let it boil, till it *hairs*. Pour it on the eggs slowly, through a wire sieve, beating *hard* all the time, then beat eggs and sugar together for 20 minutes. Add flour beaten in as lightly as possible. Bake in shallow tins in a *quick* oven (15 to 20 minutes).

MRS. W. J. HERDMAN.

SPONGE CAKE.

Eight eggs, 2 cups of sugar, $1\frac{1}{2}$ cups of flour, 2 tablespoonsful of cold water, 1 lemon, grated rind and juice; cream the yolks and sugar, add lemon, water, and half the flour, sifting it in. Then beat in as lightly as possible half the beaten whites, the remainder of flour and lastly the rest of the eggs. Bake in a moderate oven about 40 minutes.

MRS. H. C. ADAMS.

SPONGE CAKE.

Five eggs, $1\frac{1}{2}$ cups of granulated sugar, $1\frac{1}{2}$ cups of flour, $\frac{1}{2}$ teaspoonful of cream of tartar. Handle precisely as angel cake; oven moderate.

MAY FISCHER.

SPONGE CAKE.

Four eggs, $\frac{3}{4}$ cup of sugar, $\frac{3}{4}$ cup of flour, juice of $\frac{1}{2}$ lemon, with a little of the rind (grated). Stir the yolks of the eggs and sugar together for 5 minutes, or until foamy, add the juice of the lemon and the grated peel, whip the whites of the eggs to a stiff froth and add gradually with the flour. Bake in a tin, with a pipe in the center.

FLORENCE SPENCE.

COLD WATER SPONGE CAKE.

Four eggs, beat separately; $1\frac{2}{3}$ cups granulated sugar, 1 lemon (juice and rind), $\frac{1}{2}$ cup cold water, $1\frac{1}{2}$ rounded teaspoons of baking powder in 2 cups of flour. Bake 40 minutes, medium heat.

MRS. WM. WAGNER.

SPONGE CAKE.

Two cups of white sugar, 2 cups of sifted flour, 4 eggs, 2 teaspoonfuls of baking powder, $\frac{3}{4}$ of a cup of hot water; pour water in last; flavor to taste. MRS. L. TRASK.

SPONGE CAKE.

Three eggs, $1\frac{1}{2}$ cups of sugar, 2 cups of flour, 2 teaspoonfuls of cream of tartar, $\frac{1}{2}$ cup of cold water, 1 teaspoonful of soda; flavor and bake in a dripping pan. FANNIE E. THOMPSON.

FAVORITE SNOW CAKE.

(*Man's Method of Making.*)

Beat 1 cup of butter to a cream, add $1\frac{1}{2}$ cups of flour, stir very thoroughly together; then add 1 cup cornstarch and 1 cup of sweet milk in which 3 teaspoons baking powder have been dissolved; last, add the whites of 8 eggs and 2 cups of sugar well beaten together. Bake in sheets and put together with icing; flavor to taste. ISADORE MILLS.

COCOANUT CAKE.

One cup sugar, $\frac{1}{2}$ cup butter, stirred to a cream, 3 eggs. Take 2 of the whites for icing and put the other with the yolks in the cake; $\frac{3}{4}$ cup milk or milk of the cocoanut; $2\frac{1}{2}$ cups flour in which has been stirred 1 rounding teaspoon baking powder (Royal), 1 teaspoon vanilla. Bake in jelly tins.

Icing.—Whip the whites of the 2 eggs, add 1 small cup powdered sugar, $\frac{1}{2}$ teaspoon vanilla, grate 1 cocoanut, ice cake and sprinkle it on. MRS. GROVE RAY.

CREAM CAKE.

One cup granulated sugar, 1 tablespoonful of butter, beat to a cream. Add 2 eggs, $\frac{3}{4}$ cup of milk, 1 cup of flour, 2 heaping teaspoons of baking powder.

Filling.—Three-fourths cup of cream beaten until quite thick; $\frac{1}{4}$ cup of sugar. MRS. HARRISON H. CAMP.

WALNUT CAKE.

One coffee cup of sugar, 2 of raisins, stoned and chopped, $1\frac{1}{2}$ of flour, $\frac{1}{2}$ of butter, $\frac{1}{2}$ of sweet milk, 3 eggs, 2 teaspoonfuls

of Congress Yeast Powder, $\frac{1}{2}$ of a nutmeg, 1 teaspoonful of lemon or vanilla, 1 coffee cup heaping full of nuts broken up.

MARY ERLBUSH.

FRENCH CREAM CAKE.

One cup sugar and 3 eggs, beaten together, $1\frac{1}{2}$ cups of flour, 2 teaspoonfuls baking powder, mixed with the flour; 3 tablespoonfuls water. Bake in 3 layers or in 2 and split.

Filling.—Take nearly 1 pt. milk, heat and, when nearly boiling, add 2 small tablespoonfuls cornstarch wet with a little cold milk, 2 beaten eggs, $\frac{1}{2}$ cup sugar, cook and stir it all the time until it thickens enough to drop from a spoon without running; remove from the stove, add $\frac{1}{2}$ teacupful of melted butter; when cool add vanilla to taste. MRS. POWELL, Ionia.

ORANGE CAKE.

Two cups sugar, yolks of 5 eggs, whites of 3 eggs, $\frac{1}{2}$ cup sweet milk, juice and rind of 1 orange, 2 teaspoons baking powder, 2 cups flour.

Filling.—Whites of 2 eggs, juice and rind of 1 orange, enough powdered sugar to make thick. This makes a very large layer cake or 2 small ones. LOENA G. MARKHAM.

ORANGE CAKE.

Make and bake the same as chocolate cake, and spread between the layers, and on top an orange icing.

Orange Icing.—Grate the yellow rind of 1 large orange, add it to the juice and let stand about 1 hour, then strain through cheese cloth, add 2 tablespoonfuls of cold water, then stir sufficient confectioner's xxxxx sugar to make the proper consistency to spread (about 3 cups). MRS. MAAS.

LIGHTNING CAKE.

One cup of sugar, $\frac{1}{3}$ cup of butter melted, $1\frac{1}{2}$ cups of flour, 2 eggs, $\frac{1}{3}$ cup of milk, 1 teaspoonful of baking powder, pinch of salt. Into sieve put sugar then on top of that put flour, then salt, then baking powder. Sift all through together, measure butter first thing, have it melting slowly on back of the stove. When melted break the 2 eggs into the butter without beating.

This will fill a cup $\frac{2}{3}$ full, or nearly so. Fill to the brim with milk, pour into the dry mixture, add flavoring and stir thoroughly. Bake in two layers. Any kind of filling. MRS. A. E. SHAW.

SWEDISH CAKE.

Cream $\frac{1}{2}$ cup of butter, slowly add 1 cup of sugar, $\frac{1}{2}$ cup of milk, the beaten yolks of 2 eggs, the beaten whites. Sift in 1 heaping cup of flour, 1 teaspoonful baking powder and 1 teaspoonful cinnamon. Bake in a moderate oven in patty tins.

CHOCOLATE CREAM CAKE.

One-half cup of butter, 2 cups of sugar, 1 cup of water, 3 cups of sifted flour, 3 level teaspoonfuls of baking powder, 1 teaspoonful of vanilla, whites of 4 eggs. Cream the butter, add the sugar gradually, continuing the creaming, then add the water and flour a little at a time, having the baking powder sifted with the flour, continue stirring until the water and flour are all used. Now add the vanilla and well beaten whites of the eggs, stir just enough to mix, and pour into 3 large or 4 small layer cake pans, and bake in a moderate oven for about 20 minutes.

Filling.—Whites of 1 egg, $\frac{1}{2}$ teaspoonful of vanilla, $\frac{1}{2}$ table-spoonful of cold water, add xxxx sugar until thick enough to spread. Spread on top of each layer, melt $\frac{1}{4}$ of a cake of baker's chocolate over steam and spread on top of white frosting on each layer, after the white frosting has become hard.

MRS. MAAS.

WHITE CAKE.

Whites of 6 eggs, 1 cup butter, 2 cups of granulated sugar, 1 cup of milk, $2\frac{1}{2}$ cups of flour, 1 cup of cornstarch, 2 teaspoonfuls of baking powder, 1 teaspoonful of vanilla. Beat butter and sugar to a cream, then add milk, stir till thoroughly mixed, then add the flour, cornstarch and powder sifted together, add the well beaten eggs last. Bake in layers and spread with icing, either white or chocolate.

MRS. MARY McCLURE

LAYER CAKE.

Two cups sugar, $\frac{1}{2}$ cup butter, the whites of 3 eggs, beaten to stiff froth; put together and beat to a cream. Add 1 cup of sweet milk, 3 cups of flour, 2 teaspoonfuls of cream of tartar, 1 teaspoonful of soda, well sifted into the flour; flavor with vanilla, or as you prefer. Put in jelly tins with an oiled paper in the bot-

tom and bake in a moderately quick oven. This is also fine baked in a loaf and cut into squares for the table.

MRS. A. F. MARTIN.

PLAIN LAYER CAKE.

One cup of sugar, 1 tablespoon of butter, 1 egg, 1 cup of milk, 2 cups of flour, 2 teaspoonfuls of baking powder, 1 teaspoonful of vanilla.

MRS. E. E. CALKINS.

MARSH MALLOW LAYER CAKE.

Two tablespoonfuls of gelatine (phosphate the better), add $\frac{1}{4}$ pt. boiling water. Let stand till dissolved, and add 2 cups confectioner's sugar; beat $\frac{1}{2}$ hour. If too stiff add a little hot water. Pour the mixture in a greased tin the same size as cake. When cold put between cakes with soft frosting.

MRS. GILLETTE.

SIMPLE LAYER CAKE.

One cup sugar, 1 tablespoon butter, 1 egg, $\frac{1}{2}$ cup water, $1\frac{1}{2}$ cups flour, 2 teaspoons baking powder. When all together beat until creamy. Use any filling preferred.

MRS. B. F. SCHUMACHER.

DOLLY VARDEN CAKE.

Two-thirds cup of sugar, $\frac{1}{2}$ cup of sweet milk, 1 cup of flour, 1 teaspoon of baking powder, whites of 2 eggs, 3 tablespoons of melted butter. Make the same recipe and use the yolks of the eggs. You have a white, and yellow cake; put them together with frosting—after baking.

MRS. MARY STARK.

BROWNSTONE FRONT.

Part I.—Half cup grated chocolate, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup cold water, yolk of 1 egg. Mix and boil.

Part II.—One cup sugar, 2 eggs, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, 1 teaspoon soda, 2 cups flour.

Mix with part I., bake in 2 layers and frost with white boiled frosting.

MRS. BRADSHAW.

DEVIL'S CAKE.

One cup dark brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, 1 teaspoon soda, 2 cups flour, 2 eggs. Mix well. One cup

baker's chocolate, $\frac{1}{2}$ cup of milk, $\frac{2}{3}$ dark brown sugar, yolk of 1 egg. Put in pan and boil slightly, then mix all together. Bake in layers and put together with white icing.

MRS. M. C. PETERSON.

DEVIL'S CAKE.

Two cups of brown sugar, 2 eggs, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup of sour milk, 3 cups of flour (scant), salt; mix together, then add $\frac{1}{2}$ cup of boiling water in which is dissolved 1 teaspoonful of soda and $\frac{1}{2}$ cup of grated chocolate. Bake in two layers in a moderately hot oven. Use just the white icing, or a white icing and a chocolate on that.

MRS. LUSBY.

BROWN SUGAR CAKE.

Into a large coffee cup put 5 tablespoonfuls of hot water, 4 of melted butter, 1 teaspoon soda, yolk of 1 egg, then fill cup with molasses. Pour into mixing bowl and add $1\frac{1}{2}$ coffee cups flour, a little cinnamon, and bake in 2 layers. Put together with white frosting; or a layer placed between 2 layers of white cake makes a very nice loaf.

MRS. S. M. SPENCE.

MOLASSES LAYER CAKE.

One-half cup of sugar, $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ cup of sour milk, $\frac{1}{2}$ cup of butter, trifle scant; 2 eggs, $1\frac{1}{4}$ cups of flour, 1 teaspoonful of soda, flavor with vanilla; bake in layers, and put together with chocolate frosting flavored with vanilla. Care should be taken not to use too much flour

MRS. ST. JOHN.

ROLL JELLY CAKE.

Four eggs, 1 cup of sugar, 1 cup of flour, $\frac{1}{2}$ teaspoonful of soda, 1 teaspoonful of cream of tartar, pinch of salt. Beat the eggs as light as possible, add just the sugar; mix the powder and salt with the flour, dust that in and beat up light; bake in a thin, shallow pan, when done turn out on a towel, spread the jelly and roll immediately.

ISADORE MILLS.

RASIN MASH FILLING.

One cup of chopped hickory nuts, 1 cup of chopped figs, 1 cup of chopped raisins, 1 cup of sugar, whites of 2 eggs, cook the nuts, raisins, figs and sugar with a little water 15 minutes,

stirring to keep from burning. Beat the whites of the eggs and stir thoroughly into the raisin mash.

GERTRUDE T. BREED.

If the top of a cake is sprinkled with flour as soon as it is turned from the pan, the icing will spread more easily and will not be so likely to run. Before the cake is iced most of the flour should be wiped off.

CARAMEL FILLING FOR CAKE.

One lb. brown sugar, $\frac{1}{2}$ cup cream or not quite $\frac{1}{2}$ cup milk, lump of butter size of a small egg. Boil 5 minutes; flavor to taste with vanilla.

MRS. B. ST. JAMES.

DELICIOUS NUT FILLING FOR LAYER CAKE.

One cup of granulated sugar, 1 cup of hickory nuts, chopped, 1 cup of sour cream, stir all together and cook slowly until thick enough to spread nicely between the layers of the cake, stir occasionally to keep from burning.

MRS. WM. GOODYEAR.

ICING.

One small cup of powdered sugar, white of 1 egg, 1 teaspoonful of cornstarch. Beat these all together, without whipping up the white of egg first, set over hot water until a little more than milk-warm. Remove from fire and beat until it begins to grow stiff, then spread on cake.

MRS. HOFF.

APPLE FROSTING.

Pare and grate 1 large sour apple. Add 1 cup sugar, 1 unbeaten white of egg, 1 teaspoon vanilla. Whip 15 minutes.

AMELIA M. BREED.

WHITE PERFECTION CAKE.

Three cups sugar, 1 cup butter, 1 cup milk, 3 cups flour, 1 cup cornstarch, whites of 12 eggs. Cream sugar and butter, add cornstarch dissolved in half the milk, and soda in the other half, cream of tartar in the flour, and last the eggs beaten to a stiff froth.

MISS I. J. BRAUN.

DELICATE CAKE.

Whites of 9 eggs, 1 cup butter, 3 cups white sugar, 1 cup sweet milk, 5 cups flour, 1 teaspoon soda, 2 teaspoons cream of tartar, 2 teaspoons lemon.

SARAH M. WOOD

DELICATE CAKE.

Three-fourths cup of butter rubbed to a cream with 2 cups of sugar, $\frac{1}{2}$ cup of sweet milk, 3 cups of flour, $1\frac{1}{2}$ teaspoons of baking powder; whites of 8 eggs, well beaten. Add flour and eggs alternately, flavor to taste. This makes 2 medium-sized cakes or 1 large one.

KATE C. O'BRIEN.

MARSHMALLOW CAKE.

Cream $\frac{3}{4}$ cup of butter with 2 cups of sugar and add alternately $\frac{1}{2}$ cup of milk and 2 cups of flour in which are sifted 3 level teaspoons of baking powder. Beat the flavor with vanilla then fold in lightly the stiffly beaten whites of 8 eggs. Bake in sheets in a moderate oven. Cover 1 cake while hot with marshmallows bought at the confectioner's and set in the oven until they begin to melt and can be smoothed together with a knife. Then put on the other cake and ice the top and sides.

MARBLED CAKE.

First Part (white).—One and $\frac{1}{2}$ cups flour, 1 teaspoonful baking powder, $\frac{1}{4}$ cup butter, 1 cup of sugar, $\frac{1}{2}$ cup of milk, whites of 4 eggs, $\frac{1}{4}$ teaspoonful of vanilla. Sift together thoroughly the flour and baking powder. Cream the butter and sugar and add the milk and vanilla; stir in the flour and lastly the whites of eggs beaten stiff.

Second Part (yellow).—One cup flour, 1 teaspoonful baking powder, 1 tablespoonful butter, $\frac{3}{4}$ cup of sugar, yolks of 4 eggs, $\frac{1}{4}$ cup of milk, $\frac{1}{4}$ teaspoonful vanilla. Sift flour and baking powder. Cream butter, sugar and yolks of eggs, then add milk, flour, and stir hard.

Third Part (dark).—Dissolve $\frac{1}{4}$ cake sweet chocolate in a little hot milk. Add 1 tablespoonful sugar, 1 teaspoonful vanilla; add to this a cup of batter, taking part light and part yellow; drop by tablespoonful into a pan, first one color and then another. A good sized cake is the result and it is excellent.

WHITE CITRON CAKE.

Cream $\frac{1}{2}$ cup of butter, add 1 cup of sugar and beat well; now add gradually $\frac{3}{4}$ cup of milk and 2 cups of flour in which 4 level teaspoons of baking powder were sifted. When all ingredients are beaten well together, fold in carefully the whites of 4

eggs beaten stiff and dry, and $\frac{1}{2}$ cup of citron shavings dredged with flour. Bake in a sheet, which will need about half an hour; a loaf would take 15 minutes more. Cover with a boiled icing.

Icing for Cake.—Boil 1 cup of sugar and $\frac{1}{4}$ cup of water together until it threads when tried with a cold fork dipped into the boiling syrup and held above it. Pour the syrup slowly on the beaten white of 1 egg, stirring all the time. Flavor with vanilla, and when it is cold enough to spread without running it is ready to put on the cool cake.

SILVER CAKE.

One cup butter, 2 cups sugar, $\frac{1}{2}$ cup sweet milk, whites of 8 eggs, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon of soda, $2\frac{1}{2}$ cups flour.

MRS. ANN W. PACK.

SNOW CAKE.

Three-fourths cup butter, 2 cups sugar, 1 cup of milk, 1 cup of cornstarch, 2 cups flour, 2 teaspoons of baking powder. Mix flour, cornstarch and baking powder together, stir butter and sugar to a cream, add milk, then flour, last add whites of 7 eggs, beaten to a stiff froth. Bake 1 hour

MRS. F. KIRN.

CORNSTARCH CAKE.

One cup of sugar, and $\frac{1}{2}$ cup of butter, whipped to a cream, $\frac{1}{2}$ cup of cornstarch, $1\frac{1}{2}$ cups of flour, thoroughly sifted with 3 teaspoons baking powder; $\frac{2}{3}$ cup sweet milk, Flavor to taste. Lastly add the whites of 6 eggs, beaten to a stiff froth. Whip all together and bake quickly.

MRS. STEDMAN.

LEMON CAKE.

Rub to a cream 1 cup of butter with 3 cups pulverized sugar; add gradually the yolks of 5 eggs, 1 at a time, and 1 cup of sweet milk; sift 4 cups of flour with 2 teaspoonfuls of baking powder, add alternately with the milk and the stiff-beaten whites of 5 eggs; add the grated peel of 1 lemon and the juice of 2. This is a delicious cake.

MRS. M. H. KERNGOOD.

HIGH ALTITUDE CAKE

One cupful of powdered sugar, $\frac{1}{4}$ cupful of butter, 8 tablespoonfuls of milk, $1\frac{1}{2}$ cupfuls of flour, 4 eggs (whites only), 1 teaspoonful of vanilla, 1 teaspoonful of baking powder. Cream

together the butter and sugar, add the milk by the spoonful, stirring in the flour at the same time. Add the flavoring and stiffly beaten whites of the eggs. Beat well, add the baking powder last without flour with it. Bake in a moderate oven.

MRS. C. E. ROSEWARNE.

WHITE CAKE.

Whites of 3 eggs, 1 cup of sugar, $\frac{1}{2}$ cup of butter; 1 cup sweet milk; 2 cups flour; 2 teaspoonfuls baking powder stirred in the flour. Beat the whites of the eggs to a stiff froth and stir in last. Flavor to taste.

MRS. MARY FOSTER.

SNOW CAKE.

One cup sugar, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup sweet milk, $\frac{1}{2}$ cup butter, whites of 4 eggs, $1\frac{1}{2}$ teaspoons baking powder.

MRS. M. L. WHITE.

WHITE CAKE.

One cup of sugar, $\frac{1}{3}$ cup of butter, $\frac{1}{2}$ cup of milk, whites of 4 eggs, 2 teaspoons of baking powder. Flavor with vanilla. This never fails.

MRS. ELUM WORDEN.

DELICATE CAKE.

One and $\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter, 1 cup sweet milk, $2\frac{1}{2}$ cups flour, 4 eggs (whites only), 2 teaspoonfuls baking powder. Add the beaten whites of the eggs last.

MRS. B. A. HINSDALE.

PEARL CAKE.

The whites of 2 eggs, $\frac{1}{2}$ cup of butter, 1 cup of sugar, $\frac{1}{2}$ cup of milk, $1\frac{1}{2}$ cups of flour, 2 teaspoons of baking powder. Frost with the yolks of eggs.

MRS. JAS. H. BLODGETT,
Washington.

WHITE MOUNTAIN CAKE.

One cup butter, 2 cups sugar, whites of 4 eggs, cup sweet milk, 3 cups flour, 3 teaspoons baking powder, vanilla flavoring.

Frosting.—One cup sugar, $\frac{1}{2}$ cup water, boil till thick; pour on whites of 2 eggs and whip.

MRS. J. N. MARTIN.

GOLD LOAF.

Yolks of 8 eggs, 1 cup granulated sugar, scant $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ cups flour, 2 teaspoonfuls baking powder.

Cream butter and sugar thoroughly, beat yolks to a stiff froth, and stir thoroughly through, put in milk, then flour, and stir hard. Bake in tube pan, in moderate oven.

MRS. O. M. MARTIN.

GOLD CAKE.

Three-fourths cup of butter, 1 cup sugar, $\frac{1}{4}$ cup of sweet milk, yolk of 8 eggs, 2 cups flour, 1 teaspoon cream tartar, $\frac{1}{2}$ teaspoon soda.

MRS. ANN W. PACK.

GOLD CAKE.

One cup of butter, 2 cups of sugar, 3 cups of flour, $\frac{1}{2}$ cup of sweet milk, the yolks of 6 eggs, and 1 whole egg, 3 teaspoons of baking powder; flavor with lemon.

MRS. BLISS.

SOUTHERN POUND CAKE.

One pound of sugar, 1 pound of flour, 1 pound of butter, 12 eggs. Sift and dry your flour, sift your sugar. Wash all the salt from your butter, then cream it well, gradually adding the sugar, and beating the mixture until very light. Beat your eggs (yolks and whites separately) to a stiff froth, add them gradually to the sugar and butter, alternately with the flour by spoonfuls, until all are thoroughly mixed. Add a wineglassful of the syrup of spiced fruit, and flavor with lemon or nutmeg. Bake your cake in a slow oven, and do not take it out as done until you can thrust a straw to the bottom and draw it out dry.

MRS. ALICE TAFT.

ALMOND CAKE.

Eight eggs (yolks and whites beaten separately), $\frac{1}{2}$ lb. powdered sugar, $\frac{1}{2}$ lb. almonds (ground in an almond grater, or chopped and sifted as fine as flour). First beat the yolks very light with an egg beater, add the sugar and beat until very light. Add the almonds, then lastly the whites beaten stiff. Ice the loaf with chocolate and ornament with blanched almonds. Bake like angel cake, oven moderate, and in a Van Deusen mould; and leave in tin until cold, remove slides and turn out carefully.

CLARA R. MANN.

ENGLISH WALNUT CAKE.

Two cups sugar, $\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup milk, 3 cups flour, 3 even teaspoons of baking powder. Bake in layers and put icing

between. Ice the top and put halves of English walnuts on white frosting. Use 1 lb. nuts. MRS. L. P. HALL.

HICKORYNUT CAKE.

Two cups sugar, 1 cup milk, 3 cups flour, $\frac{2}{3}$ cup butter, 3 eggs, 2 teaspoons baking powder, 1 cup nut kernels, cut fine. Tried and not found wanting. MRS. PAUL SNAUBLE.

SODA POUND CAKE.

Four cups flour, 4 eggs, 2 cups sugar, 1 cup butter, 1 cup sweet milk, 1 teaspoon soda, 2 teaspoons cream tartar mixed in the flour. SARAH M. WOOD.

FEATHER CAKE.

One cup of sugar, 3 teaspoonfuls of butter, 1 egg, $\frac{2}{3}$ cup of milk, 2 cups of flour, 2 teaspoonfuls of baking powder. Flavor with vanilla. MRS. JAS. H. BLODGETT, Washington.

GOOD CAKE

One cup of butter, 2 cups of sugar, 3 eggs, 4 cups of flour. Cream the butter, add the sugar and beat them till very light. Break in next the yolks of eggs, stirring them in well. Beat the whites stiff and add them, last of all $\frac{1}{2}$ cup of sour cream with a teaspoonful of soda dissolved in it, and a little salt.

MRS. BLISS.

CARAMEL CAKE.

One-half cup of butter, $1\frac{1}{2}$ cups of sugar, $\frac{1}{2}$ cup whites of eggs, 1 cup cold water, 3 cups of flour, 3 teaspoonfuls baking powder. Cream butter and $\frac{1}{2}$ sugar, beat whites of eggs, and then add rest of sugar and beat stiff. Then put 2 together, add flour and water alternately. Bake in shallow pan to cut in squares.

Frosting.—One lb. brown sugar, enough water to dissolve, boil to a thread, butter size of an egg, teaspoon vanilla. Beat after cooked. MRS. M. C. PETERSON.

MARbled CAKE.

Light Part.—Two-thirds cup sugar, $\frac{1}{3}$ cup butter, $\frac{1}{3}$ cup sweet milk, $\frac{1}{3}$ teaspoonful soda, $\frac{1}{2}$ teaspoon cream tartar, 2 whites of eggs, $1\frac{1}{3}$ cups of flour. Stir butter and sugar to a

cream, add milk, soda and flour with cream tartar and lastly stir in the eggs; flavor with lemon or vanilla.

Dark Part.—One-third cup brown sugar, $\frac{1}{3}$ cup molasses, $\frac{1}{3}$ cup butter, stir well and add $\frac{1}{3}$ cup sour milk, $\frac{1}{3}$ teaspoon soda, $1\frac{1}{3}$ cups flour and yolks of 2 eggs well beaten, or quite as well, put in at the first; season with cloves, cinnamon and nutmeg, 1 teaspoonful each.

Drop by spoonfuls alternately and bake as a loaf $\frac{1}{2}$ to $\frac{3}{4}$ of an hour, or bake in layers putting the brown part between the white layers with jelly or other good dressing.

MRS. H. M. WOODS.

BLACK CHOCOLATE CAKE.

Two cups brown sugar, 2 eggs $\frac{1}{2}$ cup oil butter, $\frac{1}{2}$ cup sour milk. Beat all together, not separately; $\frac{1}{3}$ cake baker's chocolate stirred in with 1 teaspoon soda dissolved in $\frac{1}{2}$ cup hot water, 2 heaping cups flour. Flavor with vanilla.

JULIA POMEROY WILGUS.

BLACK CHOCOLATE CAKE.

Two squares baker's chocolate, grated, $\frac{1}{2}$ cup sweet milk and yolk of 1 egg. Boil this together until soft and add, when cool, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sour milk, 2 small cupfuls sugar, 2 eggs, or yolks of 6, 2 cups of flour, 1 teaspoon soda. Flavor with vanilla.

MRS. C. B. KINYON.

BLACK CHOCOLATE CAKE.

One-half cup sugar, $\frac{1}{2}$ cup sweet milk, $\frac{1}{2}$ cake baker's chocolate, yolk of 1 egg; cook on top of stove for a few minutes, then cool and add $1\frac{1}{2}$ cups of sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup of sweet milk, 2 eggs, 1 teaspoon soda, 2 cups of flour, vanilla.

MRS. MORTIMER COOLEY.

DEVIL'S CAKE.

• One cup grated Baker's chocolate, 1 cup brown sugar, 1 cup sweet milk; boil until it thickens. One cup brown sugar, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup sweet milk, 2 eggs, vanilla to taste, 2 cups flour, 1 teaspoonful soda dissolved in hot water. When the boiled part is cold stir in the cake. Bake in a slow oven in a shallow tin. Frost with white frosting.

LEONA G. MARKHAM.

IMPERIAL CAKE, VERY DELICIOUS.

One lb. of butter, 1 lb. of sugar (granulated), 1 lb. flour, 10 eggs, 1 lb. of raisins, 1 lb. of sweet almonds blanched and cut thin, $\frac{1}{2}$ lb. citron cut very thin, 1 nutmeg. Mix butter and sugar together to a cream, beat the eggs separately and add next, then sift the flour 3 times, taking a little of it to sprinkle the fruit lightly before adding to the mixture. It requires to be well baked. Half the recipe makes a good sized cake.

MRS. J. W. MAYNARD.

SCOTCH BUN.

Four lbs. raisins (seeded), 2 lbs. currants (well washed, cleaned and dried), $\frac{1}{2}$ lb. bitter almonds (blanched and cut in half), $\frac{1}{4}$ lb. candied lemon peel, $\frac{1}{4}$ lb. of orange peel, (both cut into thin slices and small strips), $\frac{1}{2}$ oz. pounded cloves, $\frac{1}{2}$ oz. Jamaica pepper, $\frac{1}{2}$ oz. powdered ginger, 4 lbs. of dough. Make a light dough in the following proportions: $1\frac{1}{2}$ lbs. of flour, $\frac{1}{4}$ lb. of butter, $\frac{1}{2}$ teaspoonful of baking powder, cold water to mix. Cut off nearly $\frac{1}{3}$ of the dough to form the case and lay it aside near the fire. Having mixed the fruit, spices, etc., add them to the remainder of the dough. Mix very thoroughly, then make into form. Roll out the dough that was laid aside, take a part and lay it below the bun. (It is usually made oblong, e.g., 10 inches by 6 inches). Take the remainder and place it over the top, closing it at the bottom by gathering in the edges and cutting it till it is quite flat. Double a piece of strong paper, butter it and lay the bun on it with the top up. Put a very strong piece of buttered paper round the sides to keep the bun in shape, put a small skewer through from top to bottom every here and there. Prick the paste very closely on the top with a fork. Then bake for $2\frac{1}{2}$ hours in a moderate oven. The bun should be made about 3 inches thick.

MRS. R. M. WENLEY.

FRUIT CAKE.

One lb. brown sugar, 1 lb. butter, 1 lb. flour, $1\frac{1}{2}$ cups molasses, 1 tablespoonful of soda, 10 eggs, 1 lb. of raisins, 1 lb. of currants, $\frac{1}{2}$ of citron, spice to taste. Bake in a slow oven.

MRS. G. E. SUTHERLAND.

FRUIT CAKE.

One lb. granulated sugar, $\frac{3}{4}$ lb. butter, 1 lb. flour, 8 eggs, 2 lbs. raisins, 2 lbs. currants, $\frac{1}{4}$ lb. candied orange peel, $\frac{1}{4}$ lb. candied lemon peel, $\frac{1}{2}$ lb. citron, 1 heaping tablespoonful cinnamon, $\frac{1}{2}$ teaspoon of cloves, 1 nutmeg, 3 teaspoons soda, 2 table-spoons grape juice, cream, butter and sugar, add the well beaten yolks of eggs, spices, then sifted flour, reserving enough to mix with fruit, then soda mixed in grape juice, then add whites, after beating very stiff, and last the fruit. Put buttered paper on tin. Bake in a moderate oven 3 hours.

MRS. ED. H. EBERBACH.

BLACK FRUIT CAKE.

One lb. brown sugar, 12 ozs. butter, 12 eggs, 1 lb. flour, 2 lbs. of seedless raisins, half of them chopped, 2 lbs. of currants, $\frac{1}{2}$ lb. citron sliced thin, $\frac{1}{2}$ oz. each of ground cloves, cinnamon and nutmeg, 1 gill of black molasses, $\frac{1}{2}$ gill of brandy. Bake 3 hours in slow oven. This makes 2 loaves.

R. J. DAVIS.

BLACK CAKE.

One and $\frac{1}{2}$ cups brown sugar, 1 cup sour milk, $\frac{1}{2}$ cup butter, 1 egg, 1 teaspoon soda, 1 teaspoon each of cinnamon, cloves and nutmeg, 2 cups flour, 1 cup chopped raisins. Bake slowly.

MRS. W. H. JACKSON.

FRUIT CAKE.

One lb. sugar, brown, 1 lb. butter, 10 eggs, 1 cup molasses, 1 teaspoon soda, 4 lbs. raisins, 1 lb. citron, 1 lb. currants, 5 cups flour, 2 teaspoonfuls each of mace, cloves and cinnamon, brandy, wine glass full.

MRS. E. F. GIDDINGS.

FRUIT CAKE.

Four eggs, 2 cups brown sugar, 1 cup of butter, 1 cup molasses, 1 cup cold coffee, 5 cups sifted flour, 1 lb. raisins, $\frac{1}{2}$ lb. citron, 2 teaspoons soda, 2 teaspoons cinnamon and cloves, 1 teaspoon mace.

MRS. ELLEN WOOD.

RAISIN CAKE.

(No eggs. No baking powder.)

One-half cup of butter, 1 cup sugar, 1 cup sour milk, 1 teaspoonful soda, 1 teaspoonful cinnamon, 1 teaspoonful cloves,

3 cups of flour (sometimes $2\frac{1}{2}$ will do if the flour seems to thicken too much), 1 cup raisins, pinch of salt. Mix soda with sour milk till it foams.
MRS. I. C. RUSSELL.

FRUIT CAKE.

One and $\frac{1}{2}$ lbs. flour, $1\frac{1}{4}$ lbs. sugar, 1 lb. raisins, $\frac{3}{4}$ lb. butter, 1 pt. sweet milk, 1 teaspoon soda. Cloves, cinnamon, mace, $\frac{1}{2}$ spoon each, citron.
MRS. M. L. WHITE.

WHITE FRUIT CAKE.

Whites of sixteen eggs, 1 lb. white sugar, 1 lb. butter, 1 lb. flour, 1 lb. sweet blanched almonds, 1 lb. citron, 2 oz. bitter almond or extract of almond, 1 cocoanut grated. Pound almonds in mortar with rice water to prevent oiling. Whip eggs thoroughly, cream the butter into which stir flour until quite stiff, then alternately, eggs, sugar and flour, reserving a little for fruit. Bake in slow oven.
MISS HATTIE MENCIMER, Golden, Colo.

SPICE CAKE.

For a second loaf use the 3 yolks, 1 cup sugar, piece of butter size of an egg, $\frac{1}{2}$ cup sour milk, scant $\frac{1}{2}$ teaspoon soda, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, a little nutmeg, 1 full cup flour, 1 cup of raisins—if liked. Stir the butter and sugar to a cream, add the yolks—well beaten—then the spices, then the milk with the soda dissolved in it; stir this thoroughly together, then add the flour and stir until smooth. All loaf cakes must bake slowly and are better not to cut for 2 or 3 days.

MISS SARAH WRIGHT.

PINEAPPLE CAKE.

Two cups sugar, $\frac{1}{2}$ cup butter, 1 cup sweet milk, 3 cups flour, 3 teaspoons baking powder, whites of five eggs, flavor to taste.

Filling.—One-half pint chopped pineapple, thickened with 1 teaspoon cornstarch; cook 5 minutes. Make cake in 2 layers, put filling between and frost.
MRS. E. M. SPENCER.

JAM CAKE.

One and $\frac{1}{2}$ cups sugar, $\frac{2}{3}$ cup of butter, $\frac{1}{2}$ cup sour milk, 1 teaspoon of soda, 4 eggs, 1 cup rich jam (raspberry or blackberry), 2 cups flour, $\frac{1}{3}$ teaspoon cloves, $\frac{1}{2}$ teaspoon cinnamon, a little grated nutmeg. Bake in a loaf. MRS. A. W. WILSON.

GOLD CAKE.

One cup of sugar, $\frac{1}{2}$ cup butter, 3 eggs unbeaten, $\frac{2}{3}$ cup of milk, 1 teaspoon of vanilla, 3 level teaspoons baking powder, $2\frac{1}{2}$ cups of flour.
BERTHA KEBLER.

DRIED APPLE CAKE.

Two cups of dried apples chopped fine and soaked in water over night, then cook in 1 cup of molasses until soft. Add 1 cup each of butter, sugar and sour milk, 2 teaspoonfuls of soda, 1 teaspoonful each of cinnamon, cloves and lemon extract, 1 nutmeg. A cup of raisins may be added. Bake in a greased cake dish in a moderate oven. Flour for stiff batter.

CHARLOTTE HUTZEL.

APPLE CAKE.

Soak over night 2 cups of evaporated apples chopped fine. Cook in 2 cups of molasses until soft. When cool add 1 dessert-spoonful of soda.

The Cake.—One cup butter, $\frac{1}{2}$ cup sugar, 1 cup milk, 2 eggs, 3 cups flour, 1 teaspoonful each of cloves, cinnamon and nutmeg. Mix all together, add apples and bake in a moderate oven. This rule makes 2 loaves.
MRS. LAMSON.

JAM CAKE.

One cup of sugar, light brown, $\frac{2}{3}$ cup of butter, $\frac{1}{2}$ cup of buttermilk, $\frac{1}{2}$ teaspoon of soda, 2 eggs, 1 cup of rich jam, raspberry or blackberry, 2 cups of flour, scant, $\frac{1}{3}$ teaspoon of cloves, $\frac{1}{2}$ teaspoon of cinnamon and a little grated nutmeg. Bake in a loaf.
MRS. S. H. W. VANVLEET, Flint.

BLACKBERRY JAM CAKE.

One cup of sugar, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup of thick sour cream, 2 cups of sifted flour, 1 cup of jam, 4 eggs, reserving whites of 2 for frosting, 1 teaspoon of soda. Bake in layers and put together with frosting flavored as you like.

MRS. JENNIE E. CHEEVER.

HUCKLEBERRY CAKE.

One pint of berries, 1 cup of sugar. Rub into the sugar 2 rounding tablespoonfuls of soft butter, 1 cup of milk, 2 cups of flour with 2 heaping teaspoonfuls of baking powder sifted into the

flour, a very little salt and nutmeg. Add another cup of flour to the berries and stir in last. Serve warm as dessert or tea cake, with sugar and butter.

MRS. ROWLAND.

WHITE CAKE.

One cup white sugar, piece of butter size of small egg, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ cups of flour, 2 small teaspoonfuls baking powder stirred in the flour, the whites of 3 eggs, 1 teaspoonful vanilla. Stir the butter and sugar to a cream in an earthen dish, then add the milk, stirring carefully, then the extract, then the flour, adding lastly the whites of the eggs beaten to a stiff froth. Bake in a slow oven about 45 minutes. Use a long, narrow tin.

MISS SARAH WRIGHT.

EASTER CAKE.

Cream together 1 cup of sugar and $\frac{1}{2}$ cup of butter; add yolks of 4 eggs and $\frac{1}{2}$ cup of milk. Then stir in gradually $2\frac{1}{2}$ cups of flour sifted with 2 teaspoons of baking powder. Add a teaspoonful of lemon juice and stir in lightly the whites of 4 eggs beaten very stiff. Bake in 4 layers and fill with the following: The grated rind of 1 and the juice of 2 lemons, 1 cupful of sugar, 1 egg, $\frac{1}{2}$ cupful of water, 1 teaspoonful of butter and a heaping teaspoonful of flour cooked over hot water till it thickens; cool before spreading. Ice the top with boiled frosting and decorate with rings of candied cherries, alternating with seeded raisins and small pieces of citron.

WHITE SPONGE CAKE.

Whites of 6 eggs, 1 cup sugar, sifted; $\frac{2}{3}$ cup of flour, sifted several times with 1 teaspoon of cream tartar. Then sift sugar and flour together; then add the eggs well beaten and flavor.

WHITE CAKE.

Whites of 7 eggs, 2 cups of sugar, 1 cup of butter, 1 cup of sweet milk, 2 teaspoons of baking powder, 2 teacups of flour sifted, 1 teacup of cornstarch, flavor with rose water. Beat together thoroughly adding the whites of the eggs last. Excellent for birthday cake.

MRS. EMMA P. BAGELY,

Peninsula Cook Book.

OATMEAL CAKES.

Cream 2 level tablespoonfuls of butter, scant measure, add gradually $\frac{1}{2}$ cup of sugar, then beaten yolks of 2 eggs, beaten again with $\frac{1}{2}$ cup of sugar. Then stir in $2\frac{1}{2}$ cups of rolled oats, mixed with $2\frac{1}{2}$ (level) teaspoonfuls of baking powder and $\frac{1}{4}$ a teaspoonful of salt. Flavor with 1 teaspoonful of vanilla and fold in the whites of 2 eggs, beaten dry. Drop with a teaspoon on to a buttered baking sheet, making little rounds about 3 inches apart. Bake in a slow oven. Select large eggs; 15 minutes in moderate oven.

CUP CAKES WITHOUT EGGS.

One cup of sweet cream, 1 cup of granulated sugar. Beat well together. Add $\frac{1}{2}$ cup of water, 2 cups of flour and 2 teaspoons of baking powder. Chocolate cakes may be made from same recipe by moistening a small amount of grated chocolate with hot cream, and adding to the rest of the mixture. This is extra good when eggs are hard to get.

MRS. SARAH CHAPMAN.

SPICED CAKE.

Two cups of sugar, $\frac{1}{2}$ cup molasses, $\frac{3}{4}$ cup butter, $\frac{3}{4}$ cup strong coffee, $3\frac{1}{2}$ cups flour, 2 cups raisins (seeded), 1 cup hickorynut meats (chopped), $\frac{1}{4}$ lb. citron, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{4}$ of a nutmeg, grated rind of 1 lemon, $\frac{1}{2}$ teaspoon soda, 5 eggs beaten separately. Bake in dripping pan or 2 square cake dishes.

MRS. ANNA S. HOLMES.

SPICE CAKE.

Two cups of sugar, $\frac{1}{2}$ cup of butter, 1 cup of sour milk, 1 teaspoon of soda, 1 teaspoon cloves and nutmeg, 2 teaspoons cinnamon, 4 eggs, reserve 2 whites for icing, $2\frac{1}{2}$ cups of flour.

MRS. GROVE RAY.

FEDERAL CAKE.

One lb. flour, 1 lb. sugar, $\frac{1}{2}$ lb. butter, 1 coffee cupful of sour milk, 1 teaspoonful of soda, 4 eggs, whites and yolks beaten separately, $1\frac{1}{2}$ lbs. seeded raisins, 1 qt. hickorynut meats, 1 nutmeg, citron, cinnamon and mace; grape juice to taste.

MRS. WM. CONDON.

SOUR MILK CAKE.

One and $\frac{1}{2}$ cups brown sugar, 1 cup butter, 1 cup sour milk, 1 cup raisins, 1 cup currants, a little citron, 3 eggs, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 1 teaspoon cloves, 1 teaspoon allspice, $\frac{1}{2}$ teaspoon soda, pinch of salt, flour.

MRS. C. B. KINYON.

EGGLESS CAKES.

One and $\frac{1}{2}$ cups of sugar, $\frac{1}{2}$ cup of butter, 1 cup of sour milk, 3 cups of flour, 1 teaspoonful of soda, $\frac{1}{2}$ teaspoonful each of cinnamon, cloves, nutmeg and salt, 1 cup of seeded raisins.

MRS. LAMSON.

BROWN SUGAR CAKE.

One and $\frac{1}{2}$ cups brown sugar, 2 eggs, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda, use nearly a whole nutmeg to flavor, stir up with flour very soft. Bake in round tin with funnel.

MRS. J. N. MARTIN.

CIRCLE CAKE.

One egg, 1 cup of sugar, 2 cups of flour, $\frac{1}{3}$ cup of butter, $\frac{1}{2}$ cup of sweet milk, 1 teaspoonful of cream of tartar, $\frac{1}{2}$ teaspoonful of soda, and flavor with rose or lemon.

CARRIE LEE, Sumter, Fla.

COFFEE CAKE.

One cup butter, 1 cup sugar, either white or dark, 1 egg, 1 cup molasses, 1 cup strong coffee (cold), 1 cup raisins, 1 cup currants, 1 teaspoonful cinnamon, 1 teaspoonful cloves, 4 cups flour, 2 teaspoonfuls baking powder. Beat butter, egg and sugar together, then add molasses, coffee, fruit and spices. Stir in the flour until free from lumps. Bake either solid or in layers. No frosting is needed.

MRS. MARY McCLURE.

GRAHAM CAKE.

Take 1 cup each of raisins, sugar and sour cream; stew raisins till tender and add flour to them; 1 teaspoon each of allspice and cinnamon, $\frac{1}{2}$ teaspoon soda, pinch of salt; stir stiff with sifted graham flour and bake. An excellent cake. The addition of 2 eggs makes it better.

FANCY TEA CAKE.

One pound of flour, make hollow in the center, put in $\frac{1}{2}$ lb. powdered sugar, $\frac{1}{2}$ teaspoon lemon extract, 5 ozs. of butter, $\frac{1}{2}$ saltspoon of salt, and mix to a smooth paste. Add the yolks of 3 eggs and 1 gill of cream. After the butter has been thoroughly incorporated with the other ingredients let the paste stand 1 hour. Then roll out $\frac{1}{4}$ inch thick, cut in fancy shapes, brush them over with a beaten egg, strew on top chopped citron, raisins or blanched almonds. Bake in moderate oven. Cool on sieve.

MRS. H. SOULE.

SOUR CREAM CAKES.

Two eggs, 1 cup granulated sugar, 1 cup sour cream, 2 cups flour, 1 level teaspoon soda, $\frac{1}{2}$ teaspoon cream of tartar. Flavor to taste. Bake in gem pans or cups.

MRS. T. C. TRUEBLOOD.

BEST GINGER DROPS.

One-half cup sugar, 1 cup molasses, $\frac{1}{2}$ cup butter, 1 teaspoonful each cinnamon, cloves and ginger, 2 teaspoonfuls soda in one cup of boiling water, $2\frac{1}{2}$ cups flour. The last thing add 2 well beaten eggs. Bake in gem tins. To be served with sauce for dessert or to be eaten as a common gingerbread.

[Tried and vouched for.—Ed.] MRS. A. F. MARTIN.

COFFEE CAKE.

Two cups of bread dough, 1 cup of sugar, $\frac{1}{2}$ cup of shortening, 1 egg. Add flour, stir with spoon, not too stiff, when light sprinkle with sugar and cinnamon.

MRS. WM. WAGNER.

RAISED CAKE.

Three cups of bread dough, $2\frac{1}{2}$ cups sugar, 1 cup shortening, little salt, 2 eggs, $\frac{1}{4}$ teaspoon soda, 1 cup chopped raisins, 1 teaspoon each cinnamon and nutmeg, 2 tablespoons of grape juice.

MRS. E. F. GIDDINGS.

COFFEE CAKE.

One cup of sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup strong coffee, 2 eggs, $\frac{1}{2}$ cup butter, 1 cup raisins, $\frac{1}{2}$ cup citron, 1 teaspoon of soda and spices, 2 cups flour.

MRS. ELUM WORDEN.

SOFT GINGER BREAD.

One-half cup brown sugar, 1 cup molasses, $\frac{1}{2}$ cup butter, 1 teaspoon cinnamon, cloves, and ginger, 2 teaspoons soda and 1 cup of boiling water; $2\frac{1}{2}$ cups flour, 2 beaten eggs put in last, and bake in square tin $\frac{1}{2}$ hour. MRS. D. F. SCHAIRER.

SPONGE GINGER BREAD.

One cup New Orleans sugar house molasses, 1 teaspoonful soda dissolved in a little water, 2 even cups sifted flour, 1 well beaten egg, 1 teaspoonful ginger, $\frac{2}{3}$ cup boiling water filled up with beef drippings or lard. Mix in order given. For a spice cake substitute a teaspoonful of cinnamon or other spice.

MRS. JAS. W. GODDARD.

AUNT MARIA'S GINGER BREAD.

One cup each molasses, sugar, shortening and sour milk, 3 eggs, 4 cupfuls flour, 1 tablespoonful ginger, 2 teaspoonfuls soda, 1 teaspoonful lemon and cinnamon. If you use lard use teaspoonful of salt.

MRS. W. J. HERDMAN.

HOT WATER MOLASSES CAKE.

One cup of molasses, $\frac{1}{2}$ cup of shortening, (I prefer lard to butter), add a pinch of salt, small spoon of ginger and cinnamon, 1 egg, $\frac{1}{2}$ cup of boiling water in which dissolve teaspoon of soda, 2 cups of flour.

MRS. MARY STARK.

SOFT MOLASSES CAKE.

One-half cup molasses, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 1 egg, $1\frac{1}{2}$ cups flour, 1 teaspoonful saleratus, 1 teaspoonful ginger, flavor with lemon. GERTRUDE T. BREED.

MOLASSES SPICE CAKE.

Two eggs, 1 cup light brown sugar, big $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ teaspoonful of cloves, 1 teaspoonful of cinnamon, 1 nutmeg grated, teaspoonful soda to be dissolved in part of the sour milk and added after part of the flour is stirred in, $\frac{1}{2}$ cup sour milk and $1\frac{1}{2}$ cups of sifted flour. The very best New Orleans molasses should be used.

MRS. L. CURTIS.

DROP CAKES.

Two-thirds cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, 2 cups flour, 1 cup of raisins, 4 tablespoons sour milk, 1 teaspoon mixed spices, $\frac{3}{4}$ cup molasses, 1 teaspoon soda in a very little warm water. Bake in patty tins or drop on heavy greased paper.

MARY S. BRADSHAW.

CHOCOLATE CAKES.

Two cups granulated sugar, $\frac{1}{4}$ lb. grated chocolate, $\frac{1}{2}$ cup chopped almond meats, $\frac{1}{2}$ cup cocoanut, 5 eggs, $\frac{3}{4}$ teaspoon soda, and flour to make batter. Bake in gem tins.

MRS. WM. ANDRES.

OAT MEAL, OR DATE CAKES.

Two cups of sugar, 2 cups rolled oats, 1 cup butter, $\frac{1}{2}$ cup sour milk, 1 teaspoonful soda, 1 teaspoonful of vanilla. Mix with enough flour to make a soft dough. Roll thin and cut as for cookies. Over one piece spread a layer of seeded dates and cover with a second piece. Roll lightly and pinch the edges more firmly together. Bake in a quick oven.

MRS. JACOB BREID.

VANILLA WAFERS.

Two eggs (beaten with sugar), 2 cups sugar, 1 cup soft butter, 1 cup sour milk, 2 teaspoons vanilla, 1 teaspoon soda (sifted in flour); now mix with a spoon into the flour until stiff enough to knead with hands. Roll thin and cut with a small cutter. Bake quickly. Make filling as follows: One cup sugar, 1 tablespoon butter, $\frac{1}{3}$ cup sweet milk or cream; boil until thick, stirring continually. Remove and put vessel in cold water; beat until it begins to thicken, add 2 teaspoons vanilla, spread between cakes until 3 or 4 are stacked together.

ROLLED OAT CAKES.

Two eggs, 1 cup sugar, 1 cup shortening, 1 cup sour milk, 3 cups sifted flour, 3 cups rolled oats, 2 teaspoonfuls cinnamon, 1 teaspoonful soda, 1 of salt. Bake in gem pans. Will make 24 cakes.

EMILY HATCH.

ECKELL CAKES.

Two cups of raisins (or raisins and currants), 1 cup sugar, juice of 1 lemon. Mix together and bake inside of folded pieces of pie crust. When baked they look like little pies.

LEDA STIMSON.

DATE STICKS.

Whites of 4 eggs beaten until stiff, 2 small cups of sugar, $\frac{1}{2}$ cup of dates, same of blanched almonds ($\frac{1}{8}$ of lb. of each), 1 teaspoon of vanilla. Chop the nuts and dates and stir into the eggs and sugar. Mix well and bake in a moderate oven 40 minutes. These can be used in place of bon-bons at afternoon teas, etc.

LEDA STIMSON.

FAIRY GINGERBREAD.

One cupful butter, 2 of sugar, 1 of milk, 4 of flour, $\frac{1}{2}$ teaspoon soda, 1 tablespoonful ginger. Beat the butter to a cream; add the sugar, gradually, and when light, the ginger; the milk in which the soda has been dissolved, and finally the flour. Turn baking pans upside down and wipe the bottoms very clean. Butter them and spread the cake very thin upon them. Bake in a moderate oven until brown. While still hot cut into squares with a cake knife and slip from the pan. Keep in a tin box. This is delicious. With this quantity enough for several days may be made. Remember to spread it as thin as a wafer and cut it the instant it is taken from the oven.

OATMEAL DROPS.

One cup brown sugar, 1 cup of butter, melted, 2 eggs, 4 tablespoons sour milk, 1 teaspoon soda, 4 teaspoons cinnamon, 2 cups flour, 2 cups rolled oats. Drop from spoon on buttered pans and bake in moderate oven. Excellent for luncheon.

MRS. E. F. SHELEY.

SPANISH BUNS.

One cup of butter, 1 pt. of sugar, 1 pt. of flour and a little more, 1 cup sweet milk, 4 eggs, 1 teaspoonful of cloves, 2 tablespoonfuls cinnamon, $2\frac{1}{2}$ teaspoonfuls baking powder. Bake slowly in gem irons.

MISS M. S. BROWN.

SPANISH BUN.

One (small) cup brown sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda, 4 tablespoons melted butter, 3 eggs,

reserve the whites of 2 for frosting, $1\frac{1}{2}$ cups (good full measure) flour, cinnamon, cloves, allspice to taste. Bake in 2 long tins. Put together and frost with the following:

Frosting.—One cup brown sugar, beat the whites to stiff froth, add sugar gradually, beating all thoroughly until stiff and light. Chopped dates or raisins may be added.

. MRS. POWELL, Ionia.

DOUGHNUTS.

One heaping cup of sugar, 2 eggs, 1 tablespoon of lard (melted), 1 teaspoon of allspice, $\frac{1}{2}$ teaspoon of cloves, 1 cup of sour milk, 1 teaspoon of soda, flour enough to make a soft dough, then fry in hot lard.

MRS. C. J. SHETTERLY.

DOUGHNUTS.

Two potatoes of medium size, boiled and mashed, 1 cup of sugar, 2 eggs, 1 cup of sour milk overflowing, 1 teaspoonful of soda, 2 tablespoonfuls of lard dipped from the kettle, pinch of salt, a little nutmeg, 1 teaspoonful of baking powder, in flour, add just flour enough to roll nicely.

MRS. W. J. BOOTH.

FRIED CAKES.

One cup sugar, 2 eggs, $2\frac{1}{2}$ tablespoons melted butter, $1\frac{1}{2}$ cups sweet milk, 3 even teaspoons of baking powder, nutmeg. Mix very soft.

MRS. W. H. JACKSON.

FRUIT DROP COOKIES.

One and $\frac{1}{2}$ cups brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup lard, 3 eggs, 4 tablespoons sour milk, 1 cup chopped raisins, 2 teaspoons soda, 1 teaspoon each of cinnamon and cloves. Flour enough to drop.

CUP CAKES.

Two cups sugar, 4 eggs, $\frac{1}{2}$ cup butter, 1 teaspoon soda, 1 cup sour milk, 3 cups or more of flour. This makes 3 doz. cakes.

GINGER DROPS.

One cup sugar, 1 cup molasses, 1 cup shortening, 1 cup water, 1 egg, 2 teaspoons soda, 2 teaspoons ginger, flour enough to drop.

DOUGHNUTS.

Two cups sugar, $1\frac{1}{2}$ cups milk, 4 eggs, 5 tablespoons melted lard, 2 teaspoons baking powder, 1 teaspoon vanilla, nutmeg, pinch of salt, flour enough to knead. MRS. TAFT.

CADILLAC FRIED CAKES.

Put 1 cup of sugar and 1 cup of milk together, set on back of stove until sugar melts, then set to cool. Add 3 tablespoons of melted butter, 3 eggs beaten separately, 3 teaspoonfuls of baking powder. Season with nutmeg. Mix very soft.

MRS. M. C. PETERSON.

AFTERNOON TEA CAKES.

Rub 1 cup of butter to a cream with $1\frac{1}{2}$ cups sugar; when light, beat the yolks of 4 eggs till foamy, then beat them into the sugar. Mix $1\frac{1}{2}$ cups of flour, $\frac{1}{2}$ cup of cornstarch and 2 level teaspoons of baking powder; add this to the mixture in alternation with $\frac{1}{2}$ cup of milk. Lastly beat the whites of the eggs stiff and fold them in; then beat thoroughly; add 1 teaspoon of vanilla or lemon and turn into shallow buttered pans or into small tins, if single tins are preferred. MARY J. LINCOLN.

POTATO FRIED CAKES.

One and $\frac{1}{2}$ cups granulated sugar, 1 cup potatoes mashed fine, 3 eggs, $\frac{3}{4}$ cup sour milk, 3 tablespoons melted butter, 1 level teaspoon soda, $\frac{1}{2}$ teaspoon salt, a little nutmeg, 6 cups flour, 5 teaspoons baking powder. Sift the flour before measuring. Add baking powder and sift 4 times. Fry in hot lard.

MRS. ANNA W. WILSON.

NUT BARS.

Two cups of flour, 1 cup of chopped nuts, $\frac{1}{2}$ cup of sugar, 2 tablespoons of butter, 1 teaspoon of baking powder, $\frac{1}{2}$ cup of milk, 1 egg, a pinch of salt. Sift flour, salt and baking powder into a bowl, rub in the butter and add nuts and sugar. Mix to rather stiff dough with the egg and milk, roll out $\frac{3}{8}$ of an inch thick. Cut into bars and fry in hot lard, until a golden brown. MRS. BROOMHALL.

HERMITS.

One cup of butter, 3 cups of brown sugar, 4 tablespoonfuls of milk, 4 eggs, 2 teaspoons of soda, 2 cups of raisins, 2 cups of currants, 1 cup of nuts, 1 teaspoon of grated nutmeg, 1 teaspoon of cinnamon, a little grated orange peel, a cup of flour, drop in buttered pan and bake. BERTHA KEBLER.

HERMITS.

Two and $\frac{1}{2}$ cups light brown sugar, 1 cup butter, $\frac{3}{4}$ cup sweet milk, 3 eggs, 1 cup raisins chopped fine, 1 teaspoon soda dissolved in the milk, 5 cups flour, 4 teaspoons baking powder, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon each of allspice and cloves, a little nutmeg. Sift the flour before measuring, then add the baking powder, and sift 4 times. Drop from the spoon in little round cakes. Before putting in the oven to bake, place a raisin on each cake (for the Old Hermit.)

MRS. ANN W. WILSON.

COOKING SCHOOL FRIED CAKES.

Three eggs, $1\frac{1}{3}$ cups of sugar, beaten together, 1 pt. of milk added to eggs and sugar, 6 cups sifted flour (some kinds of flour require $\frac{1}{2}$ cup more), with 6 even teaspoons of baking powder sifted through the flour, $\frac{1}{2}$ teaspoon of salt, cinnamon or vanilla to flavor; stir smooth with spoon; make them soft as can be rolled so as to cut, flour the board well and cook in lard or cottonolene. MRS. GREGORY E. DIBBLE.

DOUGHNUTS.

One cup sugar, 3 tablespoons butter, 1 cup sweet milk, 3 eggs beaten light, 3 teaspoons baking powder; cream the sugar and butter well, add the milk slowly, then the eggs. Put the baking powder in the flour and mix very soft. Flavor with nutmeg and vanilla to taste. MRS. BRADSHAW.

JOLLY BOYS.

Sift thoroughly 5 tablespoonfuls of yellow corn meal, 4 tablespoonfuls of flour, 2 tablespoonfuls of sugar, 1 saltspoonful of salt and 2 heaping teaspoonsfuls of baking powder; beat 2 eggs and add to the mixture with enough milk and water to make a drop batter. Stir in quickly 2 teaspoonfuls of melted

butter. Beat well and drop in small spoonfuls into smoking hot fat. Serve hot with maple syrup. MRS. BEMAN.

RICH TEA CAKES.

Cream $\frac{1}{2}$ cup of butter and $\frac{1}{4}$ cup of sugar. Add 1 egg and the yolks of two more, well beaten, then, alternately, $\frac{3}{4}$ cup of cream and 2 cups of sifted flour, sifted again with $\frac{1}{4}$ teaspoonful of salt, $\frac{1}{2}$ teaspoonful of soda, and 2 level teaspoonfuls of cream of tartar. Beat thoroughly, and bake in a well-buttered roll-pan about 20 minutes.

VANITY PUFFS.

One cup of boiling milk thickened with flour to a stiff dough, when cool add 3 unbeaten eggs, 1 at a time, and 1 tablespoonful of melted butter. Drop small spoonful into hot fat and roll in powdered sugar and cinnamon.

MRS. R. J. GODFREY, Toledo, O.

CRULLERS.

Three eggs well beaten, 9 tablespoons sugar, 9 tablespoons sweet milk, 9 tablespoons lard, all stirred together, $\frac{1}{2}$ teaspoon soda, pinch of salt. Mix a trifle stiffer than for fried cakes.

SARAH M. WOOD.

ROCKS.

One and $\frac{1}{2}$ cups brown sugar, 1 scant cup butter, $2\frac{1}{2}$ cups flour, 3 well beaten eggs, 1 small teaspoon soda, 1 cup seeded raisins, 1 cup walnuts salted and chopped. Drop in very small teaspoons on buttered tins. Bake in moderate oven.

MRS. CHUTE.

HERMITS.

Two cups sugar, 1 cup butter, 1 cup sour cream, 1 cup raisins, $\frac{1}{2}$ cup hickorynut meats chopped, 2 eggs, 1 teaspoon of cinnamon, 1 teaspoon cloves, 1 teaspoon soda.

MRS. M. C. PETERSON.

HERMITS.

One-third cup butter, $\frac{2}{3}$ cup of sugar, 1 egg, 2 tablespoons milk, 2 cups flour, 2 teaspoons baking powder, $\frac{1}{3}$ cup raisins stoned and cut in small pieces, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{4}$ teaspoon mace, $\frac{1}{4}$ teaspoon nutmeg. Cream the

butter, add sugar gradually, then raisins, egg well beaten and milk. Mix and sift dry ingredients and add to first mixture. Roll mixture quite thick. Cut into cookies. Bake in moderate oven on buttered sheets. MRS. W. R. BAGLEY, Duluth, Minn.

HERMITS.

Two cups sugar, $\frac{1}{2}$ cup butter, 1 cup sweet milk, 3 cups sifted flour, 2 teaspoonfuls baking powder, 4 beaten eggs (whites), small cup of currants rolled in flour. MRS. B. A. HINSDALE.

HERMITS.

Two cups of sugar, 1 cup of butter, 1 cup of chopped raisins, 6 cups of sifted flour, 2 eggs, 1 small teaspoon soda dissolved in 4 tablespoons of sour milk. Flavor with lemon, cinnamon and nutmeg. Roll out and cut as cookies, thick or thin as you like them, and bake in moderate oven. MRS. JENNIE E. CHEEVER.

CRISP SUGAR COOKIES.

Four eggs, 2 cups sugar, 1 cup butter, 1 teaspoon soda. Mix soft, bake quickly.

COOKIES.

Two-thirds cup butter, 1 cup sugar, 2 eggs, 2 talbespoons milk, 2 teaspoons baking powder, nutmeg. Mix soft.

MRS. W. H. JACKSON.

OLD FASHIONED COOKIES.

Two eggs, 2 cups granulated sugar, 1 cup butter, or half lard and half butter, 1 cup sour milk, 1 teaspoon soda, 1 whole nutmeg, salt. Mix soft.

MRS. ALICE WHEELER MOORE, Hamilton, N. Y.

CREAM COOKIES.

One cup thick cream, $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 1 teaspoonful soda, 2 eggs, nutmeg, add flour enough so that they will be soft when rolled. Bake quickly. MRS. A. P. WILLIS.

EXCELLENT COCOANUT COOKIES.

Half cupful of butter, 1 cupful of sugar, stir to a cream, 1 tablespoonful of milk, 2 eggs, beaten light, 1 cupful grated

cocoanut; flavor to taste with lemon or vanilla; 1 teaspoonful of baking powder and flour enough to roll out. Roll thin.

MRS. S. W. BEAKES.

CHOCOLATE COOKIES.

Two cups sugar, 1 cup butter, 4 eggs, 3 cups flour, 1½ teaspoons baking powder, 1 cup grated chocolate, vanilla.

LOENA G. MARKHAM.

PEANUT COOKIES.

Peanut cookies are made by following any good cooky recipe and adding 1 pint of peanuts run through the meat chopper. Place a whole peanut in the center of each cooky just before baking.

FRUIT COOKIES.

One cup butter, 1½ cups sugar, 1 cup finely chopped raisins, 3 eggs well beaten, 1 tablespoon mixed spices, 1 teaspoon soda, dissolved in 3 tablespoons sour cream. Flour enough to roll.

MRS. GROVE RAY.

FRUIT COOKIES.

Two eggs, 1 cup sugar, ½ cup butter, 1 cup molasses, ½ cup sour milk, 3½ cups flour, 1 cup raisins—seeded and chopped, 2 teaspoons of soda, 2 teaspoons of ginger. Spread thin in the pan. Bake in moderate oven. When nearly cold cut in squares.

MRS. C. B. KINYON.

SPICED COOKIES.

One cup butter (or half lard), 2 cups sugar, ½ cup molasses, 1 cup sour milk, 4 eggs, 1 teaspoon soda, cloves, cinnamon and raisins if desired (or currants), 4 cups flour (about).

MRS. HARRIET R. ROYALL, Tampa, Fla.

OATMEAL COOKIES.

One cup sugar, ½ cup of lard and ½ cup butter, 1 teaspoon nutmeg, 1 teaspoon cinnamon, 1 cup sour milk, 1 teaspoon soda, 2 eggs, 3 cups flour, 3 cups oatmeal. Stir sugar and shortening together, then add eggs, and then sour milk with soda. Last, flour and oatmeal. Stir this and drop spoonful on buttered tin. Bake in moderate oven.

OLIVE E. LUICK.

MOLASSES COOKIES.

One cup molasses, 1 cup sugar, 1 cup butter or lard, 1 tablespoon ginger, 1 tablespoon soda, ½ cup of sour milk, 2 eggs.

MRS. H. A. LAMB.

GINGER COOKIES.

One cup sugar, 1 cup molasses, 1 cup butter, 1 egg, teaspoon soda, 1 teaspoon each of ginger and vinegar, 7 cups of flour.

MRS. S. M. SPENCE.

GINGER COOKIES.

Two cups molasses, 1 cup sugar, 1 heaping cup shortening, 1 cup boiling water, little salt, 3 teaspoons soda, 1 teaspoon ginger. Mix soft.

MRS. E. F. GIDDINGS.

GINGER CREAMS.

One cup sugar, 2 cups molasses, 1 cup lard, 1 cup water, 4 teaspoons soda, 4 teaspoons ginger, salt.

Milk Icing for Creams.—1½ cups sugar, ¾ cup of milk; boil until it waxes in water.

MARY EARLENBUSH.

GINGER SNAPS.

Boil together 1 cup brown sugar, 1 cup molasses, 1 cup lard, 1 egg well beaten, ½ tablespoon ginger, ½ tablespoon cinnamon and a little salt. When boiling add 2 teaspoons soda dissolved in hot water. Let mixture cool a little; before it is cold add enough flour to roll easily. Roll as thin as possible, cut small and bake in quick oven.

MRS. MECHEM.

GINGER COOKIES—1.

One cup of sorghum, 1½ cups of white sugar, ½ cup of butter, ½ cup of lard, 2 eggs, 1 tablespoonful of ginger, 1 tablespoonful of cinnamon, 1 tablespoonful of soda, 1 cup of cold coffee, flour to roll. Beat sugar, lard, and butter to a cream. Add eggs, well beaten, then spices, sorghum, and soda (dissolved in coffee), in order named. Use enough flour so they may be handled. Roll not too thin, and bake until just done. Put in jar, and cover while warm.

GINGER COOKIES—2.

Two cups of molasses (New Orleans), 1 cup of brown sugar, 1 cup of sour milk, 1 cup of butter (heaping), 2 teaspoonfuls of

soda (heaping), 6 cups of flour, cinnamon and ginger to taste. Roll out half an inch thick.

WALNUT WAFERS.

One cup flour, 1 cup sugar, $\frac{1}{4}$ cup butter, 1 cup walnut meats, 1 egg, a pinch of salt. Chop nuts fine, beat the butter and sugar to a cream, add the well-beaten egg, the flour and stir in the nuts; drop in spoonfuls on buttered tins and flatten a little. Bake in a moderate oven.

CRULLERS OR WONDERS.

Three eggs, three tablespoonfuls of melted lard or butter, 3 tablespoonfuls of sugar, mix very hard with sifted flour, as hard as can be rolled, and to be rolled very thin like pie-crust; cut in squares 3 inches long and 2 wide; then cut several slits or lines lengthwise, to within a quarter of an inch of the edges of the ends; run your two forefingers through every other slit; lay them down on the board edgewise, and dent them. These are very dainty when fried. Fry in hot lard a light brown.

COOKIES OF 1812.

One pint of sugar, 1 teacup of butter, 4 eggs, 2 tablespoons of sweet milk, $\frac{1}{2}$ teaspoon of soda, 1 teaspoon of cream of tartar, $\frac{1}{2}$ nutmeg, 1 teaspoon of vanilla, 1 pint of flour. Roll the sugar (granulated) until quite fine; add the butter and cream them. Stir in the milk gradually, and beat the eggs separately, and then put together and beat again. Add to the mixture butter, sugar and milk, and lastly the flour and soda, which has been dissolved in a little warm water. After these have been well mixed add the nutmeg and vanilla. Beat all well together, and add enough flour to handle well in rolling and cutting out. Bake in a moderate oven a delicate brown. These keep well.

CHOCOLATE FRUIT COOKIES.

Cream one-half cup of butter and one cup of sugar gradually; mix 2 tablespoonfuls of grated chocolate with 1 tablespoonful of sugar (taken from the cupful) and dissolve in one tablespoonful of hot water; hold over hot fire if it does not get smooth readily; add to butter and sugar; stir in two well-beaten eggs; sift together two cupfuls of flour and one teaspoonful of baking

powder; add to the mixture with half a cup of stoned and chopped raisins; if not stiff enough to roll out, add more flour; roll one-quarter inch in thickness, cut out and bake about 10 minutes.

SOFT GINGER CAKE PATTERN.

One cup sugar, 1 cup syrup, 1 cup sour milk, 2 even teaspoons soda, 4 tablespoons butter, 1 teaspoon ginger, a little salt, 1 egg, 3 cups flour, fruit if desired. This makes two square tins full.
MRS. CHARLES HURD.

HICKORYNUT MACAROONS.

Beat the whites of 5 eggs to a stiff froth, mix with them 1 lb. nuts, cut, but not very fine, a very little grated nutmeg, 1 large tablespoonful of flour. Flavor with rosewater. Bake on buttered tins, a teaspoonful dropped from the spoon for each cake.
MRS. FLEMMING CARROW.

MARGUERITES.

One white of egg, $\frac{1}{2}$ cup powdered sugar, $\frac{1}{2}$ cup finely chopped English walnut meats. Beat whites, stir in sugar and nuts. Spread on wafers, warm in oven. If salted wafers brush off salt.
MRS. JUNIUS E. BEAL.

JELLY ROLL.

One cup sugar, 1 cup sifted flour, 3 eggs, 2 even teaspoons baking powder. Sift flour and powder together; beat whites well, yolks and sugar together. Makes a fine loaf cake or roll cake.
MRS. POLHEMUS.

PRINCE OF WALES CAKE.

Three eggs, 1 cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sour cream, 1 teaspoon soda, 2 tablespoons molasses, 1 teaspoon each cloves, cinnamon, $\frac{1}{2}$ nutmeg, 2 cups flour, 1 lb. raisins, seeded. Take the whites of one of the eggs and half of the raisins for frosting. Do not add any more flour than the recipe calls for.
MRS. WHITING.

FRUIT COOKIES.

One cup butter, 2 cups brown sugar, 2 eggs, 7 tablespoons sour milk, 2 level teaspoons soda, 1 cup chopped raisins, 1 teaspoon each cinnamon, cloves, 4 cups flour; drop from and shape with a large spoon.
MRS. WHITING.

1 cup sugar
 2 " sugar
 1 " milk
 2 eggs, 3 to B.P. enough
 Flour to handle
 Raisin with 2/3 cup sugar
 1/2 cup flour, pour boiling
 water over and cork

342

THE ANN ARBOR COOK BOOK

RAISIN CAKE.

Two eggs, 1 cup sugar, 1 cup raisins, 1/2 cup butter, 1/2 cup milk, nutmeg, cloves, allspice, cinnamon, ginger, quarter tea-
 spoonful of each, 2 cups flour, heaping teaspoon of baking powder.

FLORA SCOTT.

PECAN STICKS.

Beat two eggs very light, without separating the whites and yolks. Then gradually beat in half a cup of sugar, a tablespoonful of melted butter, 1/2 a cup of sifted flour, and 1/2 a cup of pecan meats broken in pieces. Bake in quick oven, in buttered pans similar to those for lady fingers, but square on the ends and of the same width throughout. Put but a small portion of the mixture in each section of the pan, as the cakes should be very thin when baked. These may be baked as wafers on any baking sheet. Drop by small spoonfuls on to a buttered sheet and at some distance apart, as they spread in baking.

FANNIE K. CUTTING.

Other cakes will be found under "German Cookery."

Apple Cake

Beat together four times one cup
 one half cup of sugar, one cup flour,
 one spoon cream tartar, stir in this or
 other whites of 11 eggs thoroughly beaten
 Careful with one half teaspoon rose extract
 Bake in slow oven for 50 minutes, not
 opening the oven for 30 min Turn pan
 on a rack and let cake remain
 in 1 hr. This is excellent

Macaroon Cake

1/2 lbs chocolate, 6 tbs boiling water, 1/2 cup
 1 cup sugar, 1/2 cup milk, add chocolate
 1/2 cup flour, yolks 4 eggs, 1 to B.P., 1 to vanilla
 1/2 tbs boiling 1 cup nuts flour and 1 cup

CAKES

343

Oatmeal drop cakes.

2/3 cup lard, 1/3 cup butter

1 cup sugar, 4 table spoons milk
 2 eggs, 1/2 teaspoon soda, a little salt
 2 cups oatmeal, and 2 scant cup
 white flour, 1 cup nut meats (hickory
 nuts are best), 1 even table spoonful
 cinnamon.

Mrs. Stretch, Ann Arbor

Chocolate Cake.

Cream 1/2 cup butter with 1 cup sugar
 added gradually. 1/4 cup cocoa,
 beaten yolks of 3 eggs, 1/2 cup water
 in alternately with 1 1/4 cups flour sifted
 with 3 level teaspoons baking powder,
 1 teaspoon cinnamon, 1/2 nutmeg, 1/4 clove
 1 teaspoonful vanilla. Lastly add the
 whites of 3 eggs beaten dry.

Angela B. Bach.

Molasses Cakes.

1/2 cup molasses, 1/2 cup sugar,
 1/2 " sour milk, 1/3 " butter,
 1 1/2 " flour, 1/2 teaspoon mace or nutmeg
 1/2 teaspoon soda, little salt.
 The last thing add 1 egg without beating it

Judge Cake

together 1 cup of sugar, $\frac{1}{3}$ cups of
 milk, 1 cup of milk. Stir in lightly $2\frac{1}{2}$
 cups of flour, 1 heaping teaspoon of
 baking powder, $\frac{1}{2}$ cup of melted chocolate
 $\frac{1}{2}$ cup of walnuts, pinch of salt.
 Eggs beaten separately.

Large Frosting. $\frac{1}{2}$ Tablespoons butter
 of cocoa, $1\frac{1}{4}$ cup of powdered sugar
 of milk. Heat to boiling point
 boil 8 minutes. Remove from fire & beat
 cream. Add vanilla and pour over cake
 inch thick.

Delicious Cookies
 cream 1 cup of sugar, with 1 cup of butter
 add two well beaten eggs, $\frac{1}{2}$ ts vanilla
 to cinnamon, 1 ts. B. Powder. Flour enough
 roll out good. Add $\frac{1}{2}$ cup of walnuts or raisins
 roll as thin as possible & bake in a

Devil's Cake

$\frac{1}{2}$ cup of butter, 1 cup sugar, yolks
 of two eggs, $\frac{2}{3}$ cup of milk, $\frac{1}{2}$ cup of
 choc., 2 cups flour, 2 teaspoons
 Baking powder, 1 teaspoon soda,
 whites of two eggs beaten light,
 $\frac{1}{2}$ cup walnuts.

$\frac{1}{2}$ cup butter 1 cup milk
 $\frac{1}{2}$ sugar
 $2\frac{2}{3}$ cups flour
 3 teaspoonsful B. P.
 whites of 2 eggs
 Cookies

1 cup sugar, Butter size of an egg, 1 cup
 of sour milk or cream, 1 egg $\frac{1}{2}$ ts soda
 vanilla, enough flour to make a
 medium dough salt.
 1 ts B. Powder

Dried Leather Cake

1 cup butter creamed, add gradually $1\frac{1}{2}$ cups sugar, 1 cup luke warm water, whites of 2 eggs, 2 cups flour.

Beat this mixture 5 minutes. Add 3 tb. cream, 1 tb. vanilla & heaping ts. baking powder. Put baking powder in cup & add flour to make 1 cup full. Whites 3 eggs beaten not light. Bake in rather quick oven in 1 layer.

Brown Syrup. 1 cup brown sugar in granite pan, stir constantly over fire until it smokes. Remove from fire and add $\frac{1}{2}$ cups boiling water stir until cool.

Filling. 1 cup white sugar, 4 tb. boiling water, cook until it threads, add 1 cup syrup. Pour over beaten whites. $\frac{1}{2}$ to, vanilla.

Soft ginger Bread

1 cup sugar, 1 cup molasses, $\frac{1}{2}$ cup butter, 1 spoon each of ginger, cinnamon, cloves, 1 spoon soda dissolved in 1 cup boiling water, 1 cup flour. Add 2 well beaten eggs. Last thing before baking. This is excellent. Fruit may also be added.

van Dutch Cookies. 4 cup B. sugar, 1 cup cream together 4 eggs, 1 cup flour, 1 ts. soda to cr. of tartar. Mix all together, roll out thin & jellyy cakes. Slice & bake following manner.

CAKES

347

$1\frac{1}{2}$ cups of white sugar, $\frac{1}{2}$ cup butter (scant), 2 eggs, 1 cup sweet milk, 2 cups flour, 2 teaspoons baking powder, Vanilla.

Bake slowly in moderate oven. Square of Baking chocolate.

Apple sauce Cake.

$2\frac{1}{2}$ cups of hot apple sauce, 2 cups sugar, 4 level ts. soda 1 level ts. cream tartar, 1 cup shortening, 1 cup butter, pinch salt, 1 teaspoon cloves, cinnamon, allspice.

4 cup flour 1 lb. of chopped raisins. Put shortening and sugar in hot apple sauce, add flour, raisins and spice. Bake in slow oven.

Angel Cake

1 cup flour sifted 8 times, $1\frac{1}{2}$ cups sugar, 11 whites, 1 cup cream of tartar.

Mrs H. M. Jones

Prune Cake

1 cup of sugar, 1/2 cup butter yolks of 3 eggs, 2 tablespoons of sour milk, 1 cup of dried prunes washed and washed fine. 1 teaspoon soda, 1/2 cup flour. Add the beaten whites last.

Cake Filling

1/2 cup milk, yolks of 6 eggs, 4 Tbs sugar, 1/2 cup flour, a lump butter, 1 cup B.P. flavoring.

Mrs Cook

1/2 cup flour, 1/2 cup sugar, 1/2 cup butter, 1/2 cup cream, 1/2 cup sour milk, 1 small cream, 1/2 cup sugar, 1 cup shortening, 2 eggs, whites beaten, 3 yolks, 1/2 salt, 1/2 to B.P. powder, enough to mix stiff.

Angel cake. whites of 11 eggs. Mrs Max

1 1/2 cups sugar sifted five times
1 " flour " " "
1 level teas. cream of tartar put in eggs when half beaten. Bake fifty minutes.

CREAMS, ICES AND DESSERTS.

PINEAPPLE BAVARIAN CREAM.

One can of pineapple, 1 cupful of sugar, 1/3 box of gelatine, 1 pt. of cream, 1/4 lb. of candied cherries. Chop the pineapple, add the sugar and let simmer 20 minutes, then add the gelatine dissolved in 1/2 cupful of water and stir till cold. Lastly add whipped cream and cherries and pour into a mould.

MRS. HEMPL.

BAVARIAN CREAM.

One-half box of Cox's gelatine, not acid, 1 qt. new milk, 4 eggs, 3/4 cup sugar, flavoring extract. Soak the gelatine in a little warm water while the milk is coming to the boiling point in a double boiler. Add the gelatine to the milk just before it boils and stir thoroughly. Add the yolks of the eggs which have been beaten very light with the sugar. Mix well; take from the fire and set it to cool. When quite cool add the whites of the eggs beaten very stiff and the flavoring. Pour it into jelly glasses which have been rinsed in cold water and set in the ice box. This will make 8 glasses. It is better to make it several hours before using. When cold turn out and serve with whipped cream.

MRS. SHIRLEY W. SMITH.

RUSSIAN CREAM.

Cover 1/2 box of Cox's gelatine with cold water and soak 1 hour. Put 1 qt. of milk into double boiler and when boiling add the gelatine, 1 cup sugar beaten with the yolks of 4 eggs and a little salt; cook until it begins to curdle, then cool and stir into it the beaten whites of 4 eggs and a teaspoonful of vanilla. Put into

cups and serve cold with whipped cream. When turned out of the cups the jelly should be 1 inch thick on top.

MRS. MECHEM.

AN APPLE DESSERT.

Pare and core apples and sprinkle with brown sugar. Fill with chopped almonds. Bake until tender and pour the juice over them frequently while baking. Serve with whipped cream.

MRS. BEMAN.

BAKED BANANAS.

Peel and lay on a granite baking dish, and baste with 6 tablespoonfuls sugar and 3 of melted butter and the juice of a lemon. Bake $\frac{3}{4}$ hour.

MRS. DEMMON.

BAKED QUINCES.

Rub thoroughly, with sharp knife take out the core, place in deep dish, earthen is preferable. Fill center of quinces with sugar, and put plenty more about them. Add a little water before putting in oven, bake slowly 2 or 3 hours, turning several times so that the sugar may get thoroughly through them. The syrup should form a jell around them when cold. Serve with or without whipped cream.

MRS. J. B. DAVIS.

SPANISH CREAM.

Soak 1 tablespoon of powdered gelatine in 1 pt. of milk $\frac{1}{2}$ hour on the stove, then add yolks of 3 eggs beaten with 5 tablespoonfuls of sugar; add to the milk when boiling and cook till it thickens, then remove from the stove and add the whites beaten stiff and a little vanilla. Serve cold with cream.

MRS. E. F. GIDDINGS.

TAPIOCA CREAM.

To 3 tablespoonfuls tapioca put 1 pt. of water over night. If not all absorbed in the morning pour it off. Have ready 1 qt. of milk in a pail or double boiler. When the milk comes to a boil add the yolks of 3 eggs well beaten with a cup of sugar. Stir till it boils once, add a little salt and flavor with lemon. When cool add the beaten whites of the eggs with a tablespoonful of powdered sugar, flavor with lemon, and spread over the top of pudding or cream in the dish for the table, after being spread with jelly. Brown in a quick oven.

MRS. JAS. H. BLODGETT, Washington.

CHOCOLATE CREAM.

One-fourth lb. butter, $\frac{1}{4}$ lb. chocolate, $\frac{1}{4}$ lb. sugar, $\frac{1}{8}$ lb. almonds pounded fine, not blanched, 5 eggs. Beat the butter very light, then add the yolks of eggs. Put a very little water in the chocolate to dissolve it 1 hour before you want to make the pudding, then add the other things. Beat the whites of the eggs very light and stir in last. Boil $\frac{3}{4}$ of an hour in a mould. Serve with beaten whites of 3 eggs and tablespoon powdered sugar or whipped cream. Place the pudding on a flat dish and put the cream around it by spoonfuls.

MRS. A. B. WEBBER.

TAPIOCA CREAM.

Soak 2 tablespoonfuls of tapioca for 2 hours, or over night. Boil 1 qt. of milk, add the tapioca, put in the yolks of 3 eggs well beaten, with $1\frac{1}{2}$ cups sugar. Let it boil up, and set away to cool. Have the whites beaten to a stiff froth and stir in, flavor with lemon. Serve cold. One-half of the recipe is enough for a small family of 5.

MRS. R. B. HOYT, Detroit.

HAMBURG CREAM.

Five eggs, 1 heaping cup of pulverized sugar, 2 lemons. Beat yolks with juice of lemons, then with sugar; cook until it thickens, stirring constantly, cool and hastily add the beaten whites. This will fill 8 sherbet glasses. MISS CLARA MILLER.

VELVET CREAM.

Two tablespoons of gelatine dissolved in a little water, 4 tablespoons of powdered sugar, flavoring, 1 pt. of cream. Mix all and beat until very light. Put on ice and serve with whipped cream.

COFFEE CREAM.

To 1 pt. whipped cream add $1\frac{1}{2}$ cups strong coffee in which 1 teaspoonful of gelatine has been dissolved. Sweeten to taste. To be eaten with cream.

MRS. VICTORIA MORRIS.

CREAMED RICE.

One qt. of rich milk, 1 cup of rice, 2 tablespoonfuls of granulated sugar, $\frac{1}{2}$ pt. of cream, vanilla or any flavoring to suit the taste. Put the milk in a saucepan, add the rice and sugar and boil very slowly for 5 hours. Set away to cool. When cold, or the

cups and serve cold with whipped cream. When turned out of the cups the jelly should be 1 inch thick on top.

MRS. MECHEM.

AN APPLE DESSERT.

Pare and core apples and sprinkle with brown sugar. Fill with chopped almonds. Bake until tender and pour the juice over them frequently while baking. Serve with whipped cream.

MRS. BEMAN.

BAKED BANANAS.

Peel and lay on a granite baking dish, and baste with 6 tablespoonfuls sugar and 3 of melted butter and the juice of a lemon. Bake $\frac{3}{4}$ hour.

MRS. DEMMON.

BAKED QUINCES.

Rub thoroughly, with sharp knife take out the core, place in deep dish, earthen is preferable. Fill center of quinces with sugar, and put plenty more about them. Add a little water before putting in oven, bake slowly 2 or 3 hours, turning several times so that the sugar may get thoroughly through them. The syrup should form a jell around them when cold. Serve with or without whipped cream.

MRS. J. B. DAVIS.

SPANISH CREAM.

Soak 1 tablespoon of powdered gelatine in 1 pt. of milk $\frac{1}{2}$ hour on the stove, then add yolks of 3 eggs beaten with 5 table-spoons of sugar; add to the milk when boiling and cook till it thickens, then remove from the stove and add the whites beaten stiff and a little vanilla. Serve cold with cream.

MRS. E. F. GIDDINGS.

TAPIOCA CREAM.

To 3 tablespoonfuls tapioca put 1 pt. of water over night. If not all absorbed in the morning pour it off. Have ready 1 qt. of milk in a pail or double boiler. When the milk comes to a boil add the yolks of 3 eggs well beaten with a cup of sugar. Stir till it boils once, add a little salt and flavor with lemon. When cool add the beaten whites of the eggs with a tablespoonful of powdered sugar, flavor with lemon, and spread over the top of pudding or cream in the dish for the table, after being spread with jelly. Brown in a quick oven.

MRS. JAS. H. BLODGETT, Washington.

CHOCOLATE CREAM.

One-fourth lb. butter, $\frac{1}{4}$ lb. chocolate, $\frac{1}{4}$ lb. sugar, $\frac{1}{8}$ lb. almonds pounded fine, not blanched, 5 eggs. Beat the butter very light, then add the yolks of eggs. Put a very little water in the chocolate to dissolve it 1 hour before you want to make the pudding, then add the other things. Beat the whites of the eggs very light and stir in last. Boil $\frac{3}{4}$ of an hour in a mould. Serve with beaten whites of 3 eggs and tablespoon powdered sugar or whipped cream. Place the pudding on a flat dish and put the cream around it by spoonfuls.

MRS. A. B. WEBBER.

TAPIOCA CREAM.

Soak 2 tablespoonfuls of tapioca for 2 hours, or over night. Boil 1 qt. of milk, add the tapioca, put in the yolks of 3 eggs well beaten, with $1\frac{1}{2}$ cups sugar. Let it boil up, and set away to cool. Have the whites beaten to a stiff froth and stir in, flavor with lemon. Serve cold. One-half of the recipe is enough for a small family of 5.

MRS. R. B. HOYT, Detroit.

HAMBURG CREAM.

Five eggs, 1 heaping cup of pulverized sugar, 2 lemons. Beat yolks with juice of lemons, then with sugar; cook until it thickens, stirring constantly, cool and hastily add the beaten whites. This will fill 8 sherbet glasses. MISS CLARA MILLER.

VELVET CREAM.

Two tablespoons of gelatine dissolved in a little water, 4 tablespoons of powdered sugar, flavoring, 1 pt. of cream. Mix all and beat until very light. Put on ice and serve with whipped cream.

COFFEE CREAM.

To 1 pt. whipped cream add $1\frac{1}{2}$ cups strong coffee in which 1 teaspoonful of gelatine has been dissolved. Sweeten to taste. To be eaten with cream.

MRS. VICTORIA MORRIS.

CREAMED RICE.

One qt. of rich milk, 1 cup of rice, 2 tablespoonfuls of granulated sugar, $\frac{1}{2}$ pt. of cream, vanilla or any flavoring to suit the taste. Put the milk in a saucepan, add the rice and sugar and boil very slowly for 5 hours. Set away to cool. When cold, or the

day after, beat into the rice the cream and flavoring. This is delicious frozen with preserved strawberries or cherries.

MRS. BREWSTER.

ORANGE CHARLOTTE.

One-third box gelatine, $\frac{1}{3}$ cup of cold water, $\frac{1}{3}$ cup of boiling water, 1 cup of sugar, juice of 1 lemon, 1 cup of orange juice and pulp, 3 whites of eggs and 1 pt. of cream. Line a mould or dish with lady-fingers or sections of oranges. Soak the gelatine in the cold water, then pour on the boiling water, add the sugar and lemon juice, strain and add the orange juice and pulp, also a little grated orange rind. Cool in ice water, and when the jelly begins to harden beat into it the egg white, beaten until stiff enough to drop from spoon. Pour into mould, and when ready to serve pile on top 1 pt. of whipped cream.

CLARA R. MANN.

CHARLOTTE RUSSE.

One pt. thick cream whipped very light, $\frac{1}{2}$ oz. Cooper's gelatine dissolved in 3 tablespoons of water over night, 2 eggs (whites only), beat to stiff froth, 1 teacup sugar, 1 teaspoon vanilla. Mix and stir together the cream, eggs, sugar and vanilla. Put in gelatine last after it is thoroughly dissolved; do not have it hot when put in. Fill a dish with lady fingers or sponge cake and turn this mixture over it, and put on ice to harden.

MRS. E. M. SMITH.

PINEAPPLE SPONGE.

Take $1\frac{1}{2}$ tablespoonfuls of Knox gelatine, dissolve in cold water. After dissolved add 1 pt. of hot water and pineapple juice, sweeten to taste and turn over shredded pineapple. When set and cold serve with whipped cream.

MRS. R. J. GODFREY, Toledo, O.

PINEAPPLE SOUFFLE.

One pt. of pineapple, juice and fruit, $\frac{1}{3}$ package of gelatine, $\frac{1}{2}$ cup sugar, 10 macaroons, $\frac{1}{2}$ cup water, soak the gelatine in a little of the water for 2 hours. Let the remainder of the water come to a boil and pour it on the soaked gelatine. Place the basin in another of hot water and stir until all the gelatine is dissolved. Strain this into the fruit juice and add the sugar. Place the basin in a pan of ice water and as soon as the mixture begins to thicken, beat with a whisk until it hardens, then place in the ice chest for a

few hours. Brown the macaroons in a cool oven, let them cool and roll fine. When served, pour macaroon crumbs over the jelly. To be eaten with custard or whipped cream.

SYBIL C. PETTEE.

APRICOT JELLY.

Soak $\frac{1}{2}$ box Plymouth Rock gelatine in $\frac{1}{2}$ cup of cold water for 15 minutes; then thoroughly dissolve this with 1 cup of boiling water. Add 1 cup of sugar, $1\frac{1}{2}$ cups of apricot juice, and lemon juice to taste ($\frac{1}{2}$ to 1). Line a mould with apricots, pour the liquid over and drop a few apricots into that. Chill and serve with plain or whipped cream. Use canned apricots.

WINIFRED WILLIS.

PINEAPPLE JELLY.

Dissolve $\frac{1}{2}$ box gelatine in scant cup of water, add $1\frac{1}{2}$ pts. of boiling water, let boil up, add scant cup sugar and juice from 1 can of pineapple. Strain, and when slightly cooled, stir in the pieces of pineapple. Cut small. Mould. MRS. C. B. KINYON.

PRUNE JELLY.

Two pounds of prunes stewed in 1 qt. of water until the stones can be easily removed, then mash well and add 1 lb. of sugar, and 1 pt. grape juice. When thoroughly heated add $\frac{1}{2}$ box of gelatine which has been soaked in $\frac{1}{2}$ pt. of cold water 10 minutes. Mix all well together and be sure that the gelatine is thoroughly dissolved. Pour into a mould and put in a cold place. Serve with whipped cream.

MRS. FLEMMING CARROW.

LEMON JELLY.

One box of gelatine, 1 cup of sugar, 2 oranges, 2 lemons, candied cherries. Soak gelatine $\frac{1}{2}$ hour, add 1 qt. of boiling water. Before putting in the water add sugar and juice of oranges and lemons and put in moulds. Then add cherries and set away to harden.

OLIVE E. QUICK.

FRUIT AND NUT JELLY.

Soak 1 box of gelatine in 1 pt. cold water. Add 2 pts. boiling water, $1\frac{1}{2}$ cups sugar. Stir until dissolved, add juice of 3 lemons, strain and turn into moulds. When it begins to set, add dates (having previously taken out pits), English walnuts, and almond meats. Serve with whipped cream or thin custard.

MRS. MARY STARK.

COFFEE JELLY.

One-half box or 1 oz. of gelatine, $\frac{1}{2}$ cup cold water, 2 cups boiling water, 1 cup sugar, $\frac{3}{4}$ cup strong coffee; soak gelatine in the cold water until dissolved. Put boiling water and sugar in a saucepan over the fire; when the sugar is dissolved add the soaked gelatine and coffee. Strain through a flannel and turn into a mould. Make it the day before you want to use it. This recipe makes 1 qt. of jelly.

MRS. CATHERINE JONES.

LEMON BUTTER.

Grated rind and juice of 4 lemons, 6 eggs, 1 lb. of sugar, butter size of an egg. Mix together and cook in double boiler until it thickens.

MRS. W. H. JACKSON.

LEMON WHIP.

Juice of 4 lemons, 2 cups sugar, $\frac{1}{2}$ box of Cox's gelatine dissolved in $\frac{1}{2}$ cup of water, whites of 4 eggs, $\frac{1}{4}$ lb. candied cherries, 1 pt. of boiling water. Mix water, juice, sugar and dissolved gelatine together, set on ice to cool. When beginning to harden add the whites of the eggs beaten to a stiff froth and whip together thoroughly. Line mould with the cherries and fill with mixture.

MRS. H. D. ARMSTRONG.

LEMON PUFF.

Ten eggs, yolks mixed thoroughly with juice of 2 lemons and grated rinds, 1 cup of sugar, 3 tablespoons of water. Place in double boiler, cook until smooth and very thick. Then add the whites beaten very stiff, and stir the whole together but lightly. This will serve 10 persons.

MRS. H. M. POMEROY.

JUNKET.

(An old-fashioned delicacy revived.)

Put 1 pt. of cream and 1 pt. of milk in double boiler (all cream may be used or all milk), add $\frac{1}{2}$ cup of sugar, pinch of salt. When just luke warm add 1 junket tablet dissolved in 1 tablespoonful of cold water. Stir thoroughly and pour *at once* into sherbet glasses, or dainty cups from which it may be eaten. Let stand about ten minutes in warm room till it sets, then put where it will become cold. You cannot use sterilized nor scalded milk. This is a very dainty, wholesome dessert, and may be made very ornamental by dropping a spoonful of dry whipped cream

on each glass and dotting it with candied cherries, or it may be colored a delicate rose by adding a drop of fruit coloring.

MRS. E. C. GODDARD.

WHITE CUSTARDS.

Stir until liquid 4 whites of egg, pour over this $1\frac{1}{2}$ pts. of hot milk, or milk and cream mixed, sweeten and flavor to taste, pour into cups set in a pan of water, cover the cups with a thick brown paper to prevent the coloring of the custards, and bake them in a moderate oven until they are firm. Serve cold with whipped cream. Use powdered sugar in sweetening the custards, and be sure it is thoroughly dissolved by the hot milk.

FLORA B. STURGEON.

APPLE CUSTARD.

Cook 12 apples as for sauce, beat well with an egg beater, sweeten, and add the juice of 1 lemon, whip the whites of 4 eggs to a stiff froth, and mix with the apples. Make a custard of $1\frac{1}{2}$ pts. of rich milk, 1 large cupful of sugar, and the yolks of 4 eggs. When perfectly cold pour over the apple mixture, which must be stiff and cold to prevent rising in the custard. Finally whip $\frac{1}{2}$ pt. of rich cream and spread on top of the custard.

MRS. D. M. LICHTY.

TAPIOCA CUSTARD.

Two tablespoons tapioca soaked over night, 1 pt. milk heated with the tapioca. Beat yolks of 2 eggs and $\frac{1}{2}$ cup of sugar, add to the milk, stir constantly till it thickens, not boils; $\frac{1}{2}$ teaspoon vanilla. Beat whites and add while the custard is hot.

MARY H. HIMES.

ORANGE FLOAT.

Slice 3 or 4 oranges removing seeds and tough fiber as they are usually served at table; sprinkle over them $\frac{1}{2}$ cup of sugar, place 1 pt. of water in double boiler, add to it 1 cup of sugar and 1 teaspoonful of vanilla; thicken with 1 tablespoonful of cornstarch dissolved in a little of the water. Be careful not to get it too thick, pour this over the oranges while it is hot. Beat to a stiff froth the whites of 2 eggs, add $\frac{1}{2}$ cup of sugar, spread this over the orange when it is cool. Place in oven a moment to set frosting. Serve cold.

MRS. JENNIE RAMSEY, Belvidere, Ill.

VANILLA CREAM.

To 1 pt. of rich cream made very sweet and flavored to taste use a teaspoonful of Knox gelatine, having it soaked in cold water for $\frac{1}{2}$ hour. Strain through a fine sieve into the cream and freeze hard, leaving room in the freezer to swell about the quarter of the can.

MRS. W. M. FERRIS.

EXCELLENT ICE CREAM.

One qt. cream, 1 qt. milk. Heat milk to boiling point in double boiler, and then stir in $1\frac{1}{2}$ cups of sugar and a scant $\frac{1}{2}$ cup of flour; then boil 20 minutes, then strain, and when cool add cream. Flavor with vanilla and freeze.

MRS. MORTIMER E. COOLEY.

ICE CREAM.

One qt. of sweet cream and 1 qt. of milk beaten thoroughly together with 1 lb. of sugar, add 3 eggs thoroughly beaten together, flavor with vanilla, lemon or orange. Place in freezer and keep constantly in motion while freezing. This may be made into banana cream by soaking sliced bananas 1 hour in sugar and adding when cream is half frozen.

MRS. C. W. WAGNER.

CARAMEL ICE CREAM.

One pt. milk, 1 cup granulated sugar, $\frac{1}{2}$ cup flour (small), 2 eggs, 1 qt. cream, or 1 pt. cream and 1 pt. milk, 1 cup brown sugar burned in spider to a golden brown. Boil milk in double boiler, mix sugar, flour and eggs together, add to the boiling milk. Return to stove and cook mixture 20 minutes, stirring frequently. Add browned sugar to above mixture, set away to cool, and just before freezing add the cream.

MRS. VICTORIA MORRIS.

FRUIT CREAM.

Half lb. stewed apricots, sweetened to taste, 3 bananas, 3 oranges, 3 lemons, 3 cups sugar, 3 cups water. Place a sieve over a large bowl, turn in the apricots, and rub all but the skin through. Remove the seeds from the bananas, and sift the pulp. Pour the water in gradually to help the pulp go through the strainer. Squeeze the oranges and lemons, and strain into the fruit pulp. Add the sugar, and, when dissolved, freeze. Half pt. cream may be added before freezing, if desired. The above will make 1 gallon.

MRS. ARTHUR G. HALL.

MAPLE ICE CREAM.

Half pt. maple syrup, and the yolks of 4 eggs which have been beaten. Boil about 20 minutes in a double boiler, add a small quantity (about 2 spoonfuls) of the Knox gelatine dissolved in warm water. Remove from the fire; when cool add 1 pt. of whipped cream, place in small tin cans or moulds, and pack in ice to freeze.

MRS. S. W. BEAKES.

MAPLE ICE CREAM.

One coffee cup of maple syrup to 1 qt. cream. Freeze in the ordinary way.

MRS. B. A. HINSDALE.

VANILLA PARFAIT.

Boil 1 cupful of sugar with $\frac{1}{4}$ cupful of water until it is a smooth syrup (about 10 minutes). Beat the yolks of 8 eggs until light, add the syrup, and cook over a slow fire, stirring constantly, until the mixture forms a thick, creamy coating on the spoon. When taken from the fire, add 1 teaspoonful of vanilla. Turn it into a bowl and beat with a Dover egg beater until cold. It will then be very light. When entirely cold add 1 pt. of cream whipped very stiff. Stir lightly together, and turn the mixture into a mould. Cover with a thin paper before putting on the cover, pack in ice and salt for hours. This makes 1 qt.

MRS. A. H. PATTEGILL.

MAPLE PARFAIT.

Beat yolks of 6 eggs light, add $\frac{3}{4}$ cup of maple syrup, put into double boiler, as it will burn easily, and stir until it makes a coating on the pan. Beat until cool, and stir lightly into 1 pt. of cream, whipped stiff. Pour into a mould, cover with light top under which has been placed oiled paper. Pack in ice and salt ($\frac{1}{2}$ salt to ice) and leave it 3 hours or more.

FANNY GOODMAN, Kansas City.

BISQUE.

One pt. of sweet cream, 24 macaroons, $\frac{2}{3}$ cup pulverized sugar, whip the cream to its utmost consistency, then add the macaroons (pulverized), then the sugar; put in a pail, cover tight, and freeze without any stirring. Prepare this at noon and it will be ready for tea. Delicious. "Tried and tested."

MRS. CUTTING.

FROZEN PUDDING.

One qt. milk, $1\frac{1}{2}$ tablespoons gelatine, 4 eggs, 1 cup sugar, $\frac{1}{4}$ lb. English walnuts, $\frac{1}{4}$ lb. figs, vanilla to taste. Soak gelatine in cold milk. Put milk, eggs, and sugar in double boiler and cook to custard. Chop nuts and figs very fine and add with gelatine to custard. Cool, add flavoring, turn into ice cream freezer and freeze. Can be improved by substituting cream for milk.

MRS. STRAUSS.

BISQUE GLACE.

Stir together 3 ozs. sugar and 2 yolks of eggs, add a little vanilla. Dissolve $\frac{1}{3}$ box of gelatine, and strain it into the sugar and eggs, add 1 pt. whipped cream, put into glasses and set on ice. (This should be made the day before it is served.)

MRS. MORITZ LEVI.

CHOCOLATE MOUSSE.

Pack a 3 qt. mould in salt ice, using 2 qts salt and enough fine ice to pack solidly between the can and the tub. Cover and set in a cool place. Whip 1 qt. cream and drain it well. Scrape 1 oz. of chocolate and put it in a small fryingpan with 3 tablespoonfuls of boiling water, place the pan on a hot part of the fire and stir until the mixture is smooth and glossy. Add $\frac{1}{2}$ cupful of the whipped cream to this, stirring well from the bottom of the pan. Then add remainder of whipped cream slowly. Wet mould in cold water, put in the mixture, pack and cover, sealing cover of mould. Put away for 3 or 4 hours, when it will be delicious.

MRS. H. B. HUTCHINS.

CAFE MOUSSE.

Grind $\frac{1}{4}$ lb. coffee and dip enough boiling water through it to make a teacupful of liquid. Let it percolate very slowly through the coffee so as to absorb all the strength it will. Take this strong essence and add to it the beaten yolks of 2 eggs and 3 ozs. of sugar. Set the bowl containing it in a saucepan of boiling water and stir it till it thickens; it will take about 5 minutes; then add about 1 tablespoonful of gelatine which has been soaked for 1 hour in 2 tablespoonfuls of cold water. Stir the boiling mixture until it becomes cold, but not till it hardens. Whip 1 pt. of cream till it is a stiff froth; add the coffee to it and continue beating until the mixture is fine and thick. While beating the mousse set the tin dish which holds it in another

dish of cracked ice. The moment it is thick turn it into a slender mousse mould and pack in ice and salt for $\frac{1}{2}$ hour if you want it simply chilled, for 4 hours if you wish it frozen. Serve the mousse in pretty after dinner coffee cups or in tall Bohemian glasses of amber color.

MRS. H. B. HUTCHINS.

PHILADELPHIA ICE CREAM.

The name of this cream indicates that it is of American origin, as it is. It is without doubt the choicest of all kinds and the better the quality of the cream the more delicious the result. Beat a quart of cream with a large Dover egg beater, whip, churn or wire egg beater, until it is light and frothy; add a cup of sugar and continue beating until the sugar is all dissolved. Flavor with vanilla, taking care not to use too much; and freeze. Allow the frozen mixture to stand at least an hour before serving that the ingredients may become thoroughly blended. All kinds of cream should undergo this so-called ripening process. This is the easiest and quickest method of making cream; it expands considerably in freezing and will be smooth and velvety. If cream of a light, delicate texture is desired, whip the cream and skim off the froth until there is sufficient to make a quart. Add the sugar and the flavoring to the unwhipped cream and continue beating until the sugar is dissolved, then freeze. When almost done, add the whipped cream and freeze until stiff.

FIG ICE CREAM.

Take two tablespoons of gelatine, scald 1 cup of milk and cup of vinegar, then add the gelatine, let it dissolve and add 1 quart of rich cream and freeze. When frozen, add $\frac{1}{4}$ lb. of chopped figs and $\frac{1}{2}$ lb. of chopped English walnuts. Let stand until ready to serve.

PINEAPPLE AND RASPBERRY ICE CREAM.

Cut off the top of a large pineapple, then with a strong spoon scoop out the pulp, separating it from the hard core, which should be rejected. Sugar the fruit, let it stand some time, then pour off from it a cupful of juice. Trim the pineapple shell at the bottom so it will stand firm and chill in the refrigerator. Wash well a pint of red raspberries, add a $\frac{1}{4}$ of a cupful of water, $\frac{1}{2}$ a cupful of sugar and the pineapple juice, and cook

the mixture several minutes. Take from the stove, add the juice of a lemon, more sugar if needed and strain through a cheese cloth. Beat a quart of cream and a cupful of sugar until light and frothy, flavor with vanilla and freeze as ice cream. When half frozen add the juice and finish freezing. Fill into the pineapple shell, set it in a deep mold or the freezer can and let it stand packed in ice and salt for an hour or longer.

NEAPOLITAN ICE CREAM.

The many varieties of ice cream in which eggs or milk, or milk and eggs, are used, are classed under the general name of Neapolitan ice cream. Such creams are universally served on the continent of Europe and in England. The following is an inexpensive and excellent rule: Beat the yolks of 2 eggs with $\frac{1}{4}$ of a cup of sugar, add gradually 2 cups of hot milk and cook the mixture over hot water, stirring constantly until it commences to thicken. Beat the whites of 2 eggs until stiff, add $\frac{1}{2}$ cup of sugar and gradually the slightest cooled custard; cool, add 2 cups of cream, flavor and freeze. If a cream of light, fluffy texture is preferred, whip the cream, add it to the half frozen mixture and finish freezing.

CHOCOLATE SAUCE FOR ICE CREAM.

Put $\frac{1}{2}$ cupful each of sugar and water in a saucepan, and let boil 5 minutes. After the syrup cools, stir it slowly into 4 ounces or 4 squares of chocolate melted. Add $\frac{1}{2}$ teaspoonful of vanilla and let it stand in a pan of water until ready for use, then add $\frac{1}{2}$ cupful of cream. It should be the consistency of cream.

HOT FRUIT SYRUPS FOR ICE CREAM.

To $\frac{1}{2}$ a cup of fresh fruit juice, of any desired fruit, add a cup of sugar. Cook slowly to the soft ball stage, add a teaspoon of lemon juice. Pour in sauce boat. Serve hot.

FRUIT ICES FROM CANNED FRUIT.

If the fruit juice be canned without sugar or with a known quantity of sugar, it is a very simple matter to prepare the mixture for freezing. Boil a quart of water and a pint of sugar 20 minutes. Add a teaspoonful of gelatine softened in a little cold water,

and strain. When cold, add a pint of fruit juice, and the juice of 1 or 2 lemons. This holds when the fruit juice is canned without sugar. If sugar has been used in canning, deduct from the two cups, given above, a quantity equal to that used in canning.

PEACH SHERBET.

One quart of peach juice, 2 cups of sugar, 1 quart of water, whites of 2 eggs, juice of 1 lemon. Boil water and sugar together, add juice of peaches and lemon, and freeze.

FROZEN CRANBERRIES.

Boil 1 quart of cranberries, $\frac{3}{4}$ cup of raisins and 2 cups of water ten minutes. Strain through puree sieve. Cook 2 cups of sugar with 2 cups of water 20 minutes and add to first mixture. Cool and freeze to a mush. The whites of 2 eggs, lightly beaten, may be added when the mixture is half frozen and you then have a cranberry sherbet excellent to serve with turkey.

PINEAPPLE SNOW.

One can of chopped pineapple, $\frac{1}{2}$ box of gelatine dissolved in 1 pint of cold water; add juice of pineapple and let come to boil. Two cups of sugar and juice of 2 lemons, beaten until light. Pour hot gelatine over mixture and stir well; then add pineapple. Put in cold place and let stand until it thickens a little, then add whites of 2 eggs beaten stiff. Beat 10 minutes, mould and serve with whipped cream.

MAPLE MOUSSE—I.

Whip 1 pint of sweet cream very stiff and dry, and add to it 1 cup of maple syrup and 1 tablespoon of powdered sugar. Flavor if desired, beat well together, put in well covered mould and stand in salt and ice till frozen.

VANILLA GLACE.

Whip 1 pint of cream stiff. Beat the yolks of 2 eggs light. Beat the 2 together. Beat in 1 cup of powdered sugar, and 1 teaspoon of vanilla and mould. Pack in ice for 3 hours, then serve.

MAPLE MOUSSE—2.

One cup maple syrup, yolks of 5 eggs, 1 pint cream whipped stiff. Cook syrup and eggs just a little and when cold whip into cream. Pack in ice and salt for 5 hours.

MRS. J. ALFRED KLEIN, Butler, Pa.

FRUIT MOUSSE.

Whip 1 pint of cream very stiff, turn it into a sieve to drain, so that it will be perfectly dry. Mix with it 1 cupful of any fruit pulp, the juice drained off, and the pulp mixed with enough powdered sugar to make it of the same consistency as the whipped cream; add a little vanilla, pour into an ice cream mould, lay a thin paper over the cream before putting on the cover, and pack in ice for 3 hours.

MRS. A. H. PATTENGILL.

MILK SHERBET.

Three lemons, 2 oranges, rind of 1 orange, 1 pt. of sugar, 1 qt. of milk, or better, milk and cream. Put half the sugar with the milk and put into the freezer. Turn until it begins to get thick, then add the juice and the rest of the sugar.

MRS. DEMMON.

ORANGE SHERBET.

One qt. water, 1 lb. sugar, 4 oranges, juice of 1 lemon, whites of 3 eggs. Grate the rind of oranges and lemon in a bowl and add their juice. Now, make a syrup of the sugar and water to which add 1 tablespoonful of gelatine, having been soaked in cold water. When syrup is cold pour it on the grated rind and juice and strain into freezer and freeze. When half frozen beat up the whites of 3 eggs and add to the sherbet. Continue freezing until hard.

R. J. DAVIS.

LEMON SHERBET.

Two qts. of milk, 1½ lbs. of sugar, juice of 6 lemons. Mix sugar and milk together; put in freezer and when partly frozen add juice of lemons and freeze like ice cream. The grated rind and juice of 2 oranges may be added to the above if desired.

MRS. C. W. WAGNER.

PINEAPPLE SHERBET.

Make a syrup of 1 qt. of boiling water and 1½ cups granulated sugar. When cold add 1 grated pineapple or 1 can of the same and juice of 2 lemons. When partly frozen add whites of 2 eggs, well beaten with 2 tablespoonfuls of pulverized sugar.

MRS. F. M. MEE.

MINT SHERBET.

Put 1 lb. of sugar and 1 qt. of water on to boil. Boil 5 minutes. Pound the leaves from a good-sized bunch of mint; add them to the boiling syrup, and when cool strain. Add juice of 2 lemons, and sufficient green coloring to make a delicate green. Freeze. Very nice.

F. H. D.

GRAPE ICE.

Boil 1 qt. of water and 1½ cups of granulated sugar 10 minutes; add 1½ cupfuls of Concord grape juice from fresh grapes. When cold freeze and serve in glasses.

STRAWBERRY ICE.

Two and ½ pts. milk, 2½ cups of sugar, dissolve sugar in the milk, then put in freezer and stir till it begins to thicken, then add the juice from 2 qts. of strawberries and finish freezing.

GINGER WATER ICE.

Six ounces preserved ginger, 1 qt. lemon ice. Make lemon ice as follows: Four large juicy lemons, 1 qt. water, 1 orange, 1¼ pounds sugar. Boil sugar, water and rind of lemons and orange 5 minutes. Cool it and add juice of orange and lemons, strain and freeze. Pound 4 ounces of the ginger to a paste, cut the other 2 ounces into very thin slices and stir these into the lemon ice. Repack and stand away to ripen.

FRANCES M. H. DAVIS.

STRAWBERRY SHERBET.

One pt. of crushed strawberries, 1 pt. water, 1 pt. sugar, juice of 2 lemons. Freeze.

MRS. V. C. VAUGHAN.

LEMON SHERBET.

(Made with milk.)

Half freeze 1 qt. of milk and 1 pint of sugar, then add the juice of 3 lemons and the juice and grated rind of 1 orange. Finish freezing.

MRS. R. PATTERSON.

LEMON ICE.

Take the juice of 4 lemons, add 2 pts. of thin syrup made with about 1 pt. of sugar. Into every qt. when it begins to freeze, stir the whites of 2 eggs, beaten very light with a little powdered sugar. This will make it smooth. Any kind of water ice may be made by mixing the strained juice of the fruit—currant, raspberry, strawberry, etc.—with syrup flavored to taste and add the white of an egg when it begins to freeze.

MRS. F. M. MEE

CRANBERRY ICE.

A pleasant change from the usual accompaniment to the roast turkey, the cranberry sauce or jelly of varied quality, is the cranberry ice. Stew 1 pt. of cranberries in 1 qt. of water until soft, then drain through a cheese cloth strainer. Add 1 lb. of sugar, the juice of 1 lemon with a little of the rind, and heat it until the sugar melts and it boils up once, then strain and cool, turn it into the freezer and turn until it is like mush.

SHORT CAKE.

A new short cake is made by cutting a sponge cake into small slices half an inch thick, piling them solidly with cut up peaches and covering them with whipped cream.

MARGARET HAMILTON WELCH.

DESSERT.

Small light cakes baked in round tins and served fresh from the oven with a hot chocolate sauce poured over them and a spoonful of whipped cream placed lightly on top of each.

MARGARET HAMILTON WELCH.

APPLE PUFFS.

One pt. of milk or part milk and part water, 2 beaten eggs, 2 teaspoons of baking powder, salt. Make a batter rather thicker

than griddle cakes. If water is used, put in a spoon of melted butter. Pare, core and chop apples fine. Half fill buttered cups with the chopped apples, pour in the batter till $\frac{3}{4}$ full. Set in steamer, and steam about 1 hour. Serve hot with cream and sugar flavored.

APPLE CREAM.

Stew apples, leaving quarters whole, skim them into a glass dish, and whip with egg beater 1 cup cream and 1 cup sugar; pour over the apples. When cold, it makes a delicious dessert in warm weather.

NUT CREAM.

One pt. cream, $\frac{1}{2}$ cup sugar, level tablespoon Knox's granulated gelatine, $\frac{1}{2}$ cup nuts chopped fine (almonds, "pistachio"), 10 drops almond flavoring, $\frac{1}{2}$ teaspoon vanilla flavoring. Put gelatine to soak in $\frac{1}{4}$ cup of cold water. Beat the cream stiff, then sprinkle in sugar gradually beating all the time. Next add the nuts. Melt the gelatine over the teakettle, cool a little, then beat lightly with a flat wire spoon into the cream. Add flavoring and beat until quite thick. Set in a wet mould.

MRS. W. H. WAIT.

CHOCOLATE SAUCE (FOR NUT CREAM.)

One cup hot milk, $\frac{1}{2}$ cup sugar, 1 level tablespoon cornstarch, 1 square baker's chocolate. Scrape the chocolate and melt over the teakettle. Add the hot milk after dissolving the sugar in it. Stir until smooth, then add cornstarch dissolved in a little milk. Cook until thick as cream. Take from the fire and add $\frac{1}{2}$ teaspoon of vanilla. When cooking, stir constantly, back and forth, never around.

MRS. W. H. WAIT.

ORANGE CREAM.

(Mrs. Owen's Cook Book.)

Yolks 3 eggs, 1 pt. cream, $\frac{1}{2}$ lb. powdered sugar, 1 orange, juice and grated rind. Mix thoroughly, heat and stir till cold.

LEMON SHORTCAKE.

One lemon, 1 cup sugar, 1 cup cream. Grate the outside rind of the lemon, add the juice, stir together with the sugar, and let it stand 6 hours. Prepare the shortcake the same as for berries. When ready, add the cream to the sugar and lemon, and spread between the layers.

MRS. F. W. WESTGATE.

ORANGE FRITTERS.

Two eggs, 1 cup milk, 2 cups (scant) flour sifted with 1 teaspoon baking powder, salt, 2 oranges, juice and pulp. Shred oranges in small pieces, and grate the rind of one. Dust with pulverized sugar. The above will serve 8 persons.

LEMON FRITTERS.

One cup milk, 1 beaten egg, $1\frac{1}{2}$ cups flour. Add juice and pulp of 1 lemon. Fry in hot lard by spoonful, like doughnuts, serve with silver sauce, to which add the grated peel of $\frac{1}{2}$ the lemon.

APPLE FOAM

Use Astrachan apples, 6 or 8, not too ripe; peel, quarter, put in boiling water, just enough to keep from burning. They will stew in a few minutes. When done stir with a silver spoon until smooth, add a pinch of soda, which takes away the sharp acid, when cool enough to eat add half a cup of sugar. The result is a delicious sauce to be eaten with warm rolls. It is quite original.

PEACH CAKE.

One-half cup butter, 2 cups sugar, 1 cup sweet milk, 3 cups flour after sifting, whites of 4 eggs, 2 scant teaspoons of baking powder. Bake. Put on the layers fresh peaches peeled and cut in thin slices, and pour whipped cream over each layer. This cake should be used the day it is made. The layers should not be put together till before serving.

MISS IDA M. BERRY, Mitchell, Ind.

JELLIED PRUNE PUDDING.

One lb. French prunes, 1 pt. water, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ box gelatine, 2 tablespoons of brandy, $\frac{1}{2}$ pt. of cream whipped. Stew the prunes in the pint of water, when nearly tender, add the sugar and stew until soft, then remove the stones and cut each prune into 4 pieces; meanwhile dissolve the gelatine in 1 gill of cold water, let this stand on the fire until thoroughly melted, strain this into the prunes, add the brandy, rinse out a border mould with cold water, fill with the prunes mixture, set away on ice to harden. Having whipped the cream, add to it a little lemon juice, also a little of the rind grated. When ready to serve turn

the pudding out of the mould and heap the cream in the center space. Peaches or some other dried fruits may be used as a substitute for prunes.

MRS. FRED KINGSTON, Ottawa, Canada.

BANANAS AND CREAM.

Slice thin 8 or 10 bananas in a glass dish, sprinkle with powdered sugar, pour over a cup of whipped cream. Serve with plain cake.

FLORENCE WILLOBY, Peninsula Cook Book.

A DELICIOUS DESSERT.

(Peninsula Cook Book.)

A delightful dessert is made by filling sherbet glasses with orange and cocoanut in this way: Take $\frac{1}{2}$ orange, $1\frac{1}{2}$ teaspoons of grated cocoanut and 1 teaspoon sugar to each glass, fill glasses with whipped cream, season with vanilla, put on ice till eaten.

APPLE CUSTARD PIE.

Two raw apples, $\frac{2}{3}$ cup sugar, 1 tablespoon butter, 1 salt-spoon nutmeg, 2 eggs, 1 cup of milk. Select large, juicy, nice-flavored apples, grate to a pulp, cream the sugar and butter, add the spice and beaten yolk of eggs, milk and apples. Line large plate with nice crust, fill with the custard and bake till firm. Beat whites with 2 tablespoons sugar, pile lightly on top and brown.

MRS. M. GILMORE, Peninsula Cook Book.

PEPPERMINT ICE CREAM.

Put 1 lb. of peppermint candy in sticks into 1 qt. of new milk in the morning. Let it stand near the ice until you are ready to freeze the cream for dinner. Stir in 1 qt. of good cream and freeze. The sugar of the candy will sweeten it enough and it will be a delicious pink in color.

ORANGE CREAM.

A delicious cold dessert fit for most distinguished company is an orange cream. Soak $\frac{1}{2}$ box gelatine in $\frac{1}{2}$ cup of cold water, beat the yolks of 5 eggs with 1 cup of sugar and the grated rind of 1 orange until light. Scald 1 pt. of milk and pour on the

egg mixture. Return to the double boiler and stir until as thick as custard. Take from the fire, add the soaked gelatine and stir until dissolved, strain, and when cold, add the juice of 5 oranges. When it begins to stiffen add 1 pt. of cream whipped to a solid froth and stir carefully until thick. Pour in a mould or paper and stand in a cold place.

MISS ALICE HUNT.

CHERRY TAPIOCA.

Wash well 1 cupful of tapioca. Cover with cold water and soak over night. Drain the juice from a qt. jar of cherries, add sufficient water to the juice to make 1 pint, pour over the tapioca, add a pinch of salt, and cook in a double boiler until perfectly clear and done. Then add the cherries and a cupful of sugar (or more if the cherries are very sour); stir all together thoroughly, pour into a pudding dish, and bake $\frac{1}{2}$ hour. Serve hot or cold with sugar and plain or whipped cream. Early cherries are best.

RICE CREAM.

(Mrs. Owen's Cook Book.)

Half cup rice, 3 cups milk. Stew until soft, then add 2 cups milk, yolks of 3 eggs, beaten, with 4 tablespoons sugar. Let boil up and put in a custard dish, making frosting of whites and add 4 tablespoons sugar; flavor and brown delicately.

A NEW DESSERT.

Whip a pint of cream to a froth and color a very pale green with vegetable coloring. Soak $\frac{1}{4}$ of a box of gelatine in $\frac{1}{4}$ of a cup of cold water until soft, then set it in hot water until it dissolves. Stir 3 ounces of powdered sugar into the whipped cream. Then strain in the gelatine and mix thoroughly, but lightly. When the mixture begins to thicken add $\frac{1}{2}$ teaspoon of vanilla. Add $\frac{1}{2}$ cupful of blanched almonds chopped very fine. Pour into small glasses ready for serving, and serve very cold.

DUTCH APPLE CAKE.

Mix 1 pt. of flour, $\frac{1}{2}$ teaspoonful of salt and a tablespoonful and a half of baking powder; rub in 2 tablespoonfuls of butter, pour on this 1 egg and a large $\frac{2}{3}$ cupful of milk beaten together

thoroughly. Mix quickly and well. Spread the dough about $\frac{1}{2}$ inch thick on buttered baking pan. Place in rows upon this dough 4 large apples which have been pared, cored and cut into eighths, sprinkle with 2 tablespoonfuls of sugar and a slight sifting of cinnamon. Bake in a quick oven for about 25 minutes. Serve with sugar and cream or a simple sauce.

DELICATE DISH.

Beat the whites of 6 eggs with 2 tablespoonfuls of currant jelly to a solid froth so that it will not fall. Serve with powdered sugar and cream.

ORANGES AND STRAWBERRIES MIXED.

To 1 qt. of strawberries add 2 oranges cut up in bits. Sprinkle with sugar and serve in a half hour or so very cold with sweet graham crackers or sponge drop cake.

ALMOND CREAM.

One pt. new milk, 3 tablespoons sugar, $\frac{1}{4}$ lb. of blanched almonds, chopped; stir over the fire, add the well beaten yolks of 4 eggs. Flavor with $\frac{1}{2}$ teaspoon extract of rose. Pour into cups and pile on a meringue made of the whites of 4 eggs and $\frac{1}{2}$ cup sugar.

PIEPLANT SAUCE.

In cooking pieplant do not strip off the pink skin, as it gives flavor and color to the sauce. Cook slowly, sugar to taste, and just before removing from the stove add 3 or 4 thin slices of lemon and a teaspoonful of butter.

SAGO CREAM.

Cook $\frac{1}{2}$ cup of sago in 1 pint of milk until clear, add a pinch of salt and 3 tablespoons of sugar. Beat the whites of the 3 eggs, add to the mixture and cook 2 minutes. Flavor with lemon when a little cool and fold in lightly 1 cup of cream. Pour into a mould and set on ice. Serve with the following sauce:

Strawberry Sauce.—Crush a pint of berries, add $\frac{1}{2}$ cup of sugar and let them stand an hour or two. Serve on each dish of the sago cream.

DAINTY DESSERT.

One quart of milk, the whites of 4 eggs beaten to a stiff froth, one heaping cupful of sifted flour, 1 scant cupful of powdered sugar, add a little grated lemon peel and a saltspoonful salt, beat till very light, bake in gem pans, sift powdered sugar over them and serve with lemon sauce.

RASPBERRY CUSTARD.

Mix together the yolks of 2 eggs, 2 cups of milk, 2 level tablespoonfuls of sugar and 1 scant tablespoonful of cornstarch. Cook slowly over the fire in a double boiler, removing when it reaches the boiling point. Mash 1 pt. of red raspberries with the back of a spoon, place in pretty glass dish, pour over them the custard and set away to cool. Just before the dinner hour whip the 2 whites as stiff as possible, color with the tiniest particle of Burnett's rose coloring and mix with a tablespoonful of powdered sugar. Spread this over the custard and serve with sponge cake.

RASPBERRY CREAM.

Place a pint of raspberries in a bowl, add 1 tablespoonful of powdered sugar. Let them stand for an hour, then rub through a sieve. Soak 1 ounce of gelatine in 2 teaspoonfuls of cold milk for half an hour, then add to it 1 cup scalding hot milk, 2 tablespoonfuls granulated sugar. Stir until the ingredients are thoroughly dissolved. Set aside, and, when cool, add the strained raspberries. Whip $\frac{1}{2}$ pint cream, add $\frac{1}{2}$ teaspoonful vanilla and whisk all lightly together. Set in a very cold place to harden. A half pint of raspberries may be kept very cold, sweetened slightly and poured over the mould, when turned out ready for the table.

GLORIFIED RICE.

Soak $\frac{1}{2}$ box of gelatine in $\frac{1}{2}$ cup of cold water. Wash $\frac{1}{2}$ cup of rice and sprinkle into boiling salted water. Boil 20 minutes until tender, and dry thoroughly in a napkin. Dissolve the gelatine over hot water, and cool. Whip 1 pint of rich cream, fold into it the gelatine, the cold rice, $\frac{1}{2}$ cup powdered sugar and a teaspoon of vanilla. Pour into a mould. When ready to serve turn out of the mould and pour over it the following sauce: One-half tumbler of quince jelly melted over the fire with three table-spoons of cold water.

OLD-FASHIONED APPLE SAUCE.

Pare and chop a dozen medium-sized apples, put them in a deep pudding dish, sprinkle over them a heaping coffee-cupful of sugar and 1 of water. Place them in the oven and bake slowly 2 hours or more, or until they are a deep red brown; quite as nice as preserves.

ORANGE CHARLOTTE.

Make orange jelly, use pulp with juice, remove seeds and fibrous part of orange. Line dish sides and bottom with lady-fingers and sprinkle with cocoanut. Pour in the jelly and set in a cool place to harden. When ready to serve pile on top whipped cream.

G. E. SUTHERLAND.

FLORENDINES, OR FRUIT TARTS.

Can be made of any fruit, stewed if possible in its own juice or with as little water as possible; sweeten well after cooking. Line small crimped pans with puff paste or rich pie crust and bake them. While still warm drop in the fruit and return to the oven for 10 minutes.

APPLE OMELET.

Cook 12 tart apples as for sauce, then stir in 1 cupful of sugar and $\frac{1}{4}$ cup of butter. Let cool and add 4 well beaten eggs. Butter the side and bottom of a baking dish and strew thickly with dry bread crumbs. Turn in the apple mixture, cover the top with crumbs and bake until the top is brown.

MRS. D. M. LICHTY.

TAPIOCA WITH CANNED PEACHES.

Drain the syrup from a pint can of peaches or apricots. Dispose the fruit in a buttered baking-dish. Add to the syrup enough boiling water to make 1 pint in all, and stir into this a few grains of salt and $\frac{1}{3}$ cup of quick-cooking tapioca. Cook over hot water until the tapioca is transparent (10 or 15 minutes.) Then turn over the fruit in the dish. If peaches be used, add also the juice of a half or a whole lemon. Let bake about 15 minutes. Serve with sugar and cream, or cover with a meringue made of the stiff-beaten whites of 2 eggs and 4 tablespoonfuls of sugar, and, when browned, serve without cream and sugar. This recipe will serve from 4 to 6 people.

FIG SOUFFLE.

Have 4 or 5 stewed figs chopped fine. Beat the whites of 5 eggs until very foamy. Add $\frac{1}{4}$ teaspoonful of cream of tartar, and beat until dry. Then fold in half a cup of sugar and the chopped figs. Press a fork into a butter ball, and oil well the inside surface of the blazer. Pour in the egg mixture, and spread it evenly in the dish. Put on the cover, and cook over hot water about 20 minutes. Whipped cream or cold boiled custard served with each portion is an improvement.

GRAPE JUICE SPONGE.

Stir $\frac{1}{3}$ cup of a quick-cooking tapioca into a pint of hot grape juice. Add $\frac{2}{3}$ cup of sugar (less, if sugar were added to the juice in putting it up), and continue stirring until the mixture thickens. Then stir, occasionally, until the tapioca becomes transparent. Add the juice of a half or whole lemon, and fold into the mixture the stiff-beaten whites of 2 eggs. Serve hot with cream and sugar.

BAKED CUSTARD.

Beat 2 eggs till smooth. Add $\frac{1}{4}$ cup of sugar, a speck of salt, $\frac{1}{8}$ teaspoonful of nutmeg or mace, and 1 pint of milk. Pour into buttered cups, and set into a pan of hot water. They are done when a silver knife thrust into the center will show no milk.

SNOW BALLS.

Mix thoroughly 4 tablespoonfuls of sugar, 4 tablespoonfuls of cornstarch, $\frac{1}{8}$ teaspoonful of salt. Pour on slowly 1 pint of boiling water, stirring all the time. Cook directly over the fire 8 to 10 minutes, or in a double boiler 15 minutes. Remove from the stove, and add the whites of 2 eggs, beaten stiff, and the juice of $\frac{1}{2}$ a lemon. Serve with a custard made of the yolks of the two eggs, $1\frac{1}{2}$ cups of milk, 4 tablespoonfuls of sugar, a speck of salt, and $\frac{1}{2}$ teaspoonful of vanilla.

APPLE SNOW.

Grate 1 large apple, add the white of 1 egg and $\frac{3}{4}$ cup of powdered sugar. Beat until thick enough to keep its shape as you pile it on the dish. A cup of mashed strawberries, peaches, or

raspberries can be used in place of the apple. It is very nice used as a filling for layer cake or served as a dessert with a custard sauce.

SYLLABUB.

One pint of cream, whites of 2 eggs, and 1 small cupful of powdered sugar. Whip $\frac{1}{2}$ the sugar with cream, the remainder with the eggs. Mix well and pour over sliced oranges and bananas sweetened.

STRAWBERRY SHORTCAKE.

Sift together 2 cups of sifted flour, 4 level teaspoonfuls of baking powder, and $\frac{1}{2}$ teaspoonful of salt. With a knife or the tips of the fingers work in $\frac{1}{3}$ cup of butter. Add gradually milk to make a soft dough. Toss on to a floured board, pat into a sheet with the rolling-pin, shape with a round cutter, and bake in a hot oven. Split and butter the halves sparingly, put strawberries, cut in halves and sweetened, between and on top. Garnish with whipped cream, sweetened and flavored, and strawberries.

CARMEL CUSTARD.

Cook $\frac{3}{4}$ cup of sugar in a small sauce-pan over the fire, until the sugar melts and becomes light brown in color. Lift the pan from the fire occasionally, to prevent burning. Add very carefully, as the mixture will steam up to some height, about $\frac{1}{4}$ cup of boiling water, and let stand in a hot place, until the caramel on the spoon and dish is melted. Beat 4 whole eggs and 8 yolks with $\frac{1}{2}$ teaspoonful of salt. Add $\frac{1}{2}$ cup of sugar, and beat again. Then add 1 quart of milk and the caramel, and strain into a mould. Bake, standing in a pan of hot water on heavy folds of paper, until a knife, cut down into the center, comes out holding no uncooked mixture. When cold, pass a knife between the mould and custard, and turn onto a serving-dish. Half instead of $\frac{3}{4}$ cup of sugar will give enough caramel flavor to suffice the taste of some.

NECTARED ORANGES.

Cut 5 oranges in thin slices, carefully remove seeds. Sprinkle freely with powdered sugar, add juice of 1 lemon and $\frac{1}{2}$ teaspoon vanilla. Let stand in cool place over night.

CHILDREN'S FAVORITE DESSERT.

Open 10 lady-fingers, spread with jelly and reclose. Beat 3 yolks thoroughly with $\frac{1}{2}$ cup sugar, add $1\frac{1}{2}$ cups sweet milk and 2 tablespoons cornstarch creamed in a little cold milk. Boil this until it begins to thicken. When cold add $\frac{1}{2}$ teaspoon vanilla. Place lady-fingers in pudding dish, pour over the custard and put on top the stiffly beaten whites, to which $\frac{1}{2}$ cup powdered sugar and the juice of 1 lemon has been added. Put in oven until light brown. Serve very cold.

APPLE COMPOTE.

Peel and core 7 good-sized apples, throwing them as you do them into cold water acidulated with lemon juice; then blanch them in the same water till tender enough to give if pressed with the finger; then lift them out carefully and arrange them on the dish they are to be served on. Now add loaf sugar, 1 lump to each apple, and either lemon or vanilla to flavor; boil all together until thick, and pour it over and around the apples. Serve with or without cream.

EASTER TRIFLES.

This dainty dish is not only delicious to eat, but charming to look at, representing a nest with Easter eggs. Soak a half box of Knox's gelatine in a half cup of cold water a half hour. Boil 2 cups of milk and add to the gelatine, with 2 level tablespoonfuls of sugar and a teaspoonful of vanilla. Allow it to cool until it thickens, then add a cup of cream, whipped very stiff. Wash six eggs, make holes in side of shell near the large end, pour out the whites into a bowl, break up the yolks with a skewer and pour into another bowl ready to be used for cake. Wash inside of shells clean and drain them, set them with the hole up in a box of salt (or anything that will hold them level), pour the blanc-mange in slowly through a funnel and set in a cold place to harden. Soak the other half box of gelatine together with half the package of rose coloring matter found in each box in a half cup of cold water 5 minutes; add a cup of sugar and pour over gelatine and sugar a cup of boiling water, add the juice of two lemons with sufficient water to make a cup of liquid. When cool (not cold)

pour into a round glass dish with a coffee cup inverted in center, set away to harden. When ready to serve remove the coffee cup, place small strips of candied lemon peel on sides and top of the jelly nest to represent straws, then break the egg shells carefully and place eggs in the nest, adding a flake of whipped cream here and there to simulate feathers.

CORNSTARCH PUFFS.

One cupful of pulverized sugar, $\frac{1}{2}$ cupful of butter, 1 cupful of cornstarch, 2 teaspoons of baking powder, 1 teaspoonful of vanilla, 4 eggs. Rub the butter and sugar to a cream, add the beaten yolks of the eggs; beat the whites of the eggs very stiff and add alternately with the cornstarch and baking powder mixed. Bake in well greased gem tins, which should be heated before putting the batter in. Bake in a rather quick oven. When cool, frost. This recipe will make 20 puffs, and they will keep several days.

CORNSTARCH FRITTERS.

Boil 1 pint of milk with 1 inch of stick cinnamon. Stir together $\frac{1}{2}$ cup sugar, 2 tablespoons cornstarch and 1 of flour, and add $\frac{1}{4}$ cup cold milk and yolk of 3 eggs well beaten. Add the boiling milk to this, and 1 saltspoon of salt and stir well. Strain into double boiler and cook 15 minutes, stirring often. Take from the fire and add 1 teaspoonful butter and 1 of vanilla. Pour into a buttered bread pan about 1 inch deep and set to cool. When very hard, sprinkle a bread board with fine bread crumbs. Turn the cream out on this and cut into strips $2\frac{1}{2}$ inches long and 1 inch wide, or in diamonds. Cover these in crumbs; dip in beaten egg, then in crumbs again, and fry 1 minute in smoking hot lard. Sprinkle with sugar and serve hot. It is better to make the cream the night before. They are very delicate.

APPLE FLIPFLAP.

Butter gem pans and half fill them with rich biscuit dough. Pare, core and slice tart, juicy apples, and fill gem pans, placing apples on top of the dough. Cover with soft maple sugar, a heaping tablespoonful on each one; adding also a teaspoonful of butter in small bits to each. Bake in quick oven and serve with cream.

PEACH COBBLER.

Line a 2-quart pudding dish with a thick crust. Peel and cut into quarters peaches enough to fill the dish, heaping them. Cover with a teacupful of sugar, a half teaspoonful of ground cinnamon and the juice of half a lemon. Cover the dish with a thick, rich pie crust, put the dish in the oven, and bake very slowly until the crust is a rich dark brown. When it is baked take a silver spoon and break the top crust into pieces, letting some of them mix with the fruit. This "pie" may be served either hot or cold, but it is better cold with whipped cream.

Sherbet -
 1 pint milk (not skimmed)
 1 pint water
 juice of 4 lemons
 1 1/2 cups sugar

Orange Sherbet
 Boil 1 pt water and 2 cup sugar. To a
 syrup add the juice of 3 oranges.
 Partly freeze. add milk and one egg.

PASTRY AND PUDDINGS

PIE CRUST, FOR THREE PIES.

Two cups flour, 1 cup lard, pinch of salt, $\frac{1}{2}$ teaspoon of baking powder, water to mix. When ready for oven, take a brush dipped in beaten white of egg and rub over the top.

MRS. W. H. WAIT.

PIE CRUST.

Three-fourths cup of lard, mixed finely into 3 cups flour; enough very cold water to hold together and roll out.

GRAHAM PIE CRUST.

(*Mrs. Owen's Cook Book.*)

Graham flour mixed with cream, and salt added, makes a healthful pie paste—that is if pie crust can be healthy. The cream answers for both shortening and wetting.

PLAIN PIE CRUST FOR TWO PIES.

Three cups of sifted flour, 1 cup of lard, a little salt. Water enough to mix it; stir with a knife and roll out. Roll butter in the upper crust 3 times, sprinkle a little flour over the butter and roll out.

MRS. E. E. DARROW, Old Mission.

TO GLAZE PASTRY.

To glaze pastry, which is the usual method adopted for meat or raised pies, break an egg, separate the yolk from the white, and beat the former for a short time. Then, when the pastry is nearly baked, take it out of the oven, brush it over with this beaten yolk of egg, and put it back in the oven to set the glaze.

PUFF PASTE.

One lb. flour, 1 lb. butter, $\frac{1}{2}$ pt. ice water. Wash all the salt out of the butter in ice water; mix flour and water together,

roll out and lay on all the butter; then fold three-fold and roll again, folding three-fold for 8 times. MRS. MOTLEY.

TIMBALES CASES.

Beat yolks of 2 eggs, add $\frac{1}{2}$ cup of milk, 2 tablespoonfuls of olive oil, $\frac{1}{4}$ teaspoonful of salt, $\frac{1}{2}$ teaspoonful of sugar, 1 cupful of flour. Beat smooth, then add the beaten whites of the eggs. Have iron hot in the lard, dip into the batter and then into the lard, which must be just so hot or the timbales will blister. ELIZABETH W. DEAN.

PUFF PASTE FOR PATTIES.

One pound of flour, 1 lb. butter washed and placed on ice in little pats. When hard take $\frac{1}{4}$ of the butter and rub thoroughly with the flour, add scant tablespoon of sugar, and if butter is not too salt, 1 teaspoon salt. Mix with 1 cup ice water, and set on ice for 1 hour. Then add the rest of the butter (rolled out in thin sheets) by degrees, rolling and folding over 5 or 6 times. Now set dough on ice for several hours (in winter a snow bank does admirably). After dough has been thoroughly frozen, roll out about $\frac{1}{4}$ inch in thickness. Cut out double as many pieces as you wish patties. Use $\frac{1}{2}$ for bottom of shell. Cut the centers from the other $\frac{1}{2}$ with smaller cutter, and bake on separate plate for covers. Take the rings from which centers have been cut and place on bottom pieces, wetting the edges of bottom so they will adhere in baking. In the center of your patty shell place pieces of bread, $\frac{1}{2}$ inch in thickness, cut with the smaller cutter. This prevents the center of shell from rising. Bake in very hot oven. When done remove the pieces of bread and with a teaspoon scrape out the unbaked dough from center. These will keep several days. When wished for serving, heat in oven, fill with your chicken or oyster filling, place cover on and eat quickly. MRS. H. D. ARMSTRONG.

MINCE MEAT.

Four lbs. of beef, 2 lbs. of suet. Let the meat, when boiled tender, remain in the water till cold. Chop the meat and suet fine, using the same quantity of apples as meat; 1 lb. of raisins, $\frac{1}{2}$ lb. of currants, $\frac{1}{2}$ lb. of citron, cut fine, 2 tablespoonfuls cinnamon, 1 tablespoonful allspice, 1 teaspoon cloves, 1 nutmeg, 2 lbs. sugar, 1 pt. molasses, sweet cider to moisten. To keep well this should be scalded. MRS. G. E. DIBBLE.

MINCE PIE WITHOUT MEAT.

One peck of green tomatoes, chop fine and drain in colander, 4 lbs. of brown sugar, 2 cups of raisins, butter size of an egg, 2 tablespoons spice, 2 of cinnamon, 1 of cloves, 1 of salt, 1 dessert-spoon black pepper, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup boiled cider or other syrup. Simmer 2 or 3 hours. MRS. CENA T. DEPONT.

MINCE MEAT FROM GREEN TOMATOES.

One peck of green tomatoes, 1 qt. of vinegar, 5 lbs. brown sugar, 1 lb. currants, 1 tablespoon each of cloves and cinnamon. Boil tomatoes 3 hours in vinegar, add sugar, currants and spices and boil 1 hour or longer. If too juicy when making the pies dredge in a little flour and grate in a little nutmeg. Put a layer in the pie and some raisins on top, then another layer of mince meat and more raisins. One qt. can will make three pies. This canned will keep all winter. HELEN MARSHALL.

MOCK MINCE MEAT.

One cup sugar, 1 cup molasses, 1 cup vinegar, $1\frac{1}{2}$ cups bread crumbs, 4 cups of water, 1 cup of raisins, 1 oz. cloves, cinnamon, 2 level teaspoons soda; will make 3 pies.

MRS. POLLY MINER.

TO CHOP SUET.

Break or cut in small pieces, sprinkle with sifted flour, and chop in a cold place to keep it from becoming sticky and soft.

MINCE PIES.

The "Astor House," some years ago, was famous for its "mince pies." The chief pastry cook at that time, by request, published the recipe. I find that those who partake of it never fail to speak in laudable terms of the superior excellence of this recipe, when strictly followed.

Four pounds of lean boiled beef, chopped fine, twice as much of chopped green tart apples, 1 lb. of chopped suet, 3 lbs. of raisins, seeded, 2 lbs. of currants picked over, washed, and dried, $\frac{1}{2}$ lb. of citron, cut up fine, 1 lb. of brown sugar, 1 qt. cooking molasses, 2 qts. of sweet cider, 1 pt. boiled cider, 1 tablespoonful of salt, 1 tablespoonful of pepper, 1 tablespoonful of mace, 1 tablespoonful of allspice, and 4 tablespoonfuls of cinnamon, 2

grated nutmegs, 1 tablespoonful of cloves; mix thoroughly and warm it on the range, until heated through. Remove from the fire and when nearly cool, stir in a pint of good brandy, and 1 pt. of Maderia wine. Put into a crock, cover tightly, and set it in a cold place, where it will not freeze, but keep perfectly cold. Will keep good all winter.

F. H. DAVIS.

BLACKBERRY PIE.

Half cup sugar, and 3 cupfuls berries to each pie. Line pie plate with paste, put in berries and sugar, wet the edges, cover and wash with milk; bake in quick, steady oven 20 minutes.

CHERRY PIE.

Line the dish with a good crust, and fill with ripe cherries, regulating the quantity of sugar you scatter over them by their sweetness. Cover and bake. Eat cold, with white sugar sifted over the top.

SQUASH PIE.

Two teacups of boiled squash, $\frac{3}{4}$ teacup of brown sugar, 3 eggs, 2 tablespoons of molasses, 1 tablespoon of melted butter, 1 tablespoon of ginger, 1 teaspoon of cinnamon, 2 teacups of milk, a little salt. Make two plate pies.

APPLE CUSTARD PIE.

Peel sour apples and stew until soft and not much water is left in them, and rub through a colander. Beat 3 eggs for each pie. Put in proportion of 1 cup butter and 1 of sugar for three pies. Season with nutmeg.

COCOANUT PIE.

One-half pound grated cocoanut, $\frac{3}{4}$ lb. of white sugar (powdered), 6 ounces of butter, 5 eggs, the whites only, 1 glass of white wine, 2 tablespoonfuls rose-water, 1 tablespoonful of nutmeg. Cream the butter and sugar, and when well-mixed, beat very light, with the wine and rose-water. Add the cocoanut with as little and as light beating as possible; finally, whip in the stiffened whites of the eggs with a few skillful strokes, and bake at once in open shells. Eat cold, with powdered sugar sifted over them.

APPLE CUSTARD PIE.

One cup of milk, yolks of 2 eggs, 4 grated apples, small spoon of melted butter, $\frac{1}{2}$ cup of sugar, nutmeg to flavor, pinch of salt. Bake in one crust. Make frosting with whites of eggs and two spoons sugar. Brown delicately.

MRS. ROBERT AUSTIN, Muscatine, Iowa.

SWEET APPLE PIE.

One and one-half large sweet apples, grated, 1 egg, 1 cup sweet cream; milk to fill the pie-plate; bake in one crust.

ENGLISH CURRANT PIE.

Take large English currants, cleanse carefully, and stew in plenty of water, sweeten and thicken with flour till of the consistency of rich cream. Bake with two crusts. A very good pie in the spring when pie material is scarce. Add a little vinegar, if tart is desired.

MINCE PIE.

Four lbs. of lean meat chopped fine after being cooked tender, 3 lbs. chopped suet, 8 lbs. chopped apples, 2 lbs. currants, 2 lbs. raisins, 1 lb. citron, 6 lbs. brown sugar, 1 lemon chopped, no seeds, 1 tablespoon cinnamon, $\frac{1}{2}$ ounce mace, 1 tablespoon allspice, 1 tablespoon cloves, 2 tablespoons salt. Wet with boiled cider and cook together.

MRS. M. L. CURREY, Detroit, Mich.

SILVER PIE.

Peel and grate 1 large white potato into a deep plate; add the juice and grated rind of 1 lemon, the beaten white of 1 egg, 1 teacupful of white sugar and 1 cup of cold water. Stir well together and pour into a nice under-crust and bake. When done have ready the whites of 2 eggs well beaten, $\frac{1}{2}$ a teacupful of white sugar and a few drops of lemon, all thoroughly beaten. Put this mixture on the top of the pie evenly and return to the oven to stiffen a few moments. When sent to the table just lay a teaspoonful of jelly on the center of each piece, to ornament, if you wish.

COLONIAL HATS.

One coffee-cup of stoned and chopped raisins, the juice and grated rind of 1 lemon, 1 egg, 1 cup of sugar, a pinch of salt, and, if liked, a piece of citron the size of half a dollar. Mix all well. Put tablespoonfuls of this mixture on rounds of piecrust from six to seven inches in diameter and very thinly rolled. Fold together from three directions, so that the shape will resemble the name. Leave no vent in the dough, but press the edges so firmly together that not a drop can escape. When all are laid in the baking pan, brush over with milk in which a little sugar is dissolved. Bake 15 to 20 minutes.

AMBER PIE.

Two tablespoonfuls of butter, 6 eggs, 1 teacup sugar, 1 teacup sour cream, 1 cup strawberry preserves. Beat eggs, sugar and butter together, then put in cream and stir in preserves last. This will make 2 large pies. Bake with under crust. Meringue on top if desired.

MRS. HATTIE O. YOUNG.

CUSTARD PIE.

Thoroughly stir together 2 eggs, leaving out the white of 1, 3 tablespoonfuls of white sugar, 1 heaping tablespoonful of flour and a little salt. Slowly add 1 pt. rich milk, or enough to fill the crust. Grate nutmeg over the top and bake carefully, never allowing the custard to boil. When done slip immediately upon an earthen plate, cover with meringue made of the white of 1 egg and 1 or 2 spoonfuls of sugar. Return to oven long enough to slightly harden the frosting. The addition of the flour will give firmness to the custard, allowing it to remain as cut when cold. The crust should be only moderately rich. Select the darker eggs for custards. For a very large pie use 3 instead of 2 eggs.

MRS. W. B. HINSDALE.

LEMON CUSTARD PIE.

One cup sugar, piece of butter size of walnut, cream as for cake, juice and rind of 1 lemon, 2 tablespoons sifted flour, 1 cup of milk, add well beaten yolks of 2 eggs; last of all beat whites of the 2 eggs very stiff and stir in. Bake $\frac{1}{2}$ hour in a deep plate, moderate oven.

MRS. A. E. SHAW.

LEMON PIE.

One lemon, rolled, rind grated and all the juice, 1 large apple grated, 2 crackers rolled fine, 1 cup of sugar, yolks of 3 eggs well beaten. Beat all together thoroughly and bake with under crust. Beat whites to a stiff froth, add 2 tablespoonfuls sugar and spread on the pie. Put in oven and brown.

MRS. C. E. GREENE.

LEMON PIE.

Two cups of boiling water, juice of $1\frac{1}{2}$ lemons, rind of 1, 1 cup of sugar, 2 tablespoons of cornstarch wet in cold water, yolks of 2 eggs beaten in the cornstarch. Mix and cook 20 minutes, stirring frequently. Bake in a rich crust, and spread over it the whites of the eggs, and brown.

MRS. C. G. DARLING.

LEMON PIES.

One lemon, juice, pulp and rind chopped, 1 egg, 1 large cup of sugar, 4 or 5 crackers, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup chopped raisins. Pour the water on to the crackers and let them soak while preparing the rest. Do not put on an upper crust, or put on only strips of pie crust, as on a cherry pie. Twice this recipe will be enough for 3 pies.

SYBIL C. PETTEE.

LEMON PIE.

Use juice and grated rind of 1 lemon, yolks of 2 eggs, 1 cup of sugar, 2 scant tablespoonfuls cornstarch, 1 cup boiling water. Cook over water. Bake crust, then pour in mixture. Frost with whites of 2 eggs and 3 tablespoonfuls of sugar. Set pie in oven to brown.

MRS. H. M. SLAUSON.

CREAM PIE.

Two eggs, 2 cups milk, 1 cup sugar, 1 tablespoon cornstarch. Flavor with lemon or vanilla. Beat the yolks, sugar, and cornstarch together, and make like boiled custard; then put in a baked crust, and set in hot oven until it thickens. Beat the whites with a little sugar, flavor and put on top; brown in hot oven. This makes 1 pie.

SARAH M. WOOD.

CREAM PIE (WITH COCOANUT).

One pt. milk, $\frac{2}{3}$ cup sugar, 2 tablespoons flour, $\frac{1}{2}$ cup cocoanut, 2 yolks, and a very little salt. Mix the sugar, flour, cocoanut, salt, and yolks in a double boiler and gradually add the hot

milk. Cook until thick. Flavor little with vanilla. Bake crust and when cooled add cream. Put 2 whites with 2 tablespoons powdered sugar on top. Brown. MRS. SCHLOTTERBECK.

CHOCOLATE PIE.

One cup of milk, 1 cup water, 1 heaping tablespoonful of flour, yolks of 2 eggs, a piece of butter size of a hickorynut, a piece of bitter chocolate $\frac{1}{2}$ size of an egg, 1 cup sugar. Put the milk and water in saucepan on stove to boil. While boiling, drop in lump of chocolate and stir until dissolved. Stir the sugar, eggs and flour together in a bowl; stir these into the boiling ingredients in the saucepan, until well cooked. MRS. W. E. GROAT.

WHIPPED CREAM PIE.

Line a pie pan with a dainty crust and bake. Whip one pint of nice rich cream very stiff. Then use quince preserves cut fine and strawberry preserves, just enough to flavor the cream nicely, and fill the crust with same. Set in a cold place until served. You may substitute any preserves you wish.

MRS. J. A. SCHMIDT, Muscatine, Iowa.

ORNAMENTAL CREAM PIE.

Use same filling as for mock cream pie, putting a layer of red currant, or other bright colored jelly, first in the crust, then the cream filling, and afterward the meringue, or frosting. This pie when cut is decidedly ornamental in appearance as well as delicious in flavor.

CREAM FILLING FOR PIE.

One pt. of milk, 1 heaping teaspoon of cornstarch, whites of four eggs, butter size of walnut, $\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ teaspoon of vanilla. Bake the crust, moisten cornstarch with the milk, put on fire and stir until it boils, then add sugar and butter. Beat the whites of the eggs stiff and stir into the boiling mixture, take from fire, add flavoring, fill the crust and set in oven until brown.

RACHEL.

CREAM PIE.

One cup sugar, 2 eggs, 1 tablespoonful cornstarch dissolved in 2 large spoonfuls cold water, $1\frac{1}{4}$ cups sifted flour in which thoroughly mix $1\frac{1}{2}$ teaspoonfuls baking powder. Bake in 2 round pie or cake tins.

Custard.—1 egg, 1 cup sugar, $1\frac{1}{2}$ cups milk, 2 tablespoonfuls cornstarch, boiled together, adding vanilla or lemon flavor. Split the cakes, spread in the custard. Moisten the top of pie with least bit of custard and sprinkle over with sugar.

MRS. JAMES W. GODDARD.

PUMPKIN PIE.

Three cups of stewed pumpkin sifted, 2 cakespoons molasses, 4 sugarspoons sugar, 2 eggs, a little salt, 1 tablespoon ginger. Stir well, add 3 cups sweet milk, cinnamon if desired. This makes 2 large pies.

MRS. H. M. WOODS.

SQUASH OR PUMPKIN PIE.

Two teacups boiled and strained squash, $\frac{3}{4}$ teacup brown sugar, 3 eggs, 2 tablespoons molasses, 1 tablespoon melted butter, 1 tablespoon ginger, 1 teaspoon cinnamon, 2 teacups milk, 1 small tablespoon salt. Makes 2 pies.

MARY HIMES.

CRANBERRY PIE.

One coffee cup of cranberries, cut in halves; 1 cup sugar, $\frac{1}{2}$ cup water; 1 large spoon flour.

RHUBARB PIE.

One cup of stewed rhubarb, 1 cup of sugar, yolks of 2 eggs. Bake with 1 crust, beat the whites of 2 eggs to a stiff froth, spread over the top and brown nicely.

MRS. C. BRAUN.

PINEAPPLE PIE.

One cup grated pineapple, juice and grated rind of 1 lemon, $\frac{1}{2}$ cup sugar. Put in double cooker, and when hot add yolks of 2 eggs beaten. Bake your crust as you would for lemon pie, pour in your mixture hot. Bake, then add the whites of the eggs beaten with 2 spoons of sugar as a meringue for the top. Return to the oven a moment till set, or a light brown.

MRS. FANNIE BUTLER.

LEMON TARTS.

Mix well together the juice and grated rind of two lemons, two cups of sugar, 2 eggs, and the crumbs of sponge cake; beat it all together until smooth; put into 12 patty-pans lined with puff-paste, and bake until the crust is done.

PASTRY SANDWICHES.

Puff-paste, jam of any kind, the white of an egg, sifted sugar. Roll the paste out thin; put half of it on a baking-sheet or tin, and spread equally over it apricot, greengage, or any preserve that may be preferred. Lay over this preserve another thin paste, press the edges together all round, and mark the paste in lines with a knife on the surface, to show where to cut it when baked. Bake from 20 minutes to half an hour; and, a short time before being done, take the pastry out of the oven, brush it over with the white of an egg, sift over pounded sugar, and put it back in the oven to cool. When cold, cut it into strips; pile these on a dish pyramidically, and serve. These strips, cut about two inches long, piled in circular rows, and a plateful of flavored whipped cream poured in the middle, make a very pretty dish.

HENRIETTES, OR CINCI.

One egg, yolk and white beaten separately, $\frac{1}{4}$ cup of cream, $\frac{1}{4}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of baking powder, and the same of cinnamon, and 1 teaspoon of wine, or other flavoring with flour enough to roll very thin. When thin as a wafer, cut into small squares, or diamonds, and fry in hot fat. Drain and sprinkle with powdered sugar.

A variation of these is made with less flour, just enough to make a thick batter, and this batter is pressed through a pastry tube into the hot fat, letting it assume any shape.

MARGARET M. STIVERS.

FRUIT PIN WHEELS.

(*Chicago Record Cook Book.*)

Roll out pie crust thin, and cut into strips about three inches wide and six or eight inches long; spread with marmalade, peach butter or thick jam or firm jelly; roll up, fasten edges firmly and bake in a quick oven; when sliced across the little spirals are very pretty.

PIE CRUST.

In baking pie crust for lemon or other pies in which the crust is baked first and is so apt to collapse place the tin bottom side up, roll the crust to fit, place in some larger tin and bake still upside down. If the oven is right it will come out a good shape.

A CULINARY HINT.

Brush the bottom crust of pie with white of egg before putting in the fruit, to prevent the juices being absorbed and the crust soggy.

TO KEEP PIES FROM RUNNING OVER IN THE OVEN.

Pastry shrinks considerably in baking, and allowance needs be made for this. The under crust should lie very loosely on the plate, and come out one-fourth an inch beyond it. Brush the upper edge of the paste with cold water, and press the edge of the cover—cut to fit very loosely—upon it, brush the two edges with water, and bake in a slow oven.

FRIED PIES.

Any pastry may be used, but the trimmings from puff paste are usually selected for this purpose. Roll the paste quite thin, and cut it out into rounds with a large-sized patty cutter, first dipped in boiling water. Put a generous tablespoonful of any cooked and seasoned preparation on one-half of the paste, just below the centre, brush over the edge of the pastry with white of egg, beaten with a little cold water, and press the edges together. Add the beaten yolk of the egg to the mixture of egg white and water, and, when blended, use to brush over the outside of the pies. Fry two at a time, about five minutes, in deep fat. Use a frying basket. Drain on soft paper.

APPLE LEMON PIE.

Grate the yellow rind of one lemon, add the juice, one egg, and one cup of sugar. Beat all well together, then stir in two medium sized apples grated. Bake between two crusts.

FILLING FOR ONE PUMPKIN PIE.

To one cup of sifted pumpkin add $\frac{1}{4}$ cup of molasses, $\frac{1}{4}$ cup of sugar, 1 beaten egg, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{3}$ teaspoonful of ginger or cinnamon, and $\frac{2}{3}$ cup of rich, creamy milk. Bake until firm in a tin lined with pastry.

CUSTARD PIE.

When eggs are high a custard may be made more economically by substituting a little cornstarch for part of the egg. Allow

2 eggs, 3 tablespoons of sugar, a speck of salt, a few gratings of nutmeg and 3 cups of milk, with a level tablespoon of cornstarch rubbed smooth with a little of the milk. Heat one cup of the milk; stir in the dissolved cornstarch, and cook five minutes: then make as usual when all eggs are used. The starch must be cooked before the pie is put together.

RICH PINEAPPLE PIE.

Beat half a pound (1 cup) of butter and a pound (2 cups) of sugar to a cream. Stir in a pound of grated pineapple (1 pint) after scalding, and then 3 eggs beaten and diluted with 1 cup of milk. The juice of $\frac{1}{2}$ a lemon is an improvement. Bake with an under crust. This recipe makes two pies. It may be baked in a pudding-dish without pastry.

CUSTARD PIE.

One pint of milk, 3 eggs, a little salt, 2 tablespoonfuls of sugar, and a little of Slade's powdered nutmeg. Bake with under crust only.

SWEET POTATO CUSTARD PIE.

Rub 1 pt. of boiled potato through a colander, add 1 pt. of milk, 1 cup of sugar, the yolks of 2 eggs, a pinch of salt and a teaspoon of lemon flavoring. Beat all well together and bake in a plate lined with paste. When baked, cool slightly and cover with a meringue made from the whites of the two eggs and 4 level tablespoons of powdered sugar, and brown slightly in a very moderate oven.

CREAM PIE.

Line a plate with good paste and bake. Beat the yolks of two eggs with two rounding tablespoons of sugar and the same of flour; pour on two cups of milk heated to the boiling point and cook five minutes; add a rounding teaspoon of butter. Cool and add a teaspoon of vanilla, then turn into the crust. Make a frosting of the whites of the two eggs and 4 level tablespoons of powdered sugar and a little flavoring. Brown slightly in a moderate oven.

AN OPEN APPLE PIE.

Line a plate with good pastry and pinch the edge in scallops. Pare, core and quarter some good apples and arrange the quar-

ters evenly round in the plate. Sprinkle on half a cup of sugar, more or less, according to the sweetness of the apple. Add a pinch of salt and a grating of nutmeg; be careful not to use too much, as the flavor should be very delicate.

"MOTHER'S" APPLE PIE.

(From "Practical Cooking and Serving.")

Line the pie-plate, and cover the apples with paste, as usual. Fill the space between the crusts with apples, sliced thin, rounding up the slices so as to make a very full pie. Add 2 or 3 tablespoonfuls of water, and bake in a slow oven. When done, with a sharp knife cut around the pie between the two crusts, and carefully lift off the upper crust. To the apples add $\frac{1}{2}$ a cup or more of sugar, a few grains of salt, a tablespoonful of butter, and a grating of nutmeg. Mix thoroughly with a silver spoon or knife. Spread evenly over the crust. Replace the upper crust, pressing it down to meet the apple, if necessary, and sift powdered sugar over the top. Serve, when slightly cooled, with cream and sugar.

RICH LEMON PIE.

(Boston Cooking School.)

Beat 3 eggs without separating the yolks and whites. Add $\frac{1}{4}$ of a teaspoonful of salt and $\frac{3}{4}$ cup of sugar, and beat again. Add the grated rind of a lemon and $\frac{1}{2}$ cup of lemon juice. Turn the mixture into a small pie-tin, lined with pastry as for a custard pie, and bake in a moderate oven, until the center is firm. When cooled, slightly cover with meringue and return to the oven to cook about 8 minutes.

MERINGUE FOR LEMON PIE.

Beat the whites of three eggs until stiff, but not quite dry. Beat in, gradually, 3 level tablespoonfuls of sugar and continue the beating, until the mixture is very firm and glossy, then fold in 3 level tablespoonfuls of sugar, and spread upon the pie.

SQUASH PIE.

Remove the pepper from any squash left from dinner. To each cup of squash, add 1 egg and the yolk of another, well beaten, a cup of rich milk (or half cream and half milk), $\frac{1}{4}$ teaspoon-

ful of mace, $\frac{1}{2}$ teaspoonful of salt, and a generous $\frac{1}{2}$ cup of sugar. Mix thoroughly, and bake in a pie-tin, lined with pastry. The heat of the oven should be moderate.

RAISIN PIE.

Line a pie-tin with paste, and put into it a cup and a half of large raisins, seeded. Pour in 1 cup of water, $\frac{1}{2}$ cup of sugar, and the juice and grated rind of a lemon. Sift on a tablespoonful of flour, brush the edge with cold water, and cover with pastry, putting it on very loosely. Press the edges together, and brush them with water. Bake about 35 minutes.

MOCK MINCE PIE.

(*Boston Cooking School.*)

Seed 1 cup of raisins and chop them fine. Add 4 crackers, rolled fine and 1 cup of molasses, and $1\frac{1}{2}$ cups of sugar, $\frac{1}{2}$ cup of vinegar from the spiced sweet pickle jar (peaches or pear pickle), $\frac{1}{2}$ cup of melted butter and 2 beaten eggs. Additional spice and salt will probably be needed. Bake with two crusts. This quantity will make 2 small pies.

RHUBARB PIE.

Line an agate or white-lined pie plate with good pastry. Have all ready a pint of rhubarb, cut in thin slices. Beat an egg, and into it beat $1\frac{1}{4}$ cups of sugar, 2 tablespoonfuls of flour and a scant $\frac{1}{2}$ teaspoonful of salt, mixed together and stir the rhubarb into the mixture. Turn into lined plate, dot with bits of butter, and cover with pastry. Brush the lower edge of paste with water, before putting the upper crust in place, then press the edges together firmly, and brush over again with water. Bake in a moderate oven until the pastry is well browned.

MOCK CHERRY PIE.

One cupful of cranberries; cut into each one with a knife (this keeps them from bursting and cooking to pieces), 1 cupful of sugar, $\frac{1}{2}$ cupful of water and 1 tablespoonful of flour wet in a little of the water. Stir all together and bake between 2 crusts. The pie should be baked early in the day, or before the roast is in the oven, as the steam and smoke will ruin pie crust.

APPLE DUMPLINGS.

Select mellow, tart apples, pare, remove core and fill with sugar. Enclose them with good pie crust rolled $\frac{1}{3}$ inch thick, tie in well floured cloth, place in boiling water and boil without intermission 1 hour. Serve with cream or any pudding sauce.

MRS. W. B. HINSDALE.

CREAM PUFFS.

One cupful hot water, $\frac{1}{2}$ cupful butter. Boil together, and while boiling stir in 1 cup of sifted flour. Take from the stove and stir to a thin paste, and after this cools stir in 3 eggs (unbeaten). Stir it 5 minutes. Drop in tablespoonfuls on a buttered tin and bake in a quick oven 25 minutes, opening the oven door no oftener than is absolutely necessary, and being careful that they do not touch each other in the pan. This amount will make 12 puffs.

Cream.—One cupful of milk, 1 cupful of sugar, 1 egg, 3 tablespoonfuls flour, vanilla to flavor. Stir the flour in a little of the milk, boil the rest, add the other ingredients and stir until the whole thickens. When both this and the puffs are cool open the puffs a little way with a sharp knife and fill with cream. These never fail to puff. MRS. POWELL, Ionia.

CREAM PUFFS.

Let 1 cup milk and $\frac{1}{2}$ cup of butter come to a boil. Slowly stir into this 1 cup sifted flour mixed with 1 teaspoonful of baking powder. Add 3 well beaten eggs and drop on buttered tins. Bake about 30 minutes in a moderate oven. When cool cut off tops and fill with whipped cream, cornstarch filling or the following:

Cream.—One cup milk, $\frac{1}{2}$ cup sugar, 3 tablespoonfuls of flour, flavor with vanilla. MRS. W. B. HINSDALE.

SHORT CAKE.

Half cup white sugar, 1 cup sweet milk, 2 tablespoons of butter, 1 egg, beat very light 2 heaping teaspoons Royal baking powder, flour to make a nice batter, about as stiff as common cake; bake in 3 layers.

Sauce.—One cup sugar, 3 tablespoons butter, stirred together. Add fresh fruit or jam and beat up lightly; flavor with lemon or vanilla, if desired. MRS. F. M. TAYLOR.

STRAWBERRY SHORTCAKE.

One and $\frac{1}{2}$ cups flour, 1 tablespoon butter, $1\frac{1}{2}$ teaspoons baking powder. Rub the butter into the flour, stir in about $\frac{3}{4}$ cup rich milk so as to make a stiff batter, stirring as little as possible; spread on the baking plate by pressing it out with a spoon. Bake in a quick oven. When done split with a sharp, thin knife and spread with butter. Mix the sugar and strawberries, spread a generous filling on the lower part, spread with whipped cream; place the upper half crust downward on the lower half, spread with strawberries, and cover with a generous quantity of whipped cream and sugar. MRS. M. L. WOODARD.

RICE BUDDING.

One qt. milk, 4 eggs, $\frac{1}{2}$ cup rice, $\frac{1}{2}$ cup sugar, salt, vanilla. Boil rice and milk in double boiler for $1\frac{1}{4}$ hours. Beat yolks of eggs, sugar, salt and vanilla, in pudding dish; into this pour the boiling rice, stirring slowly. Put on top the whites of the eggs, which have been beaten to a stiff froth, with a little sugar added. If desired cocoanut may be sprinkled on top. Bake 20 minutes, or until slightly browned. JULIA POMEROY WILGUS.

CREAM RICE PUDDING.

One cup rice, 2 qts. milk, salt and sweeten to taste and put in an *earthen* dish on the *back* of the stove until the rice is swollen. Add butter, a little cream, few drops of vanilla and place in oven to brown. Serve with a hard sauce. MERIB R. PATTERSON.

SPONGE PUDDING.

Two large tablespoons of sugar, 6 eggs, 2 teacups of sweet milk, 2 large tablespoons of butter, 4 very large spoons of sifted winter wheat flour. Scald the milk, or cook to a scald, while hot add butter, then sugar and flour mixed with a little cold water or milk. Stir well until it boils. Remove it from the fire and add yolks of the eggs beaten stiff; last the whites. Pour into a buttered pudding dish and set in a pan of hot water. Bake 1 hour in a moderate oven.

Sauce.—One cup sugar, $\frac{1}{2}$ cup butter, stirred to a cream; add gradually $\frac{1}{2}$ cup boiling water. Set in a pan of hot water, then add beaten white of egg and vanilla.

MRS. S. W. CLARKSON.

SPONGE PUDDING.

Four eggs, 1 pt. of milk, $\frac{1}{2}$ cup of flour, $\frac{1}{4}$ cup of butter, pinch of salt. Bring milk to a boiling point, stir butter and flour together, cream them. When milk is at boiling point stir in the flour and butter as mixed; after this has cooled add the eggs beaten to a stiff froth. This can stand before baking, but must be eaten as soon as baked. Bake in a pan standing in hot water. Use hard sauce softened to a cream with the white of an egg; flavor the sauce. MRS. C. FINKBEINER.

GRAHAM PUDDING AND LEMON SAUCE.

Half cup sugar, $\frac{1}{2}$ cup molasses, 1 egg, 1 cup milk, 1 teaspoon salt, $\frac{1}{2}$ teaspoon soda, 2 cups graham, 1 cup raisins, spices to taste. Steam for 3 hours.

Sauce.—One large cup sugar, $\frac{1}{3}$ cup butter, 1 egg, 1 lemon, 1 teaspoon nutmeg, 3 tablespoons of boiling water. Beat sugar, butter and eggs, add lemon and nutmeg. Beat hard for 10 minutes. MRS. C. K. MCGEE.

STEAMED PUDDING.

Three-fourths cup of sugar, $\frac{3}{4}$ cup of sweet milk, 1 tablespoon of butter mixed with sugar, 1 egg, 3 teaspoons of baking powder, flour enough to make it like a cake batter. Put steamed apples or fruit in the bottom of the pudding dish. Serve with pudding sauce or cream. MRS. E. F. JOHNSON.

ENGLISH PLUM PUDDING.

One lb. raisins, 1 lb. currants chopped fine, $\frac{3}{4}$ lb. bread crumbs, $\frac{1}{2}$ lb. flour, $\frac{3}{4}$ lb. suet, $\frac{3}{4}$ lb. brown sugar, 5 eggs, $\frac{1}{2}$ lb. citron, $\frac{1}{2}$ lb. lemon peel, $\frac{1}{2}$ nutmeg, 1 teaspoonful ground mace, $\frac{1}{2}$ teaspoonful of cinnamon, 2 teaspoonfuls baking powder, sweet milk to moisten. Boil or steam in tight moulds 3 hours. This makes 2 puddings. MRS. A. C. McLAUGHLIN.

AUNT LIBBIE'S THANKSGIVING PUDDING.

Ten eggs beaten separately, 1 loaf of bread, 2 lbs. raisins, 2 lbs. currants, 1 lb. suet chopped, 2 ozs. citron, 1 cup New Orleans molasses, 1 teaspoonful of cloves, 1 teaspoonful of cinnamon, 1 teaspoonful of soda, 1 dessertspoonful salt, 1 lb. brown sugar. Dry the bread and roll fine and use instead of flour. Boil 6 hours.

MRS. W. J. HERDMAN.

PLUM PUDDING.

One teacup molasses, 1 teacup sweet milk, 1 teacup chopped suet, 1 lb. (or less) stoned raisins, 1 teaspoon soda dissolved in a little boiling water, 1 teaspoon of cinnamon, cloves, allspice, nutmeg, pinch of salt, flour enough to make as stiff as pound cake. Steam 3 hours.

Sauce.—Beat 2 eggs until stiff, add 1 cup white sugar, beat thoroughly and add 2 tablespoons of melted butter; beat. Flavor with vanilla.
MRS. MENSEL.

STEAMED FRUIT PUDDING.

One cup of sugar, 1 cup of milk, 1 egg, 3 tablespoonfuls of melted butter, 1 pt. of flour, 2 teaspoonfuls of baking powder. Fill 8 cups $\frac{1}{3}$ full of fresh or preserved fruit, then $\frac{1}{3}$ filling, steam 30 minutes and serve with vanilla sauce.

Sauce.—One tablespoonful of butter, 1 cup of sugar, 1 tablespoonful of flour, 1 pinch of salt, 1 pt. of water. Boil until it thickens.
MRS. C. J. SHETTERLY.

SUET PUDDING.

One cup suet chopped fine, 1 cup sour milk, 1 cup chopped apples, 1 cup molasses, $\frac{1}{4}$ cup sugar, 1 cup raisins, 1 teaspoonful soda, a pinch of salt, spices to taste, flour to make a thick batter. Steam $2\frac{1}{2}$ hours.

Cold Sauce.—One cup sugar, butter the size of a walnut, white of 1 egg. Beat all together till white and foamy. Flavor with vanilla.
MRS. C. G. DARLING.

SUET PUDDING.

One cup chopped beef suet, 1 cup raisins, 1 cup molasses, $\frac{1}{2}$ cup currants, 1 cup sour milk, 1 cup corn meal, brown and white flour enough to make a stiff batter, 1 teaspoon soda, 1 teaspoon cinnamon, cloves, nutmeg, a little salt. Stir molasses and milk together, put in soda, then suet, flour, etc. Steam 3 or 4 hours.

Sauce.—One cup sugar, $\frac{1}{2}$ cup butter, mix well together with 3 tablespoons flour and 1 of cinnamon and nutmeg. Stir in 1 pt. boiling water and let cook until it thickens.

MRS. T. C. TRUEBLOOD.

SUET PUDDING.

One cup molasses, 1 of sweet milk, 1 of suet chopped fine, or $\frac{1}{2}$ cup of melted butter, 1 of raisins, $\frac{1}{2}$ cup of currants, $2\frac{1}{2}$ cups of flour, $\frac{1}{2}$ teaspoon of soda. Mix well, salt and spice to taste, and steam 2 hours.
ALLIE G. MAYHEW.

GINGER PUDDING.

One cup of sweet milk, 1 cup of molasses, 2 eggs, 1 tablespoon soda, $\frac{1}{2}$ teaspoon of salt, piece of butter size of an egg, $\frac{1}{2}$ teaspoon of cloves, $\frac{1}{2}$ teaspoon of cinnamon, 1 large teaspoon of ginger, 3 cups flour.

Sauce.—One cup of sugar, 1 egg well beaten together, 1 cup of boiling water, just before serving add 1 teaspoon of lemon extract.
MRS. HENRY S. DEAN.

GINGER PUDDING.

One cup molasses, $\frac{1}{3}$ cup butter, $\frac{1}{2}$ cup cold water, 1 teaspoonful soda, 1 teaspoonful ginger, yolks of 2 eggs, 2 cups flour. Put soda in molasses, add butter, then water and lastly egg yolks beaten. Put in an earthen dish and steam 2 hours. The water over which it is put should be cool and heat gradually.

Sauce.—Scant $\frac{1}{2}$ cup butter, 1 cup sugar, creamed together; beat in the whites of 2 eggs, add $\frac{1}{2}$ cup boiling water, flavor with vanilla.
MARY LOUISE POND.

INDIAN PUDDING.

Boil 1 qt. milk. Smooth a scant cup of corn meal in a little cold milk and stir into the boiling milk. Add 1 cup molasses, $\frac{1}{2}$ cup chopped suet, 1 scant teaspoonful salt. Bake for 3 hours in a moderate oven. Serve with cream or butter.

MRS. A. C. McLAUGHLIN.

CRACKER PUDDING.

Four square crackers, 1 qt. milk, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup raisins, salt and nutmeg. Roll the crackers, stir the ingredients together, and bake 4 hours or more in a slow oven, stirring occasionally. Eat with milk or cream.

MRS. EFFIE S. SPALDING.

MY GRANDMOTHER'S CRACKER PUDDING.

One scant qt. of milk, 12 common round crackers, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup brown sugar, 1 small cup raisins, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon cinnamon, about $\frac{1}{2}$ a nutmeg. Add the cinnamon, sugar, molasses and salt to the milk, then break the crackers into pieces and add them, also the raisins and nutmeg. Bake in a moderate oven for about 2 hours or until the pudding is a rich brown all the way through. It will need to be stirred frequently and if too thick add a little more milk and serve with cream or hard sauce.

MRS. ALFRED H. LLOYD.

QUEEN OF PUDDINGS.

One pt. of grated bread crumbs, 1 qt. of milk, 1 cup of sugar, yolks of 4 eggs, grated rind of 1 lemon, butter size of an egg. Do not bake until watery. Whip whites of 4 eggs sweetened and flavored with lemon, spread over the pudding, replace in the oven and brown slightly. Better eaten cold.

NONA V. O'BRIAN.

WHITE PUDDING.

Two cups of flour, 4 teaspoonfuls baking powder, 1 cup of sugar, 1 cup of milk. Cover fresh or canned fruit with this batter and steam $\frac{3}{4}$ of an hour. Serve with cream or a fruit-juice sauce.

MRS. FREER.

APPLE PUDDING.

Fill a buttered dish with sliced apples and pour over the top a batter made of 1 tablespoonful of butter, $\frac{1}{2}$ cup of sugar, 1 egg, $\frac{1}{2}$ cup of sweet milk and 1 cup of flour in which has been sifted 1 teaspoonful of baking powder. Bake in a moderate oven till brown, or until apples are cooked. Serve with cream and liquid sauce.

MRS. B. L. McELROY.

MOUNTAIN DEW PUDDING.

One pt. milk, $\frac{1}{2}$ cup of cracker crumbs, $\frac{1}{2}$ cup of cocoanut, $\frac{1}{2}$ cup of sugar, yolks of 2 eggs, pinch of salt. Bake or steam. When done whip the whites of the eggs with $\frac{1}{2}$ cup of sugar, flavor with vanilla, spread over the pudding and brown.

MRS. MARY STARK.

LEMON PUDDING.

Grate the rind of 1 lemon and add juice, stir yolks of 3 eggs into 1 small cup sugar and $\frac{1}{4}$ cup water. If dry soften in warm water about 4 to 6 slices of cake and lay in the bottom of a well buttered baking dish; pour lemon custard over this and bake until firm. Beat the whites to a stiff froth and add 2 tablespoons sugar, spread over pudding and brown slightly.

MRS. C. K. McGEE.

ORANGE PUDDING.

Two eggs, 1 cup milk, 1 tablespoon cornstarch, $1\frac{1}{2}$ cups sugar. Cook all this except the whites of the eggs, and when cool pour over 2 oranges sliced in the bottom of a dish. Beat the whites, add $\frac{1}{2}$ cup sugar and put over the pudding, then slice 1 orange over this and set in oven to brown.

MRS. E. V. PINKERTON, Ormond, Fla.

ORANGE PUDDING.

Inside of 4 oranges picked in small pieces, lay in a dish and cover with sugar. Take 1 qt. of milk, 2 tablespoons of cornstarch, yolks of 3 eggs, 1 cup of sugar; boil and turn over the oranges. Beat the whites of eggs to a froth and cover top of the pudding. Put in the oven and brown.

MRS. L. TRASK.

HEAVENLY HASH.

Strain the juice from 1 pt. of cherries or red raspberries and place in a sauce dish with alternate layers of sliced bananas, sprinkling over each layer a tablespoon of pulverized sugar. Make a custard with 1 pt. of milk, 3 eggs, saving out the whites of 2, $\frac{1}{2}$ cup of sugar, 2 tablespoons of cornstarch and a pinch of salt. When cold pour custard over fruit, covering with the whites well beaten with $\frac{1}{2}$ cup of sugar.

MRS. ANNA S. HOLMES.

EMERGENCY PUDDING.

Spread slices of bread with butter and jam or sauce. Pile in a baking dish and bake 20 minutes; cover at first. It is nicer to add a little juice. Serve hot with cream. Canned raspberries are very nice for this.

MRS. BRADSHAW.

COMPOTE OF PEACHES.

Six peaches, 6 shredded wheat biscuit, 4 tablespoonfuls of sugar, 1 of cornstarch, 2 large spoonfuls of lemon juice and 1 egg. Pare peaches, sprinkle with the sugar, place in double boiler and heat through. Split the biscuit, toast the upper half and arrange in dish for the table. Place a peach upon the inside of each biscuit, then add to the syrup the cornstarch and lemon juice well mixed, and a fresh egg beaten very light. Boil 1 minute, remove from fire, cook slightly and pour over the peaches. The syrup should form a jelly about the fruit. Serve with cream.

MRS. PRESCOTT.

JERUSALEM PUDDING.

Soak $\frac{1}{2}$ box of Cox gelatine in $\frac{1}{2}$ cup of cold water. Then throw 2 tablespoonfuls of rice into boiling water, cook 20 minutes, dry thoroughly. Chop about $\frac{1}{2}$ pt. of dates and figs (any fruit may be used). Whip 1 pt. of cream to a stiff froth, add to it the gelatine, rice, fruit, $\frac{1}{2}$ cup of pulverized sugar and 1 teaspoonful of best vanilla. Turn into mould to form.

MRS. PRESCOTT.

STRAWBERRY PUDDING.

Sprinkle 1 cup of sugar over 1 qt. of strawberries, mash and let them stand until the sugar is dissolved, stirring occasionally. Squeeze the mixture through a square of cheese cloth; there should be about 1 cup of juice. Add boiling water to make 1 pt. of liquid and put it on to boil. Wet 3 tablespoonfuls of cornstarch in a little cold water and stir it into the boiling syrup; cook 10 minutes, stirring frequently. Beat the whites of 3 eggs stiff and stir into the thickened syrup just before removing it from the fire. Turn it into a mould which has been wet in cold water, and set on ice. To be eaten with whipped cream or a custard sauce made of the yolks of the eggs.

GRACE TAYLOR.

HUCKLEBERRY PUDDING.

Into 1 egg lightly beaten pour 1 cup molasses, add 1 teaspoon soda dissolved in a little water, then thicken with $2\frac{1}{2}$ cups flour, add 1 pint huckleberries, dusted with flour and bake about 1 hour, and serve with foaming sauce.

FLORENCE SPENCE.

GOOSEBERRY PUDDING.

One cup sweet milk, $\frac{1}{2}$ cup sugar, 2 eggs beaten separately, 2 tablespoons melted butter, 1 teaspoon baking powder sifted with 1 pt. flour, vanilla. Butter a pudding dish, pour in $1\frac{1}{2}$ cups gooseberry jam (and add 2 tart apples sliced fine if you choose). Pour batter over and steam 1 hour, or bake.

Sauce.—Three-fourths cup sugar, $\frac{1}{2}$ cup butter, beaten together, add 1 well beaten egg, juice and a little grated rind of 1 lemon, teaspoon grated nutmeg. Mix thoroughly, add $\frac{1}{2}$ cup boiling water, set bowl in top of boiling teakettle. Stir constantly till done, but do not boil.

MRS. S. A. NILES

DATE PUDDING.

One-half pound of dates, whites of 6 eggs, 5 tablespoons pulverized sugar. Take the stones out of the dates, beat the eggs very stiff, add the sugar and fold in the dates. Put into a pudding dish and bake in a quick oven long enough to brown the top. Serve with whipped cream or custard.

MRS. SHIRLEY W. SMITH.

PRUNE PUDDING.

One-half lb. prunes boiled until very tender, 1 cup sugar. Mix thoroughly and add to it beaten whites of 12 eggs. Bake a few moments and serve with whipped cream.

MRS. L. P. HALL.

PRUNE PUDDING.

Stew 1 lb. prunes very soft, leaving but little juice. Put through colander, add $\frac{1}{2}$ cup white sugar, boil until the syrup is well cooked in the prunes. Beat the whites of 6 eggs to a light froth, add 1 teacup of pulverized sugar and again beat rapidly for 15 minutes. Turn frosting over the prunes, mix carefully and bake moderately until done. Place upon ice and serve with whipped cream.

MISS DOLLIE KRAUSE.

PRUNE PUDDING.

Boil 1 lb. prunes, remove pits, soak $\frac{1}{4}$ box gelatine in 1 cup water; add to 2 tablespoonfuls of sugar the juice of 1 lemon; put all together in a mould, and when used serve with whipped or plain sweet cream.

MRS. VICTORIA MORRIS.

PRUNE PUDDING.

Whites of 10 eggs, $\frac{1}{2}$ lb. of best French prunes, 1 small cup of granulated sugar. Cut the meat from the prunes, chop fine. If necessary sprinkle a little flour over the prune meats to keep them from sticking together. Crack the stones and chop the kernels with the prune meat. Whip the whites of the eggs stiff, then mix the sugar and prunes with the whites, spread on a platter (the one in which you intend to serve the pudding) and bake in a moderate oven about 15 minutes. Serve with whipped cream sweetened slightly.

MRS. F. W. KELSEY.

CHOCOLATE PUDDING.

One pt. sweet milk, $\frac{1}{2}$ cup sugar, 2 tablespoons cornstarch beaten in cold milk. Place milk and sugar in double cooker, add the mixed cornstarch and stir till it is cooked. Have 4 tablespoons of grated chocolate, 2 tablespoons of sugar and 2 tablespoons of milk wetting, on back of stove, and add to custard. Beat all together, add vanilla and pour in small cups. Fill cups $\frac{2}{3}$ full, serve with whipped cream, round up the cups with the cream and you will have a delicious and delicate dessert.

MRS. FANNIE BUTLER.

CHOCOLATE PUDDING.

One square baker's chocolate, 2 tablespoons cornstarch, 1 qt. milk, 2 eggs, small pieces of butter, vanilla. Pour enough boiling water over chocolate to dissolve it. Add to milk when boiling, then add eggs, cornstarch, sugar, thoroughly beaten together. When it boils add the butter, pour into mould, set on ice, serve with whipped cream.

MRS. MARY SIBBALD REEVE.

CHOCOLATE PUDDING.

Half package Cox's gelatine dissolved in milk; dissolve *small* $\frac{1}{2}$ cup grated chocolate in little boiling milk, and add yolks of 2 eggs, set full pt. milk on stove till just to boiling point, then add gelatine, chocolate (with eggs), 1 cup sugar, 2 teaspoons vanilla; cook about 2 minutes; take from fire, stirring well, and add stiff whites of the eggs. Stir well and put in a mould. Serve with cream and sugar or sweetened whipped cream.

MRS. ELLEN WOOD.

CHOCOLATE PUDDING.

Ten tablespoons bread crumbs, 6 tablespoons grated chocolate, 1 pt. milk, 1 pt. sugar, yolks of 6 eggs, whites of 2 eggs. Boil the bread crumbs and chocolate in the milk till it begins to thicken, stirring it meantime. Then cool, stir in the yolks, and the whites, which have previously been beaten well with the sugar. Bake for $\frac{1}{2}$ hour. Cover with meringue made of sugar and the whites of 4 eggs. Flavor with lemon. Brown in the oven.

MRS. W. H. PETTEE

SNOW PUDDING.

Soak $\frac{1}{2}$ box gelatine in $\frac{1}{2}$ cup cold water, then pour on $1\frac{1}{2}$ cups boiling water, add juice of 1 lemon and 1 cup sugar, and set in cold water. When nearly cold beat until it thickens, and then add stiffly beaten whites of 3 eggs. Beat all together, put in moulds and set on ice. Make custard with the yolks of the eggs, 1 pt. milk, large spoonful each sugar and cornstarch. Flavor with vanilla and serve very cold, pouring custard around the snow.

MRS. GYDE.

CARAMEL PUDDING.

Half pt. brown sugar, $\frac{1}{2}$ pt. water, $\frac{1}{4}$ box Keystone gelatine, whites of 4 eggs, $\frac{1}{2}$ teaspoon of vanilla. Soak gelatine in 1 gill of cold water for 2 hours. Put sugar and other gill of water in a saucepan. Set on the fire and boil until it becomes a white syrup. Add gelatine and vanilla and heat again to a boiling point. Beat the whites to a stiff froth. Pour hot syrup over eggs, beating constantly until cold. Pour into moulds to cool.

Custard Sauce.—Three gills milk, yolks of 4 eggs, 3 tablespoons sugar, little salt, and little vanilla. Boil for a minute or two.

MRS. WILLIAMS.

SWEET POTATO PUDDING.

One lb. boiled and mashed potatoes, 1 lb. butter, 1 lb. sugar, 9 eggs. Nutmeg, cinnamon or lemon. Stir the butter into the potatoes while warm, then add the sugar and yolks of the eggs; beat the whites to a stiff froth, and add them with a wine-glassful of the syrup of spiced fruit, and spice. Bake in puff paste.

MRS. ALICE TAFT.

ENGLISH WALNUT PUDDING.

Half cup chopped (coarse) walnut meats, grated rind and juice of 1 lemon, whites of 6 eggs beaten very stiff, 1 large cup sugar. Put whites in last, beat very lightly and bake 20 minutes.

MRS. H. M. POMEROY.

NUT PUDDING.

Two eggs, $\frac{1}{2}$ cup of sugar, 1 cup of sweet milk, $\frac{1}{2}$ cup of melted butter, 1 good pint of sifted flour, 2 teaspoons of baking powder, $\frac{1}{2}$ teaspoon of salt, $1\frac{1}{2}$ cups of nuts dredged in flour. Beat eggs very light, add sugar, milk, melted butter, flour and baking powder, salt. Beat hard until thoroughly mixed. Then add nuts. Steam 3 hours.

Golden Sauce (for the Pudding).—Cream 1 heaping teaspoon of butter, add gradually 1 cup of sugar, yolks of 3 eggs, 3 tablespoons of milk. Then add the whites of the eggs, beaten as stiff as possible. Do not mix in the whites, but fold in lightly, and beat lightly. Flavor with vanilla. This should be made just before the pudding is served. MRS. JAMES F. BREakey.

PUDDING SAUCE.

Two-thirds cup sugar, $\frac{1}{2}$ cup butter, 1 egg, or the yolks of 2 eggs, 1 teaspoon of lemon. Stir butter and sugar together; then add egg and beat well. Just before serving add 3 or 4 tablespoons boiling water, also the lemon. MRS. BEGLE.

SAUCE FOR PLUM OR SUET PUDDING.

Two eggs, 1 cup of sugar, $\frac{1}{2}$ cup of butter; cream butter and sugar together, beat whites and yolks separately, add the yolks to the creamed butter and sugar, then add 3 tablespoonfuls of boiling water. Put this mixture in a double boiler, and heat, stirring constantly. As soon as hot remove from the fire, do not boil, then add the beaten whites of the eggs, $\frac{1}{2}$ teaspoon lemon, $\frac{1}{2}$ teaspoon vanilla, stir in lightly and serve.

MRS. F. M. TAYLOR.

BAKED APPLES.

Apples baked with a clove in each, cores taken out and filled with sugar, or juice of orange put in where the core was, with sugar added, eaten cold with whipped cream, makes a nice dessert. MRS. H. M. POMEROY.

APPLE MERINGUE.

Pare and slice 8 sour apples. Place them in a pudding dish and cover with a liberal amount of sugar, adding the grated rind and juice of a lemon. Bake until quite soft. Have the whites of 2 eggs beaten to a stiff froth, add 1 cup of sugar. Spread over the top of the apples and brown. For sauce either use whipped cream, or custard made of 1 pt. milk and yolks of 3 eggs. To be eaten *cold*. MRS. CHARLES A. VERNON.

APPLES WITH ORANGE SAUCE.

Boil *red* apples till tender, first taking out the core. Remove the skin, scrape off the red pulp adhering to the inside of the skin, and replace it on outside of the apples. Serve hot or cold, with or without whipped cream and with orange sauce. Boil 1 cup sugar, the thin paring of 1 orange and $\frac{1}{4}$ cup water 6 to 8 minutes; add the juice of the orange, reheat, pour over the apples. MRS. EUGENE F. MILLS.

COOKED SWEET APPLES.

Take 12 sweet apples, wash well, pack into a kettle or pan with 2 cups of water. Cover very closely and cook slowly until done. Then sift over them a small cup of sugar and let simmer until the juice forms a syrup. These are very nice eaten with cream and sugar. MRS. B. F. SCHUMACHER.

TO COOK CRANBERRIES.

One qt. cranberries covered with cold water and brought to boiling point. Pour off water and add 1 cup of boiling water, and cook carefully until berries are broken. Add 2 cups of sugar and stir gently 5 or 10 minutes. Pour in mould.

MRS. W. H. JACKSON.

TO COOK CRANBERRIES.

For each qt. of cranberries add 1 pt. boiling water and boil steadily for 7 minutes. Rub through a colander, and for Cape Cods add $1\frac{1}{2}$ cups of sugar, for the common berries 2 cups. Return to the stove and boil 1 minute, then pour into dish or dishes to cool. I save out a little of the water at first to rinse the skins, so as to get the juice from the berries thoroughly.

MRS. JAS. W. GODDARD.

PRUNE LOAF PUDDING.

A half pound of prunes stewed until tender, a half box of Knox's acidulated gelatine dissolved in a half cup of cold water; juice of 1 lemon and a half cup of sugar. Strain the juice from the prunes (there should be $2\frac{1}{2}$ cupfuls); pour over the gelatine and sugar. Add the prunes, together with the meats from the prune pits (both chopped fine), then the lemon juice. Pour into a mould and allow it to harden. Serve with cream.

BAKED APPLES.

Wash 3 good-sized sweet apples and halve them from stem to blossom. Do not peel, but remove cores and fill with currant jelly. Bake until apples are tender and serve with sugar and cream.

DATE PUDDING.

Shred and chop fine 1 cup of suet. Beat the suet, 1 cup of sugar and the yolks of 2 eggs together until light, then add 1 cup of milk and 3 cups of flour. Beat until smooth, add 1 teaspoonful of cinnamon, $\frac{1}{2}$ a teaspoonful salt, $\frac{1}{2}$ a nutmeg grated, the well beaten whites of the eggs and a teaspoonful of baking powder. Mix well and add 1 pound of washed, stoned and chopped dates, slightly floured; turn into a greased mould and boil continuously for 3 hours. Serve hot with hard sauce.

CUBAN PUDDING.

Crumble a pound of sponge cake with $\frac{1}{2}$ pound of grated cocoanut, pour over this a pint of rich cream previously sweetened with loaf sugar and brought to the boiling point, cover the basin and when the cream is soaked up stir 4 well beaten eggs. Butter a pudding mould, and arrange 4 ounces of preserved ginger around it; pour in the pudding carefully and steam for an hour and a half; serve with the syrup made from the ginger, which should be warmed and poured over the pudding just before it is served.

KING GEORGE'S PUDDING.

One cup suet chopped and salted, 1 cup sour milk, 1 cup sugar, 1 cup raisins; season with cloves and cinnamon; 1 teaspoon soda. Steam $2\frac{1}{2}$ hours. Serve with a lemon sauce made of

$1\frac{1}{2}$ cups of water, thickened with flour, butter the size of an egg, salt. Sweeten to taste, and the juice of $\frac{1}{2}$ a lemon.

MRS. CHARLES HURD.

A BERRY LOG CABIN.

An attractive combination of cake and berries may be arranged in log cabin style. Make a cake in a thin sheet, cut in strips and pile up like a log cabin, filling the spaces and center with berries. Large strawberries or blackberries are better than small berries to use in this way. Powdered sugar should be served with the berries but sweet, ripe blackberries will need very little. Another way is to add sugar to the berries and pile the top of the whole with whipped cream for a roof. Any light sponge cake is suitable, or a tea cake may be cut in strips when fresh. A simple cake is made from $\frac{1}{3}$ cup of butter creamed, with 1 cup of sugar. Add $\frac{1}{2}$ cup of milk, 2 beaten eggs, $1\frac{3}{4}$ cups of flour and 2 level teaspoons of baking powder. Bake in a thin sheet in a small dripping pan. The most satisfactory cake with berries is a sponge cake. Try this rule: Beat the yolks of 5 eggs well, add 1 cup of powdered sugar, 1 saltspoon of salt, the juice and grated rind of $\frac{1}{2}$ a lemon. Add 1 cup of pastry flour and the stiffly beaten whites of 5 eggs folded in carefully. Fill a pan $\frac{2}{3}$ full and bake 1 hour. Cut in long, narrow slices after it is cold.

ALICE E. WHITAKER.

LITTLE BERRY PUDDINGS.

Rub 2 level tablespoons of butter to a cream and add $\frac{1}{2}$ cup of sugar slowly. Sift 2 level teaspoons of baking powder with 1 cup of flour. Add the flour with $\frac{1}{4}$ cup of milk to the butter and eggs, and when well beaten add the whites of 2 eggs which have been beaten stiff. Put a spoonful of any kind of berries in buttered cups and fill with the batter. Set the cups in a steamer, and steam 20 minutes.

ITALIAN FIG PUDDING.

One pound of figs, 1 cupful of chopped suet, 2 cupfuls of bread crumbs, $\frac{1}{2}$ nutmeg, 3 eggs. Chop the figs, add the well-beaten eggs and other ingredients, with milk enough to make a stiff batter, tie in a pudding cloth, and boil for 2 hours.

KING WILLIAM PUDDING.

Two apples chopped fine, 2 ounces each of grated bread, sugar and currants; 2 eggs and the rind of a lemon, grated, and just enough of the juice to give a perceptible acid, a sprinkle of salt and a little mustard. Stir all together and pour into a small, buttered bowl. Cover with a plate and steam for an hour and a half; serve with lemon sauce made as follows: Boil together $\frac{1}{2}$ cupful of sugar and $\frac{1}{2}$ cup of water for 15 minutes; remove from fire and when cooled a little add the juice remaining from lemon used in pudding.

QUEEN OF PUDDINGS.

One and $\frac{1}{2}$ cups sugar, 2 cups fine dry bread crumbs, 5 eggs, 1 tablespoonful of butter, 1 teaspoon vanilla, 1 quart rich milk and $\frac{1}{2}$ cup of jelly or jam. Rub the butter in a cup of sugar; beat the yolks light and stir these together to a cream; add the bread crumbs soaked in milk, then the seasoning. Bake this in a large buttered pudding dish until the custard is set. Draw to the mouth of oven, spread over with jelly or jam. Cover this with a meringue made of the whipped whites and $\frac{1}{2}$ cup of sugar. Shut the oven and bake until brown. Eat cold, with cream.

MARGUERITE PUDDING.

Scald 1 quart of milk in a double boiler. Beat together $\frac{3}{4}$ of a cupful of sugar, 2 tablespoonfuls of cornstarch, 2 tablespoonfuls of flour, the yolks of 5 eggs, 1 saltspoonful of salt, and $\frac{1}{2}$ cupful of cold milk. Pour the scalded milk over the mixture and return to the fire; stir until it thickens, beating until smooth. Cook 15 minutes, add a tablespoonful of butter and 1 tablespoonful of vanilla. Turn into a pudding dish; when cool beat the whites of the eggs to a froth, add 5 tablespoonfuls of powdered sugar and beat until very stiff and glossy. Spread over the top of the pudding, dust with powdered sugar and put in the oven until a delicate brown. Serve cold.

DAINTY LITTLE PUDDINGS.

Grate 2 large cupfuls of stale bread and soften it with a cupful of water. Grate the rind and squeeze the juice from 1 orange. Cut 2 ounces of citron into small bits and mix with the bread, together with the yolks of 2 eggs and sugar enough

to sweeten the whole. Butter 5 or 6 small cups. Beat the whites of the eggs to a stiff froth and just before putting the puddings in the oven mix them with the bread and fruit. Distribute the mixture evenly in the cups and bake slowly about 20 minutes, or until they are brown. Serve hot with cream sauce.

APPLE CORN MEAL PUDDING.

Pare and core 12 pippin apples; slice them very thin; then stir into 1 quart of new milk 1 quart of sifted corn meal; add a little salt, then the apples, 4 spoonfuls of chopped suet and a teacupful of good molasses, adding a teaspoonful of soda dissolved; mix these well together; pour into a buttered dish, and bake 4 hours; serve hot, with sugar and wine sauce. This is the most simple, cheap and luxuriant fruit pudding that can be made.

STEAMED BROWN PUDDING.

Half cup of molasses, 1 cup of sour milk, $\frac{1}{2}$ cup of brown sugar, $\frac{1}{3}$ cup of butter, 2 eggs, 1 teaspoon of soda, flour to make a stiff batter, and season with various spices, $\frac{2}{3}$ teaspoon of each. Steam 1 hour.

Sauce.—One tablespoon cornstarch moistened with vinegar, 1 cup sugar, $\frac{1}{2}$ cup butter. Mix together and pour boiling water over it until it is the right consistency (pint). Set on stove and simmer while the pudding is steaming; remove from stove and season.

MRS. M. F. CAMERON.

PLUM ROLL.

Add 3 teaspoons of baking powder and 1 teaspoon of salt to 1 quart of sifted flour. Sift again. Rub in 2 tablespoonfuls of butter, and sufficient milk to make a soft dough. Roll out, sprinkle with 1 cup of chopped raisins and $\frac{1}{2}$ cup of chopped citron; dust with cinnamon. Roll up and steam 30 minutes. Serve warm with hot sauce.

SNOWBALLS.

Cream $\frac{1}{2}$ cupful of butter, add 1 cupful of fine granulated sugar, beat well; mix 2 level teaspoonfuls of baking powder with 2 cups of flour, add alternately with $\frac{1}{2}$ cupful of milk; beat the whites of 4 eggs very stiff and add lightly. Fill buttered cups $\frac{1}{2}$ full and steam $\frac{1}{2}$ an hour; roll in powdered sugar. The quantity will be sufficient for tea as well.

HUCKLEBERRIES WITH CRACKERS AND CREAM.

Pick over carefully 1 quart of huckleberries, and keep them on ice until wanted. Put into each bowl, for each guest, 2 soda crackers, broken in not too small pieces; add a few tablespoonfuls of berries, a teaspoon of powdered sugar, and fill the bowl with the richest of cold, sweet cream. This is an old-fashioned New England breakfast dish. It also answers for a dessert.

LEMON CREAM SAUCE, HOT.

Put $\frac{1}{2}$ a pint of new milk on the fire, and when it boils stir into it 1 teaspoonful of wheat flour, 4 ounces of sugar, and the well-beaten yolks of 3 eggs; remove it from the fire and add the grated rind and the juice of 1 lemon; stir it well, and serve hot in a sauce tureen.

SUPERIOR BREAD PUDDING.

One and $\frac{1}{2}$ cupfuls of white sugar, 2 cupfuls of fine, dry bread crumbs, 5 eggs, 1 tablespoonful of butter, vanilla, rose-water or lemon flavoring, 1 quart of fresh, rich milk, and $\frac{1}{2}$ a cupful of jelly or jam. Rub the butter into a cupful of sugar; beat the yolks very light, and stir these together to a cream. The bread crumbs soaked in milk come next, then the flavoring. Bake in a buttered pudding dish—a large one, and but $\frac{2}{3}$ full—until the custard is "set." Draw to the mouth of the oven, spread over with jam or other nice fruit conserve. Cover this with a meringue made of the whipped whites and $\frac{1}{2}$ a cupful of sugar. Shut the oven, and bake until the meringue begins to color. Eat cold, with cream. In strawberry season, substitute a pint of fresh fruit for preserves. It is then delicious. Serve with any warm sauce.

COCOANUT PUDDING.

Half a pound of grated cocoanut. Then mix with it $\frac{1}{2}$ a cupful of stale sponge cake, crumbled fine. Stir together until very light $\frac{1}{2}$ a cupful of butter and 1 of sugar, add a coffee-cupful of rich milk or cream. Beat 6 eggs very light, and stir them gradually into the butter and sugar in turn, with the grated cocoanut. Having stirred the whole very hard, add 2 teaspoonfuls of vanilla; stir again, put into a buttered dish and bake until set, or about $\frac{3}{4}$ of an hour. Three of the whites of the egg could be left out for a meringue on the top of the pudding. Most excellent.

WALNUT PUDDING.

Beat the yolks of 3 eggs until thick and light colored. Add gradually $\frac{1}{2}$ cup of sugar, $\frac{1}{3}$ cup of soft bread crumbs, a scant $\frac{1}{2}$ cup of farina, and the whites of 3 eggs, beaten stiff. Fold in $\frac{1}{2}$ cup of walnut meats, broken in pieces, and bake in layers, in a slow oven, 30 minutes. Put together, and decorate the top with creamy sauce. Serve with

Brandy Sauce.—Mix $\frac{1}{2}$ cup of sugar, 1 $\frac{1}{2}$ tablespoonfuls of flour, and a few grains of salt. Add 1 cup of boiling water and stir and cook 5 minutes. Then add 2 tablespoonfuls of butter and brandy flavor.

Creamy Sauce.—Cream $\frac{1}{4}$ cup of butter; add $\frac{1}{2}$ cup of powdered or brown sugar, gradually, then 2 tablespoonfuls of milk and 1 tablespoonful of brandy, drop by drop.

CRABAPPLE PUDDING.

Select large, deep-red crabapples, wash and core but do not pare them; simmer in as little water as possible until tender; sweeten to taste and pour into a deep pudding dish. Make a soft cake batter with 2 eggs well beaten, 2 cups of sifted flour, 2 teaspoonfuls of baking powder, $\frac{1}{4}$ teaspoonful of salt, and milk enough to pour. Turn this over the apples and steam the pudding for 1 $\frac{1}{2}$ hours. Serve with hard or sweet fruit sauce.

INDIAN SWEET APPLE PUDDING.

Pare and slice 2 sweet apples thin. Scald 2 cups of milk, 2 rounding tablespoonfuls of corn meal and 1 rounding tablespoonful of flour, with $\frac{1}{2}$ cup of molasses, a level teaspoon of ginger and pinch of salt, 1 egg beaten and 2 tablespoons of melted butter. Mix apple, milk and other ingredients and turn into a buttered dish. Add 2 cups of cold milk, but do not stir it in, then bake in a slow oven 3 hours.

COCOANUT PUDDING.

Put 3 rounding tablespoons of tapioca in cold water to soak over night. Scald 4 cups of milk and add the drained tapioca. Cook 5 minutes, then add the yolks of 4 eggs, 3 rounding tablespoons of sugar and 3 tablespoons of prepared cocoanut. Cook 10 minutes and turn into a dish to cool. Beat the whites of

4 eggs and 4 level tablespoons of powdered sugar together to make a meringue, and spread over the top. Sprinkle lightly with cocoanut and brown slightly in the oven.

COCOANUT PUDDING.

Scald 4 cups of milk in a double boiler and pour onto 4 well-beaten eggs, $1\frac{1}{3}$ cups of sugar and a level teaspoon of butter. Strain the whole over $\frac{1}{4}$ package of prepared cocoanut and bake in a very slow oven to prevent whey. Take from the oven, cool and cover with a meringue made from the whites of 2 eggs and 4 level tablespoons of powdered sugar. Flavor with a $\frac{1}{2}$ teaspoon of lemon juice. Set in the oven to brown slowly, opening the oven door if the heat is too great. Set the pudding in the ice-chest to chill thoroughly before serving.

ORANGE PUDDING.

Separate the sections of two oranges and remove all the white tough skin and seeds. Peel and slice a banana and make layers of both fruits in a glass dish; sprinkle liberally with sugar. Make a custard with 2 cups of milk, the yolks of 2 eggs and the white of 1, $\frac{1}{2}$ level tablespoon of cornstarch and $\frac{1}{2}$ cup of sugar. Pour the custard over the fruit. Beat the other white of egg with four level tablespoons of powdered sugar until stiff and drop in spoonfuls over the top.

BAKED APPLE DUMPLING.

Butter an agate baking-dish. Slice into this tart apples enough to fill the dish; sprinkle with salt, and pour in 2 or 3 tablespoonfuls of water. Sift together a cup and a half of flour, 3 tablespoonfuls of baking-powder, and $\frac{1}{4}$ teaspoonful of salt. Into this work, with the tips of the fingers, 3 tablespoonfuls of butter. Beat an egg; add $\frac{3}{4}$ cup of milk (scant measure), and stir into the dry ingredients. When thoroughly mixed, spread over the apples. Bake in a quick oven about 25 minutes. Invert the dish, so as to have the apples on the top. Serve hot with butter and sugar or syrup.

BLACKBERRY PUDDING.

Sift 1 cup of flour with 1 level teaspoon of baking powder, add a pinch of salt and 1 rounding teaspoon of butter rubbed

in. Mix with $\frac{1}{2}$ cup of milk. Sprinkle a little flour on the board and turn the soft dough onto it. Knead, using a little more flour until it can be rolled out $\frac{1}{4}$ of an inch thick. Put 2 cups of blackberries into a dish, sprinkle with $\frac{1}{4}$ cup of sugar and lay over the top the dough cut in inch-wide strips. Set in a steamer for 40 minutes and serve with a nutmeg sauce.

Pudding Sauce.—Beat 2 level tablespoons of butter to a cream, and add $\frac{1}{2}$ cup of powdered sugar and stir until light and frothy, then flavor with grated nutmeg, and it is ready to serve.

APPLE INDIAN PUDDING.

(*Boston Cooking School.*)

Stir $\frac{1}{2}$ a cup of corn meal into 1 pint of scalded milk. When thickened slightly, stir in 1 pint of pared and sliced sweet apples, $\frac{1}{2}$ a cup of molasses or sugar, $\frac{1}{2}$ a teaspoonful of salt, a tablespoonful of butter and 1 quart of milk. Bake 4 hours very slowly in a buttered pudding dish. To be eaten hot or cold with cream.

BAKED CHERRY PUDDING.

Stone 1 pint of cherries, make a batter of 2 cups of flour, 1 teaspoon of salt, 2 teaspoons of baking powder sifted with the flour, 1 cup of sweet milk, $\frac{1}{2}$ a cup of sugar, 2 eggs, 1 tablespoonful of butter, $\frac{1}{2}$ a teaspoonful of cloves. Add the cherries last and bake in a buttered mould 30 minutes. Serve with sauce or with sweetened cream.

MRS. FANNIE CUTTING.

BLUEBERRY OR HUCKLEBERRY PUDDING.

(*Boston Cooking School.*)

One quart of berries, 1 pint of molasses, with 1 teaspoonful of salaratus, 1 tablespoonful of ground cinnamon, 1 teaspoonful of ground cloves or allspice, nutmeg or mace to taste, flour enough to make a batter to stir. Boil for 3 hours or steam.

CORNSTARCH PUDDING WITH FIGS.

(*Boston Cooking School.*)

Cut $\frac{1}{2}$ a dozen bag figs in slices, use part of these to ornament the hollows of a charlotte mould, lined with oiled paper, scald 3 cups of milk over hot water, mix a scant $\frac{1}{2}$ cup of cornstarch with milk to pour, and stir into the hot milk. Stir and

cook until thick and smooth, then stir in $\frac{1}{4}$ cup of sugar, a few grains of salt and the sliced figs. Let cook 15 minutes, then turn into the prepared mould. Set aside to become chilled and firm. Serve, turned from the mould, with cream and sugar, or whole figs, stewed and sweetened slightly, if preferred.

STRAWBERRY DUMPLINGS.

One egg, 1 cup of sweet milk, 1 tablespoonful of baking powder, flour enough to make a paste a little thicker than for griddle cakes. Butter cups, and drop a spoonful of batter in each. On this put 3 or 4 large strawberries and cover with the batter. Steam $\frac{1}{2}$ an hour. Serve with cream and sugar or with strawberry sauce.

FANNIE K. CUTTING.

Lemon Pudding.

Mix 3 large table spoons of corn starch with cold water very thin. Add 3 coffee cups of boiling water. Boil till it thickens, stirring all the time. Then add 2 coffee cups sugar, the grated rind and juice of 2 large lemons, 2 eggs beaten separately, and a little salt. Butter a pudding dish, put in, and bake 20 to 30 minutes. Serve cold or only so with cream.

Anna B. Bach.

Cream Pudding.

1 cup milk, 1 or 2 table spoons rice.
1 table spoon sugar, a little salt.
A small piece of butter. Bake very slowly 3 hours, and stir often - 4 cups of milk makes an ordinary sized pudding - Cook before serving.

Anna B. Bach.

Lemon Pie.

2 cup s. sugar, 2 table spoons flour
juice and rind of 1 lemon, 2 cup of boiling water.

Fig. Pudding

6 tb. of suet
 6 " " bread crumbs.
 6 " " sugar
 1/2 lb. of figs chopped fine.
 3 eggs, 1 cup sweet milk, 1 to B. Powder
 3/4 cups flour, steam 3 hrs. Sauce: 1 cup
 sugar, 1 tb. butter 1 egg, 1 cup whipped cream
 melt sugar, butter & egg, then add

Banana Cream.

Force thru a colander 1 cup of bananas
 mix with 2 tablespoons of sugar, juice
 of 1/2 lemon, beat thoroughly, add 1 cup of
 whipped cream. Beat again after chilling.

Butter Scotch Pie

2 large cups brown sugar
 2 " " water, boiling
 1/2 cup butter, boil until thick syrup
 4 tbs flour, yolks of 4 eggs, 6 tbs milk, mix three
 until smooth, add to syrup, stir to keep lump free
 Vanilla. Makes two pie.

Maple Blanche Meringue

Heat in a double Boiler one qt. milk
 add four heaping tablespoons corn
 starch, moistened with a little milk.
 stir until smooth and thick, adding
 gradually a cup of real maple syrup
 stir continually, until almost stiff
 pour into molds, set on ice. When
 ice cold turn out and eat with cream.

Suet Pudding.

Two eggs, one cup milk, one half cup milk
 one half cup suet chopped fine, one teaspoon
 salt, two teaspoons B. Powder, sifted in
 three small cups of flour, cloves, allspice
 cinnamon, nutmegs, - and as much
 fruit as you like. Steam two hours.

Date Pudding.

1 cup dates pitted, 1 cup quartered walnuts
 1 " sugar, 2 eggs, 1 teas B.P. 1 tbs flour
 pinch salt. Stir eggs, sugar & salt down
 beat egg separately, add flour & B.P. then dates
 & nuts. Mix well & bake 3/4 hour in small mold.

English Plum Pudding.

Soak the crumbs of a 10 cent loaf of bread.
 Boil a quart of rich milk, let cool.
 1 pound currants, 1 pound raisins.
 Strew over fruit 3 large spoons flour,
 1 pound of Brown sugar, rolled fine.
 Three quarters pound beef suet. 2 nutmegs
 a lb. of powdered mace and cinnamon
 the grated peel and juice of two large
 lemons or oranges. 1/2 pound citron.
 Beat ten eggs very light and stir them
 gradually into the cold milk, and
 suet and bread crumbs. Add sugar
 fruit and spice, with a glass of wine
 if desired. Put in a floured bag and
 boil five hours.

Peach Custard Tart.

Line a deep pie-plate with pie crust and
 bake in but do not brown. Take eight halves
 of peaches and cut in two or three pieces lengthwise.
 Place in pie plate. Put one and one half cups of
 milk in double boiler and when scalding hot
 add 4 lbs sugar and a pinch of salt. add very
 slowly two well beaten egg yolks. Stir constantly
 until it thickens, but do not let boil. Take
 from fire, add one teaspoonful of butter and
 one of vanilla. Mix thoroughly, pour over peaches.
 Cover with meringue made with the white
 of the eggs and two scant tablespoons of sugar.
 Set in oven until meringue is light brown.

Carrot Pudding.

one cup raisins. One ts. soda in the
 " " currants hot water, one small
 " " grated potatoe carrot spoon salt, teaspoon
 " " suet cinnamon and other
 " " flour spices to taste. Steam
 " " sugar four hours. Mrs. Mace.

Pudding Sauce. Mix one teaspoonful of cornstarch with one half a cup of sugar, add one cupful grape-juice and boil all together for five minutes. add two teas. of butter and serve hot.

Four tbs of grapejuice, the unbeaten white of an egg and 1 cup of powdered sugar. in double boiler and when the water boils underneath, beating the mixture for eight minutes.

SAUCES FOR PUDDINGS

BRANDY SAUCE.

Proceed as directed for *Wine Sauce*, No. 2, substituting brandy for wine.

CURRANT JELLY SAUCE.

Melt 1 cupful red currant jelly, 1 glass white wine, and 1 teaspoonful extract raspberry.

CREAM SAUCE.

Bring $\frac{2}{3}$ pint cream slowly to boil; set in stewpan of boiling water; when it reaches boiling point add sugar, then pour slowly on whipped whites of 2 eggs in bowl; add 1 teaspoonful extract vanilla, and use.

CUSTARD SAUCE.

One pint milk, yolks of 4 eggs, $\frac{1}{2}$ cupful sugar. Set over fire, and stir until thick.

DUCHESSE SAUCE.

Boil 2 ounces grated chocolate in $\frac{1}{2}$ pint milk 5 minutes; strain on 2 yolks of eggs beaten with $\frac{1}{2}$ gill of cream, and $\frac{1}{2}$ cupful sugar, strain, return to fire, stir until thick as honey; remove, and add 1 teaspoonful extract vanilla.

GERMAN SAUCE.

Set on the fire in tin pail placed in a stewpan $\frac{1}{2}$ full boiling water, 1 cupful cream and cupful milk; when it reaches boiling point, add sugar and yolks of 4 eggs with small pinch salt; whisk very quickly until it has appearance of thick cream very frothy; just before serving, add tablespoonful very good butter, 1 teaspoonful each extract nutmeg and vanilla, and 1 wineglass white rum.

HARD SAUCE.

Beat 1 cupful sugar and $\frac{1}{2}$ cupful butter to white cream; add whites 2 eggs, beat few minutes longer; tablespoonful brandy, and teaspoonful extract nutmeg; put on ice until needed.

HYGIENIC CREAM SAUCE.

One-half pint milk, $\frac{1}{2}$ pint cream, yolk 1 egg, 1 tablespoonful buckwheat dissolved in little milk, large pinch salt. Bring milk and cream to boil, in thick, well lined saucepan; add to it buckwheat dissolved in milk, stirring rapidly to prevent lumping, allow it to boil 5 minutes; remove from fire, beat in the yolk of egg diluted with a tablespoonful milk. This is better and far more healthful (especially for children) than so much butter and syrup. Syrup, minus butter, is well enough, but use of butter with hot cakes cannot be recommended.

LEMON SAUCE.

Boil 1 cupful sugar and 1 cupful water together 15 minutes, then remove; when cooled a little, add $\frac{1}{2}$ teaspoonful extract lemon and 1 tablespoonful lemon juice.

PEACH SAUCE.

Place peach juice from can in small saucepan; add equal volume of water; little more sugar, and 8 or 10 raisins, boil this 10 minutes, strain and just before serving add 8 drops extract bitter almonds.

MAPLE SYRUP.

One-half pound maple sugar, 1 pound cut sugar, 3 pints water. Break maple sugar small, place on fire, with cut sugar and water; boil 5 minutes; skim, then cool.

REXFORD SAUCE.

Dissolve 1 teaspoonful cornstarch in little water, add it to 1 cupful boiling water, with $\frac{2}{3}$ cupful brown sugar; boil 10 minutes; remove from fire; add $\frac{1}{2}$ cupful cider, scalding hot, 1 large tablespoonful good butter, and yolks 2 eggs.

ROYAL WINE SAUCE.

Bring slowly to boiling point $\frac{1}{2}$ pint wine; then add yolks of 4 eggs, and 1 cupful sugar; whip it on fire until in state of high froth and a little thick; remove, and use as directed.

SUGAR SAUCE.

Beat to light cream $\frac{1}{2}$ cupful sugar, flavored with $\frac{1}{2}$ teaspoonful extract lemon, and $\frac{1}{2}$ cupful butter; add yolks of 2 eggs, and place on ice until wanted.

SPICE SAUCE.

Set on fire $\frac{3}{4}$ pint water, 1 cupful sugar; boil 20 minutes, remove from fire and add 1 teaspoonful each extract cloves and ginger.

SAUCE AUX QUATRE FRUITS.

Remove very thinly $\frac{1}{3}$ the rind of 1 lemon and 1 orange; remove remainder with the thick white skin very close to pulp; then cut each in small dice, remove seeds; lay in bowl; peel, core, and cut in dice 2 sour apples, which add to well made wine sauce; simmer until tender; then add 1 cupful seedless raisins, lemon and orange dice, with lemon and orange peel, cut into shreds, and boil in very little water, which add to sauce to flavor; when about to serve, add 1 teaspoonful extract almonds.

VANILLA SAUCE.

Put $\frac{1}{2}$ pint milk in small saucepan over fire; when scalding hot, add yolks 3 eggs; stir until thick as boiled custard; add, when taken from fire and cooled, 1 tablespoonful extract vanilla, and whites of eggs whipped stiff.

WINE SAUCE—1.

Three-fourths pint water, 1 cupful sugar, 1 small teaspoonful cornstarch, 1 teaspoonful each extract lemon and cinnamon, $\frac{1}{2}$ gill wine. Boil water, add cornstarch, dissolve in little cold water, and the sugar; boil 15 minutes, strain; when about to serve, add extracts and wine.

WINE SAUCE—2.

One-half pint water, 1 cupful sugar, $\frac{1}{2}$ teaspoonful cornstarch, 1 teaspoonful each extract bitter almonds and vanilla, $\frac{1}{2}$

cupful white wine. Stir 2 tablespoonfuls of sugar on the fire in thick saucepan, with 1 tablespoonful water, until very dark, *but not burned*; add water boiling, rest of sugar, the cornstarch dissolved, boil 10 minutes; when about to serve, strain, add extracts and wine.

CREAM SAUCE.

Beat to a cream $\frac{1}{2}$ cup of sugar and $\frac{1}{4}$ of a cup of butter, work in gradually $\frac{1}{2}$ a cup of flour, 2 tablespoonfuls sweet milk and a teaspoonful of vanilla. When mixed smooth set the dish in boiling water and cook and beat till creamy, beating in 2 big spoonfuls of cream at the last.

Other pudding sauces will be found under the pudding recipes to which they belong.

GERMAN COOKERY

BROWN SOUP.

A piece of butter size of an egg, add 2 cooking spoonfuls of flour; when a dark brown stir smooth with cold water and salt. Beat 2 eggs in soup tureen. Pour soup over same. Cut bread into dice and brown in butter and put in just before serving.

POTATO SOUP.

A large tablespoon of butter, 2 of flour, stew until a light yellow; add 4 large grated potatoes and stir until thoroughly mixed. Put with this beef, veal or chicken broth. Just before serving brown in butter a handful of bread cut in small dice and put into soup.

EGG BARLEY SOUP.

Brown 2 large tablespoonfuls of flour and butter size of an egg. Stir smooth with stock, gradually adding as much stock as you wish soup. Beat 3 eggs with a cup of water, stir lightly into soup, let it come to a boiling point and serve.

BARLEY SOUP.

Wash small cup of barley, put in double boiler with cold water; let stew until soft, add a piece of butter and cooking-spoonful of flour. Add stock from veal shank or chicken, let boil fully an hour.

The meat from veal shank makes a very nice salad prepared with dressing or olive oil and vinegar, parsley chopped fine and a very little onion.

MRS. KEMPF.

SWEET BREAD SOUP.

Two sweet breads parboiled in salt water, chop fine with parsley. Melt a piece of butter size of an egg, add 1 large tablespoonful of flour. When a light yellow add the chopped sweet

bread and parsley, mix thoroughly, add beef stock or the broth in which sweet bread was boiled. Beat an egg in the soup tureen and just before serving pour the above preparation over it.

COTTON EATING SOUP.

For six people: One cup of flour, milk enough to stir smooth; add 3 eggs, beat thoroughly; let run into boiling beef stock and boil 2 minutes.

MRS. KEMPF.

STEWED VEAL LIVER.

Put sliced bacon into kettle, heat thoroughly and add whole liver. Put in 1 cupful of sour cream or sweet milk, 1 laurel leaf, 3 cloves, 3 slices of lemon, salt, pepper, onion, parsley, celery and carrots; cut fine about a teaspoonful of each. Also about 5 juniper berries (if you have them). Stew until done. Try with a fork; if blood does not ooze out, it is done. About half an hour before serving, add vinegar to taste. Thicken gravy with flour and strain over liver. Cut liver in thin slices before serving.

MRS. KEMPF.

CHICKEN SMOTHERED IN SAUERKRAUT.

For this delicious dish use an earthen baker (with a tight cover, if possible). Procure a small-sized young chicken; dress, draw and singe. Rub well with a flour and water paste; wipe quite dry inside; dust with salt and pepper. Rinse and drain 1 quart of sweet, fresh sauerkraut. Fill the chicken with hot mashed potatoes, well seasoned; lay it in the roaster, and place on it 2 slices of bacon (place 2 slices in bottom of roaster also); then cover the chicken completely with sauerkraut; add a salt-spoonful of salt and half that quantity of pepper. Pour over a cup of cold water, close down the lid tight and roast in the oven 3 hours; have a moderate fire; do not allow to cook dry; add boiling water as required to keep bottom of roaster quite moist; when done, lift the chicken on to a large platter, pile the sauerkraut around it and garnish with slices of lemon; to the sauce in roaster add a large tablespoon of browned flour, a tablespoon of caramel and a cup of soup stock; boil up; add 1 tablespoon of lemon juice, salt and pepper to taste, strain and serve in sauce

tureer.

FISH TURBOT.

Pick boiled fish. Place in bake dish in layers with mashed potatoes. Use bits of onion and well seasoned milk gravy over each layer. Sprinkle fine crumbs and bits of butter over top and bake.

FRAU TAKER, Bonn.

KARTOFFEL KLOZE.

Three cups mashed potatoes, 3 beaten eggs, $\frac{1}{2}$ teaspoon sugar (scant), $\frac{1}{2}$ cup melted butter, 2 tablespoons flour, a little nutmeg, a few bits of toast soaked. Make into a dough. Roll balls of it in flour, drop into boiling water; boil until they rise to the surface. Serve with liver or sausage.

FRAU TAKER, Bonn.

TARTARE SAUCE.

One gherkin chopped fine, 1 tablespoonful chopped parsley, 1 tablespoonful chopped capers, 1 cup mayonnaise dressing; add a few drops onion juice.

FRAU TAKER, Bonn.

GERMAN POTATO SALAD.

Wash and boil 4 potatoes. While hot, peel and slice thin with 1 small, raw onion. Sprinkle with salt and pepper. Put a tablespoon of butter in a spider. Let it brown, pour in $\frac{2}{3}$ cup of vinegar. When it boils up pour it over the salad. Add 2 sliced hard boiled eggs.

MRS. C. E. HENDRICKSON, Chicago.

DUTCH CHEESE.

Set a pan of thick milk on the stove and heat very slowly. When it comes to a scald take off, as boiling toughens the curd. Pour it into a clean cloth and let it drip till the whey is out. Mix with it salt, pepper, or butter, or cream. It may be made into small balls and served whole or in a large cake and sliced, or let remain soft and serve with a spoon.

GERMAN SAUCE.

(Mrs. Orwen's Cook Book.)

One gal. cabbage, 1 gal. tomatoes, 1 qt. onions, all chopped together; 3 tablespoons ground mustard, 2 tablespoons ground pepper, 2 tablespoons of cloves, 3 gills mustard seed, 1 gill salt,

1 lb. of sugar, 3 qts. vinegar. Boil together an hour or two, stirring well.

BROWNED CREME.

One-quarter lb. of sugar with 1 tablespoonful of water is stirred in a small saucepan and left over the fire until it is quite brown, then cool it with a little water. Three good pints of fresh milk and $\frac{1}{4}$ lb. of sugar, upon which the rind of a lemon is grated, is boiled up with the brown syrup. Beat up the yolks of 9 eggs, add the milk slowly and let it come to boiling. Put the beaten whites, flavored with a little vanilla, like a wreath around the creme, sprinkle some sugar upon it and cover it with a hot saucepan; cover for a few minutes. Mrs. Root.

ELDERBERRY BLOSSOM FRITTERS.

(From Stuttgart Cook Book.)

Take $\frac{1}{2}$ lb. of flour into a bowl and stir it smooth with a glass of wine, 3 eggs and 2 heaping tablespoonfuls of sugar. Then heat thoroughly a piece of lard the size of a walnut, and stir this in the batter. Now, have ready a kettleful of lard good and hot, dip the flowers of the elderberry 1 by 1 in the batter, taking hold of the stem and then putting it into the boiling lard. As soon as the dough is set take a pair of scissors and cut off the large stems, being careful not to burn your fingers. When the fritters are a golden brown on both sides put them on a platter and sprinkle them generously with sugar, or sugar and cinnamon mixed. These are delicious eaten with coffee, or very nice but rather rich with whipped cream. JULIA ROMINGER.

BUTTERMILK CAKE.

Cream 1 cup brown sugar and $\frac{2}{3}$ cup of butter, 1 egg, 1 cup buttermilk in which put 1 teaspoon of soda, 2 cups flour sifted with 2 teaspoonfuls of baking powder, 1 cup raisins, 1 cup currants, cinnamon, allspice, cloves and nutmeg to taste, 1 lemon rind chopped fine or grated. Bake in slow oven.

HICKORYNUT DROPS.

Nuts of any kind can be used. Beat 1 lb. sugar, and 7 eggs very stiff, add 1 lb. ground nuts, 1 teaspoon of vanilla. Drop on buttered tins with a teaspoon and bake until brown on bottom.

CINNAMON STARS.

Whites of 7 eggs beaten stiff, add 1 lb. granulated sugar, beat again until very stiff. Add 1 lb. ground almonds, 1 ounce cinnamon, a pinch of cloves, 1 tablespoonful of vanilla. Mix all thoroughly. Roll out with equal quantities of sugar and flour to keep from sticking to board. Cut with small star mould.

Mrs. KEMPF.

DUTCH PIES.

Line a pie tin with quite thick crust. Take apples (russets are best), pare and halve; take out the core with a sharp knife, and lay the apples on the crust, core side up, placing them as near together as possible. Place a piece of butter on each hollow of the apple, then a cup of sugar and a little bit of water in each apple. Season with cinnamon. Cook in a slow oven.

Mrs. A. L. LEIGHTON.

CHRISTMAS COOKIES.

One gal. molasses, $\frac{1}{2}$ pt. sour milk or cream, 2 cups lard, 2 lbs. brown sugar, 5 tablespoons soda, 3 tablespoons of cinnamon, 2 grated nutmegs; add citron, nuts, lemon and orange peel. Stir in flour until no more can be added, and let it stand over night.

Mrs. SCHLOTTERBECK.

CHRISTMAS FRUIT COCKIES.

(Lebkuchen.)

One qt. sour cream, 1 qt. molasses, 2 lbs. brown sugar, 1 lb. each of orange, lemon and citron (sliced quite fine), cinnamon, cloves, nutmeg to suit taste, a handful of salt, 3 teaspoons of soda dissolved in cream, 1 pt. hickory nut meats and 2 lbs. seeded raisins. Mix thoroughly, add flour to make a stiff dough; let stand over night.

MISS I. J. BRAUN.

CHRISTMAS CAKES.

(Springerles.)

Stir very thoroughly together 1 lb. powdered sugar and 4 eggs, then add 2 knife-points of cleaned potash, and the grated rind of 1 lemon. When well mixed add 1 lb. of fine flour. Roll out the dough $\frac{1}{4}$ inch thick and be careful to flour the moulds well before pressing out the cakes. Remove carefully from the

moulds and lay on a board covered with anise seed, figure side up. Stand aside for 12 hours in a cold place, then place in pans and bake in a hot oven. Work the dough as cold as possible.

MRS. E. E. CALKINS.

CHRISTMAS NUT DROPS.

One cup granulated sugar, 1 cup cracker crumbs, 1 cup of peanuts chopped fine, 2 eggs. Drop from spoon.

MRS. WM. ANDRES.

PEPPER NUTS.

One pound granulated sugar, 1 oz. cinnamon, 1 handful each chopped raisins and almonds, 5 eggs, nutmeg, cloves, lemon rind, to suit the taste; $\frac{1}{2}$ teaspoonful soda, flour. Drop from spoon.

MRS. WM. ANDRES.

BLITZ KUCHEN.

One-half lb. butter, 3 eggs well mixed, $\frac{1}{2}$ lb. powdered sugar, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. blanched almonds, rind of 1 lemon, cinnamon to taste. Be careful not to stir mixture too much as it must rise. Spread on buttered tins. Slice almonds very thin and sprinkle them with cinnamon and sugar and strew them over the top of the mixture after it has been spread on the pans. Bake a light brown.

MRS. W. P. LOMBARD.

PFEFFERNESLE.

One lb. sugar, $\frac{1}{2}$ lb. almonds, $\frac{1}{2}$ lb. citron, $\frac{1}{2}$ lb. candied lemon, 4 eggs, 1 nutmeg, 1 tablespoon cinnamon, 1 teaspoon cloves, $\frac{1}{2}$ teaspoon baking powder, and enough flour to drop nicely on buttered tins. They should be as large as a silver dollar when baked; cut ingredients very fine.

MRS. SCHLOTTERBECK.

ENGLISH SCHITTEN.

Quarter lb. butter, $\frac{1}{2}$ lb. sugar, 3 whole eggs, 3 yolks, $\frac{1}{4}$ lb. flour, a little baking powder and grated lemon peel. Beat butter and sugar very light, add eggs, well beaten, and when mixed with flour spread like layer-cake on a large cake tin. Cover with finely chopped almonds, sugar and cinnamon. After it is baked and while yet warm, cut into strips about the size of lady-fingers. These may be made the day before Christmas.

MRS. SCHLOTTERBECK.

5 cups sifted
1 1/2 cup

S's.
1/2 cup

Three-fourths lb. butter, $\frac{3}{4}$ lb. sugar, 4 yolks, 1 whole egg, $1\frac{1}{4}$ lbs. flour and a little grated lemon peel, cut in $\frac{1}{2}$ -inch strips, and shape like letter S, or use mould. Bake.

MRS. SCHLOTTERBECK.

LEBKUCHEN.

Two qts. molasses, 1 qt. cream, 2 lbs. brown sugar, $\frac{1}{2}$ lb. citron, $\frac{1}{2}$ lb. lemon peel, $\frac{1}{2}$ lb. almond or hickory nuts, 2 table-spoons soda, grated lemon peel of 2 lemons, cinnamon, allspice and nutmeg to taste. Let molasses, butter and sugar melt together (not boil). Cool and add cream. Add flour but not too much, mould out and bake. May let batter stand over night.

MRS. SCHLOTTERBECK.

HONEY LEBKUCHEN.

One qt. honey (to be heated), 1 lb. sugar, $\frac{1}{2}$ lb. almonds, cinnamon, cloves and citron to taste, 1 glass wine or brandy, 4 lbs. flour, 1 tablespoon soda. Mix well in the evening and roll out. Let the cakes lie over night; bake in the morning. If they are too dry in the morning, set them before the fire in baking tins, to soften them.

CHARLOTTE HUTZELL.

ORANGE CAKES.

(From Stuttgart Cook Book.)

Take 3 eggs, $\frac{1}{2}$ lb. of granulated sugar, $\frac{1}{2}$ lb. of flour and the grated rind of a small orange and some grated lemon rind. Stir the eggs and sugar $\frac{1}{2}$ hour, or until the mixture is very light, then add the orange and lemon peel, and lastly stir in lightly the flour. Drop on buttered tins and bake in a fairly hot oven. These will keep fresh some time if put in a tin box or glass jar after they have thoroughly cooled.

JULIA ROMINGER.

QUINCE TENTS.

Boil or steam 7 or 8 large quinces, remove the skins, rub the pulp through a sieve; take $1\frac{1}{2}$ lbs of pulp. Beat to a froth the whites of 4 large eggs. Add the juice and grated peel of 1 lemon, then stir in the quince pulp and $2\frac{1}{8}$ lbs. pulverized sugar until the mass is white and stiff. Test by dropping small teaspoonful on white paper which has been powdered with sugar.

If it stays in shape and does not settle at all, they are right; if too soft stir longer and test again. Drop on white paper sifted with pulverized sugar, set away in a warm room to dry. If the weather is fair they will dry in 4 or 5 days; if rainy it will take longer.

MISS E. C. ALLMENDINGER.

QUINCE KISSES.

Boil the quinces whole, then peel them, and to $\frac{1}{2}$ lb. of pulp, take whites of 3 eggs, 1 lb. pulverized sugar, the juice and rind of 1 lemon. Beat the eggs light first, add sugar and lemon and pulp, then stir $\frac{1}{2}$ hour and drop on paper sprinkled with sugar. Put them into warm room to dry, which will take a week or more.

MRS. SCHAIRER.

NUT KISSES.

Whites of 7 eggs, 1 lb. pulverized sugar, 1 lb. hazel or hickory nuts. Beat the eggs until stiff, then add sugar and stir about 1 hour, or until spoon will stand by itself. Roll nuts to a powder, then add to eggs and sugar. Let this stand about 2 hours, then bake in a moderate oven.

MRS. E. LUICK.

NUT KISSES.

The whites of 6 eggs, 1 lb. nut kernels cut fine, 1 lb. pulverized sugar, $\frac{1}{2}$ cup powdered crackers. Beat the eggs very stiff, add the sugar, beating very well, add powdered crackers and then nuts. Fry a few on a buttered tin, and if they spread too much add a little more powdered cracker. Bake in a *very* moderate oven.

MRS. EUGENE K. FRUEAUFF.

KISSES.

Take 1 lb. coffee A sugar and the whites of 4 eggs, stir hard till very stiff. Add 1 cup of chopped nuts, any kind may be used. Grease the pan with white wax and drop the kisses with a spoon. Bake in a hot oven until hard. Very nice.

FANNY S. KERNGOOD.

GERMAN COFFEE CAKE.

Dissolve a penny cake of compressed yeast in a little warm water with a tablespoon sugar. Just warm a cup of sweet milk, add a tablespoon butter, the yeast and 2 well-beaten eggs; stir

in flour for a thin batter; set in a warm place to rise. When light stir in flour to make stiff batter. When raised roll out half-inch thick on a well-floured moulding board; have dough just stiff enough to handle, put in a dripping pan and when dough has risen half way up pan brush with an egg well beaten and cover with half cup flour, half cup dark brown sugar, tablespoon cinnamon and 1 of butter, rubbed together. Bake in a very hot oven 7 minutes, or until when pressed with the finger no impression will be left. Leave in pan until cold. Not much trouble and very nice. Will do for several times.

GERMAN DOUGHNUTS.

One pint of milk, 4 eggs, 1 small tablespoonful of melted butter, flavoring, salt to taste; first boil the milk and pour it, while hot, over a pint of flour; beat it very smooth, and when it is cool, have ready the yolks of the eggs well beaten; add them to the milk and flour, beaten well into it, then add the well-beaten whites, then lastly add the salt and as much more flour as will make the whole into a soft dough; flour your board, turn your dough upon it, roll it in pieces as thick as your finger and turn them in the form of a ring; cook in plenty of boiling lard. A nice breakfast cake with coffee.

LEBKUCHEN.

Four eggs, 1 pound of flour, beat in one direction $\frac{1}{2}$ hour; $\frac{1}{2}$ pound of crushed almonds, $\frac{1}{4}$ pound of sliced citron, 1 lemon, 1 orange, $\frac{1}{2}$ an ounce of cinnamon, $\frac{1}{4}$ teaspoonful of cloves, 1 teaspoonful of allspice, $\frac{1}{2}$ scant teaspoon of baking powder, $\frac{1}{2}$ cup of molasses. Cream the eggs and sugar. Mix the almonds and flour and add to the previous mixture; grate into it the peel of 1 lemon and the orange, stir all together, adding the juice of each; stir in the molasses (or honey is better), then add lastly the baking powder. Stir hard and well; roll out, and cut into small rounds and squares. Bake in a moderate oven. When cold, spread lightly with frosting. Will keep any length of time. These will serve five people about 1 dozen times.

ALMOND CAKES—FRIED.

Rub $\frac{1}{4}$ lb. butter to a cream. Add whites 3 eggs and yolks of 6, well beaten; $\frac{1}{2}$ lb. sifted sugar; $2\frac{1}{8}$ lbs. pounded almonds,

1½ qts. flour or more, kneading until a good dough results. Take a piece from the dough, and roll until size of a finger. Cut into 3-inch lengths and fry in smoking grease. Roll in fine sugar.

FRAU TAKER, Bonn.

ANIS BROD, OR ANISE CAKES.

Eight eggs, 1 pound of sugar, 1 scant pound of flour, 1 teaspoonful of baking powder, 1 tablespoonful of anise seed. Stir eggs and sugar in one direction for ½ hour, then add sufficient flour and roll thin, same as ginger snaps. Cut into cakes, as fancy may direct, and bake.

HULNAH.

Wash 1 cup of rice, add to it 1 quart of milk, 1 cup of granulated sugar, 1 teaspoonful of cornstarch and butter the size of a walnut; mix the cornstarch with a little milk to dissolve it before adding to the other ingredients; add ¼ of a nutmeg grated and bake an hour and a half, stirring occasionally until it thickens; then let it brown; take from the oven and allow to cool; remove the brown skin and lay over the top a few preserved or canned cherries; beat the whites of 3 eggs to a stiff froth; spread this over the fruit, dropping from a spoon, so as to make it as irregular as possible; sprinkle with pulverized sugar and set in oven to brown; serve with a cream sauce or whipped cream.

A GERMAN CHRISTMAS LOAF (STRIETZ).

One and ½ pts. of milk, full ½ pound of butter, 1 cupful sugar, ¾ lb. raisins, ½ lb. currants, 3 ozs. citron, 2 ozs. almonds after they are blanched and cut fine, 2½ to 3 lbs. flour, 1 teaspoonful salt and ½ cake of compressed yeast. Set a sponge over night with 1 pt. milk, about 1 lb. flour, and the yeast dissolved in water. In the morning add the butter and sugar, rubbed in flour, the salt and 1 pt. of warm milk. Knead until the dough no longer sticks to the hand, adding flour gradually; lastly put in the fruit mixed with a little flour. The dough should be as stiff as bread dough. Let it rise again, and when light, divide into small loaves which roll out about an inch thick, lap over and put on flat pans to rise again. When light bake in a well-heated oven about ½ hour.

MRS. EUGENE K. FRUEAUFF.

MORAVIAN SUGAR CAKE.

Two cups of bread sponge, 1 pt. of milk, salt to the taste, 1 cup of butter, or butter and fresh lard, 1 cup of sugar, thoroughly worked, not quite as stiff as bread dough, and until it will not adhere to the fingers. Set it in a warm place, and when light, spread it, about 1 inch thick, on tins, and let it rise again. When very light, pinch holes at equal distances, cover with moist brown sugar, and lay small pieces of butter on, so that it will melt with the sugar into the holes, sprinkle with cinnamon, and bake in a rather quick oven for from 15 to 20 minutes.

MRS. SOPHIE HUTZEL.

CHAFING DISH DAINTIES

WELSH RAREBIT.

One-half lb. cheese, $\frac{1}{2}$ cup cream, 1 tablespoon melted butter and dash cayenne pepper. Cut cheese and beat all together, stirring till cheese is melted. Lastly, stir in 1 well-beaten egg. Serve on toast, wafers or shredded wheat biscuit. Use chafing dish.

MRS. PATTEN, Detroit.

WELSH RAREBIT.

(Frequently tested, and excellent.)

Put 1 tablespoonful butter in chafing dish. When melted add 1 cup fresh milk and $\frac{1}{2}$ cup fine bread crumbs, 2 cups of *grated* cheese, a saltspoonful of dry mustard, a little cayenne. Stir constantly, and add just before serving 2 eggs beaten light.

GEORGE F. GREENLEAF, M. D.

WELSH RAREBIT.

One-fourth lb. of cheese, $\frac{1}{4}$ cup of milk, 1 teaspoon of mustard, $\frac{1}{2}$ teaspoonful of salt, 1 egg, 1 teaspoonful of butter, a few grains of cayenne, 1 small tablespoonful of chopped onion, 4 slices of toast. Break the cheese in small pieces, or grate it and put it with the onion in a double boiler. Add the milk. Mix the mustard, salt and pepper and add to the beaten egg. When the cheese is melted add the butter and other ingredients and cook 2 or 3 minutes until it thickens a little, then pour over the hot toast and serve.

MRS. BELLE GUTHE.

WELSH RAREBIT.

One-fourth lb. grated cheese, 1 oz. butter, $\frac{1}{2}$ cup of milk and yolks of 2 raw eggs beaten together, 1 saltspoonful of salt, 1 saltspoonful of dry mustard, 1 saltspoonful of pepper and a little cayenne. Mix these ingredients together in a saucepan and stir over the fire until melted perfectly smooth. Have pre-

pared 3 slices of toast on a hot dish and pour the dressing over and serve.

Golden Buck.—A golden buck is a Welsh rarebit with a poached egg laid on it.

Yorkshire Rarebit.—A Yorkshire rarebit is a golden buck with a slice of broiled bacon laid on it. All rarebits may be prepared at the table in a chafing dish, if the grated cheese and toast are prepared in the kitchen. MRS. J. M. WHEELER.

CHEESE OMELET.

Beat 3 eggs lightly. Melt a piece of butter and pour in the eggs. Sprinkle with salt and pepper and 3 teaspoonfuls of grated cheese. When it begins to thicken, roll and turn out.

DELTA GAMMA.

CHEESE DREAMS.

Cut thin slices of bread and make cheese sandwiches. Fry in butter in a chafing dish, a light brown on both sides.

DELTA GAMMA.

CHEESE FONDUE.

Put into a saucepan 1 tablespoon butter, 1 of flour, and stir until they bubble, then add a gill of milk or cream. This now makes a very thick white sauce which must be stirred well to prevent burning. When smooth stir in 3 ozs. grated cheese, salt, pinch of paprika, and take it from the fire and stir in 2 eggs, yolks and whites beaten separately. Butter a granite dish and bake from 10 to 15 minutes and serve at once.

MRS. JACOB REIGHARD.

EGGS WITH CREAM.

One tablespoonful butter (small), $\frac{1}{2}$ cup thin cream, 6 eggs, 6 slices toast (small), 2 tablespoonfuls grated cheese, salt, pepper, cayenne to taste. Melt the butter, add the cream, and when hot break each egg into a cup and slip into the chafing dish or pan, being careful not to break the yolks. Season with salt, pepper and cayenne. When the eggs are about half done sprinkle with cheese, finish cooking and serve on toast. This dish is better cooked over hot water, and also covered.

MRS. FLEMMING CARROW.

A CHAFING DISH DAINTY.

Here is a delicious and simple chafing dish dainty. Split some crackers, butter both halves generously, sprinkle over a rich layer of cheese, set in a chafing dish and dust lightly with cayenne, cover and place the dish over the spirit lamp until the cheese melts.

CREAM OF EGGS.

Put 3 eggs in chafing dish. When they begin to harden slightly add 1 pt. good rich cream. Season with pepper and salt. Stir a little until eggs and cream are mixed. Let this just come to the boil, *but not boil*. GEO. F. GREENLEAF, M. D.

FRENCH SCRAMBLED EGGS.

Four eggs, $\frac{1}{2}$ cup milk, 1 large tablespoon butter, little salt and pepper. Place milk and butter in chafing dish. When it is cooking add the eggs beaten lightly together; stir all the time until there is no longer any liquid, add pepper and salt and serve at once on dainty pieces of toast or small crisp crackers.

MRS. E. A. LYMAN.

HAM AND EGGS.

Put 2 tablespoonfuls butter in chafing dish; when melted, add $\frac{1}{2}$ lb. lean boiled ham, cut in small dice, a little pepper, a tablespoonful of chopped chives or onions, 6, 8 or 10 eggs. Stir constantly until the eggs are cooked.

LITTLE PIGS IN BLANKETS.

Season a few large oysters with salt and pepper. Wrap each in thin slice of best bacon and fasten with wooden toothpick. Have chafing dish very hot and cook pigs just enough to crisp bacon. Serve on toast or platter, garnished with parsley.

OYSTERS IN THE CHAFING DISH.

One qt. drained oysters, 1 large tablespoon butter, 2 even teaspoons cornstarch, salt, dash of red pepper, celery salt or a little chopped celery. Mix butter, cornstarch and seasoning in the chafing dish; when hot add oysters one by one. Stew until the oysters are well filled out with the edges curling. Serve with toast.

MRS. W. H. BUTTS.

OYSTER RAREBIT.

Clean and remove the hard muscle from $\frac{1}{2}$ pt. oysters; put 1 tablespoonful butter and $\frac{1}{2}$ lb. cheese into the chafing dish; mix 1 saltspoon each of salt, mustard and a dash of cayenne pepper. While this mixture is melting beat 2 eggs and add to the oyster liquor. Mix this gradually with the melted cheese, then add the oysters and serve at once on hot toast.

MRS. P. C. FREER.

LOBSTER A LA NEWBERG.

Remove a boiled lobster from the shell and slice the meat about $\frac{1}{2}$ inch thick, or cut into small pieces. Put in chafing dish with a piece of butter the size of a walnut, a little cayenne pepper, salt and lemon juice; add 1 cup cream mixed smooth with 1 teaspoonful flour or the yolks of 3 eggs. Stir constantly over a slow fire, but do not let boil. Serve in a hot dish.

A SAVORY RÉCHAUFFÉ.

Put into chafing dish 2 tablespoonfuls of butter and 1 of fruit jelly with a saltspoonful of dry mustard, stir until the butter and jelly are blended. In the sauce thus prepared lay slices of underdone roast beef, lamb or mutton, salt and pepper to taste. Turn the slices often, so that they will be thoroughly saturated with the jelly.

GRACE TAYLOR.

BEEF WITH TOMATO SAUCE.

Six slices underdone beef, 6 tablespoons stewed tomato, $\frac{1}{2}$ teacup of stock or gravy, 1 onion cut in fine bits, tablespoon of butter, tablespoon Worcester sauce, teaspoon French mustard, salt and pepper. Put the butter in the chafing dish with the onion and stew for 3 minutes. Add tomatoes and gravy, sauces and mustard; when a smooth sauce add the beef. Serve when heated through.

MRS. W. H. BUTTS.

SLICED VEAL.

Slices cut very thin from a cold roast, teacup gravy, $\frac{1}{2}$ teacup milk, 1 can mushrooms, yolks of 2 eggs, salt and pepper. Heat the gravy and milk in the chafing dish, add the beaten yolks slowly, then the salt and pepper, the mushrooms; in 5 minutes the sliced veal. Serve when thoroughly heated.

CHICKEN HOLLANDAIZE

Two cups chicken chopped fine, $\frac{1}{2}$ teacup butter, 2 teacups boiling water, 1 teaspoon cornstarch, yolks of 2 eggs, juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ cup celery chopped fine, teaspoon chopped parsley, teaspoon chopped onion. Mix butter and cornstarch, melt in chafing dish, add gradually the hot water until it begins to thicken; then add lemon juice, yolks, celery, onion, pepper and salt; in this sauce heat the chicken. Serve with buttered toast.

MRS. W. H. BUTTS.

DUCK IN CHAFING DISH.

Slices of cold duck, $\frac{1}{2}$ cupful of gravy left from the roast, 6 olives, 2 tablespoons tomato sauce or catsup, 2 tablespoonfuls currant jelly, 1 tablespoonful butter, creamed with a small teaspoonful of cornstarch. Put gravy and olives cut into bits, butter, tomato sauce, jelly and dash cayenne pepper into chafing dish. Stir until well heated; then add the duck and sauce and cook 5 minutes longer.

CREAM SAUCE.

One cup of sweet milk, 1 tablespoonful flour, 1 tablespoonful butter, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper. Melt the butter, add the flour and then the milk. Use this cream sauce for macaroni, potatoes, oysters, salmon, chipped beef, chicken or mushrooms.

DELTA GAMMA.

FRICASSEE OF DRIED BEEF.

One cupful dried beef, chopped fine; 1 tablespoonful butter, $\frac{1}{2}$ pint milk, 2 eggs. Melt the butter in the milk, over hot water, put in the meat and cook about 5 minutes; add the beaten eggs slowly and stir until the sauce is thick. Serve on toast or fried bread.

CLAMS A LA NEWBURG.

One pint clams, 2 tablespoonfuls butter, 1 gill sherry, $\frac{1}{2}$ pint cream, yolks of 2 eggs, scant teaspoonful salt, a little cayenne pepper. Trim from the clams the tough part, being careful not to cut into the soft portion. Melt the butter over boiling water, stirring constantly; when creamy, put in the sherry. Beat together the yolks of the eggs and the cream, and add gradually stirring all the time. As soon as it is all mixed, turn in the clams, and cook until plump.

CHICKEN CROQUETTES.

Four cups mixed chicken, 1 cup bread crumbs, 3 eggs, drawn butter. Roll chicken, bread crumbs, eggs, seasoning (and enough drawn butter to moisten) into pear-shaped balls. Dip these into beaten eggs and bread crumbs. Put into chafing dish and fry a nice brown.

CREAMED CHICKEN.

Two cups cold chicken cut into small pieces, 1 cup chicken stock, 1 cup milk or cream, 2 tablespoonfuls of butter, 1 heaping tablespoonful of flour, salt and pepper. Cook the butter and flour together in the chafing dish; add the stock and milk and stir until smooth. Put in the chicken, salt and pepper and cook 3 minutes longer.

CURRIED EGGS.

Two tablespoonfuls of butter, 2 small onions (minced), 2 dessertspoonfuls of curry powder, 2 tablespoonfuls of flour, $\frac{1}{2}$ pint of veal or chicken stock, 2 tablespoonfuls of cream, 6 hard-boiled eggs, cut in slices. Put into chafing dish butter and onions, and cook until they begin to brown. Stir in the curry powder; mix well and add flour, stirring quickly all the time; then add the stock or a tablespoonful of fluid beef dissolved in boiling water. When the mixture has simmered for 10 minutes add cream and eggs. When hot, serve.

FROGS' LEGS.

Frogs' legs, gill of cream, 3 tablespoonfuls of butter, pepper, salt, 2 tablespoonfuls of flour. Put the butter in the chafing dish and stir in the flour until smooth, then add the cream. Season the frogs' legs with salt and pepper. Put them in the chafing dish; cover and cook about 20 minutes. If necessary, add a little more cream.

LOBSTER A LA NEWBURG.

One large lobster, 1 tablespoonful butter, 1 gill sherry wine, 3 eggs, $\frac{1}{2}$ pint cream. Take the nicest part of lobster, cut in small slices, put in chafing dish with butter, season well with pepper and salt, pour the wine over it, cook 10 minutes; add the beaten yolks of eggs and the cream; let all come to a boil and serve immediately.

LOBSTER PATTIES.

The tail part of 2 boiled lobsters cut into small pieces and seasoned well with salt and pepper and a little lemon juice; 1 pint of milk, tablespoonful of flour, large tablespoonful of butter. In the chafing dish boil a pint of milk; dissolve the flour in cold milk and add to the hot milk; when thick, stir in gradually the butter, and allow it to become quite thick. Stir the lobster in the sauce, and when it has become hot, serve by filling the previously heated shells with the mixture.

CELERIED OYSTERS.

Dozen large oysters, wine glass of sherry, tablespoonful of minced celery, teaspoonful of butter, salt and pepper. Put the butter into the chafing dish, and when melted add oysters and celery. Season with salt and pepper. Cook 3 minutes; add sherry and cook 2 minutes. Serve on toast.

OYSTER PAN ROAST.

Dozen large oysters, tablespoonful butter, $\frac{1}{2}$ pint oyster juice, 2 slices toast, salt and pepper. Put butter in the chafing dish. As it creams add oysters and juice, seasoned with salt and pepper. Cover and cook 2 minutes. Serve on hot toast moistened with juice.

SCALLOPED OYSTERS.

Oysters, 2 tablespoonfuls of butter, gill of cream, 2 tablespoonfuls of cracker dust, pepper, salt. Put the butter and cream in the chafing dish. Drain the oysters and lay in layers sprinkled with cracker dust, another layer of oysters, more cracker dust, a little butter, season with pepper and salt. Cook from 5 to 10 minutes, covered.

SAUTÉS, OYSTER.

One dozen large oysters, butter, pepper, salt. Drain juice from oysters thoroughly, butter the chafing dish, and when *very* hot place the oysters in single layers. When brown on one side turn and brown the other side. While cooking keep adding a little butter. This, with the juice of the oysters, forms a brown skin in the chafing dish; season with pepper and salt, and when browned serve oysters and skin very hot.

PETIT POIS.

Can of French peas, pepper, salt, 2 tablespoonfuls of butter. Put the butter into the chafing dish; when melted add the peas; season with pepper and salt; cook for 10 minutes.

SWEET BREADS.

Sweet breads, tablespoonful butter, salt pork (strips). Sweet breads should be well washed and dried; run the pork in with a needle; put the butter into the chafing dish, and when hot lay in sweet breads; salt and cook; turn often to crisp the pork.

SHRIMPS.

Half pint of shrimps (fresh or canned), tablespoonful tomato sauce, 2 tablespoonfuls butter, $\frac{1}{2}$ an onion (grated), $\frac{1}{2}$ cup boiled rice, gill of cream. Put the butter into the chafing dish; when hot stir in the onion and rice, add cream, shrimp and tomato sauce; stir until it boils, then let it simmer for 5 minutes.

TRIPE WITH CREAM SAUCE.

Thick honeycomb tripe, 2 tablespoonfuls butter, $\frac{1}{2}$ teaspoonful onion (minced fine), $\frac{1}{2}$ pint cream, flour. Cut boiled tripe into strips about inch wide by 3 inches long. Put into chafing dish butter and onions. When these are hot lay in the tripe, first dredging each slice well in flour. Cook until brown, turning often. Take it out, add to the butter in pan cream, into which has been stirred $\frac{1}{2}$ tablespoon flour. Cook, stirring all the time, until you have a smooth, thick sauce. Return tripe to it and serve.

CONFECTIONERY

FONDANT.

Fondant is the foundation for nearly all French creams. It is necessary to have a marble slab or a piece of slate on which to stir the candy if you want the best results. Great care should be taken to follow explicitly the directions given. Take 2 cupfuls of granulated sugar and 1 cupful of water; stir them together in a granite saucepan; take out the spoon and do not stir while the candy is cooking; let it cook rapidly until the bubbles form thickly over the surface; watch the sides of the pan and if any granules appear wash them off with a sponge or cloth wet in cold water. Try the candy by dipping your fingers into a bowl of cold water, then into the syrup, and immediately back into the cold water again; when the syrup forms a soft ball between your fingers it is done (or when the temperature reaches 235 degrees F. or 114 degrees C., if a thermometer is used). If it forms a hard ball, put in more water and continue boiling until it reaches the proper degree. Turn it slowly on the marble slab; then with a wooden spoon or potato masher stir it round and round until it becomes white and loses its stickiness. Be careful to stir all evenly, so none of it will be sticky. Scrape it all free from the marble and gather it up in your hands, working it till it is quite smooth and free from lumps; it is then ready for use, and will keep an indefinite time; it can be used for icing cakes as well as for candies.

MOULDING AND DIPPING.

Flavor the fondant with extract, using $\frac{1}{2}$ teaspoonful of flavoring to 1 pound of fondant; knead the fondant or work it in your hands till the flavoring is well blended; break off small pieces of fondant and form into small balls or other shapes and place on paraffine paper to dry. For dipping these shapes put some fondant into a double boiler and stir constantly with a fork until it is thoroughly melted. The more you stir it while melting the creamier it is. Take from the fire and dip the balls one at a

time, dropping them on paraffine paper, and stirring the fondant each time you dip one, so that you may have smooth surface for dipping. You may add to this melted fondant any color that you wish, or for chocolate dipping add 2 tablespoonfuls of cocoa to 1 pound of fondant. If the melted fondant is too thick, add a little water (about 1 teaspoonful).

CHOCOLATE PEPPERMINTS.

Flavor the fondant with peppermint; form into balls, then slightly flatten them; dip in chocolate dippings; drop on paraffine paper. Nuts are very nice dipped in chocolate.

DIPPED FRUITS.

Into the uncolored melted fondant dip strawberries, white grapes, pieces of glazed fruit, nuts, sections of oranges; follow the same directions as for the small balls.

ORANGE BON BONS.

Flavor the fondant with orange extract; form into balls and dip into mandarin orange colored fondant.

LEMON BON BONS.

Flavor with lemon extract, form into balls and dip into yellow colored fondant. These may be decorated with a sprinkling of cocoanut.

WINTERGREEN OR ROSE BON BONS.

Flavor the fondant with wintergreen or rose extract and dip in pink fondant.

VIOLET BON BONS.

Flavor with violet extract, form, and dip in violet colored fondant.

WAFERS.

Melt fondant in double boiler and thin a little more than for dipping, adding the water carefully; flavor and color as follows: White with peppermint, green with pistachio, pink with wintergreen, orange with orange extract, violet with violet extract, yellow with lemon extract. After you have flavored and colored it take from the fire and drop in teaspoonfuls on paraffine paper; when it becomes too thick to run smoothly, melt again.

NEAPOLITAN SQUARES.

Take a piece of the fondant, flavor it and divide into 3 parts; into 1 part add chopped nuts, figs, dates or cocoanut; into another part some pink or other color; into the last piece add cocoa. Then roll each into a thin strip and place on top of the other. Now cut into squares with a sharp knife, or roll as you roll jelly cake and cut in slices.

CREAM WALNUTS.

Make a small ball of fondant, place $\frac{1}{2}$ of an English walnut on each side, pressing them together lightly.

CREAM DATES.

Take a small piece of fondant, roll it into an oblong piece and put into a date from which the stone has been removed.

CREAM CHERRIES.

These would be prepared the same as cream dates, using candied cherries.

CRYSTALLIZED FLOWERS.

Make a syrup of 1 cup of granulated sugar and $\frac{1}{2}$ cup of water; cook this until it begins to boil; take it from the fire and turn into a saucer; when cold dip into it rose petals, violets or mint leaves. Cover with the syrup, then with granulated sugar and place on paper to dry.

CRYSTALLIZED FRUIT.

To crystallize fruit make a boiling syrup of 2 parts sugar and 1 part water, scald the fruit in this form 1 to 5 minutes, according to size; roll in powdered sugar and place in sieve to dry. Nice to serve at luncheon as substitute for bon-bons.

MISS P. A. NOBLE.

PEPPERMINT WAFERS.

Two cups sugar, $\frac{2}{3}$ cup water, $\frac{1}{3}$ teaspoon peppermint, or wintergreen. Cook till it hairs, then stir till thick enough to drop on buttered tins or paper.

MRS. BEGLE.

NUT TAFFY.

Two cups brown sugar, $\frac{1}{2}$ cup water, butter the size of a walnut, 1 tablespoonful of vinegar to prevent sugaring, vanilla

to taste. Do not stir. Try in water. When done put in buttered pan, the bottom of which is covered with nut meats.

KATE BOGLE.

WHITE SUGAR CANDY.

Four cups granulated sugar, 2 cups water, 2 tablespoons vinegar, 2 tablespoons melted butter, 2 teaspoons cream of tartar dissolved in water, 2 teaspoons vanilla or lemon extract, just before taking the candy from the fire. Boil until it strings when put into cold water, then cool and pull until white.

MR. GORDON BOWDISH, Aurora, Ill.

MOLASSES CANDY.

Two cups molasses, 1 cup brown or white sugar, butter the size of a small egg, 1 tablespoon of vinegar. When done (so it is hard when dropped in cold water) add 1 teaspoon soda.

ISADORE MILLS.

BROWN SUGAR CANDY.

Two lbs. light brown sugar, 1 cup cream. Boil 20 minutes, stirring constantly. When nearly done drop in 1 lb. of finely cut nuts and flavor with 1 teaspoonful of vanilla. Pour in a buttered tin and when nearly cool cut in squares.

MRS. BEGLE.

MAPLE SUGAR CARAMEL.

One pt. of cream, 1 lb. maple sugar. Break the sugar into small pieces, mix with the cream and cook until it sugars around the edge of kettle and hardens on ice. Stir constantly. Pour into flat tins, cut in squares. Chopped butternuts may be added.

ALICE G. CROCKER.

MAPLE FUDGE.

One large cake maple sugar, 2 cups milk, butter size of an egg. Stir occasionally and try in water. When it hardens upon trial stir rapidly until it fudges, then pour into buttered pans.

KATE BOGLE.

FUDGE.

Two cups white sugar, 1 cup rich milk, butter the size of a walnut, $\frac{1}{4}$ cake of baker's chocolate, $\frac{1}{2}$ teaspoonful of vanilla. Cook until it hardens in cup of water, then beat till thick and creamy and pour into a buttered plate.

MARY CLARKSON.

FUDGES.

Two cups brown sugar, 2 cups white sugar, 1 cup milk, a piece of butter size of a walnut, 2 squares chocolate. Stir *all* the time it is boiling. Flavor with vanilla. After you take it off the stove, stir until it is almost hard, then pour into buttered pans.

BETH COOLEY.

PONOUCHY.

Two cups brown sugar, 2 cups white sugar, 1 cup milk, a piece of butter size of a walnut. Use either walnuts or hickory-nuts, chopped very fine.

BETH COOLEY.

COMANCHE.

Make both the above recipes. Pour the brown fudge into a buttered pan, and pour the white fudge over it.

BETH COOLEY.

TO MAKE EVERTON TOFFEE.

One pound of powdered loaf-sugar, 1 teacupful of water, $\frac{1}{4}$ pound of butter, 6 drops of essence of lemon. Put the water and sugar into a brass pan, and beat the butter to a cream. When the sugar is dissolved, add the butter, and keep stirring the mixture over the fire until it sets when a little is poured on to a buttered dish; and just before the toffee is done add the essence of lemon. Butter a dish or tin, pour on it the mixture, and when cool it will easily separate from the dish. Butter-Scotch, an excellent thing for coughs, is made with brown, instead of white sugar, omitting the water, and flavored with $\frac{1}{2}$ ounce of ginger. It is made in the same manner as toffee.

COCOANUT DROPS.

To 1 grated cocoanut add half its weight of sugar and the white of 1 egg, cut to a stiff froth; mix thoroughly and drop on buttered white paper or tin sheets. Bake fifteen minutes.

MOLASSES CANDY.

One cup of molasses, 2 cups of sugar, 1 tablespoon vinegar, a little butter and vanilla, boil ten minutes, then cool it enough to pull.

CHOCOLATE CARAMELS.

Two cups of brown sugar, 1 cup molasses, 1 cup chocolate grated fine, 1 cup of boiled milk, 1 tablespoon of flour; butter the size of a large English walnut; let it boil slowly and pour on flat tins to cool; mark off while warm.

LEMON CANDY.

Put into a kettle $3\frac{1}{2}$ pounds of sugar, $1\frac{1}{2}$ pints of water, and 1 teaspoon of cream of tartar. Let it boil until it becomes brittle when dropped in cold water; when sufficiently done take off the fire and pour in a shallow dish which has been greased with a little butter. When this has cooled so that it can be handled, add a teaspoon of tartaric acid and the same quantity of extract of lemon, and work them into the mass. The acid must be fine and free from lumps. Work this in until evenly distributed and no more, as it will tend to destroy the transparency of the candy. This method may be used for preparing all other candies, as pineapple, etc., using different flavors.

ANABEL'S CANDY.

Three cups sugar, $1\frac{1}{2}$ cups sweet milk. Boil until it hardens in cold water. Then pour on greased platter and cut in sticks. It will cook in about 30 minutes.

ANABEL TONCRAY, Tollesbois, Ken.

HICKORY NUT MACAROONS.

One cup hickory nut meats pounded to a paste, 1 cup sugar, $1\frac{1}{2}$ eggs, 2 tablespoons flour. Bake on a greased paper; put very little in a place.

CANDIED POP CORN.

Put in an iron kettle 1 tablespoon butter, 3 tablespoons water, 1 cup white pulverized sugar. Boil until ready to candy, then throw in 3 quarts nicely popped corn, stir briskly until the candy is evenly distributed over the corn. Take the kettle from the fire, stir until it is cooked a little, and each grain separated and crystallized with sugar, taking care the corn does not burn. Nuts of any kind may be prepared in the same way.

MISS HAZE, Pontiac.

CHRISTMAS DROPS.

Beat the white of an egg and $\frac{1}{4}$ pound of sugar until smooth, adding gradually $\frac{1}{2}$ teaspoonful of cream tartar and soda sifted together, flavor to taste with lemon juice, and grate a little of the rind. Drop on buttered tins about 3 inches apart, and bake in a slow oven until a light brown, remove with a broad knife and set aside to cool.

PEANUT BRITTLE.

Put 2 cupfuls of granulated sugar into an iron kettle, place over a moderate fire and stir until entirely melted. Have the peanuts (1 cupful) scattered on a buttered platter. Pour over them the melted sugar and leave to cool, then break into small pieces.

PEANUT CRISPS.

Make a boiled icing with $\frac{1}{2}$ cup of sugar and a little boiling water. Beat the whites of 2 eggs very stiff. Pour the icing over them, beating hard, then stir in quickly $\frac{1}{2}$ cup well broken peanut kernels. Pile in little heaps on the little round butter crackers now on the market. Slide into a hot oven to brown very lightly.

MARSHMALLOWS.

Dissolve $\frac{1}{2}$ pound of gum arabic in 1 pint of water, strain, add $\frac{1}{2}$ pound granulated sugar (1 cup), place over fire, and stir constantly, until the sugar is dissolved and the mixture takes the consistency of honey. Add gradually the whites of 4 eggs, well beaten, stirring the mixture steadily until it will not adhere to the fingers. Pour into a pan or box slightly dusted with starch, and when cool divide into small squares.

MARGARET HAMILTON WELCH.

BUTTER SCOTCH.

One cup light molasses, 1 cup of sugar, $\frac{1}{2}$ cup butter, flavoring. Cook until it hardens in water, pour into pans.

HEMY SAWYER, Muscatine, Iowa.

PANOECHA.

Two cupfuls brown sugar (light), 1 of white sugar, 1 of rich milk, or cream. Cook until it just balls when dropped into cold

water. Take off, add a piece of butter the size of a hickory nut, flavor and beat rapidly until it begins to thicken. Add the desired amount of nuts and pour into buttered platter.

MRS. IDA WATKINS.

NUT BALLS.

One cup sweet cream, 3 cups of brown sugar, butter the size of an egg, 1 teaspoon of vanilla; boil until candied and add 1 cup of chopped nut meats. Roll into small balls and cool.

MRS. B. M. COBB, Muscatine, Iowa.

SUMMER NUT CANDY.

Three cups of light brown sugar, 3 cups milk, 1 tablespoon of butter; boil until it hardens in cold water. Add 2 cups of English walnuts, or any nut meats, stir until it hardens. Pour into buttered pans to cool. No matter how hot the day, you can make this candy.

NUT MOLASSES CANDY.

One cup of brown sugar, 1 cup molasses, $\frac{1}{4}$ cup water, 1 tablespoon of butter; boil until it hardens in cold water. Stir in 2 cups of nut meats, and pour into a buttered pan to cool.

MISS STONE, Muscatine, Iowa.

VASSAR FUDGES.

Two cups of sugar, 1 cup of milk, butter the size of an egg, $\frac{1}{2}$ cake of chocolate; put into a chafing dish and boil, stirring constantly until the spoon parts the boiling candy so that the bottom of the dish can be seen. Add 1 tablespoon vanilla, remove from the flame and stir until nearly stiff. Pour into buttered pan and cut in squares.

BEULAH BENNISON, Muscatine, Iowa.

TURKISH SWEETMEATS.

(Massapan.)

Take 2 cups of confectioner's sugar and beat it into the white of one egg, add a cupful of bleached and pounded almonds and a little rose water. Sprinkle the paste board with flour and roll the paste out and cut into diamond shapes, and put aside in a dish to harden.

JESSIE BEN OLIEL.

TURKISH SWEETMEAT.

(Marmorel.)

Melt $2\frac{1}{2}$ tablespoonfuls butter and pour it into 15 tablespoonfuls of sifted flour. Mix some leaven in a cupful of water and work it to a stiff paste. Mix 5 spoonfuls of powdered sugar, 5 spoonfuls of chopped walnuts, spice with ground cinnamon and ground cloves, moisten slightly with rose water. Take some of the paste and make a hollow ball, and then hollow it with your finger until you have a hollow ball of the paste. Fill with the walnut paste and close the opening. Pinch the balls all over, leave for 24 hours and bake to a light yellow and sprinkle with powdered sugar.

JESSIE BEN OLIEL.

SALTED ALMONDS.

Blanch 1 cup of almonds. When cold put 1 tablespoon of melted butter on the almonds and let stand 1 hour, then sprinkle with 1 tablespoon of salt. Put into a bright new pan in a moderate oven, stirring occasionally until they are a light brown. Prepare salted peanuts in the same way.

MRS. C. K. MCKEE.

DELICIOUS ORANGE CONFECTIONS.

Preserve the peel from $\frac{1}{2}$ dozen oranges, and allow to soak in water for 2 or 3 days. Then cut the pieces up in small strips and boil in water until they can be easily pierced with a broom straw. Dissolve a sufficient quantity of granulated sugar in water and boil it down until it would sugar when cool; then put in the orange-peel, draining it first, and stir until cool and you will have a confection which will be liked by all.

COCOANUT PATTIES.

Two cups of sugar, $\frac{2}{3}$ cup of water. Cook until it hairs, then stir, as it thickens add all the shredded cocoanut that will adhere, then form into patties.

MRS. JOHN RICE MINER.

CANDIED SWEET FLAG-ROOT.

Scrape and wash the roots with care. Cover with water, and let boil vigorously 10 hours or until tender, adding water as needed. Drain off the water, and cut the root into very thin slices. Make a syrup of sugar in weight equal to the root and half the quantity of water. Let the slices stand several hours in

the hot syrup on the back of the range. Then boil until the syrup is well reduced. Remove from the fire, and stir until the slices have taken up all the syrup and are covered with sugar crystals. Separate the slices with the fingers, and spread on plates to cool. Store in boxes lined with waxed paper.

Stir 1 cup of sugar and $\frac{1}{4}$ cup of boiling water over the fire until boiling begins. Then cook five minutes without stirring.

FIVE-MINUTE PEPPERMINTS.

Remove from the fire and beat until creamy, adding, meanwhile, 6 drops of oil of peppermint and enough color paste to give a delicate green or pink tint. Drop in rounds from the tip of a spoon onto confectioner's paper to cool. When the syrup is too thick to drop in smooth rounds, add a few drops of boiling water and stir while it is melting over the flame. Then remove from fire, and stir and drop as before.

Humidity Fudge

2 cups sugar
1 " water
1 cup corn syrup
whites of 2 eggs
nuts

2 cups sugar
 $\frac{3}{4}$ " Karo
 $\frac{1}{4}$ " water
2 eggs
1 teaspoon Vanilla
 $\frac{1}{2}$ cup nuts.
 $\frac{1}{2}$ pound dextro
chopped fine
Mrs Fitz

1 lb. sugar
 $\frac{1}{2}$ cup cream
3 Tablespoons butter
 $\frac{1}{2}$ lb. marshmallows
1 cup nuts
1 teaspoon vanilla

$\frac{1}{2}$ cup Karo
 $\frac{1}{2}$ cups sugar
 $\frac{1}{4}$ teaspoon cream tartar
 $\frac{1}{3}$ cup hot water
Karo Fudant

Boil without stirring until it threads
when partially cool beat until creamy

Boston Cream Candy.

6 cups sugar, 1 pt corn syrup.
 1½ pts. sweet cream. Beat well
 - add nuts. Cook until it forms soft
 ball.

Water Fudge

3 cups sugar Boil until it forms
 1 " cream soft ball in water
 1 lb dais ground Add nuts & beat
 2 cups walnuts

BEVERAGES

ICED TEA.

It is better to put the tea in cold water and set in the ice box the morning of the day it is to be used for supper. The flavor is better than if steeped in hot water. MRS. H. S. DEAN.

PREPARATION OF COFFEE.

If a mild and pleasant flavored beverage be desired, the French method of straining it through sieves is preferable, but if a strong economical coffee be desired the common pot may be used and the following proportions allowed: One heaping tablespoon of coffee for each cup desired and one extra, mix with a part of an egg for clearing, add enough cold water to start to boil, and when boiling add enough boiling water for the quantity desired. Boil quickly and thoroughly and remove to back of range until served. After a little experience the amount of water may easily be measured in the pot without the aid of an exact measure. MRS. BOGLE.

COLD WATER COFFEE.

One tablespoonful of coffee for each person. Prepare as for other coffee, pouring over it as much cold water as you wish coffee. When it boils it is ready to serve.

COFFEE FOR 20—COFFEE FOR 100.

For 20 use $1\frac{1}{2}$ pts. of ground coffee and 1 gallon of water. For 100 use 5 lbs. of coffee, 6 eggs and 5 gallons of water. When making a large amount mix the eggs with the coffee and then put in muslin bags, 1 pt. to a bag, allowing room to swell. Do not put all the bags in at once, but put in fresh ones and take out the old ones as you continue to serve. This preserves the fresh flavor of the coffee.

CHOCOLATE.

One qt. milk, 1 qt. water, 2 cups sugar, yolks of 2 eggs, $\frac{1}{2}$ lb. of chocolate; vanilla flavoring. While the milk and water are

coming to the boiling point, grate the chocolate. When the milk boils, stir the chocolate and sugar into it and beat it until it has a froth. Then take from the fire and add the vanilla. Beat the yolks to a froth and add some of the hot chocolate, spoon by spoon, then turn this into the rest of the chocolate. Do not allow to boil again, but keep hot and covered up.

MISS CAMILLA HAENTZSCHE.

TEA.

To make good tea is almost as difficult as to make good coffee; the failure in both cases usually comes from not using good and sufficient material. Following recipe makes good tea: Scald teapot, put in plenty tea, cover with boiling water, spread thick napkin over and about it and let stand 5 minutes before filling with more boiling water; let stand 10 or 12 minutes longer, and pour out.

CHOCOLATE.

Three qts. milk, 1½ qts. water, 3 cups sugar, 2 teaspoonfuls vanilla extract, 1 pt. whipped cream, 1 lb. chocolate. Put the chocolate in a porcelain kettle and cover with 1 pt. water. Let come to boiling point and add the sugar, stirring until it is dissolved and perfectly smooth. At the same time heat the milk and the remaining qt. of water to the boiling point in another porcelain kettle; then pour this into the chocolate and stir over a slow fire until it has a froth on top, but do not let it boil again. When done stir in the flavoring. Put whipped cream on top of each cup.

MISS CAMILLA HAENTZSCHE.

MEXICAN CHOCOLATE.

Grate ordinary cake of chocolate very fine, sweeten as desired, boil in water and milk equally mixed, at least 5 minutes, stirring constantly. The Mexicans say that long continued slow boiling develops flavors imperceptible in chocolate which is quickly made. Separate the yolks and whites of perfectly fresh eggs, allowing 4 for every qt. Beat the yolks to a smooth cream, and the whites to a stiff froth, draw the boiler containing the chocolate to the side of the fire, where it cannot boil, and gradually pour in the yolks, stirring constantly so the yolks will be smoothly mixed through it. Just before serving stir in the beaten whites, so as to make a foaming drink. Serve with whipped cream.

MRS. JOHN BURG.

DEPEW'S OOLONG LEMONADE.

One qt. water bottle ½ full of ice, add juice of 3 lemons, dump in a wine glass of sugar and fill with fresh hot oolong tea. This by the mingling of hot and cold stirs itself and is ready to drink while the brewer is telling a summer story. If he has a mint fancy, a spear or two of this herb may be set in the neck of the bottle for flavor and picturesqueness.

MRS. M. V. TORRANS.

FRUIT PUNCH.

Two cups sugar, 1 cup water, 1 cup Ceylon tea, 1 pt. strawberry syrup, 1 can grated pineapple, ½ pt. Maraschino cherries, 1 qt. bottle Apollinaris, juice of 5 lemons, juice of 5 oranges. Make a syrup by boiling the sugar and water 10 minutes, add the tea, fruit juices, pineapple and strawberry syrup. Let stand 30 minutes, *strain*, add enough ice water to make a gallon. Just before serving add cherries, Apollinaris water and ice.

MRS. JOHN BURG.

RASPBERRY SHRUB.

Two qts. each of black and red raspberries to 1 qt. of vinegar; let stand 4 days, stirring each day, then strain. To each pint of juice add 1 lb. sugar. Boil 20 minutes and bottle for use.

MRS. W. H. JACKSON.

RASPBERRY VINEGAR.

Pour 1 qt. of good cider vinegar over 2 qts. of raspberries and after covering closely, set aside for 48 hours. At the end of this time drain the liquid and pour it over ⅓ qt. of berries and set aside for another 48 hours; strain through a muslin bag and to every pint of liquor add 1 lb. sugar. Boil slowly for 5 minutes and remove the scum, let cool for 15 minutes and bottle. This makes a delicious cooling drink in summer. Add water as you like to ¼ tumbler of the vinegar.

MRS. CUSHNEY.

KOUMISS, THE RUSSIAN NATIONAL DRINK.

Three qts. of fresh milk, 3 tablespoonfuls of sugar, 1 compressed yeast cake. Heat the milk to 100° Fahrenheit and keep at that temperature 4 or 5 hours or until the milk beads. Put into bottles and set in a warm place for ½ hour, then place on ice. It will be ready for use in a day or two. The bottles should

lie on the side in the ice chest so that the cream will not stop the outflow of the Koumiss. Great care should be used in opening it.

MRS. M. V. TORRANS.

BOSTON CREAM, A SUMMER DRINK.

To 3 pts. water add $1\frac{1}{2}$ lbs. loaf sugar. Boil together and when cool, strain and add 2 ozs. of tartaric acid, $\frac{1}{4}$ oz. of essence of lemon, and the white of 1 egg well whipped. Bottle and cork tight, taking care that a little of the egg be in each bottle.

For mixing the cream.—One-third tumbler of Boston cream, fill up with water, add a saltspoonful of carbonate of soda and stir well.

MRS. CUSHNEY.

GRAPE JUICE.

Take ripe grapes and remove the stems, boil and strain as for jelly; allow 1 lb. sugar to 1 gallon of juice and boil 5 minutes more. Seal up while hot; for a spring drink use $\frac{1}{4}$ juice to $\frac{3}{4}$ water.

MRS. BRADSHAW.

GRAPE JUICE.

Pick 1 peck of grapes (Concord) from the stems, and bring to a boil with 1 qt. of water; strain through a cloth. To 1 gallon of juice add 2 qts. of water, 2 lbs. sugar. Boil 20 minutes. Bottle hot and seal. Twenty-five pounds will make 12 qts. Be sure to rinse your bottles out with soda.

MRS. O. M. MARTIN.

VIENNA CHOCOLATE.

Three heaping tablespoonfuls of grated chocolate mixed with enough cold water to make a smooth paste. Pour this into a double boiler and add 1 pt. of new milk and 1 pt. of cream which has reached a boiling point, with sufficient sugar to sweeten. Let it cook 5 minutes, add the well beaten whites of 2 eggs and serve.

BLACKBERRY CORDIAL.

Secure ripe berries and crush them. To each gallon of strained juice, add a quart of boiling water. Let it stand 24 hours, stirring it a few times. Add 2 lbs. of sugar to each gallon of liquid and bring to a boil. Then seal while hot. The juice of small fruits should only be given to children, as their seeds are injurious.

LEMONADE.

Take a 2-qt. can, fill nearly $\frac{2}{3}$ full of water, add the strained juice of 3 large lemons, 1 beaten egg, 6 grates of nutmeg, granulated sugar to sweeten. Screw on top with a rubber band and shake thoroughly, put in ice-box to keep cool. This is very nice.

PINEAPPLE LEMONADE.

Juice of 3 lemons, 1 can shredded pineapple, 2 lemons cut in round slices, water and sugar to taste. Mix all well, serve in glasses with cracked ice. A few strawberries can be added when in season.

MISS SUE STONE, Muscatine, Iowa.

REFRESHING DRINK.

(*Mrs. Owen's Cook Book.*)

A qt. of unfermented wine, 2 qts. water, with $\frac{1}{2}$ lemon, sugar, cracked ice; is a drink that has no headache in it.

GRAPE CORDIAL.

Juice of 2 lbs. grapes, 3 tablespoons sugar, and 1 cup water; drink with ice.

HYDROMEL.

The proportion is $2\frac{1}{2}$ lbs. honey to a gallon of warm water. When the honey is completely incorporated with the water, pour into a cask. When fermented and clear, bottle and cork tightly. A wholesome drink, if properly prepared.

HARVEST DRINK.

One cup vinegar, 1 tablespoon ginger, 3 tablespoons sugar and 1 qt. water.

IMPERIAL.

(*Mrs. Owen's Cook Book.*)

Two ounces cream of tartar. Juice and rind of 2 lemons; put in a stone jar, pour over it 7 qts. of water, stir and cover closely; when cold, sweeten to taste, strain and bottle.

FRUIT PUNCH.

Peel 1 pineapple, remove the eyes and cores and shred fine. Steep a tablespoon of tea in 2 quarts of boiling water for five

minutes, then strain and add 1 lb. of loaf sugar. Add the grated yellow rind and the strained juice of 8 lemons. Cut 3 oranges into slices, slice five bananas thin and hull 1 pint of strawberries, or use a cup of canned strawberries. Put all the fruit and the tea together and let it stand in the ice chest four hours. Put a square of ice in the punch bowl and pour the mixture over and when it is well chilled serve in punch glasses.

PUNCH.

Two qts. green tea, 12 lemons, 6 oranges, 3 qts. champagne, 1½ qts. rum, ½ pt. brandy, 2½ lbs. cut sugar. This is enough for 30 or 40 people.

ORANGE TEA.

Four doz. oranges, 6 lemons, whites of 3 eggs and sugar to taste.

CLARET PUNCH.

Eight qts. claret, 1 doz. oranges, 8 lemons, 1 qt. green tea, 1 qt. Jamaica rum, 1 pt. brandy, ½ pt. whiskey, 5 tablespoonfuls of sugar to each bottle of claret dissolved in enough water to make a thick syrup. Add a qt. of Apollinaris to each bowl of punch just before it is served. This is enough for 125 people.

MISS DEAN.

BLACKBERRY CORDIAL.

With 4 qts. of blackberry juice allow 3 lbs. of sugar and a tablespoonful each of allspice, cinnamon, ginger, ground cloves and grated nutmeg. Simmer in a porcelain kettle 20 minutes, then let it boil a few moments more. When cool bottle it tightly or can it in pint cans when hot, just as you would can fruit.

CLARET PUNCH.

One bottle claret, 1 pt. Jamaica rum, 1 lemon, 3 oranges, 6 heaping tablespoonfuls of sugar to each bottle of claret. Enough water to dissolve sugar.

CLARET PUNCH.

Six bottles claret, 6 lemons, 1 pt. Jamaica rum, 3 oranges, 6 heaping tablespoonfuls granulated sugar to the bottle. Enough water to dissolve sugar.

GRAPE JUICE PUNCH.

One qt. grape juice, 1 qt. Apollinaris, 3 lemons, 3 oranges, sugar, if necessary.

EGG NOGG (FOR AN INVALID.)

Put in a glass the yolk of an egg, to this add a tablespoonful or more of liquor (brandy preferred), stirring well; to this add half a glass of milk; have in another glass the lightly beaten white of the egg; pour from one glass to the other until the white is quite well mixed with the milk and yolk. Sprinkle a little nutmeg over the top. Serve with straw or spoon.

ORANGE FIZZ. (FOR AN INVALID.)

Make an orangeade by using 1 orange, 2 teaspoonfuls sugar and enough water to fill the glass. Stir in the lightly beaten white of an egg.

HOT CHOCOLATE.

Grate ¼ cake of baker's chocolate; add to it 1¼ quarts of sweet milk; let it come to a boil and serve with whipped cream.

STRAWBERRY LEMONADE OR PUNCH.

Drain the juice from a pint of canned or preserved strawberries. Add the juice of 6 lemons, 2 quarts of water, and as much sugar syrup as is needed to sweeten to taste. To make the syrup, boil together a quart of water and a pint of sugar 20 minutes. The color may be accentuated by using a little pink vegetable color-paste. If the strawberry juice be not at hand, use the juice of 6 oranges and three lemons, 2 quarts of water, and syrup as before. Then tint to the desired shade with rose-colored vegetable color-paste. In the recipe containing strawberry juice more water may be needed, if the juice from the preserved rather than canned strawberries be used. An ordinary lemonade may be tinted pink. The beverage will, however, be more satisfactory if syrup rather than sugar be used for sweetening.

ICED COCOA (FOR TEAS, ETC.)

Mix ½ cup each of cocoa and sugar. Add a piece of cinnamon bark and a pint of boiling water. Stir, until the boiling-point is reached. Let boil 5 minutes, then set aside on ice to

become thoroughly chilled. When ready to serve, remove the cinnamon, add 1 pint of rich cold milk, and a teaspoonful or more of vanilla. A pint of soda water may take the place of the milk.

GRAPE SHERBET.

Cover an earthen bowl with a piece of cheesecloth; place in this 1 lb. of ripe Concord grapes, mash thoroughly with a wooden potato masher. Squeeze out all the juice and an equal amount of cold water, the juice of 1 lemon and sufficient granulated sugar to make very sweet. Freeze as other sherbet.

UNFERMENTED GRAPE JUICE.

Place in a preserving kettle 1 peck of grapes which have been carefully picked over, washed and taken from the stems. Almost cover with cold water and heat slowly, mashing them a little, until all the juice is freed from the skins and pulp. Strain through a jelly bag made of cheesecloth, put the juice in a kettle and to each quart of juice add $\frac{1}{3}$ cupful of best cane sugar. Heat the juice and stir to dissolve the sugar, boil 5 minutes, bottle and seal.

GRAPE CORDIAL.

To 1 quart of ripe grape juice add $1\frac{1}{2}$ pounds of white sugar and 1 tablespoonful of cinnamon. Simmer for $\frac{1}{2}$ hour. Bottle and seal while hot.

GRAPE WINE.

Wash and pick over the grapes with care, drain and mash carefully so as not to mash the seeds; strain through a jelly bag and let stand until it begins to ferment, then to every 4 quarts of juice add 1 quart of water and 3 pounds of the best cane sugar. Allow to ferment for one week, carefully skimming each day. Put into a cask, allow to stand open for 1 or 2 days and then seal up. Do not bottle for 5 months.

COOKING WITH A GAS RANGE

For all using gas we are fortunate in securing the following written for this book by Emily Marion Colling, Mrs. Rorer's well-known associate in the cooking school.

ROASTING BY GAS.

With a gas range one may have meat roasted, which is not possible in an ordinary range where it is necessary to exclude all fresh air.

For roasting the broiling oven must be used and the door left open all during the roasting, unless the door contains large perforations for the admission of fresh air, in which case it may be closed.

Light the oven burners fully five minutes before needed, as it is very important that the broiling oven should be well heated. Put the meat on the broiling rack, sprinkle with pepper and place in the broiling oven, so that the meat will be one or two inches from the flame. When one side is seared expose another side to the heat, and so continue until all sides are seared and the juices sealed in, then place it on a lower slide to finish. Baste every ten or fifteen minutes with the fat in the drip pan, turn frequently, being *very* careful not to pierce it with the fork. Allow about eighteen minutes to each pound of meat, and one hour before it is done sprinkle with salt.

At serving time remove the meat to a hot platter, drain off all but two or four tablespoonfuls of fat ((according to size of family). To each two tablespoonfuls of fat add two level tablespoonfuls of flour, rub to a paste, then add $\frac{1}{2}$ pt. of boiling water or stock. Place over the fire and stir until it bubbles, season to taste with salt and pepper and serve.

BAKING MEAT IN A GAS OVEN.

Where the old method of baking meat in the oven is preferred to roasting as above described, light both burners about

10 minutes before putting the meat in. Place the meat in the oven, which should be very hot (about 500°). At the end of thirty minutes, reduce the heat to about 420° by turning off some of the gas and finish baking at the reduced temperature, basting every fifteen minutes. Allow from fifteen to twenty minutes for each pound of meat from the time the heat is reduced. When done finish the same as roasted meat.

BROILING BY GAS.

Gas is the ideal fuel for broiling. When properly done the meat is juicy, tender and delicious. To secure the best results the following directions should be carefully carried out: Buy a steak at least one inch thick (it is a great mistake to buy a thin steak). Trim off the surplus fat and place on the broiling rack. Light the oven burners about five minutes before putting in the steak, in order that the broiling oven may be thoroughly heated. When it is hot run the drip pan containing broiling rack into broiling oven, very close to the flame. Leave the door open throughout the broiling, and when one side of the steak is seared turn it over and sear the other side. When the second side is a nice brown turn it over, sprinkle with salt and pepper and return to the oven. When a nice brown remove to a hot platter, sprinkle with a little more salt and pepper, and either pour over it the contents of the drip pan or spread with butter. Garnish with parsley, slices of lemon and tomato and serve *at once*. Three things must be observed to secure best results: First, be sure the broiling oven is hot when the steak is put in; second, sear first one side, then the other, to seal in the juices; third, *never* pierce the meat with a fork while cooking, or after it is cooked, as this allows the escape of the juices, making the steak dry and tasteless. To broil chops, follow the above directions.

FRYING ON A GAS RANGE.

For frying croquettes, oysters, etc., one should have a deep kettle, a wire frying basket and a plate to rest it on, and a flat pan lined with soft paper to absorb the fat. Have sufficient fat in the kettle to completely cover the article to be fried. Place over the gas flame and allow it to heat until a bluish smoke arises from it, or until a small piece of bread dropped into it will brown quickly. When frying oysters and croquettes put only two or three at a time into the frying basket; more

than this will lower the temperature so that the fat would soak into the article and ruin it. Immerse the basket in the hot fat, and when the article is a nice brown lift the basket from the fat on to the plate. Lift the articles one at a time and place on the soft paper to drain. Frying may be done more perfectly and with more comfort and ease over a gas flame than by any other fuel, as one has such perfect control over it, and can raise or lower the temperature of the fat so quickly by a slight turn of the valve.

BROILING FISH BY GAS.

Light the oven burners five minutes before putting the fish in. Grease the broiler and place the fish upon it skin side up. When the broiling oven is hot run the fish in on a slide, which will bring it very close to the flame. Broil the skin side about five minutes, remove the tray containing the rack from the oven, turn the fish very carefully, sprinkle with salt and pepper, return to the oven and finish broiling, which will require from 5 to 10 minutes longer. When done run a spatula or limber knife between the fish and bars to separate them. Remove the fish to a hot platter, spread with butter and garnish with parsley and slices of lemon.

BAKING BREAD AND ROLLS IN A GAS RANGE.

Five or ten minutes before the oven will be needed for baking, light both burners and before placing the article to be baked in the oven, regulate the flame, so as to obtain the desired amount of heat. It is sometimes advisable to turn out the back burner. A two-pound box loaf of bread should bake one hour in a temperature of 400°. Smaller loaves may be baked in a slightly hotter oven and removed when a rich, dark brown. Ten minutes before taking the bread from the oven, turn out the gas, in order to utilize the heat remaining in the oven. Rolls require a temperature of about 430°. Baking powder biscuits, quick muffins and gems, require about 500°. In baking all these articles, place them on the middle, or upper rack, as the heat is more uniform in the upper part of the oven of a gas range. If the gas is properly adjusted, everything baked in it should be a uniform and beautiful brown. If the bottom scorches before the top is brown, it is usually an indication that too much gas was used. If one has not an oven thermometer, the desired results may be obtained by carefully observing the

amount of gas turned on each time, if not just right the first time, more or less may be turned on as required, the next and all succeeding times.

BAKING CAKE BY GAS.

Fully ten minutes before the cake is ready for the oven, light both burners and in five minutes regulate the flame to furnish the desired amount of heat. Better results may usually be obtained by turning off the back burner entirely. A loaf cake containing butter requires the same temperature as for bread, 400°. A layer cake and patty cakes 420°, cookies about 425°. Angel food and sunshine cake, 380°. Cookies should be baked upon the upper slide and other cakes may be baked upon either the middle or upper slide. The heat being more uniform in the upper part of a gas oven. When layer cakes are placed on both slides, better results are obtained if one tin is not placed immediately over another.

BAKING PASTRY BY GAS.

Few things require more care in baking than pastry. Before baking it should be thoroughly chilled. Light the oven burners 10 minutes before putting in the pastry, and in five minutes regulate the oven to the proper temperature for baking biscuits, made with baking powder, about 500°. Place the pastry on the middle slide of the oven and when it is well puffed up (in about twelve minutes) turn off some of the gas and finish baking at a lower temperature, about 420°. In baking patty shells, at the end of twelve or fifteen minutes they should be well puffed up. At that time reduce the heat and slip a thin sheet of asbestos under the pan, or place it on shelf below the patties, to prevent the bottom from scorching. Bake about 25 minutes.

BOILING VEGETABLES OVER GAS.

As all vegetables are improved by gentle cooking, care should be taken that the gas flame is turned down as soon as the water surrounding the vegetables is actually boiling, and a moderate heat be employed throughout the process of cooking. This not only insures good results, but also a small gas bill. Three things should always be remembered in cooking by gas. First, do not light the top burners until ready to use them. Second, when the kettle boils turn the flame down, allowing

just enough heat to keep it at boiling point. Third, the instant you are through with it turn the gas out. If needed again in a few minutes it is better to relight than to leave it burning.

TO TOAST BY GAS.

Toasting by gas is done quickly and easily. Light the oven burners, have the bread cut about ½ inch thick. Place it on the broiling rack and run into the broiling oven, about two inches from the flame. Leave the door open and do not leave the toast an instant until every piece is out. Watch carefully and when one piece is a nice brown turn and brown the other side. Butter and serve *at once*. There is a gauze wire toaster made which enables one to toast *over* the gas flame and which does beautiful work, the gauze wire preventing the flame from reaching the toast.

EMILY MARION COLLING.

HOUSEHOLD MISCELLANEOUS

HOUSEHOLD INVENTORY.

Women usually keep the run of their household possessions in their minds. A more satisfactory way is to make an inventory, as of table linen, rugs, pictures, bedding, crockery, glassware, silver, etc., and compare it at intervals with the articles in use to see that none are missing and to know when certain articles should be replaced. This carefulness does not presuppose *small*, but rather *nice* dealing. This is a custom in many English families that American women will do well to copy.

MRS. W. B. HINSDALE.

EVERY HOUSEKEEPER SHOULD KNOW

That melted butter will not make good cake. That veal should be white, dry and close grained. That mutton should be deep red and close grained. That the colder eggs are the quicker they will froth. That lemons will keep for weeks if covered with cold water. That soap and salt mixed and rubbed on mildewed spots will remove them. If water boils long before the vegetables are put in, it has lost its gases, so it is flat and tasteless, and the vegetables will not look well or have a fine flavor. Mortar and paint may be removed from window glass with hot sharp vinegar. Drain pipes and all places that are sour or impure may be cleaned with lime water, copperas water or carbolic acid. Beeswax and salt will make flat irons as clean and smooth as glass: first wax then scour with salt on a paper or rag. A small bag of sulphur kept in a drawer or closet will drive away ants. Remove stain of egg from silver by rubbing with salt. By rubbing lemon thoroughly into a sour sponge and rinsing in warm water it will become fresh as new. If brooms are wet in boiling suds once a week they will become tough, will not cut the carpet, and will last much longer, always sweeping like a new broom. Spots can be taken from gilt frames

by rubbing lightly with flannel moistened with white of an egg. To brighten rub with oil of turpentine.

MRS. SARAH B. CHICKERING.

FOR DISH WASHING.

Soda added to the water for washing, and also the rinsing water give a brightness highly desirable.

MRS. SOULE.

WASHING FLUID.

One lb. Babbitt's potash dissolved in 1 gallon boiling water; when cold add $\frac{1}{2}$ oz. salts of tartar, $\frac{1}{2}$ oz. aqua ammonia. Soak clothes $\frac{1}{2}$ hour or so in soap suds, rub slightly and soap them. One cup of fluid to 3 pails of water put in boiler. Boil clothes 20 minutes.

MRS. P. A. NOBLE.

CLEANING FLUID.

For silk or delicate fabrics: One qt. deodorized benzine, $\frac{1}{2}$ oz. ether, $\frac{1}{2}$ oz. cologne, $\frac{1}{2}$ oz. alcohol, $\frac{1}{2}$ oz. chloroform.

AUGUSTA S. KEECH.

CLEANING FLUID FOR SILK OR WOOL.

Sulphuric ether, chloroform, oil of wintergreen, each $\frac{1}{4}$ drachm, alcohol $\frac{1}{2}$ drachm, dead naptha $\frac{1}{2}$ pt.

MRS. SARAH B. CHICKERING.

TO KEEP EGGS.

One pt. salt, 1 pt. slacked lime, 3 gals. water. Place the eggs in a jar, little end down, mix brine, pour on, and keep covered. This brine more than fills a 4 gal. jar.

MISS P. A. NOBLE.

BAKING POWDER.

Eight ozs. bicarbonate of soda, 7 ozs. tartaric acid, 1 pt. corn-starch (or flour). Sift all together 7 or 8 times. This makes about $1\frac{3}{4}$ lbs.

MRS. ARTHUR G. HALL.

FOR REMOVING GREASE SPOTS FROM CLOTH.

One qt. benzine, $\frac{1}{4}$ oz. oil of wintergreen, $\frac{1}{8}$ oz. chloroform, $\frac{1}{8}$ oz. sulphate ether, $\frac{1}{4}$ oz. alcohol, $\frac{1}{4}$ drachm bay rum, $\frac{1}{4}$ drachm ammonia, $\frac{1}{4}$ drachm borax.

MRS. CHARLES L. NOBLE, New York City.

CARPET SOAP.

One bar of Dobbins soap dissolved in 1 gal. of water. Add 2 ozs. ether, 2 ozs. glycerine, 2 ozs. ammonia. Mix well together and apply with brush.

MRS. W. B. HINSDALE.

DISINFECTANT FOR CLOTHES.

Two lbs. alum, 1 lb. common salt, 2 gals. water. Use 1 qt. of this to 1 gallon of water and in this boil things for at least $\frac{1}{2}$ hour of hard boiling. Wash woodwork, etc., in this solution undiluted.

MRS. R. C. DAVIS.

FURNITURE SOAP.

Ammonia water (stronger), 1 oz.; Oleic acid, 4 ozs. Mix thoroughly. To clean, or remove water or steam spots from varnish, apply with damp sponge and remove with damp cloth.

MRS. A. B. STEVENS.

HAIR TONIC.

Tincture cantharides, 2 drs.; quinine bisulphate, 30 grs.; glycerine, 1 oz.; alcohol, 3 ozs. Mix. Apply a teaspoonful to the scalp daily with the tips of fingers and brush thoroughly.

DR. A. B. STEVENS.

COUGH SYRUP (EXCELLENT).

Five cents' worth hourhound leaves, 5 cents' worth or $\frac{1}{2}$ oz. paregoric, 1 lb. brown sugar, 1 qt. water. Steep hourhound in the water, then strain, boil with the sugar until reduced to 1 pt. When cool add the paregoric. Bottle, ready to use.

MISS H. M. BRAUN.

HOW TO REMOVE CLINKERS.

Clinkers may be removed from stoves or fire-brick by putting about $\frac{1}{2}$ peck of oyster shells on top of a hot fire.

TO EXTERMINATE COCKROACHES.

Spread molasses lightly over pieces of board, cover with borax, and place the boards where the roaches congregate.

HOW TO TEST EGGS.

One way to test the freshness of eggs is to put them into a bucket of cold water. The fresh ones will sink immediately. Beware of those that float.

AN ECONOMICAL FIRE-KINDLER.

An excellent fire-kindler may be made by dipping corn cobs in a mixture of melted resin and tar and drying.

HOW TO CLEAN BOTTLES.

There is no easier method of cleaning bottles than putting into them fine coal ashes, and well shaking, either with or without water, according to the substance that fouls the bottle.

HOW TO CUT HOT BREAD.

If you heat your knife, you can cut hot bread as smoothly as if it were cold.

HOW TO PRESERVE BROOMS.

To preserve brooms, dip them for a minute or two in a kettle of boiling suds once a week. This makes the broom tough and pliable and it will last twice as long. A carpet wears much longer if swept with a broom cared for in this manner.

HOW TO PREVENT MOTHS IN CARPETS.

Before putting down the carpet wash the floor with spirits of turpentine or benzine. This must not be done with fire in the room or with any matches or lights near.

ICE WATER WITHOUT ICE.

Here is a way to get ice-cold water in places where there is no ice. Wrap a porous jug in wet flannel; wrap it all round, leaving no place exposed to the air; place it, filled with water, in an open window exposed to all the air there is. Keep the flannel wet.

HINTS FOR WOMEN.

Oxalic acid is the best liquid for cleaning brass.

Cover the hands with paper bags while blacking the stove.

Pare fruit with a silver or plated knife, if you would not stain your fingers.

A pinch of soda added to stewed sour fruit makes less sugar necessary in sweetening.

Let potatoes lie in cold water an hour before cooking, if you want them white and mealy.

Blankets and furs sprinkled with borax and done up airtight, will keep free from moths.

A few drops of essential oil of lavender on cotton-wool quickly rids a bed of troublesome insects.

Salt extracts the juices from the meat in cooking. Steaks ought not, therefore, be salted until they have been broiled.

Stair rods should be cleaned with a soft woolen cloth dipped in water, and then in finely sifted ashes. Then rub them with a dry flannel until they shine.

Powdered borax and soap is the best thing for cleaning copper kettles. Wet a coarse cloth in hot water, soap it well, and sprinkle over it the powdered borax.

Boiling water made strong with ammonia and applied with a whisk broom cleans willow chairs admirably. Soap should never be used, as it turns them yellow.

A cloth wet in hot vinegar will remove paint from window glass. Finger marks may be removed from varnished furniture by the use of a little sweet oil upon a soft cloth.

Don't set food in the oven to dry up, but put it in a covered plate or dish and set in a pan of hot water on the back of the stove. This will keep the food warm and moist if the water is not boiling.

Cayenne pepper sprinkled freely in the haunts of rats will make them leave the premises. Ants do not like powdered alum scattered on shelves, nor moths damp salt, if used in sweeping carpets.

If the cat needs medicine don't try to force it down her throat, or mix it with her milk. Smear it on her sides, and she will lick it all off clean. In Ireland everybody knows how to give medicine to a cat.

To stop bleeding at the nose place a small roll of paper or muslin above the front teeth, under the upper lip, and press hard on the same.

Scraped potatoes applied to a burn are efficacious in relieving the pain and reducing inflammation. As fast as the scrapings grow warm, take them off and apply freshly scraped potato.

A simple home remedy for croup is alum and sugar. The way to use it is to take a knife or a grater, and shave off in small particles about a teaspoonful of alum; mix this with twice its amount of sugar to make it palatable, and administer it as quickly as possible. Almost instantaneous relief will follow.

Earache is usually caused by a sudden cold. Steam the head over hot herbs, bathe the feet in hot water, and put into the ear cotton-wool dipped in camphor and sweet oil. This treatment is often excellent for faceache and toothache. The latter is frequently entirely relieved by placing the cotton soaked with camphor in the ear on the side where the painful tooth is. It is a good plan also to tie a kerchief over the ear, for earache, or toothache, or faceache.

Spots on the floor made by spilling hot grease can be easily removed if cold water is immediately poured on. This cools the grease and prevents it from soaking into the wood. Then wash with strong potash water after scraping off the surface grease. Use a handled mop, as the potash will skin the hands.

It is often the misfortune of one who is ironing to scorch a garment. If the mark of the iron is but slight the next washing will remove it, or it can be wet with soapsuds immediately, and hung in the sun for several hours. For worse stains a repeated dipping in a strong solution of borax, drying in the sun or firelight each time, will be effectual for any spot where the fabric is not injured. The solution must be so strong that no more borax will dissolve in the water.

A delicate glue for mounting ferns, flowers and mosses is made of five parts of gumarabic, three parts white sugar, two parts starch and a very little water. Boil until thick and white.

To clean zinc-lined sinks or the mat under stoves, rub with kerosene, then wash with soap-suds.

Windows may be kept free from ice and polished by rubbing the glass with a sponge dipped in alcohol.

January is the best time to buy table linens, all the latest patterns and summer-bleached linens being imported in December.

Potatoes that are peeled an hour in advance of cooking time and allowed to stand in cold water will be less liable to turn dark after being boiled.

Bath-bags are easy to make, and inexpensive as well. A yard of cheese-cloth is sufficient for half a dozen. Fill with bran, powdered orris root, and castile soap shavings, and use as a sponge.

A mattress mat—serviceable and easily made—is fashioned from light-weight, unbleached muslin in two layers with a sheet of wadding between. Quilt the mat on the machine, and bind with colored tape.

A few drops of oil of lavender in a silver bowl or ornamental dish of some kind, half filled with very hot water, and set in the dining-room just before dinner is served, gives a delightful and intangible freshness to the atmosphere of the apartment. If the room is small, this method of freshening the atmosphere is particularly effective.

For wounds caused by rusty nails use pine tar.

Rub articles stained with eggs or from baking custards, etc., with salt. The brown stains at once come off.

Make tough meat tender by washing it in vinegar, rinsing this off before cooking the meat.

To put wide wicks in lamps or oil stoves thoroughly starch, dry, and iron the wick, and it will slip in easily without interference with its duty as conductor of oil.

To preserve the fresh color of vegetables, boil fast in plenty of water, with cover of kettle off.

Never use soap when cleaning matting. When washing is necessary, use warm soft water, with a little salt dissolved in it.

Meat may be kept sweet several days by covering it entirely with milk. Sour milk or buttermilk is as good as sweet milk for the purpose.

Save all bread crumbs and bits. Dry in a slow oven, roll fine, sift through a coarse sieve, put into jars, and they are ready for croquettes, scalloped fish or meats, etc.

Women who have neither time nor money to waste over having their hands manicured, and yet are desirous of having well-kept nails and clean, smooth skin free from stains, should always keep a lemon on their wash-stand. The juice of this fruit is far more efficacious than the use of the nail-brush.

Spinach is better than mineral waters for kidney derangement.

Tomatoes are better than pills and potions for the liver, and will not produce cancer. Do not season them too highly.

Use lemon juice in place of vinegar on any article needing an acid.

Stewed celery eaten with the liquid in which it is cooked is said to be excellent in cases of rheumatism and neuralgia.

Barley is deficient in gluten, but rich in phosphatic salts. It is the chief cereal of the northern countries of Europe. The Greeks trained their athletes on it.

Buckwheat should be used in cold rather than in warm weather.

Corn is the principal part of the food in some parts of Asia and Africa. It is our most productive cereal, and contains the most oily matter.

Oats contain nearly twenty per cent of nitrogenous substance. Oat preparations are hard to digest, and unfit for invalids unless well cooked and strained.

Groats are oats unhulled.

Rye is less nutritious than wheat and more laxative.

Butter may be kept fresh for a fortnight if it be washed or kneaded in ice water until all the buttermilk and most of the salt have been extracted; then pack in a glazed jar, and set this jar in a larger one filled with water sufficient to cover the butter well. Change the water every day.

To remove a hot cake or pudding from a tin or mould, turn upside down and cover with a cloth wrung out of cold water. The contents will slip out in a minute or two. To remove anything cold or frozen, reverse the process, and wring the cloth out of hot water.

If it can be avoided, hard water should not be used for cooking purposes. Vegetables, fruit, or fresh meats, when cooked in soft water, are much more relishable than if cooked in hard. Peas, beans, asparagus, potatoes, turnips, and other vegetables are rendered less palatable and more difficult of digestion when cooked in hard water than when cooked in soft water.

SUBSTITUTES FOR MILK OR CREAM.

Beat up the whole of a fresh egg in a basin, and then pour boiling tea over it gradually, stirring constantly to prevent curdling. Use enough tea with the egg to make it the consistency of thick cream. This is the best substitute for cream known. Another way is to boil milk in a double boiler, or in a pail set in a kettle of boiling water. Boil until it thickens and grows rich. The beaten yolk of an egg added to this makes it more creamy still.

KEEPING POTATOES.

The best method of keeping potatoes throughout the winter is to simply dump them on the cellar floor, which must be dry and not too warm. If this is done, the tubers will be as dry and mealy in March as they are in November.

BACON RINDS.

All bacon rinds should be washed and carefully preserved by keeping them in a glass jar. These are delicious for seasoning greens and touching up for fricasseed chicken.

PRACTICAL AND INTERESTING.

Water standing in a bed room over night is unfit for drinking purposes in the morning.

A pitcher of cold water on a table in your room does much to purify the air.

Old putty can be removed from windows by passing a red-hot poker slowly along it.

To clean hair brushes, dissolve a little soda in warm water and pour in a small amount of ammonia. Hold the brushes with the bristles downward and avoid wetting the back as much as possible; shake until the grease is removed, then rinse in cold water and put in the air to dry.

Ants are great pests to the housekeeper at certain seasons of the year. Kerosene oil is used quite effectively to keep them away, but a very simple remedy is a heavy chalk mark, made on the shelf and completely surrounding the sugar box, cake dish, etc. If the line is complete they will not cross it.

To clean furniture, rub with cotton waste, dipped in boiled linseed oil; then rub clean and dry with a soft flannel cloth.

To remove a rusty screw, apply a red-hot iron to the head for a short time, the screw-driver being applied immediately while the screw is hot.

To raise the pile on velvet, cover a hot iron with a wet cloth and hold the velvet over it. Brush it quickly while damp.

To remove tar from cloth, rub it well with turpentine.

To remove egg stains from spoons, rub with common salt.

Brooms dipped for a minute or two in boiling suds will last much longer. It makes them tough and pliable.

To preserve against moths, a small piece of paper or linen just moistened with turpentine and put into the wardrobe or drawers for a single day, two or three times a year, is a sufficient preservative against moths.

ALL NIGHT LIGHT.

To make a candle burn all night, in case of sickness, or when a dull light is desired, put finely powdered salt on a candle till it

reaches the black part of the wick. In this way a mild and steady light may be kept all through the night by a small piece of candle.

KITCHEN WEIGHTS AND MEASURES.

Two cupfuls equal a pint.
 Four cupfuls equal a quart.
 One teaspoonful salt to one quart soup.
 One teaspoon salt to two quarts flour.
 One pint milk or water equals a pound.
 One-half cupful of yeast to one pint of liquid.
 Two cupfuls of solid butter equal one pound.
 One teaspoon extract to one loaf of plain cake.
 Sixteen tablespoonfuls liquid equal one cupful.
 One teaspoon of soda to one cupful of molasses.
 One teaspoon of soda to one pint of sour milk.
 Two cupfuls of granulated sugar equal one pound.
 Four cupfuls of flour equal one quart, or pound.
 Twelve tablespoonfuls dry material equal one cupful.
 One dozen eggs should weigh one and one-half pounds.
 Three teaspoons of baking powder to one quart of flour.
 Two even teaspoons of liquid equal one even tablespoonful.
 One scant cupful of liquid to two full cupfuls of flour for bread.
 Two and one-half cupfuls of powdered sugar equal one pound.
 Three even teaspoons dry material equal one even tablespoonful.
 One scant cupful of liquid to two full cupfuls of flour for batter.

THE CARE OF CARPETS.

A good layer of newspapers underneath a carpet will prevent all danger from moths, which have a strong objection to printers' ink and will not come anywhere near it to lay their eggs.

Tea leaves, damp salt or newspapers that have been soaked in water and then squeezed dry and torn into small pieces are all very good for taking up the dust when sweeping, but tea leaves should always be rinsed in water before using, especially if the carpet is a light one.

Damp salt brightens the colors wonderfully if they are at all faded or soiled.

Remember that a carpet should always be swept the way of the nap. To brush the other way is to brush the dust in.

Attend to all stains as soon as possible. If left, they gradually sink into the carpet and are much more difficult to remove than if done at once.

TO MEND IRON.

Take equal parts of clay and wood ashes; mix with water like paste. Put on iron cold, will last a long time. When it comes off, can be repeated. ELLA WOODWARD THOMPSON.

DISINFECTANTS

Put dried sage into a hot shovel and it will take away a disagreeable smell in a sick room or sleeping room.

TO STEEP HERBS.

Boiling spoils herbs. Put them on the stove in cold water and steep slowly.

FURNITURE POLISH.

Equal parts of sweet oil, turpentine, cider vinegar.

MRS. H. S. DEAN.

PRESERVED FISH.

Preserved fish are generally more economical as food than fresh fish. Thus salt cod furnishes 50 per cent more nourishment than does fresh cod.

COSMETICS

Alcohol, gum benzoin, 10c worth. Dissolve the gum in alcohol and dilute with soft water.

ALMOND POWDER.

Almonds, blanched and powdered, 1 lb.; Castile soap, white, 8 ozs.; orris root, 2 ozs.; pumice stone, 4 ozs.; oil of bitter almonds, 2 drops.

CAMPBOR ICE.

Lard, white wax, oil of sweet almonds, 2 drs.; powdered camphor, 40 grs.; spermaceti, 40 grs.; glycerine, 1 dr.; oil of bergamot, 2 drops.

ROSE CREAM

White wax, 240 grs.; oil of almonds, 2 ozs.; rose water, 1 dr.; borax, $\frac{1}{4}$ dr.; oil of roses, $2\frac{1}{2}$ m.

HAIR TONIC.

Bay rum, 1 pt.; glycerine, $\frac{1}{2}$ oz.; cantharides, tincture of, $\frac{1}{2}$ oz.

COLOGNE—1.

Alcohol, 1 pt.; lemon oil, $\frac{1}{2}$ oz.; bergamot oil, $\frac{1}{4}$ oz.; lavender oil, $\frac{3}{4}$ dr.; orange oil, 1 dr.; neroli oil, $\frac{1}{4}$ dr.; mush essence, $1\frac{1}{2}$ ozs.; rose, $\frac{1}{2}$ dr.; acetic ether, 1 dr.

COLOGNE—2.

Alcohol, 1 gallon; rosemary oil, 1 oz.; lavender oil, 1 oz.; bergamot oil, 1 oz.; lemon oil, 1 oz.; rose oil, 16 drops.

BAY RUM—1.

Jamaica rum, 1 pt.; strong alcohol, 4 pts.; water, 3 pts.; oil of bay, 1 oz.

BAY RUM—2.

Jamacia rum, 1 pt.; alcohol, 4 pts.; water, 3 pts.; oil of bay, 1 dr.; oil of pimento, 20 drops.

THE COLLEGE AND THE STOVE.

I believe that the introduction of the study of domestic science into the curriculum of every girls' college would have a distinct bearing upon the solution of the ever-perplexing servant problem. Just so long as domestic work as a profession for women is regarded with disdain and looked down upon, just so long will we have the problem of domestic service in its present unsatisfactory condition. But the moment we lift it to the plane where it rightly belongs,—as one of the highest professions known to mankind, worthy of serious study at college,—then will we see a different order of things. The girl, who today prefers a place in a store or factory, would no longer continue to regard the work of a domestic as menial, if that work were placed before the world as a study, prepared for in college and studied by girls of intelligence and position. If some of our girls entered homes with the knowledge which a college course of

domestic science would give them, they would very quickly cease to regard their servants as simply menials and white slaves. Not only would such girls give to cooking its proper place, but they would demand as well a quality of service which would of itself weed out the incompetent, and bring a new and higher element into our kitchens. If the mistresses of American homes knew more themselves of cooking as an art, if they more intelligently appreciated its value, they would give higher credit to those who are today cooking in our kitchens. There is ignorance in our kitchens today—no doubt whatever of that. But what other condition of affairs can we expect, when a still greater ignorance exists in our drawing-rooms?

EDWARD BOK, in *Ladies' Home Journal*.

TEACH YOUR DAUGHTERS TO COOK.

Teach your daughters to cook; that should be the first care of every mother as soon as her girls reach the age of twelve years. It does not matter if they may count on an income of \$2,500 or \$250 each per annum, whether they are fine ladies or poor working-girls; they should know that the woman who cannot cook and serve up an appetizing meal without wasting good food is a disgrace to her sex.

It is true that the rich woman need not go into her kitchen and soil her fingers in doing what she can pay servants to do for her. None the less she should be able to criticise their efforts and supervise the household expenditure, so that a perfect knowledge of the art of cookery is as necessary to her as it is to the laborer's wife who has to make one shilling do the work of two, and yet feed the family well. The young bride who, suddenly finding herself without a servant, discovered that she could not even boil a potato, is a very good example of the useless sort of woman who should not marry until she has qualified herself at the cooking school.—*Health Journal*.

Bad cooking diminishes happiness and shortens life.—*Wisdom of Ages*.

TO REMOVE MILDEW.

Use lemon juice and sunshine, or, if deep seated, soak in a solution of one tablespoonful of chloride of lime in four quarts of cold water until the mildew disappears. Rinse several times in clear water.

TO REMOVE RED IRON-RUST.

Cover the spots with salt, moisten with lemon juice, let stand a time, adding more salt and lemon. If not successful with these, use for fast colors muriatic acid. Spread the cloth over a large bowl of hot water, touch the dry spots with a drop or two of the acid. When the rust disappears, rinse several times in clear water, and then in water in which there is a little ammonia.

TO CLEAN THE KITCHEN STOVE.

To make the kitchen attractive, the stove must first be attended to. Now, if you are an old hand at the art of home-making, you may have heard of the following "wrinkle," or, nine chances out of ten, you may not. At any rate, if you will mix your stove polish with strong soap suds, you will find the lustre come very quickly when you begin rubbing. Should there be steel trimmings on your stove, you will find this recipe a good one to give an extra polish: turpentine, two tablespoonfuls; sweet oil, one tablespoonful; emery powder, one tablespoonful.

HONEY AS MEDICINE.

According to a writer in *Health*, honey is a valuable medicine, and has many uses. It is excellent in most lung and throat affections, and is often used with great benefit in place of cod-liver oil. Occasionally there is a person with whom it does not agree, but most people can learn to use it with beneficial results. Children who have natural appetites generally prefer it to butter. Honey is a laxative and sedative, and in diseases of the bladder and kidneys it is an excellent remedy.

TO REMOVE BLOOD STAINS.

Use clear, cold water at first, then soap and water.

TO REMOVE INK SPOTS FROM GINGHAM.

Wet the spots with milk, and cover them with common salt. Let stand some hours, then rinse in several waters.

TO REMOVE INK SPOTS.

Put one or two drops of oxalic acid on the spots, rinse in several waters, and finally in ammonia.

TO REMOVE GRASS STAINS.

Allow the spots to remain saturated with alcohol for a little time, then wash in clear water.

TO CLEAN BLACK SILK.

To clean black silk, sponge it on both sides with weak ammonia water, then roll it on a roller, and leave until thoroughly dry. It will come out very nicely, and repay the trouble.

JAVELLE WATER FOR BLEACHING.

One gallon water, $\frac{1}{2}$ lb. chloride of lime, 10 ozs. washing soda. Pour 2 qts. boiling water on soda. When dissolved, pour into gallon jar with cork. Add 2 qts. cold water to lime, dissolve thoroughly as quickly as possible and add to soda. Cork tightly and let settle for several days before using.

For Use.—Pour one pint of the water through a thick cloth into 3 gallons of warm water. Add clothes to be bleached, stirring till white. Do not let them remain longer than necessary to remove the stains. Rinse in several waters.

TO PEEL COOKED TONGUES, ETC.

When salt hams or tongues are cooked, they should be instantly put into cold water, as the change from the boiling water they were cooked in to the cold water loosens the skin from the flesh, and it peels off without any trouble.

Articles of food that are damp or juicy should never be left in paper. Paper is simply a compound of rags, glue, lime, and similar substances, with acids and chemicals mixed, and, when damp, is unfit to touch things that are to be eaten.

SHOE STRINGS.

For tired mothers especially, and all others who have laced shoes to keep "tied up," we would give as wide a circulation as possible to a plan to save a world of care, time, and vexation: Take beeswax and rub a little on the lacing, and they will not slip or untie until done by hand. Try it, prove it, and pass it around as much as possible. Also wax the ends of the lacings when the tin is off.

TO REMOVE PAINT FROM CLOTHING.

Equal parts of ammonia and spirits of turpentine will take paint out of clothing, no matter how hard and dry it may be. Saturate the spot two or three times and then wash out in soap suds.

SWEEPING.

Sweep and dust to *remove* the dirt, not to stir it up and settle again.

Do not try to keep house without a light-weight, long-handled ceiling broom.

CARE OF LINEN, ETC.

An efficient housekeeper will keep a list of linen, china, glass, silver, etc., and know when an article needs to be replaced. Nothing about the house should escape her attention.

Do not try to be too saving of table linen. Buy as good a quality as you can afford, the better grades last longer, look better, iron better and keep clean longer. Have a liberal supply of table linen and towels if you have to do without some other things.

It is a good plan to keep a certain number of sheets and pillow cases for each bed. For ordinary purposes about five sheets and four pairs of pillow cases. Keep numbered, and when worn, replace with new.

PROTECTION AGAINST MOTHS AND DUST.

Have a good number of muslin bags. Use long, full ones for dress-skirts, cloaks, gentlemen's suits, particularly dress-suits, or any garment that should be hung up for some time. Hang the garment on a coat frame, lengthen the hook of the frame with a strong cord, draw the bag up and over the garment and tie in two places, a little ways apart. In this way the garment is protected from dust and moths. A good way for putting away winter garments in summer. For smaller articles, as small furs, plumes and millinery, not in use, or anything that the moths are apt to invade, after careful cleaning place the articles in an appropriate sized box, carefully papered, cover with tissue or other paper, tie the box cover on, and then draw the bag over the box and tie at the end of the box without upsetting it.

A still nicer way is to fit a cloth covering to bandboxes or other shaped boxes, and tie on top. This means a little extra work, but if made of good muslin, such coverings last for years, and are very useful and quickly adjusted. If garments and other articles are clean when put in the bags and boxes no other protection against moths will be needed.

CARE OF BEDS AND BEDDING.

When airing a bed, do not throw the clothes over the foot of the bed and leave it to air with the bottom sheet on. Take off every thing from the bed, spread, blankets or comforts and sheets, and thoroughly shake out the latter. When practicable, leave sheets and blankets in the sun and air. Mattresses to be well taken care of, should be thoroughly aired and beaten once a month. Leave them, with the window open, at least an hour every morning. Should be frequently turned.

A WORD ABOUT MIRRORS.

Mirrors are educational and should be more common in living rooms. They help to correct bad dress, awkwardness, frowns, and other facial defects. Even anger might show itself less frequently, if it could see its own expression. Some one has called mirrors "bright reflections in manners."

DISH CLOTHS.

Dish cloths should be made of soft cloth, either new or old, and hemmed as well as dish towels. Frequently change and put in the general washing where they will be boiled. After each using both dish towels and cloths should be well rinsed and hung in the sun or by a fire to dry. Germs accumulate rapidly on dish cloths unless kept clean.

The proper care of dish cloths, dish towels, scrubbing cloths, mops, garbage cans, dark corners in cellars and attics, is more important than the care of the parlor. A "far-reaching" interest in these places and things always pays.

PART II

I. DIETETICS.

I. INFANT FEEDING.

- a. *Introductory.*
- b. *Statistics.*
- c. *Classification of Foods.*
- d. *Feeding an Infant under one year old.*
 - (1) *Natural Method.*
 - (2) *Artificial Method.*
- e. *Feeding a Child over one year old.*
- f. *General Rules for Feeding Children.*
- g. *Commercial Foods.*

2. MILK.

- a. *Importance of Pure Milk.*
- b. *Milk Supply in Cities.*
- c. *Sources of Contamination.*
- d. *Uses of Milk.*
- e. *Milk Derivatives.*

3. FOOD VALUES—(Tables).

4. THE INVALID'S TRAY.

II. DISINFECTION.

III. ACCIDENTS.

IV. POISONS AND ANTIDOTES.

V. MISCELLANEOUS.

I. INVALIDS AND CHILDREN.

2. FOODS AND COOKING.

I.—DIETETICS.

I. INFANT FEEDING.

a. *Introductory.*

More than half the ailments of young children, and more than two-thirds of all deaths under one year, are due to diseases of the stomach and bowels arising from improper food and feeding. The great prevalence of digestive diseases and the high death rate among infants engages the serious attention of every parent. One not familiar with the statistics, if a person of delicate sensibilities, will be shocked upon becoming acquainted with them. Children are not the only people who suffer from improper feeding. Sir Henry Thompson, a noted English physician, says: "I have come to the conclusion that more than half the disease which embitters the middle and latter part of life is due to avoidable errors in diet."

b. *Statistics.*

In the following statistics, compiled from the "Twelfth Census of the United States," the term "Diarrheal Diseases" means the following: Cholera morbus, colitis, diarrhea, dysentery, enteritis and cholera infantum.

STATISTICS FOR THE UNITED STATES.

The total number of deaths reported as due to diarrheal diseases in the United States during 1900 was 72,485, there being an excess of 4,404 males. Up to about the fifteenth year the death rate of males from these diseases exceeds that of females. The proportion of deaths in 1900 from diarrheal diseases out of 1,000 deaths from known causes was,

Under 1 year	623.1
One year	135.5
Two years	31.5
Three years	12.4
Four years	7.4

The greatest proportion of deaths due to these diseases occurred in the Gulf region, the Southwest Central region, and the Middle Atlantic Coast region. The least proportion occurred in the Pacific Coast region, the Cordillerian region and the North Mississippi belt. In both cities and rural districts the highest death rate occurred in the months of July, August and September, and the lowest in the months of December and February.

MICHIGAN STATISTICS.

In 1900 there were 103.9 deaths in Michigan, from diarrheal diseases, in every 100,000 population.

In actual numbers there died in Michigan in 1900, from these diseases, 1,371 males, and 1,146 females, the greater mortality among males being 225. The only diarrheal disease claiming more females than males being dysentery, with an excess of 23 females.

Number of deaths due to cholera infantum in Michigan in 1900:

	Males.	Females.
All ages	636.	478.
Under one year	487.	348.
One year	107.	91.
Two years	28.	23.
Three years	14.	12.
Four years	0.	3.

The Upper Peninsula and the counties adjoining Lakes Michigan and Huron suffered the most heavily. There is a marked decrease from the age of three years, with some slight variations, to the age of 40, in these diseases, when the number rises until it reaches its next greatest height between 70 and 75. The greatest number of deaths due to cholera morbus in this state in 1900, above the age of two years, occurred in people from 65 to 75.

In comparison with 1890 the figures show a great decrease in the death rate from diarrheal diseases in all areas, particularly in cities. The proportion of deaths from these diseases in 1,000 deaths from all known causes, was 72.5 in the United States in 1900. In 1890 the corresponding proportion was 88.8.

This marked decrease is largely due to better sanitary conditions and better food supplies. If this proportion is to be

decreased, or even maintained, there must be a corresponding vigilance over the conditions that make improvement possible.

These facts are sufficient to show that the importance of great care in the management of food for all people, and especially for infants and young children, cannot be over-estimated.

A prolonged and careful investigation of the causes of death among infants has led to the following deductions:

1. Infants in all conditions of life, fed solely from the breast, are remarkably exempt from fatal diarrhea.
2. Infants fed in any way with artificial food to the exclusion of breast milk suffer the most heavily.
3. Infants fed partially from the breast occupy an intermediate position.
4. The bottle is the most dangerous method of artificial feeding. The food may be in itself sound and wholesome and yet dangerous because (a) it is unsuited to the digestive capacity of the child; (b) it may be suited to the child and yet dangerous from having been stored in unsanitary places, as dark, ill-ventilated cupboards or cellars; (c) the bad result may be due to dirty feeding bottles, rubber tubes and nipples; (d) or to overfeeding and irregularity. In artificial feeding there is less liability to digestive disturbance when the food is given from a clean cup, but with very young infants this is impracticable, yet the cup should be substituted for the bottle as soon as convenient. Great care must be taken in keeping everything connected with the food of infants and its administration perfectly clean.

The nutritive needs of babies are the more difficult to supply because of their feeble assimilative powers, every infant, when it comes to hand feeding, being "a law unto itself."

c. Classification of Foods.

Foods consist of five component parts, viz.: Water, proteids, fats, carbohydrates and salts.

While water is not a food in the proper sense of the term, it constitutes a great part of the body, especially in children, so that a child requires, in proportion to his weight, more water than the adult. Whenever an infant cries between meals, and the cause is not apparent, it is a good rule to offer it water. Jacobi, one of the best authorities upon infant feeding, says, that besides acting as a diluent and solvent for the tissues and food, water assists in digestion. Babies rarely suffer from an excess of water. but, in acute inflammation of the stomach and bowels it must

sometimes be withheld on account of the vomiting it induces. No doubt many children die of water starvation.

Proteids, nitrogenous or albuminous foods.—Proteid is that form of food that builds the tissues, none being formed without it, entering into every cell of the body. "It is the physical basis of life." In the child the material necessary for growth is very much more than the amount needed to maintain the physical equilibrium, so the child's demands for proteid are much greater in proportion than the adult's, but often he gets much less, especially if fed upon commercial foods. The food of the child supplies material for energy and heat, for the growth of new parts, and for the repair of tissue. If the proteid be in excess in an infant's food, indigestion, colic and constipation may result. If the proteid be insufficient he becomes flabby, debilitated and ceases to grow. The food may be all right and malnutrition, owing to enfeebled constitution or disease, may intervene, but that feature of the case belongs to medicine and not to dietetics. These remarks apply to well children. When a child becomes ill, always consult a competent physician.

Fats form the fatty tissues of the body and are the great heat producers. The infant requires in proportion to his bodily weight four to six times more than the adult. A child of five years requires half as much fat as an adult doing moderate work. He is not able to maintain his bodily temperature by exercise the same as the grown person. When fats are in an excess in an infant's food the effect is sometimes intestinal catarrh.

Carbohydrates.—These compounds contain carbon united with hydrogen and oxygen, the two latter in such proportion as to form water. They are largely composed of sugars and starches, found principally in grains and vegetables. Infants practically never suffer from a deficiency of carbohydrates. There are many varieties of sugar of which the most common found in food and added to it are cane sugar or sucrose; grape or fruit sugar or glucose and sugar of milk or lactose. They have nearly the same uses as starches, producing heat and force and fattening the body. Cane sugar is usually derived from the sugar cane and from beet root. Maple sugar is from 2 to 10 per cent sucrose and is highly prized on account of its agreeable flavor. Nearly half the commercial sugar of the world is made from beets and nearly half from sugar cane. Glucose or grape sugar is found in nearly all

fruits, sometimes in connection with other sugars. Lactose or milk sugar forms the most important form of carbohydrate for the infant, as he is unable to digest but very little starch the first year of life. It is less sweet but far more expensive than cane sugar. Sugars are great force producers in the adults. Sugar in the food of the healthy adult, in not too great quantities, lessens fatigue and increases working power. People of active habits can use more sugar than those of sedentary life. Four or five ounces a day is as much as the adult should usually eat. Cow's milk is deficient in lactose, hence in modified milk it must be added. Starch need not be considered as an infant's food, as it is not found in mother's milk. As soon as the child begins to get his teeth it may be gradually added to his dietary.

Salts (ash) or mineral matter. All foods contain some form of earthy matter sufficient, usually, without its being added. Common table salt is the only element that need be considered in this connection. It serves both as a requirement and as seasoning. The best rule to give in regard to its use is to "salt according to taste." The question is often raised by physiologists and therapeutists if too much earthy matter in the form of common salt be not consumed by most people. An excess of salt is known to act deleteriously upon the tissues, predisposing them to premature degenerative changes, or, aging of tissues. Some good authorities maintain that food naturally contains sufficient salt without its being added at all. This question at this time is being considerably discussed by specialists competent to consider it. The small "amount of iron in milk is insufficient for the growth of the child, hence the high percentage in the organism at birth."

For ordinary purposes it is customary to group foods into two great classes, animal and vegetable. The animal foods, such as beef, veal, mutton, pork, fish, poultry, eggs, cheese, etc., contain, as a rule, little or no carbohydrates. Exceptions to this rule are chiefly found in milk and products manufactured from milk. With the exception of butter, lard, and all but the leaner cuts of pork, animal foods are essentially a source of protein rather than energy. (The terms *proteid* and *protein* are here used to mean the same.) In such materials as veal, young chickens and fish there is almost no fat, protein being practically the only nutritive ingredient. The presence of animal food in the diet is due not only to custom and desire for variety, but also to the fact

that with most people it is one of the most important sources of protein or tissue forming material.

Among vegetable foods we usually distinguish between cereals and their manufactured products, sugars, starches and the like, and vegetables and fruit. "Of these subclasses the cereals are most important for supplying nutriment, such as corn, wheat, barley, oats, buckwheat, etc. The value of many of the fruits and vegetables lies in the variety and palatableness they give to food and in the acids and salts they contain, and not in their real amount of nutriment."

d. *Feeding an Infant under one year old.*

(1) *The natural method, or nursing.*

Lactation is a normal, physiological process and it is uncommon for a mother to be unable to nurse her child, at least, during the first few months of its life. A good authority makes the following rules: "Provided the mother is healthy and strong, and the milk secretion sufficient for the wants of the child, nursing may be continued for nine, and partially, for twelve months, but, usually, it is best to discontinue it at ten months. Except under medical advice, breast feeding should never be continued beyond one year." Another safe rule to follow is to regard all milk as safe if the child digests it and gains in weight. Weigh the child every week.

Feeding.—Beginning at 5 A. M. and extending to 11 at night, the intervals between feeds should be about two hours from the first to the fifth week, or ten times a day. After the first month to the third reduce the feedings to intervals of about two and one-half hours, and from this time to nine months every three hours or about seven times a day. A nervous, restless child requires more food than one who sleeps most of the time. After feeding, the child should be quietly put to sleep, without jogging or trotting upon the knee or rocking in the cradle, a practice happily becoming obsolete. Gentle movements are especially admirable in the handling of infants. A child should never be allowed to be kissed upon the lips. Unnecessary fussing or demonstrations are objectionable and sometimes very hurtful.

After feeding it is a good plan to sometimes wipe out the mouth of the child with a soft handkerchief dipped in clean boiled water to remove particles of food adhering to gums and lips.

An infant should never be allowed to suck an empty bottle, rubber playthings or anything of doubtful cleanliness.

Weaning should not occupy more than four or five weeks, and with it closes the first period of the child's dietary existence.

(2.) *Artificial Method.*—Mother's milk consists of 87 parts water and 13 solid, the cream being the fat, the lactose the sugar and the curd of the milk the proteid. One cannot expect to raise a healthy child unless all these elements are in his food, and when a substitute for mother's milk is used they should exist in the same proportion. Cow's milk contains three times as much proteid and a little more than one-half as much sugar as breast milk, and this is why so few infants are able to digest cow's milk unless modified.

Milk from the high grades of cattle as the Jerseys and Guernseys is less digestible than that from the more common breeds. Milk from one cow is not always best for an infant. The milk from a mixed herd, the larger the better, is preferable, as the quality of the milk remains more constant.

Time Table for artificial feeding.—Tables can only apply to average cases, as some infants have greater or more rapid assimilative powers than others, but the following may be depended upon for ordinary cases:

Age.	Amount of food for each feed.	Interval between feeds.	Number of feeds 24 hours.	Total amt food for 24 hours.
1st month ...	1 $\frac{1}{8}$ to 1 $\frac{7}{8}$ oz.	2 hrs.	10	12 to 18 oz.
2nd month ..	2 $\frac{1}{2}$ oz.	2 $\frac{1}{2}$ hrs.	8	20 oz.
3d to 6th mo.	3 to 4 oz.	3 hrs.	7	21 to 28 oz.
6th to 9th mo.	5 to 6 oz.	3 hrs.	7	35 to 42 oz.

An infant's stomach is much smaller than is usually supposed.

At the age of one week its capacity is	1 oz.
At 4 weeks	2, 1-2 oz.
At 8 weeks	3, 1-5 oz.
At 16 weeks	3, 4-7 oz.
At 20 weeks	3, 3-5 oz.

The artificial food may be prepared as follows, the measure

being the teaspoonful. Use the same spoon every time as the teaspoon is a variable measure.

Measure.	Milk.	Cream.	Water.	Lime water.	Sugar of milk
First week	2	1	5	1	$\frac{2}{3}$
Second week	3	1	6	1	$\frac{2}{3}$
Third week	4	1	7	1	$\frac{2}{3}$
Fourth week	5	1	8	1	$\frac{2}{3}$
Second month	2	1	2	3	$\frac{2}{3}$
			barley water.		
After 2nd to 6th month..	2 to 3	1 to 2	3 to 4		$\frac{2}{3}$
From 6th to 9th mo....	5 to 6		5 to 6		1

Cream may be continued with advantage; if it is not added the child may be more or less constipated; if continued as long as the child continues on the milk diet, 2 to 3 teaspoonfuls should take the place of the same amount of milk.

The lime water must be added after boiling the mixture, if that method of sterilization be employed. If perfectly sweet cream cannot be obtained, add milk instead. Table sugar may be used if sugar of milk cannot be obtained.

Barley water is probably the very best starch preparation to use in the milk mixture. Rice water, oatmeal and even bread water are sometimes used instead, such additions preventing the casine of the milk from forming into large lumps.

Barley water or oatmeal water is prepared by putting a teaspoonful of the crushed grain or two teaspoonfuls of the whole (pearl barley) into a closed top vessel like a jug or can, and pouring a half pint of boiling water over it and simmering an hour by the fire. Strain before using. In warm weather make fresh twice a day, and always keep in the refrigerator.

Prepare the food as early in the morning as the milk can be obtained and store in as many different bottles or cans as there are to be feedings for the day. In this way only one meal is disturbed at a time. When the child is older and plain milk is used this may not be necessary.

Never use rubber tubes on nursing bottles.

Rubber nipples may be kept in borax water. They should be kept as clean as possible.

Lime water is made by pouring a quart or two of hot water over a piece of fresh unslacked lime, about as big as a

walnut, stirring until slacked. Let settle and turn off the clear water to use. It is of fixed strength.

Never test the temperature of the milk by putting the nipple in the mouth, but turn a few drops into a spoon.

A small flannel bag drawn over the bottle assists in keeping the milk warm while feeding. Never feed more than fifteen or twenty minutes at a time. Never allow the infant to sleep with the nipple in the mouth. Use great care in making any radical change in the food during the hot months.

Remember that a babe requires a simple diet, a child, greater variety. "Yellow, inodorous, mustard paste stools prove the correctness of the infant's food. Green, slimy or foul-smelling stools warn the mother of approaching danger." "The fat in cream makes the stools yellow; the proteid or cheesy part when in excess, makes them green and colicky; too much sugar causes gas and colic."

This is a good general rule to observe. "When stools smell sour and are starchy the child is getting too much starchy food; when they smell putrid the child is being fed too much albumen."

The ejection of swallowed food is often salutary, being an overflow from an over distended stomach. Vomiting with depression or emaciation should be regarded as a sign of illness.

(e) Feeding a child over one year old.

Between the ages of 12 and 18 months, the infant should be fed about five times a day at regular intervals. Whole milk may be gradually used instead of the modified forms. Let the first two meals be of milk, whichever form agrees best, and for the third meal use one half as much milk and a portion of a soft boiled egg, with or without a few stale bread crumbs, about twice a week. Soon the whole egg can be taken. Let the other two meals be entirely of milk. Let the child chew a little stale bread as chewing will help the development of the teeth. Decayed first teeth sometimes cause septic conditions that lead to digestive disturbances. Gradually let a little oatmeal gruel or jelly be added to the milk. Have the oatmeal thoroughly cooked and strained, made fresh every day, and add a tablespoonful to the milk to begin with. It will be found an excellent remedy for constipation. Give very little if any sugar with cereals. Some doctors insist that an infant in the second year should not be allowed to taste sweets, as when

they are withheld the child will continue to have a healthy appetite for necessary and proper food.

Orange juice, prune or ripe peach juice may be added to the bill of fare, but gradually. Always strain the juices so they will be free from seeds, pulps and skins. A little baked apple is allowed at times. It is wonderful what is sometimes expected of the child's digestive apparatus. Sour cherries, green apples, soggy potatoes, pickles, etc., have been given to little children just running around, by otherwise intelligent mothers. The horrors of the second summer will largely disappear when babies are properly fed.

It may be necessary sometimes to continue the modified milk well into the second year or all through it. If the child is doing well upon the milk, eggs, stale bread, a few fruit juices and oatmeal or barley gruel, do not be in a hurry to experiment with new foods—let "well enough alone."

When should a child be given meat?—Authors differ, but the beef tea, sometimes so strongly recommended, has its objection for young children. There is no nutritive value in beef tea, but it acts as a stimulant. There is a difference between beef tea and beef juice.

"Meats should be fed sparingly all the early years of childhood, not only on account of their over stimulation, but because they create a distaste for the cereals and vegetables which are essential for the child's growth." "The healthiest children are those who have meat about every other day up to the fifth or sixth year. Very little, if any, should be given under 18 months, and it should be gradually increased after the second year. Here again much depends upon the child."

PARTIAL DIET LIST FOR CHILDREN TWO AND THREE YEARS OLD AND OLDER.

Meats.—Selected beefsteaks and lamb chops or mutton. Tender chicken and turkey occasionally, inside "cut" broiled or baked. Fresh fish sparingly, as a variety, broiled or baked, should be selected with great care. Oysters plain or stewed in milk, not seasoned until after the cooking, the broth preferable to the cooked oyster. Occasionally the tender end of the raw oyster. Eggs soft boiled, or dropped, never fried.

Breads.—Home-made bread a day or two old, dry toasted or

plain, as a general rule is preferable to all other bread stuffs; water crackers, milk crackers and possibly soda crackers, if the ingredients are all right, are allowable, but should be used sparingly at first to determine if they "agree."

Cereals.—Wheaten grits, possibly, oatmeal always well cooked, rice, hominy and barley meal may be given once a day if they "agree." The cooking should be several hours over a slow fire. Corn meal mush cooked a long time, given in milk, is permissible if tolerated. All cereals should be given warm from the first cooking. No warmed-over food should be given young children.

Vegetables.—Potatoes baked or boiled, once a day. Fresh peas, thoroughly cooked, to older children, occasionally. Cooked celery, cooked onions, if tolerated, and green lettuce. Vegetables are beneficial in regulating the bowels.

(f) *General Rules for Feeding Children.*

1. Allow plenty of time for meals.
2. See that the food is properly masticated.
3. Do not allow nibbling between meals.
4. Do not tempt the child with the sight of rich and indigestible food.
5. Do not force the child to eat against its will, but examine the mouth, which may be sore from erupting teeth, and examine the food which may not be properly cooked or flavored. If good food is refused from peevishness merely, remove it and do not offer it again before the next meal time.
6. In acute illness reduce and dilute the food at once.
7. In very hot weather give about one-fourth less food and offer more water.
8. When practicable the children should be fed at a separate table from the family and the time of feeding should be clock-like in regularity. Having the young members of the family served at a separate table, removes from them many of the annoying temptations which they may see upon the family table.

Many a child that is brought up to always tell the truth and to endure severe mental discipline is not at all educated dietetically. Do not buy children or pay them for being "good" or "smart" with certain kinds of food that may be unsuited for them. "A plain, rigid, yet bountiful diet, is of itself a means of education

that may fortify the young person against the great tempter who in later life usually approaches him through the stomach."

Too much importance cannot be attached to the plain, nourishing, regular feeding of children of all ages. By way of illustration two cases are cited, both personally known to the writer. The first was an especially delicate child 5 or 6 years old, living in Cleveland, Ohio, who, although eating with the family usually, was never allowed to go beyond meal time or to depart from her regular diet. She was found one day being served all alone at the family table, at 12 o'clock, the other members of the family, for some cause, having been detained beyond the hour for luncheon. This child developed into a strong, healthy girl. The other case is that of a little girl 4 or 5 years old, when first known to the writer, who lived in a country town where she had all the advantages of good food and fresh air, but who had inherited a weak digestion that threatened to destroy her. The same diligent care was exercised in regard to her diet with the happiest results. She became an exceptionally strong woman. Many delicate children have been saved to strong, vigorous, mature life by proper feeding, and many more healthy children have had their future health and usefulness destroyed by careless, improper feeding. Everything in life does not depend upon feeding, but a great deal more of the child's future depends upon proper feeding, in early life, than many people can be made to believe.

(g) *Commercial Foods.*

In nearly all of these foods the fats and proteids are so low that they are practically useless unless served with milk. Their great objection for young babies is the excess of starch they contain. No form of carbohydrates, except lactose, is present in mother's milk. In the commercial foods, it is safe to say, carbohydrates are always in excess. They are easily obtained, are cheap, and are often used as an adulteration by manufacturers who have a way of making the buyer believe that "scientifically" the food is just what is needed. Because of the excess of carbohydrates, children fed upon these foods are often fat, flabby and rachitic. Cane sugar is substituted for milk sugar, being much sweeter. The agent may say that chemically they are the same, and that because children "cry for it" it is better than the milk sugar, but these sugars undergo different kinds of fermentation. The pictures of fine, fat, apparently healthy children that are so

largely used for advertising, are not to be depended upon as dietary guides. That there are no more bad results from feeding babies upon these foods is probably due to the fact that they are generally served with milk.

2. MILK.

(a) *Importance of Pure Milk.*

Good milk is the most important food in the world. It is no longer sufficient that milk looks all right, it must stand the test for bacteria contamination. The germs found in milk do not nearly all induce disease, but disease germs enter with the others in a thousand ways and rapidly multiply. "It is the result of the activities of bacteria which causes milk to sour and produces in it bad tastes and odors."

In selecting a milk supply for children especially, the following items are very important: Breed of cows, care of cows, care of stables, care of milker, especially his hands.

When cows are allowed to stand in a barnyard of "muck and mire with a stagnant pool in the center," or in hot, ill-ventilated stables, switching their tails even into the milk-pail, a pure milk product cannot be expected.

"The practice of enclosing cows in the space between two wings of a barn, or in a narrow yard formed by a fence around three sides of a building, is responsible for so much defilement of cows that for his own advantage, pecuniary and otherwise, a dairy farmer should abandon it and provide a large field connecting with the cow barn, and spacious enough, first, to be used as a gathering place at milking time, and in winter, as an exercise ground, and, secondly, to give the animals a fair chance to keep clean. This large field has so much to do with the cleanliness of the herd that it will surely be required when dairy farmers are licensed by the state."

"If a man will not dispense with the small enclosure, at least he should keep it in a sanitary condition, so that not only the herd, but also the members of his family, may cross it without suffering contamination."

There is "a definite inverse ratio between the amount of light in the stable and the spread of tuberculosis among the cattle therein." "A few gallons of bad milk can scatter disease enough to put a whole community in mourning. Given a temperature of

70 degrees it makes an ideal nursery, and one germ ancestor can produce ten thousand in six hours or ten million in nine. The milker with consumption starts a chain of cases through the milk. The one who has nursed his child with scarlet fever, and who milks without changing his clothes or washing his hands, passes the disease on to some other child, and diphtheria and other contagious diseases go the same way. Typhoid fever is particularly easy to communicate through milk. Last spring a milkman gave the disease to a number of students at Leland Stanford University. A year ago 50 or 60 people summering near New York contracted the disease from milk obtained from a man who had typhoid in his family and washed his milk bottles in the tub used for the patient's washing. At Stanford, Conn., a few years ago, 376 people had typhoid because a milkman washed his cans in contaminated water."

The following will still further emphasize the fact that the public should be better informed as to the danger that lurks in the careless handling of milk, and should also know that it is unnecessary and can be prevented:

"The extent of this danger may be judged by the fact that two years ago there was published in one of the medical journals a report upon three hundred and thirty outbreaks of epidemic diseases traced to milk; one hundred and ninety-five of these were epidemic or typhoid fever, in one hundred and forty-seven of which the disease prevailed at the dairy or farm; in sixty-seven it was due to contamination of well water; in twenty-four, the employes at the farm were acting as nurses, and in ten they were working while still sick. There were ninety-nine epidemics of scarlet fever, in sixty-eight of which the source of infection was traced to the illness of persons at the dairy; in seventeen the employes were themselves suffering from scarlet fever, and in ten they were acting as nurses to scarlet fever patients. In other cases the mode of infection was through the storage of milk near infected rooms, or the poison was brought by cans or bottles from patients' houses. There were thirty-six epidemics of diphtheria, in thirteen of which the disease existed at the farm or dairy. When it is remembered that some of these epidemics have numbered hundreds of cases with many deaths, the importance of great care is apparent and the amount of mischief which is possible through the neglect of a single person seems appalling. Most of this harm results because the men who are handling the milk

are entirely ignorant of the manner in which milk becomes infected, and consequently fail to take the simple precautions which would be quite sufficient to prevent such a calamity."

(b) *Milk Supply in Cities.*

Although comparatively little has yet been done, America is foremost among nations in seeing the need of and providing for better milk supplies in large cities.

In an address read before the Southwest London Medical Society in May, 1903, Dr. G. F. McCleary, medical officer of health of Battersea, made this statement: "There is a movement now on foot to introduce into this country the methods of clean milk production which have been successfully established in some parts of America. These methods consist merely of the observance of strict cleanliness in milking and in storage, and in the rapid cooling of the milk when drawn from the cow. This movement deserves the strongest support. The methods of milk production and storage usually carried on in this country are most discreditable to a country which has hitherto been the pioneer in public health matters. No public health measure is more urgently needed than a reform in the milk supply."

The greatest problem in feeding infants in large cities has been the time required between the country milking and the time of delivery. With the extension of the trolley lines there is no longer any reason why the milk cannot be delivered fresh and cold, packed in ice if necessary, a few hours after milking. Ten thousand farms in five different states send to New York city one and one-half million quarts of milk every day. Through the efforts of the board of health that city now has "certified" and "inspected" milk, the latter costing a little above the usual price.

A "certified" milk label in New York means the following:

1. Clean stables with cement floors, whitewashed walls and windows.
2. Cows sponged off and groomed before each milking.
3. No man with a contagious disease in his family is allowed near the milk.
4. White suits are worn at milking.
5. Bottles and utensils are sterilized.
6. Bottling is done in a separate room; bottles packed in ice and shipped in a refrigerator car.

The New York health department has already made a rule that

no milk shall be delivered in the city which has a temperature over 50 degrees F.

7. Frequent tests of milk and farm inspection.

This milk comes high.

By "inspected milk" is meant that the cows, barnyard and utensils are sanitary, the milk cooled at once, and transported quickly, and that the farm is inspected and that the milk is regarded by the milk commission as being healthful.

In "certified" milk the samples are tested each week and if the man is careless and the germs go up beyond a certain limit, the inspector makes a visit to the farm, and the matter is remedied.

The following is a sample letter sent to careless farmers out of the state as well as in: "We have tested your milk and it runs a million bacteria to a half teaspoonful. That means either that your cows, yards and barns are not clean or that you are not cooling your milk. Unless you correct what is wrong we shall have to exclude your milk from the city."

Sometimes in Queen's county, farms being declared a menace to public health, the cows have been driven to the pound and boarded at three dollars a week at the owner's expense.

In some places the dealers have purchased milk from sick cows and thrown it away, paying the full price to the farmers.

New York and some of the other large cities now have also milk laboratories where different forms of modified milk may be obtained for infants and invalids, also predigested milk and other foods derived from fresh milk. The laboratory established in Boston, in 1892 and 1893 completely fed 1200 infants the first year.

(c) *Sources of Contamination.*

In places where there is no strict surveillance over the milk supply the following are the usual sources of contamination:

1. Adulteration by water.
2. Addition of coloring matter.
3. Addition of preservatives.
4. Addition of substances to thicken after dilution.

Milk is also rendered unfit for use by

1. Improper foods given to the animal.
2. Poor condition of the animal.
3. Worrying the animal before or during milking.

4. Contaminating disease germs from the cow.
5. Contamination from extraneous matter.
6. Souring and absorbing bad odors.

(d) *Uses of Milk.*

1. As an infant's food.
2. As food for an adult.
3. As a source of special and manufactured foods, as creams, butter, cheese, etc.
4. As a diuretic.
5. For soothing effects on diseased mucous membrane of the alimentary canal.
6. To loosen a cough. (Hot with glycerine.)
7. As a prophylactic against lead poisoning.
8. As a vehicle for the administration of other foods, as custards, gravies, bread and milk, mush and milk, breakfast foods, etc.
9. As a vehicle for medicines.
10. As a nutritive enema.
11. As a hypnotic.

The late Dr. Selden H. Talcott, of the Middletown Asylum of New York, used hot milk as a calmative agent. Whenever the inmates of the institution became disturbed at night, his practice was to have a cup of hot milk served and the patient ordered to bed. He seldom, if ever, employed drugs for soporifics and his institution was noted for the quiet and sleepful rest which prevailed at night. Milk is sterilized by heating it to the boiling point, 212 degrees F. If put into sterilized bottles it will keep fresh for several days. Pasteurized milk is only raised, for ten to twenty minutes, to a temperature of 160 to 170 degrees. (Thompson.) It tastes more like fresh milk but does not keep as long as the sterilized milk. The casein is more soft than in boiled milk. Pasteurized and sterilized milk must have the same care as raw milk. Heating or boiling milk does not make it proof against contracting new germs.

(e) *Milk Derivatives.*

Condensed milk, cream, butter, buttermilk, cheese, skim-milk and whey. Condensed milk is prepared by slowly evapor-

ating milk until it is of the consistency of honey. Sugar is added, so there is from 39 to 48 per cent of sugar among its solid ingredients. The sugar prevents fermentation, and if the milk is canned while hot, and hermetically sealed, it will keep indefinitely. It is largely used by the poorer classes, and children can be raised upon it. This is one formula:

Condensed milk	1	oz.
Cream	1/2	oz.
Hot water	2 1/2	oz.

Babies seem to thrive upon it, for a time getting plump, even more so than upon plain milk, but they finally become flabby and poorly developed. Much of the condensed milk is made from skimmed milk and is deficient in the growing properties of whole milk. There are 500,000 hundred weights of condensed milk imported into this country every year.

Cream.—Cream is one of the most agreeable methods of administering fats. It is often eaten too rich and may disagree on that account; if diluted a little it will be better borne. It is an excellent substitute for cod-liver oil, in tubercular cases, in what used to be called the scrofulous diathesis, and in long continued suppurative diseases, as joint diseases. It is not indicated in the dietary of flatulent dyspepsia, obesity, gall-stones and most forms of gastric diseases.

Ice cream, if made from pure cream, simply frozen with fine grain, is allowable to many people even of delicate stomachs. It soothes and cools inflamed and dry throats, should be eaten very slowly and be allowed to melt in the mouth before reaching the stomach. Those who fear acute gastric irritation should avoid the use of ice cream except in small quantities. It is allowable in warm weather to convalescents from typhoid fever and similar affections, but should never be included in the diet list without the consent of the physician.

Cheese.—Chemists tell us that cheese is one of the most nutritious and, at the same time, one of the cheapest of foods. Its nutritive value is greater than meat while it costs much less. But this chemical aspect of the matter does not express the real value of the cheese as a food. Cheese is eaten, not because of its nutritive value as expressed by the amount of proteids, fats and

carbohydrates that it contains, but always because of its flavor. Now physiologists do not find that flavor has any food value. They teach over and over again that our food stuffs are proteids, fats and carbohydrates, and that as food flavors play no part. But, at the same time, they tell us that the body would be unable to live upon these food stuffs were it not for the flavors. If one were compelled to eat pure food without flavors, like the pure white of egg, it is doubtful whether he could for a week at a time consume a sufficiency of food to supply his bodily wants. Flavor is as necessary as nutriment. It gives a zest to the food, and thus enables us to consume it properly, and, secondly, it stimulates the glands to secrete, so that the food may be properly digested and assimilated. The whole art of cooking, the great development of flavoring products, the high price paid for special foods like lobsters and oysters, these and numerous other factors connected with food supply and production are based solely upon this demand for flavor. Flavor is a necessity, but it is not particularly important what the flavor may be. This is shown by the fact that different people have such different tastes in this respect. The garlic of the Italian, and the red pepper of the Mexican serve the same purpose as the vanilla which we put into our ice cream, and all play the part of giving a relish to the food and stimulating the digestive organs to proper activity. The primary value of cheeses is, then, in the flavors they possess."—H. W. Conn in *Popular Science Monthly*, December, 1900.

Butter, which is the fat of cream, when of unquestionable quality, is one of the very best kinds of animal fat foods. If for invalids, it should never be allowed to go beyond the melting point, because it changes its nature if cooked. Butter is very liable to be spoiled by being contaminated by both maker and handler with coloring stuffs, dirt, etc. Good butter is scarce and usually high in price.

The value of skimmed milk as a nutritive food is not generally understood. A pound of skimmed milk contains more protein than a pound of whole milk. A pound of the latter contains about 0.033 pound of protein and 0.04 pound of fat. If the fat is removed from the pound then there will be left 0.96 pound of skim milk containing 0.033 pound of protein, or one pound of skim milk will contain about 0.0350 of protein. Two quarts of skim milk has a greater nutritive value than a quart of oysters.

Composition and cost of a lunch or meal of bread and skim milk:

FOOD MATERIAL	AMOUNT	COST, CENTS	PROTEIN, POUNDS	FUEL VALUE, CALORIES
Bread	10 oz.	3	0.06	755
Skim milk	1 pt.	1	.03	170
Total	4	.09	925

Estimated cost and nutriment of a restaurant lunch:

FOOD MATERIAL	AMOUNT OUNCES	COST, CENTS	PROTEIN, POUNDS	FUEL VALUE, CALORIES
Soup	8	..	0.01	75
Beef	2	..	.02	275
Potatoes	2	100
Turnips	1	15
Bread	4	..	.02	300
Butter	1/2	100
Coffee
Milk	1	20
Sugar	55
Total	15 to 20	..	.05	940

The 15-cent lunch did not contain more nutriment than the 4-cent lunch.

While not recommending skim milk lunches for general use, the above table is of interest. Skim milk while useful in many ways would not long sustain life if taken alone.

A quart of whole milk approximates the food value of a pound of steak. Families of moderate, even small means, should regard both skimmed and whole milk as economical articles of food.

Whey is that part of milk after the fat and casein have been removed. Some people care for it, but as a food it is of no great value.

3. FOOD VALUES.

"Half of the struggle for life is a struggle for food." In other words, from 50 to 64 per cent of the earnings of the laboring classes must be spent for food. The subject of food values is an inexhaustible one, and can only be mentioned here with the hope that a greater practical knowledge may be obtained by house-

keepers who either purchase and cook the food for the family, or, employ others to do it for them. The power of man to do work depends largely upon his nutrition. "A well-fed horse can draw a heavy load," and it is much the same with a man.

The first experimental food station in this country was established by Prof. W. O. Atwater, through whose efforts, in connection with educational and philanthropic institutions in various parts of the country, hundreds of dietary studies have been made. The work is now carried on in the Agricultural Department at governmental expense.

The object of these studies is to find out what people eat and what they ought to eat, and the results have so far shown that: 1. People purchase needlessly expensive kinds of food. 2. Our diet does not contain the food ingredients in proper proportion. 3. We use excessive quantities of food. While there are many who are underfed, a very large number of well-to-do people of sedentary occupation, brain workers as distinguished from hand workers, eat too much. 4. We make errors in cooking and waste much fuel.

Another striking result of these studies has been to show the difference between the animal and vegetable foods in the actual cost of nutriment. Meats, fish, poultry and the like are expensive, while flour and potatoes are cheap food, the reason being simple. "The animal foods are made from vegetable products; making meats from grain or grass is costly. An acre of land will produce a given number of bushels of wheat, but when the grain or grass which the same land will produce is converted into meat, it makes much less food." The old saying that "the best is always the cheapest" does not apply to food. The price of food is not regulated by its value for nutriment, but by its scarcity, appearance, agreeable taste, and the buyer's fancy. "There is no connection between cost values and nutritive values." "The cheapest food is that which supplies the most nutriment for the least money, and the most economical is that which is the cheapest and at the same time best adapted to the wants of the user." There is no more nutriment in an ounce of the proteid of the tenderloin than in an ounce of the proteid of the round steak, and there is as much nutriment in a pound of wheat flour as there is in 3 1/2 quarts of oysters which weigh 7 pounds. Canned tomatoes, usually considered a cheap article of diet, are a costly source of protein and energy. "When a day laborer pays 7 1/2 cents for a pound of

bread, he pays three times as much as his employer does when he buys flour at six dollars a barrel. Ten cents expended for wheat flour or corn meal will purchase a much larger amount of nutriment than if expended for any other food material, unless it be dried beans or peas."

The following case illustrates the small nutritive value of certain well known articles of food: "A dietary study was taken of the family of a skilled mill workman in New Jersey. The number of meals taken by the different members of this family during the study was equivalent to one man, 127 days, or practically four months. During this time \$2.16 was expended for oranges and \$3 for celery, making a total of \$5.16 for these articles, which between them furnished 150 grams of protein and 6,445 calories of energy. During the same time \$5.16 was also expended for cereal foods and sugars, and 3,375 grams of protein and 184,185 calories of energy were obtained, or twenty-five times the amount furnished by the oranges and celery. The amount expended for vegetables and fruits aside from the oranges and celery amounted to \$5.75, and furnished 1,909 grams of protein and 58,000 calories of energy, or, in round numbers, ten times as much as was obtained in the oranges and celery." This is not saying that people should not eat oranges and celery, for they serve many useful purposes, but if a man has only a very small amount of money to buy food for the purpose of nourishment, these articles are expensive.

The Massachusetts Bureau of Labor, in collecting dietaries among the poor, ascertained that this class of people in the city usually bought the best cuts of meat and paid for them, and that the most fastidious were those who could least afford to be so. One meat man in Boston gave his experience with a poor woman who always insisted upon buying tenderloin steak at 60 cents a pound, while his wealthy customers bought the cheaper cuts. By actual experiment the average waste found in fourteen mechanics' families, in comfortable circumstances, amounted to 6 per cent of the amount purchased; that in professional men's families to a little over 3 per cent. While the professional man was paying 28 cents a day for his food and the mechanic 19 cents, the former only wasted half as much as the latter.

Dietary studies were made in the families of a teacher and tinner living in Lafayette, Ind., in 1895. The nutritive value of the food was about the same for both families, but the great dif-

ference lay in the cereals. The teacher's family had home-made bread, more cereals, less vegetables and fruits than the tinner's. The teacher obtained for 18 cents a day as much protein and nearly as much energy as the tinner purchased for 26 cents. In general it may be said that the cost of a diet may be diminished by consuming less fruit, less expensive cuts of meat and fewer vegetables. Fruits add comparatively little to the food value, although they are valuable for other reasons. The cheaper cuts of meat are often as nutritious as the more expensive; much depends upon the cooking. Vegetable foods are essential to a well regulated diet, although no great variety is demanded. The cost of foods depends somewhat upon the locality. These remarks apply more to cities and towns where fresh fruits and vegetables are usually high, than to rural districts where people can raise their own, or buy them at a moderate price. It is not practicable for the housekeeper to determine the number of grams of proteid or the amount of energy contained in certain foods, as is done at experiment stations, nor is it necessary, but she can obtain much valuable knowledge of food values that she can use with profit to herself and family. "Experience has shown that the body is best nourished when through long periods the food approximates the requirements of so-called standards. Individual requirements and peculiarities will always affect the choice of foods. In the purchase of other things their value for the purpose for which they are intended is considered as well as their cost. Without doubt the same principle may be advantageously applied to the purchase of food. By the exercise of a wise economy, based on a knowledge of the real nutritive value of foods, a more satisfactory diet can be obtained for a less sum than is at present expended in many cases, or the cost of the diet may be diminished without lessening its nutritive value."

The following classification and rules may be of practicable value to busy housekeepers:

Foods containing a large amount of protein as compared with the fuel value: Fish; veal; lean beef such as shank, shoulder, corned, round, neck, and chuck; skim milk.

Foods containing a medium amount of protein: Fowl; eggs; mutton leg and shoulder; beef, fatter cuts, such as rib, loin, rump, flank and brisket; whole milk; beans and peas; mutton chuck and loin; cheese; lean pork; oatmeal and other breakfast foods; flour, bread, etc.

Foods containing little or no protein: Vegetables and fruit; fat pork; rice; tapioca; starch; butter and other fats and oils; sugar, syrups.

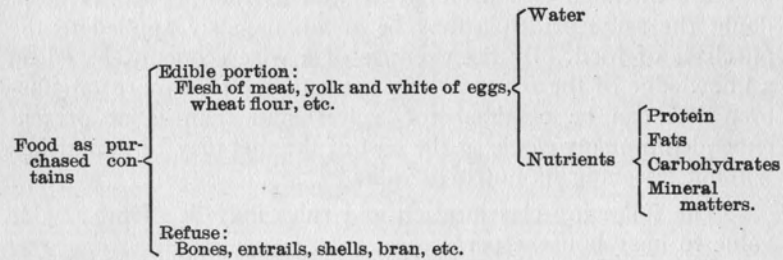
"(1) The use of any considerable amount of fat meat or starchy food should be offset by the use of some material rich in protein. Thus, if salt pork is to be eaten for dinner, veal, fish, or lean beef might well be eaten for breakfast or supper or both. Bean soup furnishes a considerable amount of protein, while bouillon, consommé, or tomato soup are practically useless as a source of nutriment. Skim milk also furnishes protein, with but very little accompanying fats and carbohydrates to increase the fuel value.

(2) The use of lean meats or fish for all three meals would require the use of such foods as rice, tapioca, or cornstarch pudding, considerable quantities of sugar and butter, and more vegetables, in order to furnish sufficient fuel value.

(3) Since flour, sugar, and butter or lard enter very largely into pastries and desserts, the larger the quantities of these dishes that are consumed the larger does the fuel value tend to become as compared with the protein."

The following Tables are taken from Bulletins issued by the U. S. Department of Agriculture, Washington, D. C.:

NUTRITIVE INGREDIENTS OF FOOD AND THEIR USES IN THE BODY.



USES OF NUTRIENTS.

Protein	Forms tissue (muscle, tendon, fat).	} All serve as fuel and yield energy in form of heat and muscular strength.
White (albumen) of eggs, curd (casein) of milk, lean meat, gluten of wheat, etc.		
Fats	Form fatty tissue.	
Fat of meat, butter, olive oil, oils of corn and wheat, etc.		
Carbohydrates	Transformed into fat.	
Sugar, starch, etc.		
Mineral matters (ash)	Aid in forming bone, assist in digestion, etc.	
Phosphates of lime, potash, soda, etc.		

The fuel value of food.—Heat and muscular power are forms of force and energy. The energy is developed as the food is consumed in the body. The unit commonly used in this measurement is the calorie, the amount of heat which would raise the temperature of a pound of water 4° F.

The following general estimate has been made for the average amount of potential energy in 1 pound of each of the classes of nutrients:

	Calories.
In 1 pound of protein.....	1,860
In 1 pound of fats.....	4,220
In 1 pound of carbohydrates.....	1,860

In other words, when we compare the nutrients in respect to their fuel values, their capacities for yielding heat and mechanical power, a pound of protein of lean meat or albumen of egg is just about equivalent to a pound of sugar or starch, and a little over 2 pounds of either would be required to equal a pound of the fat of meat or butter or the body fat.

STANDARDS FOR DAILY DIETARIES.

	Nutrients			Fuel value
	Protein	Fat	Carbohydrates	
European:				
Man at moderate work.....	<i>Pound</i> 0.26	<i>Pound</i> 0.12	<i>Pounds</i> 1.10	<i>Calories</i> 3,055
Man at hard work.....	.32	.22	.99	3,370
American:				
Man without muscular work.....	.20	3,000
Man with light muscular work.....	.22	3,000
Man with moderate muscular work.....	.28	3,500
Man with hard muscular work.....	.39	4,500

The table of composition of food materials shows the amount of water, protein, fat, carbohydrates, and ash content and the total fuel value per pound. The protein, fat, and carbohydrates all furnish energy. In addition to furnishing energy, protein forms tissue. Since protein and energy are the essential features of food, dietary standards may be expressed in their simplest form in terms of protein and energy alone.

AVERAGE COMPOSITION OF COMMON AMERICAN FOOD PRODUCTS.

Food materials (as purchased).	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD.							
Beef, fresh:	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calo- ries.</i>
Chuck ribs.....	16.3	52.6	15.5	15.0	0.8	910
Flank.....	10.2	54.0	17.0	19.0	1,105
Loin.....	13.3	52.5	16.1	17.5	1,025
Porterhouse steak.....	12.7	52.4	19.1	17.9	1,100
Sirloin steak.....	12.8	54.0	16.5	16.1	975
Neck.....	27.6	45.9	14.5	11.9	1,165
Ribs.....	20.8	43.8	13.9	21.2	1,055
Rib rolls.....	63.9	19.3	16.7	1,890
Round.....	7.2	60.7	19.0	12.8	1.0	1,090
Rump.....	20.7	45.0	13.8	20.2	545
Shank, fore.....	36.9	42.9	12.8	7.3	715
Shoulder and clod.....	16.4	56.8	16.4	9.8	995
Fore quarter.....	18.7	49.1	14.5	17.5	1,045
Hind quarter.....	15.7	50.4	15.4	18.3	1,245
Beef, corned, canned, pickled, and dried:							
Corned beef.....	8.4	49.2	14.3	23.8	4.6	1,010
Tongue, pickled.....	6.0	58.9	11.9	19.2	4.3	790
Dried, salted, and smoked.....	4.7	53.7	26.4	6.9	8.9	1,410
Canned boiled beef.....	51.8	25.5	22.5	1.3	1,270
Canned corned beef.....	51.8	26.3	18.7	4.0	745
Veal:							
Breast.....	21.3	52.0	15.4	11.0	625
Leg.....	14.2	60.1	15.5	7.9	695
Leg cutlets.....	3.4	68.8	20.1	7.5	1.0	535
Fore quarter.....	24.5	54.2	15.1	6.0	580
Hind quarter.....	20.7	56.2	16.2	6.6	1,770
Mutton:							
Flank.....	9.9	39.0	13.8	36.9	890
Leg, hind.....	18.4	51.2	15.1	14.7	1,415
Loin chops.....	16.0	42.0	13.5	28.3	1,235
Fore quarter.....	21.2	41.6	12.3	24.5	1,210
Hind quarter, without tallow.....	17.2	45.4	13.8	23.2	1,075
Lamb:							
Breast.....	19.1	45.5	15.4	19.1	860
Leg, hind.....	17.4	52.9	15.9	13.6	1,320
Pork, fresh:							
Ham.....	10.7	48.0	13.5	25.9	1,245
Loin chops.....	19.7	41.8	13.4	24.2	1,450
Shoulder.....	12.4	44.9	12.0	29.8	895
Tenderloin.....	66.5	13.9	13.0	1.0	1,635
Pork, salted, cured, and pickled:							
Ham, smoked.....	13.6	34.8	14.2	33.4	4.2	1,335
Shoulder, smoked.....	18.2	36.8	13.0	26.6	5.5	3,555
Salt pork.....	7.9	1.9	86.2	3.9	2,715
Bacon, smoked.....	7.7	17.4	9.1	62.2	4.1	1,155
Sausage:							
Bologna.....	3.3	55.2	18.2	19.7	3.8	2,075
Pork.....	39.8	13.0	44.2	1.1	1,155
Frankfort.....	57.2	19.6	18.6	1.1	235
Soups:							
Celery, cream of.....	88.6	2.1	2.8	5.0	1.5	120
Beef.....	92.9	4.4	1.1	1.2	365
Meat stew.....	84.5	4.6	4.3	5.5	1.1	185
Tomato.....	90.0	1.8	1.1	5.6	1.5	305
Poultry:							
Chicken, broilers.....	41.6	43.7	12.8	1.4	765
Fowls.....	25.9	47.1	13.7	12.3	1,475
Goose.....	17.6	38.5	13.4	29.8	1,060
Turkey.....	22.7	42.4	16.1	18.4	220
Fish:							
Cod, dressed.....	29.9	58.5	11.1	475
Halibut, steaks or sections.....	17.7	61.9	15.3	4.4	370
Mackerel, whole.....	44.7	40.4	10.2	4.2	275
Perch, yellow dressed.....	35.1	50.7	12.8	380
Shad, whole.....	50.1	35.2	9.4	4.8	600
Shad, roe.....	71.2	20.9	3.8	2.6	1.5	325
Fish, preserved:							
Cod, salt.....	24.9	40.2	16.0	18.5	755
Herring, smoked.....	44.4	19.2	20.5	8.8	915
Fish, canned:							
Salmon.....	63.5	21.8	12.1	2.6	950
Sardines.....	15.0	53.6	23.7	12.1	5.3	225
Shellfish:							
Oysters, "solids".....	88.3	6.0	1.3	3.3	1.1	340
Clams.....	80.8	10.6	1.1	5.2	2.3	200
Crabs.....	52.4	36.7	7.9	145
Lobsters.....	61.7	30.7	5.9	

¹Refuse, oil.

Food materials (as purchased).	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.							
Eggs: Hens' eggs.....	¹ 11.2	65.5	13.1	9.3	0.9	635
Dairy products, etc.:							
Butter.....	11.0	1.0	85.0	3.0	3,410
Whole milk.....	87.0	3.3	4.0	5.0	310
Skim milk.....	90.5	3.4	5.1	165
Buttermilk.....	91.0	3.0	4.8	160
Condensed milk.....	26.9	8.8	8.3	54.1	1.9	1,430
Cream.....	74.0	2.5	18.5	4.5	865
Cheese, Cheddar.....	27.4	27.7	36.8	4.1	4.0	2,075
Cheese, full cream.....	34.2	25.9	33.7	2.4	3.8	1,885
VEGETABLE FOOD.							
Flour, meal, etc.:							
Entire-wheat flour.....	11.4	13.8	1.9	71.9	1.0	1,650
Graham flour.....	11.3	13.3	2.2	71.4	1.8	1,645
Wheat flour, patent roller process— High-grade and medium.....	12.0	11.4	1.0	75.1	1,635
Low grade.....	12.0	14.0	1.9	71.2	1,640
Macaroni, vermicelli, etc.....	10.3	13.4	74.1	1.3	1,645
Wheat breakfast food.....	9.6	12.1	1.8	75.2	1.3	1,680
Buckwheat flour.....	13.6	6.4	1.2	77.9	1,620
Rye flour.....	12.9	6.8	0.9	73.7	1,635
Corn meal.....	12.5	9.2	1.9	75.4	1.0	1,800
Oat breakfast food.....	7.7	16.7	7.3	66.2	1,620
Rice.....	12.3	8.0	79.0	1,650
Tapioca.....	11.4	88.0	1,675
Starch.....	90.0	1,200
Bread, pastry, etc.:							
White bread.....	35.3	9.2	1.3	53.1	1.1	1,040
Brown bread.....	43.6	5.4	1.8	47.1	2.1	1,195
Graham bread.....	35.7	8.9	1.8	52.1	1.5	1,130
Whole-wheat bread.....	38.4	9.7	49.7	1.3	1,170
Rye bread.....	35.7	9.0	53.2	1.5	1,630
Cake.....	19.9	6.3	9.0	63.3	1.5	1,925
Cream crackers.....	6.8	9.7	12.1	69.7	1.7	1,910
Oyster crackers.....	4.8	11.3	10.5	70.5	2.9	1,875
Soda crackers.....	5.9	9.8	9.1	73.1	2.1	1,225
Sugars, etc.:							
Molasses.....	70.0	1,680
Candy ²	96.0	1,420
Honey.....	81.0	1,750
Sugar, granulated.....	100.0	1,250
Maple syrup.....	71.4	1,520
Vegetables: ³							
Beans, dried.....	12.6	22.5	1.8	59.6	3.5	540
Beans, Lima, shelled.....	68.5	7.1	22.0	1.7	170
Beans, string.....	7.0	83.0	2.1	160
Beets.....	20.0	70.0	1.3	115
Cabbage.....	15.0	77.7	1.4	65
Celery.....	20.0	75.6	440
Corn, green (sweet), edible portion.....	75.4	3.1	1.1	19.7	65
Cucumbers.....	15.0	81.1	185
Lettuce.....	15.0	80.5	190
Mushrooms.....	88.1	3.5	4	6.8	230
Onions.....	10.0	78.9	1.4	1,565
Parsnips.....	20.0	66.4	1.3	440
Peas (<i>Pisum sativum</i>), dried.....	9.5	24.6	1.0	62.0	2.9	440
Peas (<i>Pisum sativum</i>), shelled.....	74.6	7.0	0.5	16.9	1.0	1,505
Cowpeas, dried.....	13.0	21.4	1.4	60.8	3.4	295
Potatoes.....	20.0	62.6	1.8	60
Rhubarb.....	40.0	56.6	440
Sweet potatoes.....	20.0	55.2	1.4	95
Spinach.....	92.3	2.1	100
Squash.....	50.0	44.2	100
Tomatoes.....	94.3	120
Turnips.....	30.0	62.7	555
Vegetables, canned:							
Baked beans.....	68.9	6.9	2.5	19.6	2.1	235
Peas (<i>Pisum sativum</i>), green.....	85.3	3.6	9.8	430
Corn, green.....	76.1	2.8	1.2	19.0	425
Succotash.....	75.9	3.6	1.0	18.6	95
Tomatoes.....	94.0	1.2	4.0	

¹Refuse, shell.

²Plain confectionery not containing nuts, fruit, or chocolate.

³Such vegetables as potatoes, squash, beets, etc., have a certain amount of inedible material, skin, seeds, etc. The amount varies with the method of preparing the vegetables, and can not be accurately estimated. The figures given for refuse of vegetables, fruits, etc., are assumed to represent approximately the amount of refuse in these foods as ordinarily prepared.

Food materials (as purchased).	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.							
Fruits, berries, etc., fresh: ¹	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calo- ries.</i>
Apples.....	25.0	63.3	0.3	0.3	10.8	0.3	190
Bananas.....	35.0	48.9	.8	.4	14.3	.6	260
Grapes.....	25.0	58.0	1.0	1.2	14.4	.4	295
Lemons.....	30.0	62.5	.7	.5	5.9	.4	125
Muskmelons.....	50.0	44.8	.3	4.6	.3	80
Oranges.....	27.0	63.4	.6	.1	8.5	.4	150
Pears.....	10.0	76.0	.5	.4	12.7	.4	230
Persimmons, edible portion.....	66.1	.8	.7	31.5	.9	550
Raspberries.....	85.8	1.0	12.6	.6	220
Strawberries.....	5.0	85.9	.9	.6	7.0	.6	150
Watermelons.....	59.4	37.5	.2	.1	2.7	.1	50
Fruits, dried:							
Apples.....	28.1	1.6	2.2	66.1	2.0	1,185
Apricots.....	29.4	4.7	1.0	62.5	2.4	1,125
Dates.....	10.0	13.8	1.9	2.5	70.6	1.2	1,275
Figs.....	18.8	4.3	.3	74.2	2.4	1,280
Raisins.....	10.0	13.1	2.3	3.0	68.5	3.1	1,265
Nuts:							
Almonds.....	45.0	2.7	11.5	30.2	9.5	1.1	1,515
Brazil nuts.....	49.6	2.6	8.6	33.7	3.5	2.0	1,485
Butternuts.....	36.4	.6	3.8	8.3	.5	.4	885
Chestnuts, fresh.....	16.0	37.8	5.2	4.5	35.4	1.1	915
Chestnuts, dried.....	24.0	4.5	8.1	5.3	56.4	1.7	1,385
Cocoanuts.....	248.8	7.2	2.9	25.9	14.3	.9	1,295
Cocoanut, prepared.....	3.5	6.3	57.4	31.5	1.3	2,865
Filberts.....	62.1	1.8	7.5	31.3	6.2	1.1	1,430
Hickory nuts.....	62.2	1.4	5.8	25.5	4.3	.8	1,145
Pecans, polished.....	53.2	1.4	5.2	33.3	6.2	.7	1,465
Peanuts.....	24.5	6.9	19.5	29.1	18.5	1.5	1,775
Pifon (<i>Pinus edulis</i>).....	40.6	2.0	8.7	36.8	10.2	1.7	1,730
Walnuts, black.....	74.1	.6	7.2	14.6	3.0	.5	730
Walnuts, English.....	58.1	1.0	6.9	26.6	6.8	.6	1,250
Miscellaneous:							
Chocolate.....	5.9	12.9	48.7	30.3	2.2	5,625
Cocoa, powdered.....	4.6	21.6	28.9	37.7	7.2	2,160
Cereal coffee, infusion (1 part boiled in 20 parts water) ²	98.2	.2	1.4	.2	30

¹Fruits contain a certain proportion of inedible materials, as skin, seeds, etc., which are properly classed as refuse. In some fruits, as oranges and prunes, the amount rejected in eating is practically the same as refuse. In others, as apples and pears, more or less of the edible material is ordinarily rejected with the skin and seeds and other inedible portions. The edible material which is thus thrown away, and should properly be classed with the waste, is here classed with the refuse. The figures for refuse here given represent, as nearly as can be ascertained, the quantities ordinarily rejected.

²Milk and shell.

³The average of five analyses of cereal coffee grain is: Water 6.2, protein 13.3, fat 3.4, carbohydrates 72.6, and ash 4.5 per cent. Only a portion of the nutrients, however, enter into the infusion. The average in the table represents the available nutrients in the beverage. Infusions of genuine coffee and of tea like the above contain practically no nutrients.

Observation has shown that as a rule a woman requires less food than a man, and the amount required by children is still less, varying with the age. It is customary to assign certain factors which shall represent the amount of nutrients required by children of different ages and by women as compared with adult man. The various factors which have been adopted are as follows:

Factors used in calculating meals consumed in dietary studies.

One meal of woman equivalent to 0.8 meal of man at moderate muscular labor.

One meal of boy 14 to 16 years of age, inclusive, equivalent to 0.8 meal of man.

One meal of girl 14 to 16 years of age, inclusive, equivalent to 0.7 meal of man.

One meal of child 10 to 13 years of age, inclusive, equivalent to 0.6 meal of man.

One meal of child 6 to 9 years of age, inclusive, equivalent to 0.5 meal of man.

One meal of child 2 to 5 years of age, inclusive, equivalent to 0.4 meal of man.

One meal of child under 2 years of age equivalent to 0.3 meal of man.

These factors are based in part upon experimental data and in part upon arbitrary assumptions. They are subject to revision when experimental evidence shall warrant more definite conclusions.

One pound contains 456.6 grams.

A woman at moderate work requires about 100 grams of protein and 2,800 calories of energy.

A woman doing little muscular work, 90 grams of protein and 2,400 calories of energy.

Four men generally equal five women in dietary.

DIETARY STUDIES AT THE BOSTON SCHOOL OF HOUSEKEEPING, 1902.

I. Dietary of medium cost, or, about 25 cents a day for each person.

Daily Menu.

THURSDAY, JANUARY 9.

Breakfast.—Wheat breakfast food, bacon, creamed potatoes, wheat bread.

Luncheon.—Finnan Haddie, boiled samp, lettuce salad, gingerbread, full-cream cheese, Russian tea.

Dinner.—Clear turkey-stock soup, roast mutton, escalloped onions, roasted potatoes, apricot pie.

FRIDAY, JANUARY 10.

Breakfast.—Oranges, shredded-wheat biscuit, creamed codfish, baked potatoes, entire-wheat muffins.

Luncheon.—Beef loaf, creamed spaghetti, stewed prunes, toasted Boston crackers, Russian tea.

Dinner.—Baked haddock, egg sauce, mashed potatoes, creamed carrots and canned peas, lettuce salad, salted wafers, apple pie, pale American cheese.

SATURDAY, JANUARY 11.

Breakfast.—Oranges, rolled-oat breakfast food, Finland bloaters, creamed toast, graham muffins.

Luncheon.—Rice and mutton croquettes, escalloped macaroni and tomato, pop-corn brittle, Russian tea.

Dinner.—Split-pea soup, roast veal, Saratoga potatoes, creamed salsify, farina pudding with thin cream.

SUNDAY, JANUARY 12.

Breakfast.—Oranges, wheat breakfast food, Boston baked beans, Boston brown bread.

Dinner.—Clear beef-stock soup, roast fowl, dressing, gravy, boiled rice, lettuce salad, frozen-fig pudding, coffee.

Supper.—Creamed veal on toast, bread and butter sandwiches, Norwegian apple pudding with thin cream, cocoa.

MONDAY, JANUARY 13.

Breakfast.—Oranges, wheat breakfast food, codfish balls, corn bread.

Luncheon.—Clam chowder, baked beans and lettuce salad, hot wheat rolls, coffee jelly with thin cream, Russian tea.

Dinner.—Clear chicken soup, roast beef rump, creamed lima beans, roasted potatoes, sliced oranges and bananas, sugar cookies.

TUESDAY, JANUARY 14.

Breakfast.—Bananas, corn-meal mush, creamed dried beef, wheat muffins.

Luncheon.—Escalloped fowl and spaghetti, baked mashed potatoes, hot wheat rolls, German fried toast with foam sauce.

Dinner.—Baked beans and tomato soup, meat pie (made from rump roast), roasted sweet potatoes, lemon sherbet, sugar cookies.

WEDNESDAY, JANUARY 15.

Breakfast.—Oranges, rolled-oat breakfast food, creamed hard-boiled eggs on toast, entire-wheat raised biscuit.

Luncheon.—Cream of lima-bean soup, pork sausages, steamed brown bread, dates and peanuts.

Dinner.—Clear beef-stock soup, beefsteak (rump), boiled samp, escalloped tomato, Spanish pickle, lettuce salad, tapioca cream.

2. Dietary of low cost, or, about 17 cents a day for each person.

Daily Menu.

WEDNESDAY, MARCH 12.

Breakfast.—Shredded-wheat biscuit, sausages, hominy cakes with lemon syrup, corn bread.

Luncheon.—Codfish loaf with parsley sauce, baked potatoes, stewed prunes, graham rolls.

Dinner.—Split-pea soup, shoulder of mutton (roasted and stuffed), gravy, boiled samp, escalloped tomatoes, graham bread, lemon sherbet.

THURSDAY, MARCH 13.

Breakfast.—Wheat breakfast food, smelts, creamed toast, graham muffins.

Luncheon.—Clear mutton stock soup, beef loaf with brown sauce, steamed brown bread, dates and peanuts.

Dinner.—Beef stew and dumplings, creamed lima beans, boiled rice, sliced bananas dressed with lemon juice and powdered sugar.

FRIDAY, MARCH 14.

Breakfast.—Rolled-oat breakfast food, creamed codfish, fried cornmeal mush, buttered toast.

Luncheon.—Baked beans and tomato soup, macaroni with cheese, German potato salad, wheat rolls, hot gingerbread, Russian tea.

Dinner.—Clear beef-stock soup, escalloped haddock, lettuce salad, sweet potato browned in sugar syrup, steamed suet pudding (with dates) and lemon sauce.

3. Dietary of high cost, or, about 53 cents a day for each person.

Daily Menu.

WEDNESDAY, APRIL 30.

Breakfast.—Strawberries, shredded-wheat biscuit, broiled bluefish, potato balls with parsley dressing, popovers.

Luncheon.—Fricassee oysters in croustades, stuffed potatoes, peas, Roman lettuce salad with full-cream cheese, coffee.

Dinner.—Clear barley soup, braised fowl with mushroom sauce, boiled rice, asparagus, lettuce salad, cheese wafers, orange bomb glaze, angel cake.

THURSDAY, MAY 1.

Breakfast.—Oranges, rolled-oat breakfast food, eggs poached in cream (served on toast), white corn bread.

Luncheon.—Cream of corn soup with popcorn, salmon creams with sauce hollandaise, potato roses, hot graham rolls, strawberry queen of puddings with thin cream.

Dinner.—Victoria (chicken soup), broiled shad roe with maître d'hotel sauce, horseradish sandwiches, roast beef (rump), Yorkshire pudding, roasted potatoes, creamed turnips, June fruit salad, Camembert cheese canapés, coffee.

FRIDAY, MAY 2.

Breakfast.—Grape fruit, wheat breakfast food, rump steak (garnished with water cress), baked potatoes, buttered toast, orange marmalade.

Luncheon.—Cream of asparagus soup, ragoût of duck, lettuce and orange salad, brown bread sandwiches filled with cream cheese and water cress, wheat-bread sandwiches filled with cucumbers dressed with maître d'hotel butter, caramel charlotte russe.

Dinner.—Clear tomato soup, broiled mackerel garnished with lemon and parsley, cucumbers with French dressing, potatoes with maître d'hotel dressing, spinach on toast, chicory salad, cheese croquettes, tutti-frutti ice cream, coffee.

4. THE INVALID'S TRAY.

Perhaps the meat preparation that is most frequently used for invalids, is beef tea. Contrary to the popular belief, beef tea is very deficient in nutritive matter. As usually prepared, it amounts to little more than a palatable stimulant, containing extractives, salines and no albumen. It may be given occasionally to convalescents requiring a stimulant, as it is generally well borne. A person would die of starvation if obliged to depend very long upon beef tea as a food.

Of all forms of liquid meat preparations, beef juice contains the most nourishment. It is somewhat difficult to make, and but a small quantity in bulk is obtained from the meat. Different broths are sometimes recommended for the sick. The following are simple directions for preparing liquid foods from meats:

Simple Beef Tea.

Cut into small pieces, or grind, a pound of round steak or sirloin, free from fats. Place in a granite kettle with a quart of cold water, gently boil from a half to a whole hour, adding water as it evaporates. Strain, salt and serve hot. This is the simplest way of making beef tea.

Beef Tea.

Place one pound of lean beef, free from fat, in a fruit can with a pint of cold water. Let it stand an hour or two, stirring frequently. Place in a kettle of cold water, bring to a boil and continue to boil two hours. Strain and season and serve hot. The sediment that settles to the bottom should be added to the tea when served.

Beef Essence.

Place one pound of lean meat, chopped and freed from fat, in a can and securely cover, but put no water with it. Boil in a kettle of water, several hours, four or five. Press out the juice and serve hot. This is a stronger preparation than beef tea, but not so strong as beef juice.

Beef Juice.

Neatly trim a pound of best round or sirloin so that only lean meat will remain. Broil quickly, so as to sear over the outside of the meat. Then press in a meat press or lemon squeezer. Season the juice and serve hot. The juice thus obtained will be comparatively small in quantity, but it is the most nutritious form of liquid food made from beef.

Dr. Fothergill's directions for making beef tea containing as much as possible of the meat contents:

"Let the cook take half a pound of fresh killed beef for every pint of beef tea required and remove all fat, sinew, veins and bone. Let it be cut into pieces under half an inch square and soak for twelve hours in one-third of the water. Let it then be taken out and simmered for two hours in the remaining two-thirds of the

water, the quantity lost by evaporation being replaced from time to time. The boiling liquor is then to be poured on the cold liquor in which the meat was soaked. The solid meat is to be dried, pounded in a mortar, freed from all stringy parts and mixed with the rest." This is a noted recipe.

Chicken or mutton broth may be made the same as beef tea. Cut the chicken or mutton into small pieces (add the chicken bones crushed), drop into cold water and gently boil. A little thickening adds to the food value.

Chicken or mutton broth may also be made by letting the minced meat stand in a jar of cold water, about a pint to a pound of meat, about three hours, then gently boil two hours. Strain, season and serve hot.

If mutton is used for broth, trim very carefully, and skim during cooking.

Oatmeal and Beef Broth.

Let two tablespoonfuls of oatmeal gently simmer in a pint of water for a couple of hours, or soak over night. Strain the oatmeal water and add to it one pint of beef tea, or half a pint of beef essence. Let boil a few minutes, season and serve hot. This is very nourishing.

Meat powder is made by slowly drying in the oven minced meat previously well boiled. When dry grind in a fine mill as a coffee-mill. Can be added to soups, broths and milk.

Boiled flour is made by tying a quantity in a cloth bag and boiling constantly four or five hours. The hard ball of flour can be grated and used as other flour.

Baked flour is prepared by putting it on earthen plates or granite, and baking in a slow oven three hours. When done it should be a rich, light brown color. Be very careful not to scorch.

Either of these flours is considered preferable to plain flour in thickening foods for infants and invalids.

Consommé.

Mince up a pound of lean beef and put it into a saucepan with three pints of water. Boil down to one pint, frequently skimming, and strain. Mince up half a pound of lean beef and mix it well with three raw eggs; beat up this mixture with the broth and boil for half an hour. (Cautley.)

When fatigued, try a simple meal of the following: Broil a tender piece of sirloin or porterhouse steak, about an inch thick,

place upon a hot platter, season with a little salt and butter, after it is cooked. Serve nothing with the meat unless a little stale bread. This is a pleasant and useful change when too much starchy food has been taken, or when the stomach craves food that may not agree with it.

Bananas.

Many people cannot easily digest bananas, especially children, although they are used in great quantities in this country. For very young children they are not recommended. The flour made from well ripened bananas is highly digestible and can be made into porridge as other flour, served with cream if desired.

Biscuits.

The following is an excellent recipe for diabetics and those suffering from catarrh of the stomach. It was used for many years by a most successful physician in Cleveland, Ohio: Add to one quart of gluten entire wheat flour, a pinch of table salt, one tablespoon of good butter, and a heaping spoonful (teaspoon) of baking powder. Rub these evenly together, thin sufficiently to form into biscuits, with sweet milk. Bake in a moderate oven. When done, take out, split in two, turn soft side up, place on tins again and return to the oven. Slightly brown. Use the day after they are made. Very nourishing served with hot milk.

To Cook an Egg.

Let a pint of water come to a boil, drop in a fresh egg, remove from fire and let stand six minutes for a soft boiled, eight minutes for medium boiled.

Milk Porridge.

Heat a pint of milk in a double boiler. When near the boiling point sift in a tablespoonful or two of flour, stirring constantly. Boil about five minutes. A little water can be added to the milk, or, the flour can be smoothed to a paste and then added, stirring all the time; salt to taste, and serve hot or warm.

Sweetbreads are a valuable addition to soups or broths for invalids. Cook until tender and chop fine and rub through a sieve and add to the soup.

A fresh egg beaten with a little salt and sugar over which pour a cup of boiling milk is said to be a good food for dyspeptics.

An egg submerged in water heated to just below the boiling point and kept at that temperature for half an hour is said to be nearly as easy to digest as a raw egg.

An Attractive Way to Prepare an Egg for the Invalid.

Beat the white to a stiff froth, half fill a shallow cup with it and then drop the yolk lightly in the center. Set in a kettle of boiling water or steam until soft or medium cooked, as desired.

Rice Cream. (From *Food*, January, 1894.)

Two tablespoonfuls of rice, 2 cups of milk, 1 saltspoonful of salt, 2 tablespoonfuls of sugar, 2 eggs. Clean the rice by washing it several times in cold water; cook it in a double boiler until the grains will mash. Three hours will generally be required to do this. Should the milk evaporate, restore the amount lost. When the rice is perfectly soft, press it through a coarse soup strainer or colander into a saucepan, return it to the fire, and while it is heating beat the eggs and sugar and salt together until very light. When the rice boils, pour the eggs in rather slowly, stirring lightly with a spoon for three or four minutes, or until it coagulates, and the whole is like a thick, soft pudding; then remove from the fire and pour it into a dish. By omitting the yolks and using the whites only, a delicate cream is obtained.

Nutritious Coffee. (Ringer.)

Dissolve a little isinglass in water, then put an ounce of freshly ground coffee into a saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil together for three minutes; clear it by pouring some of it into a cup and dashing it back again, add the isinglass, and leave it to settle on the back of the stove for a few minutes. Beat up an egg in a breakfast cup, and pour the coffee upon it; if preferred, drink without the egg.

Hominy Grits.

Boil two tablespoonfuls of hominy until quite soft, and then rub into it a teaspoonful of butter thoroughly, add a pint of boiling milk, stirring all the time, strain and return to fire and boil up again. Salt, and serve with a little sugar and cream if desired.

Milk and Egg Albumen. (Cautley.)

Shake up together for five minutes the whites of three eggs and three tablespoonfuls of lime water. Add one pint of cold milk, previously boiled, with constant stirring for ten minutes. Keep in a cool place. A nutritious food for older children.

Corn Starch Pudding.

One quart of milk, four tablespoonfuls of cornstarch, four eggs, one tablespoonful of butter, six tablespoonfuls of sugar. Dissolve the cornstarch in a little cold milk, and having heated the rest of the milk to boiling, stir this in and boil three minutes, stirring it all the time. Take from the fire and while still hot, put in the butter. Set away until cold. Beat the eggs very light, whites and yolks separately. Stir the sugar and any flavoring desired in the yolks and then add the beaten whites, and stir in the cornstarch, beating thoroughly to a custard. Turn it into a buttered dish and bake half an hour. Serve cold or warm. (Fothergill.)

Cream for Convalescents.

Beat the yolks of four eggs, three tablespoonfuls of sugar and the rind (grated lightly) and the juice of a small lemon or orange. Add a teaspoonful of powdered sugar to the whites of the eggs and beat until stiff. Place the vessel containing the beaten yolks in a pot of boiling water, cook gently, stirring all the time. When it begins to thicken, stir in the whites of the eggs until thoroughly mixed, then put it to cool. Serve in small glasses. (Fothergill.)

Hollandaise Sauce, to be used with Vegetables or Fish.

Mix equal quantities of butter and flour together over the fire until quite smooth, add a little boiling water, and after taking off the fire add the yolks of two eggs slowly, and nutmeg and lemon juice according to taste. It should be about the thickness of good cream, and quite smooth. (Fothergill.)

Dressing.

Mix well together a quarter of a pound of butter and a tablespoonful of baked flour, and gradually add to them a pint of boiling water, stirring all the time. Boil 10 minutes, then add four hard-boiled eggs cut into small pieces. Boil again and serve.

Fothergill's Milk Porridge.

One pint of boiling water; mix a large spoonful of flour in a little cold water. Stir it into the water while boiling; let it boil 15 minutes; then add a teacupful of milk and a little salt. Give another boil.

Prunes.

Many people do not appreciate the value of prunes. Weak stomachs will bear good prunes, well cooked, almost better than any other kind of fruit. For invalids cook them until soft (they can be soaked in water first), and add a very little sugar. Some can relish them without any. The small cherry prunes, properly cooked and served with syrup, are almost as delicious as cherries. They are good served with cereals for breakfast.

Koumiss is a milk preparation made with yeast; juncket is milk prepared with rennet or pepsin.

Juncket.

Heat slightly a pint of sweet milk, and add a little sugar and two teaspoonfuls of essence of rennet, a little nutmeg and cinnamon. Serve cold.

Juncket.

Heat a pint of milk "milk warm," add two teaspoonfuls of the wine of pepsin or any good preparation of rennet. Let it stand until it curdles and serve with sugar, cream and nutmeg. Juncket is frequently made with the juncket tablets.

Koumiss, or Fermented Milk.

Fill about two-thirds full cans or bottles with nearly cold boiled milk and a small piece of lump sugar, and a quarter of a cake of Vienna yeast. Securely cover the tops of the cans, shake twice a day. Will be ready in a week to use.

Rice Water.

Take a large tablespoonful of rice and cook it in a quart of water slowly for two hours or even longer. Stir frequently. Strain and flavor with nutmeg, lemon or what is desired. Always wash rice very thoroughly before using. Or the rice can be soaked a couple of hours in warm water and then boiled until it is very soft.

Egg-Nog.

Egg-nog can be made with scalded or plain milk, as it agrees with the patient. Beat thoroughly the yolk of a fresh egg in a glass with one heaping teaspoonful of white sugar, nearly fill the glass with sweet milk and add the white of the egg beaten to

a froth, mix gently and drink. Some like the addition of a dessertspoonful of brandy. Made still richer by the addition of a little sweet cream. A very nutritious drink.

Rice Pudding.

Swell gently in a pint of new milk a half cupful of rice. When cool add the yolks of three eggs, well beaten, and half a cup of white sugar, one tablespoonful of best butter, a little grated lemon peel if desired, or nutmeg. Butter an earthen dish and pour in the mixture, and put on the top the whites of the eggs beaten with three tablespoonfuls of sugar. Bake until the top is well browned.

Toast water is sometimes a useful drink in fevers. Pour boiling water over several slices of nicely browned toast, strain and cool. By no means let the toast be burned even slightly.

(Contributed by Mrs. Gregory E. Dibble.)

Oat Meal Gruel.

One large cup fine oatmeal, $1\frac{1}{2}$ cups cold water poured on the oatmeal; wash until the water becomes thick. Strain this into a basin, season with salt, add very little butter and boil until thick as cream, stirring constantly. Add a dessertspoonful of brandy just before it is done. This is very nourishing and suits a dyspeptic when nothing else will.

(Contributed by Mrs. J. O. Reed.)

Potato Soup.

Boil good sized potato, until soft, in 1 pt. water; have ready a bowl in which 1 gill of thick, sweet cream has been whipped to a stiff froth; into this rub the potato through a sieve, add some little squares or broken bits of hot toast and over all pour the boiling hot potato broth; season and serve immediately.

Chicken Broth.

Beat 1 fresh egg in a bowl and add gradually, stirring constantly, 1 pt. hot, seasoned chicken broth. Serve with toasted cracker.

Foam Coffee.

When the patient is tired of plain coffee, it is sometimes rendered more palatable by pouring the hot coffee into a well beaten egg just before serving.

(Contributed by Mrs. O. C. Wicks.)

Chicken Broth.

Wash $\frac{1}{2}$ the breast and a wing of a tender chicken. Put in saucepan with $1\frac{1}{2}$ pts. water, a little salt and a tablespoonful of rice or pearl barley. Let it simmer slowly and skim. When the chicken is thoroughly done take it out of the broth. Serve the latter in a bowl with light bread or a fresh cracker.

Beef Tea.

Cut about 1 lb. lean beef into small pieces, put into a wide mouthed bottle, such as a pickle bottle, cork tightly, and place in a pot of cold water. Heat gradually, then let boil slowly 2 or 3 hours, when all the juice will be extracted. Now pour off the juice, season with salt carefully, as it requires very little. When cold skim off all the globules of fat.

Cornmeal Gruel.

Take $\frac{1}{2}$ pt. sifted cornmeal. White cornmeal is the only kind fit to use in making gruel. Moisten it with cold water and stir in $1\frac{1}{2}$ pts. boiling water, and add salt to taste. Stir well, so that there will be no lumps, and let boil 1 hour.

To Prepare an Uncooked Egg.

Beat well the yolk and 1 teaspoonful of sugar in a goblet, then stir in 1 or 2 teaspoonfuls of brandy, sherry or port wine. Add to this mixture the white of the egg beaten to a stiff froth. Stir all well together. It should quite fill the goblet. If wine is not desired, flavor the egg with nutmeg, but it is very palatable without any flavoring at all.

Panada.

Break in pieces some stale loaf bread and put in a saucepan. Cover with cold water, and leave 1 hour. Then set saucepan on the fire and add salt, butter and sugar to taste. Let simmer about 1 hour, then add 2 yolks of eggs beaten with 2 tablespoonfuls of wine.

Lemon Sponge.

One qt. water, 1 oz. isinglass, the grated rind of 1 lemon and $\frac{1}{2}$ lb. loaf sugar. Let simmer for $\frac{1}{2}$ hour, then strain through a fine sieve. When nearly cold add the juice of 3 lemons and the white of 1 egg. Whisk all together until thick and white.

Irish Moss Jelly.

Wash 2 handfuls carrageen, or Irish moss, through 2 or 3 waters, then drain and pour on it 3 pints of boiling water. Let simmer until the moss becomes a complete pulp, then strain and sweeten to taste. After this add the juice of 2 large lemons. Do not eat until cold. Sea moss, blanc mange and tapioca jelly are good for invalids.

Iceland Moss.

Take 1 oz. Iceland moss, wash and boil in 1 qt. water until it is reduced to 1 pt. Then strain and add 1 lb. white sugar and the juice of 2 lemons. Very palatable, and can be used as freely as desired. Excellent for a cough.

Grape Juice.

To 3 qts. fresh, ripe, juicy grapes, freed from the stems, put 1 qt. water, *no sugar*. Let come slowly to a boil, and when the whole mass is boiling hot strain the juice through cheese cloth. Then return liquor to the fire, and as soon as it arrives at boiling point again, can it in glass jars. An excellent and refreshing drink.

(The following are contributed by the University Homœopathic Hospital.)

Oatmeal Gruel.

Two tablespoons oatmeal (rolled oats), 1 saltspoon salt, 1 scant teaspoon sugar, 1 cup boiling water, 1 cup milk. Mix the oatmeal, salt and sugar together, and pour on the boiling water. Cook in a saucepan 30 minutes, or in a double boiler 2 hours, then strain through a fine wire strainer, add milk, heat again to boiling point and serve hot.

Cream or Rice Soup.

One-fourth cup rice, 1 pt. chicken broth, 1 pt. sweet cream, 1 teaspoon chopped onion, 1 stalk celery, 3 saltspoons salt, $\frac{1}{2}$ saltspoon curry powder, a little pepper. Let the rice and chicken broth simmer slowly for about 2 hours, have the cream, onion, celery, pepper and curry, which has simmered for about 20 minutes, ready to add as soon as rice is soft, press all through a soup strainer, add the salt and place on the stove to heat to boiling point. This soup should be rather *thin*.

Cream of Tomato Soup.

Take 1 pt. cream in a saucepan, place on fire and bring to boiling point; season. Have ready 1 pt. tomatoes (measured after they have been stewed and strained) which have been brought to boiling point, and a pinch of soda added. To this add the cream, return to fire and serve as soon as steaming hot.

Hamburg Steak.

Cut a piece of tender steak $\frac{1}{2}$ inch thick. Lay on meat board, and with sharp knife scrape off the soft part until there is nothing left but the tough, stringy fibers. Season the pulp with salt and pepper, make into little flat round cakes $\frac{1}{2}$ inch thick and broil 2 minutes. Serve on rounds of buttered toast.

Poached or Dropped Eggs.

From a thin slice of bread cut out a round piece with a biscuit cutter, toast a delicate brown. Pour some boiling water into a small saucepan, salt it well, place on the stove to boil. Drop 1 egg gently into the pan. At first the egg will cool the water below boiling point, and should it again begin to boil move to a cooler part of stove. When the white is firm, or at the end of about 2 minutes, lift out the egg and place on the round of toast. The egg should not be trimmed. Season with a speck of salt, a little pepper and bit of butter, and serve.

Toast.

To make toast successfully one should endeavor to convert as much as possible of the starch into dextrine. To do this cut the bread into slices $\frac{1}{3}$ inch thick and place on a toaster some distance from the fire, so that the heat may penetrate to the center of the slice before the outside has begun to change color.

Cream Toast.

For 2 slices of well toasted bread take $\frac{1}{2}$ pt. milk, 2 teaspoons flour, 2 teaspoons butter. Put the butter and flour in a saucepan and stir gently until the butter melts, let bubble together for a few minutes, then add milk gradually (having been heated) so as to have the sauce perfectly free from lumps. Dip the hot toast into boiling salted milk and place in a covered dish and pour the sauce, salted, over and between the slices.

Brandy Milk with Eggs.

Heat some milk in a granite saucepan for $\frac{1}{2}$ hour to sterilize it, but do not boil, then set aside to cool. Beat 1 egg with 1 tea-

spoon of sugar, enough to mix well. Add to this 2 tablespoons brandy and cup of the cold milk. Strain into a tall slender glass and serve at once.

Lemonade and Egg Albumen.

Stir the whites of 2 eggs, 2 teaspoons of sugar, the juice of 1 lemon, until the sugar is well mixed. Add cup of cold water, strain into a tumbler and serve at once.

(The following are contributed by the University Hospital).

Chicken Jelly.

Clean a small chicken, disjoint and cut the meat into small pieces. Remove the fat, break or pound the bones and put all into cold water, in the proportion 1 pt. per 1 lb. of chicken. Heat the water very slowly at first and then simmer it until the meat is tender (3 or 4 hours). Boil down to $\frac{1}{2}$ the quantity. Strain it and remove the fat, then clear it with an egg, and season with salt, pepper and lemon. Strain through a fine napkin, pour into small cups and cool. Parsley, celery and bay leaves give a good flavor. A suspicion of red pepper is also an addition.,

Orange Jelly.

One-fourth box of gelatin, $\frac{1}{4}$ cup of cold water, $\frac{1}{2}$ cup of boiling water, $\frac{1}{2}$ cup of sugar, 1 cup of orange juice, juice of $\frac{1}{2}$ lemon. Soften the gelatin in the cold water by soaking it $\frac{1}{2}$ hour, then pour in the boiling water, stirring until the gelatin is dissolved. Add the sugar, orange juice and lemon juice, stir for a moment, and then strain the liquid through a napkin into moulds and set it to cool. Use earthenware or graniteware moulds, not tin. The point most to be observed in making this jelly is getting the juice from the oranges. The most natural way would be to cut the oranges in halves and squeeze them in the lemon squeezer; but that will not do, for the orange oil of the rind is extracted in such large quantities as to destroy the delicate flavor of the jelly. The proper way is to peel the fruit, cut it in pieces, put in a jelly bag and squeeze out the juice with the hands.

French or Egg Toast.

One egg, 1 cup of milk or cream, 1 saltspoon of salt, 3 slices of bread. Break the egg on a plate and beat with a fork for a minute or until the viscousness is destroyed. Then mix in the milk and salt. In this mixture soak the slices of bread until they

are soft, lay them in a buttered omelet pan and fry slowly until a golden brown. Then place a bit of butter on the upper side of each slice, turn and brown that side. Spread a little butter, powdered cinnamon and sugar on each slice and arrange one above the other in a covered dish. Serve very hot.

Cream of Celery Soup.

One head celery, 1 pt. water, 1 pt. milk, 1 tablespoon butter, 1 tablespoon flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ saltspoon white pepper. Wash and scrape the celery, cut it into $\frac{1}{2}$ inch pieces, put into 1 pt. of boiling water and cook until very soft. When done mash in the water in which it has been boiled and add the salt and pepper. Cook the onion in the milk and with it make a white sauce with the butter and flour; add this to the celery and strain through a soup strainer, pressing and mashing with the back of the spoon until all but a few tough fibers of the celery are squeezed through. Return the soup, in a double boiler, to the fire and heat until it is steaming, when it is ready to serve. By substituting chicken broth for water, and using celery salt instead of fresh celery when it is not in season, a very acceptable variation of this soup may be made.

Omelet with Chicken.

Chop fine the cooked white meat of a piece of chicken, season with salt and pepper and sprinkle it over the omelet, or stir it into the egg before cooking, in the proportion of 1 teaspoon to 1 egg, as is done with ham.

Peach Foam.

Peel and cut into small pieces 3 or 4 choice and very ripe peaches (White Heaths are good) so that when done there will be a cupful. Put them into a bowl with $\frac{1}{2}$ cup of powdered sugar and the white of 1 egg; beat with a fork for $\frac{1}{2}$ hour, when it will be a thick, perfectly smooth, velvety cream with a delightful peach flavor, and may be eaten *ad libitum* by an invalid.

Orange Baskets.

From the end opposite the stem of the orange cut out sections in such a way as to form a basket with a handle. The body of the basket should be more than half the orange. With a knife and spoon cut and scrape out all the pulp from the inside. Fill the basket with blocks of orange jelly, or with raspberries, strawberries, or other fruits. They are pleasing to children, and are

pretty for luncheon or tea. The edges may be scalloped, and diamonds or rounds cut out of the sides if one has time.

Tomato Salad.

Wash in cold water and wipe some fair, ripe tomatoes, cut in slices $\frac{1}{3}$ inch thick; do not peel them. Arrange some clean white lettuce leaves on a silver or china platter with 2 large leaves at either end, their stems toward the middle, and 2 small ones at the sides. Lay on them the slices of tomato with their edges overlapping each other. Serve with this salad French dressing.

II. DISINFECTION.

Rules to be Observed.

1. In every house where there has been a case of contagious disease, whether such disease has resulted in recovery or not, thorough disinfection of all the articles that have been used in the room, dishes, clothing, towels, bedding, etc., should be made at once. This is necessary to prevent the possible spread of the disease to others, it being known that disease germs may linger and be active in houses for months if not for years.

2. The health officer of the place where the disease has prevailed, whether city, village or township, should be advised at once that disinfection is required.

3. In case the health officer performs his duty promptly, it is usually safe to presume that he understands fully the art and technique of disinfection and he should be entrusted with it.

4. If for any reason one desires to disinfect a room, clothing or other articles, the following directions had better be observed, for they are practically summarised from directions given by the State Board of Health of Michigan:

5. All articles like dishes, spoons, knives and forks, napkins, towels, light bedding, etc., that are not injured by boiling should be boiled. Nothing is so effectual in destroying germs as prolonged heat.

6. If it is not convenient to place articles in boiling water in the room where they have been soiled, they should, before being removed to another part of the house, be rinsed in a solution of corrosive sublimate. The solution is made by dissolving two or three drams of the sublimate in three gallons of water. Silver-

ware and other metallic utensils should not be placed in this solution, as the corrosive sublimate is a chemical compound of mercury, usually called bichloride of mercury, which corrodes metals.

7. Of all the materials now in use for disinfecting rooms, houses, bedding, and such articles to which boiling heat can not be applied, formaldehyde gas is regarded the best because it is the surest to kill germs if properly applied. Formaldehyde, as sold in the drug shops, is, or ought to be, a forty per cent solution of formaldehyde gas in water, although it can be had in a solid form, which, for many reasons, makes it better to handle if the gas is to be generated by means of heat.

For every thousand cubic feet of space to be disinfected, eight or ten fluid ounces of formaldehyde will be required according to the method of applying it. Health officers and others, who hold themselves in readiness to disinfect at all times, usually use quite an expensive apparatus for vaporizing the formaldehyde and injecting it into rooms through key- or gimlet-holes. This method, although very satisfactory in the hands of one accustomed to use it, is not adapted to domestic use. For home use the best way to disinfect a room is to paste strips of paper over all the cracks and crevices about doors, windows, etc. Spread over chairs, bedsteads, frames, or upon some other support free from the floor, bedding, clothing, rugs, etc., that are to be disinfected with the room. Everything should be ready for the immediate and rapid sprinkling of the formaldehyde before the jug or bottle that contains it is uncorked, because the fumes begin immediately to disseminate in the atmosphere and one cannot for more than a moment endure to remain where the gas is diffusing in the air. Now to apply the disinfectant. Spread bedsheets, or if they are not at hand, papers over chairs, frames or upon lines in the room. Sprinkle the liquid formaldehyde just as it comes from the drug store upon the sheets or papers as rapidly as possible with an ordinary garden sprinkling can. So soon as one begins the sprinkling he will readily see the necessity of working fast. The sprinkling done, leave the room and cork up the cracks about the door. Ten ounces of the liquid should be used by this method to every one thousand feet of cubic space in the room. A room treated as directed should not be opened for twenty-four hours, then the windows may be opened and the fumes be allowed to disappear gradually. As soon as the room can be entered, carpets, if they be tacked down, should be removed and the floors mopped with the corrosive sublimate solution. Great care should

be taken to have the solution enter and moisten all the cracks in the floor and about the corners. After the mopping is done and the floor dry, the room is ready to be put in order.

8. Small articles like single garments or an entire suit of clothes may be disinfected in a box or a barrel. The pieces to be disinfected should be laid loosely upon cords or slats near the bottom of the box. A liberal amount of formaldehyde is then sprinkled upon loose cloths or papers placed upon the bottom of the box which is immediately closed tightly. A small closet is a preferable place for disinfection.

9. If an infectious disease that is dangerous to the health of others prevail in the house, and a competent nurse be not in charge, a solution of bichloride of mercury, like that mentioned in No. 6, should be kept in stock all the time. This solution, weakened by adding a pint to a quart of water, should be used for rinsing the hands, of whoever is caring for the invalid, upon leaving the sick room. The hair, whiskers, face and clothes, for the sake of greater safety, should be brushed lightly with the same.

10. If a competent nurse be in charge of a sick person, she will be trained in all that appertains to the safeguard of the family and her advice should be strictly followed.

III. ACCIDENTS.

Whenever any accident that may result in injury occurs, or any case of poisoning, send as soon as possible for a physician or surgeon as the case demands.

If a child swallows a pin, a piece of money, a bit of glass, or any similar object, never give a cathartic or anything to loosen the bowels. Feed the child all it will eat of mashed potatoes, soft bread, cake, pudding or any kind of similar food. The objectionable article will in this way be more apt to pass away with the food, with no internal injury.

Cuts and Wounds.

For an ordinary cut on the finger there is nothing better than to tie it up immediately in its own blood in a clean bandage. If there are any foreign substances in the wound, as bits of glass, specks of dirt, threads of cloth, etc., these must be carefully

removed by washing with clean water, that has been boiled. This is the safest way. If the wound is at all deep, it should be dressed with some antiseptic solution, and firmly bandaged to draw together the edges of the wound. In anything at all serious always send for a surgeon.

Frost Bites.

Always treat with snow, ice, or cloths wrung out of very cold water. Never carry a person that suffers from freezing into a warm room. After thoroughly rubbing with the cold applications, the temperature may be gradually increased.

Sunstroke or Heat Stroke.

Do not wait to remove patient to his home if away but carry to a shade at once. Loosen the clothes, apply ice or very cold water to the head, especially the back of the head. When practicable, wrap the patient in sheets wrung out of cold water, frequently changing. If much depression follows, give stimulants while applying the cold treatment. Later employ rest and quiet, with warm applications to feet and cold to head.

For Quick-lime in the Eye.

Remove if you can the bits of lime, then wash the eye in one part vinegar and three parts water. The vinegar neutralizes the lime. A good way to wash the eye is to immerse it in water and wink.

Burns.

For slight burns use any one of the following: Common baking soda (bicarbonate), starch, flour, magnesia, charcoal, vaseline, olive, linseed or castor oil or fresh lard. Cover thickly to exclude the air. Equal parts of sweet oil and lime water is an excellent remedy. Do not let the burn, if at all serious, be exposed to the air any longer than necessary. Carbolized vaseline or cosmoline, a five per cent mixture, is easily obtained at the drug store. These carbolized applications not only protect the burned parts, but are antiseptic and help to reduce the pain. If blisters form open them at the side, and dry with a clean, soft cloth. A large surface burned over is more dangerous than a smaller, deeper one.

If a person's clothes catch fire wrap the person in the first thing handy, as a carpet, rug, blanket or anything of the kind to

smother the fire. Keep the flames from the face so as to protect the lungs from the fire. Use water freely.

Another Remedy for Burns.

Mix the mature blossom of the cat-tail flag with pure, fresh lard and apply to the burn. The blossoms can be gathered in their season, and kept for use when needed. Make the preparation when needed so that it will be fresh. A very soothing remedy.

Shock from Fright or Accident.

Lay the patient down with the head a little lower than the feet. Loosen the clothing. Apply hot applications to the surface of the body but not to the head. If the patient is able to swallow (be sure of it, or strangulation may result), give hot milk, brandy, or other stimulant as required.

Fainting.

In ordinary fainting the person becomes unconscious, some times from a very slight cause. Lay the patient flat upon the back; loosen clothes; give plenty of fresh air; administer smelling salts or ammonia; keep people out of the room except those caring for the patient. After recovery the patient should be kept quiet and stimulants of a mild character given.

Tetanus or Lockjaw is supposed to be caused by a bacillus that lives in dirt or dust, and is frequently introduced into the blood by abrasions caused by stepping on rusty nails, tacks, old bits of glass or iron, or by breaking the skin with old wood splinters. People should be exceedingly careful never to step upon such articles, or to scratch the hands with them. Little beyond keeping up the strength of the patient can be done short of surgical aid. The subject is here mentioned to again warn people to be careful.

The following bulletin is issued by the State Board of Health of Michigan, for distribution throughout the State, as a life-saving measure:

TREATMENT OF THE DROWNED, SUFFOCATED, OR ELECTRICALLY SHOCKED.

Three things to be done: Restore breathing; restore animal heat; restore the circulation of the blood.

Rule 1. Remove all obstructions to breathing. *Instantly* loosen or cut apart all neck and waist bands; turn the patient on

his face, with the head down hill; stand astride the hips with your face towards his head, and, locking your fingers together under his belly, raise the body as high as you can without lifting the forehead off the ground and give the body a smart jerk to remove mucus from the throat and water from the windpipe; hold the body suspended long enough to slowly count *one, two, three, four, five*, repeating the jerk more gently two or three times. Then act by Rule 2.

Rule 2. Keep the patient's face downward, and maintain all the while your position astride the body, grasp the points of the shoulders by the clothing, or, if the body is naked, thrust your fingers into the armpits, clasping your thumbs over the points of the shoulders, and raise the chest as high as you can without lifting the head quite off the ground, and hold it long enough to slowly count *one, two, three*. Replace him on the ground, with his forehead on his flexed arm, the neck straightened out, and the mouth and nose free. Place your elbows against your knees and your hands upon the sides of his chest over the lower ribs and press downward and inward with increasing force long enough to slowly count *one, two*. Then suddenly let go, grasp the shoulders as before and raise the chest; then press upon the ribs, etc. These alternate movements should be repeated 10 or 15 times a minute for an hour at least, unless breathing is restored sooner. Use the same regularity as in natural breathing. *Do not give up too soon*. You are working for life. Any time within two hours you may be in the very threshold of success without there being any sign of it.

Rule 3. Restore the animal heat. Wrap the patient in warm blankets, apply bottles of hot water, hot bricks, or anything to restore heat. *Warm the head nearly as fast as the body, lest convulsions come on*. Rubbing the body with warm cloths or the hand, and slapping the fleshy parts may assist to restore warmth, the circulation of the blood, and the breathing also. The rubbing of the limbs should always be from the extremities toward the body. If the patient can surely swallow, give hot coffee, tea, milk, or a little hot sling. Give spirits sparingly, lest they produce depression. Place the patient in a warm bed, and give plenty of fresh air; keep him quiet. AVOID DELAY. *A moment may turn the scale for life or death*. Dry ground, shelter warmth, stimulants, etc., are of secondary importance. *The one action of first importance is artificial breathing*. *Do not stop to remove wet clothing*. Precious time is wasted, and the patient

may be fatally chilled by exposure of the naked body, even in summer. Give first attention and effort to restore breathing by forcing air into, and out of, the lungs. If the breathing has just ceased, a smart slap on the face, or a vigorous twist of the hair will sometimes start it again, and may be tried incidentally, as may, also, pressing the finger upon the root of the tongue. Before natural breathing is fully restored, do not let the patient lie on his back unless some person holds the tongue forward. The tongue by falling back may close the windpipe and cause fatal choking. If several persons are present, one may hold the head steady, keeping the neck nearly straight; others may remove wet clothing, replacing at once clothing which is dry and warm; they may also chafe the limbs, rubbing toward the body, and thus promote the circulation. *Prevent friends from crowding around the patient and excluding fresh air*; also from trying to give stimulants before the patient can swallow. The first causes suffocation; the second, fatal choking.

ELECTRIC SHOCK, ETC.

In suffocation by smoke or any poisonous gas, as also by hanging if the neck is not broken, and in suspended breathing from effects of chloroform, hydrate of chloral, or electric shock, remove all obstructions to breathing, instantly loosen or cut apart all neck and waist bands, then proceed by Rule 2 to induce artificial respiration, taking especial pains to *keep the head very low*, and, placing the body downward, to prevent closure of the windpipe by the tongue falling back.

WARNING NOT TO BATHE IN SEWAGE POLLUTED STREAMS AND LAKES.

Cases have been reported where typhoid fever has been contracted by bathing in streams below cities and villages. Probably this occurred through accidentally or carelessly taking the infected water into the mouth. No person should bathe in an ordinary stream just below any city, village, or other source of sewage or privy draining, or in any harbor or lake near the entrance into it of a sewer or the drainage of a privy.

IV. POISONS AND ANTIDOTES.

What to do Until the Doctor Comes.

When a person is known to have swallowed a poison the first thing to do is to empty the stomach. This may be done in two ways, viz.: by an emetic, or by means of a flexible rubber tube. As the use of the latter requires some experience, the better way, usually, is to give an emetic promptly. The following is a list of the more common safe emetics. If an emetic is not at hand, the back of the throat may be tickled with the finger or a feather. This act will, generally, induce vomiting.

Emetics.

1. Warm water taken freely is a mild emetic, and has the advantage of being readily obtained. Two tablespoonfuls of common salt added to a half pint improves its efficacy. Do not give warm water in arsenic poisoning.

2. Mustard is one of the most valuable emetics for narcotic poisoning. One tablespoonful of ground mustard in half a pint of tepid water. Administer it all.

3. Common lard, melted and given in large quantities, is a ready-at-hand emetic. It should be administered copiously and almost constantly until vomiting occurs. Never give it or any other fat in case of poisoning by phosphorus, matches, etc.

4. Ipecac. A half teaspoonful or a little less of the powder is a common emetic. The syrup or wine of ipecac is sometimes found in the house. Dose of the latter, two tablespoonfuls, repeated in a half dose, in a few minutes if necessary.

5. Alum is a safe emetic, usually found in every household. It is best given by mixing a heaping teaspoonful in a half teacup of syrup. If the syrup be not at hand, use water. Give a teaspoonful every ten minutes until vomiting is produced.

Stimulants.

In threatened collapse, especially after an active poison has been taken, stimulants must be used at the proper time, usually after all the other expedients have been employed.

1. Strong coffee is one of the best domestic stimulants, especially after a narcotic poison, as opium, for instance, has been taken.

2. Ammonia in the form of common spirits, frequently called hartshorn, or as aromatic spirits, is a prompt stimulant. Apply

a few drops to a handkerchief and hold to the nose. The carbonate of ammonia and aromatic spirits are also administered internally. A half teaspoonful of the aromatic spirits can be given in a little water, preferably with sugar added. It is of special use in poisoning by acids.

3. Spirits of camphor is a common household stimulant used by inhalation. No other stimulating agent being at hand, three to five drops of the spirits can be given in water internally in cases of threatened collapse with diarrhea.

4. Hot drinks are stimulating. A draught of hot water is sometimes very reviving. So is hot milk, especially if a little food be indicated. Ginger and pepper tea are frequently used to good advantage.

5. Strychnine is probably the stimulant most frequently used by physicians, especially when the action of the heart is weak. If tablets of strychnine are at hand, the exact amount being known, it may be given. Unless under the advice of a physician, more than the sixtieth of a grain should not be administered. A hundredth of a grain, repeated but once in a half hour, is a safe way of giving it.

6. Next to strychnine the medical profession depend upon the class of stimulants, including brandy and whisky, more than any other. Unless these are clearly indicated, and the urgency of the case demands their use, the domestic remedies better be employed until competent medical advice be obtained.

POISONS.

Arsenic Poisoning.

1. Arsenic is one of the commonest corrosive poisons, as it is found in almost every household in the form of rat poison or as a preservative for taxidermist's work. Common Paris green, so generally used as a bug destroyer and insecticide, is an arsenious preparation liable to be eaten by both man and beast. The chemical antidote for arsenic is a freshly prepared form of iron and must be obtained at once from the drug store. Iron rust, if obtainable, may be given in water. Use emetics until the proper article can be obtained from the druggist or physician. If a stomach tube be at hand, or one can be improvised, use it at once, and remove contents of stomach by copious flushings. Administer raw eggs, oily mucilaginous drinks, as greasy water. A dose of salts among other things should be given. Lime, given in water, taken from white-washed walls, fences, or

ceiling, if not otherwise obtainable, can be used. Do not give clear, warm water.

Phosphorus Poisoning.

2. Children sometimes chew off the heads of matches or eat rat poison made with phosphorus. Almost any emetic will do except greasy oils and fats. Magnesia sulphates should follow the emetic. Old oil of turpentine is the chemical antidote. A teaspoonful at a time should be given often for a few times. The whites of eggs may be given after the drugs.

Ptomain or Food Poisoning.

3. By Ptomains are meant the active, poisonous substances caused by the decomposition of albuminous foods. Cases of such poisonings have been known to result from eating sausages, boiled ham, cold meats, fish and shell-fish, veal pie, chicken pie, pork pie, bacon, roast beef, canned meats, ice cream, cream, butter and cheese. The symptoms of this kind of poisoning are that a few hours after eating the poisonous food, the person is seized with nausea, vomiting, cramps and purging. If two or more persons, who have eaten of the same food, are similarly seized, it is pretty safe to infer that this form of poisoning has occurred. If there is any question as to whether the vomiting and diarrhea have cleansed the stomach, administer a purge. If fainting and collapse follow, give stimulants freely.

Corrosive Sublimate or Bichloride of Mercury.

4. This article is used largely as an antiseptic and has accidentally been taken internally with fatal results. Treatment: If vomiting be not already present, use one of the active emetics. Follow the emetic with milk, mucilage, flour water, arrow-root, starch water, white of egg, etc. As many as two dozen eggs have been used in single cases. After liberal administration of one of the demulcents, stimulate if necessary.

Coal-Gas Poisoning.

5. Coal-gas often escapes from base burners. Resort to artificial respiration when a person is suffering from asphyxiation from this gas. Oxygen gas should be given at once and continued. This can rarely be done without the aid of a physician. The oxygen is very important. Open the doors and windows and give the patient plenty of fresh air. Send immediately for the

doctor. Venesection and transfusion of blood are sometimes resorted to. If the patient is near a drug store, or chemical laboratory where a receiver of gas can be obtained, dispatch your messenger at once, ready for the doctor when he comes. Patients sometimes linger for weeks with this kind of asphyxiation.

6. *Sulphate of Copper* (blue vitriol). Emetics if necessary, raw eggs, milk. Copper poisoning has resulted from the cooking of food in copper vessels. This is generally an unsafe way of cooking.

7. *Hydrate of Chloral*. Use stimulants, warmth to extremities, mustard over heart and calves of legs, artificial respiration.

8. *Sulphuric Acid, Muriotic Acid, Nitric and Acetic Acid*. Use magnesia, lime, raw egg, milk.

9. *Carbolic Acid*. Emetics if necessary, raw eggs, castor oil, Epsom salts in large quantities. Alcohol is one of the best antidotes for carbolic acid. This fact should be more generally known.

10. *Nux Vomica or Strychnine*. Tannin is the chemical antidote. If obtainable in no other way, use tea or coffee, that which has been standing some time is best. Give the tea, grounds and all. Give fresh tea, even the dry leaves rather than delay. The stomach should be emptied if possible and more tannin solution given. Expedite the coming of the physician with the greatest celerity. The poisoned one is apt to have spasm which will prevent the passage of the stomach tube or even the administration of restorative drugs.

11. *Lye*. Poisoning with lye or potash preparations occurs sometimes, especially when domestic soap making is going on. Administer vinegar, lemon or other sour fruit juices, sour or "hard" cider. Raw eggs, olive or other oils, or barley water, should be given to allay the corrosion produced by the potash. If the patient suffers from weakness, administer strong coffee.

12. *Bites of Insects, Spiders, Bees, etc.* Give weak solution of ammonia to neutralize the formic acid which is the irritating poison of the sting. Alum, the bruised leaves of the dock, and the juice of onions will often afford relief. Wet, fresh clay is also recommended.

13. *Bites of Dogs, Cats and Other Pets or Vicious Animals*. If the animal is in the least suspected of being rabid, or if the parts bitten be lacerated, send to a surgeon at once. Meantime suck with the lips the injured parts, apply, if at hand, a solution of corrosive sublimate (bichloride of mercury) freely, made by

putting one part of the drug into two thousand parts of water. Bichloride tablets may be purchased at any drug store, and are kept in many houses for use. Follow the directions given on the bottle in making the solution. If the animal is known to be rabid or to display marked evidence of being so, cauterize the wound with a hot iron. If nothing better be at hand, the end of a poker, the head or point of a nail, a button hook, or hair-pin, according to the size of the wound, may be heated red-hot and touched to the laceration. If the bite or scratch be made by a healthy animal, the parts may be bathed with the mercury solution or, at least, should be washed clean with water previously boiled. Dress with a clean bandage.

14. *Snake Bites.* The only venomous snake likely to be encountered in Michigan, is the ordinary Massasauga, or small rattlesnake. When bitten by a serpent, suck out all the venom from the wound at once, if practicable. It is believed that the venom is harmless unless the skin of the lips or mouth is broken. Bandage tightly above the bite to prevent the poison from being absorbed. Administer stimulants (whisky preferable) freely.

V. MISCELLANEOUS.

I. CHILDREN AND INVALIDS.

Never give so-called soothing syrups.

Four essentials for the welfare of the child: pure air, food, pure water, and sleep.

Every child should sleep more or less in the afternoon until he is six years old at least.

Do not rock babies to sleep. At regular intervals of time place the child awake upon the bed and he will form the habit of falling asleep with no assistance from any one.

Little children should be put to bed as early as six in winter and seven in summer.

Never allow a child to go to bed with cold or wet feet.

Holding an infant's feet to an open fire is a delight to the child and excellent for its health. Always keep the chest, bowels, hands and feet warm.

When hot applications are needed, and the rubber water bag is too large or heavy, use little bags filled with meal heated

in the oven. The fingers of an old kid glove may answer the same purpose. Nice for the baby with the ear ache.

The long skirt is burdensome to infants and should never be tolerated. For the first few months make them of medium length. By the time the child is three months old, the short skirt should be worn.

The child's first set of teeth number twenty. They usually appear in about the following order: 2 central lower (incisors) from 5 to 9 months, 4 upper central, 2 lower central, 4 front double (molars), 4 canine (2 upper called "eye" teeth, 2 lower, "stomach" teeth), 4 back double. At one year a child usually has 6 teeth. At one and one-half years, 12 teeth. At two years, 16 teeth. At two and one-half years, 20 teeth.

Never allow an invalid to eat warmed over food, especially meats. Do not allow the food to stand in the sick room after the patient is through eating.

Use the best linen, the best china and glass on the invalid's tray.

For people who are confined in bed a complete change of clothing night and morning is very restful and desirable.

Beware of giving laxatives. Give more water and relaxing foods. Water is one of the great agents in relieving constipation. Most people do not drink water enough. Hot water will often quench thirst better than cold.

DIET FOR DIABETICS.

1. *Foods Allowed.*—Eggs, fish, fowl, and meat of all kinds, except liver and oysters. Butter, olive oil and fats of all kinds. Cheese. Nuts of all kinds except chestnuts. Olives, cucumbers, mushrooms, young onions. String beans, water-cress, asparagus tips, tomatoes, pickles, sauer-kraut, seakale, dandelions, turnip-tops, spinach, lettuce, cabbage, cauliflower, Brussels sprouts. (The green colored parts of vegetables are the least harmful). Custard, blanc-mange (if made of Irish Moss). Milk in moderate quantities, butter-milk, cream, koumiss, tea, coffee, cocoa-shells, plain soda water, Vichy, Apollinaris. To sweeten tea, coffee, custard, etc., glycerine or saccharin may be used. Fruits, like lemons, sour oranges, sour cherries, cranberries, and red currants.

2. *Foods Forbidden.*—White-colored vegetables and those which grow below the ground. Turnips, beets, parsnips, carrots,

radishes, celery, potatoes, wheat, oatmeal, rye, corn, rice, sago, tapioca, squash, peas, beans. Fruit, except those mentioned above. Bread of all kinds (not even the so-called "diabetic breads" are to be used except by the express permission of the physician), crackers, pastry, macaroni, vermicelli. Sugar and sweetened foods, jam, syrup, molasses, sweet pickles, cocoa, chocolate. Soups must not be "thickened."

INSTRUCTIONS TO CONSUMPTIVES AND THEIR FRIENDS, PUBLISHED BY THE STATE BOARD OF HEALTH OF MICHIGAN.

The State Board of Health wishes it to be understood that its efforts are designed to aid and to be in the interest of the consumptive, as well as all other persons.

CONSUMPTION IS A DISEASE DANGEROUS TO THE PUBLIC HEALTH. IT MUST BE REPORTED TO THE LOCAL HEALTH OFFICER.

Substance of Resolution Adopted by the Michigan State Board of Health.—Hereafter consumption shall be included in the official list of "Diseases dangerous to the public health," referred to in Sections 4452 and 4453, Compiled Laws of 1897, requiring notice by householders and physicians to the local health officer, as soon as such disease is recognized.

In this resolution the question of isolation of the patient is not mentioned. Its purpose is to secure to the local health authorities and to the State Board of Health valuable information, including knowledge of the location of each case of this most dangerous disease,—commonly known as "Consumption of the lungs," with the view of placing in the hands of the patient reliable information how to avoid reinfesting himself or herself, or giving the disease to others, and in the hands of those most endangered, information how to avoid contracting this disease.

The friends of every person sick with consumption should insist that the attending physician shall protect his patron by reporting the disease, because failure to report to the local health officer a known case of a "disease dangerous to the public health," renders the householder liable to a fine, and to imprisonment if the fine is not paid.

A consumptive, or any person who has a cough, should never swallow any of the sputa raised from the lungs, because *that adds danger of reinfection*. If sputa containing tubercle bacilli are swallowed, consumption of the bowels may result, and perhaps

tubercular meningitis, or even general tuberculosis, which is very likely to prove fatal; whereas, so long as the disease is confined to the lungs, there is often good prospects of recovery, especially if knowledge of the true nature of the disease is gained in its early stages.

Consumption is the most destructive disease, the number of persons per year dying from this cause in Michigan amounting to about two thousand.

Consumption is a dangerous communicable disease, the most dangerous one in Michigan. One consumptive may spread the disease to very many healthy persons. The chief danger exists in the expectoration of the consumptive person, and if this expectoration is carefully destroyed before it is dried, little danger need be feared; but a handkerchief should be used as a guard when coughing, or speaking forcibly, so as not to let the spray or little droplets of sputum reach any place where the germs might infect a person.

Consumptives should not spit upon sidewalks, the floors of rooms, public halls, street and railway cars, and other vehicles, nor where fowls or dairy cows may take in the sputum, or the dust of it with their food. They should spit into pieces of cloth, or receptacles made for the purpose, containing a saturated solution of carbolic acid (one part of carbolic acid crystals to about fifteen parts of water). Such pieces of cloth should be destroyed by fire, before the sputa become dry, and other receptacles should be cleansed with scalding water, their contents having been destroyed or otherwise carefully disposed of. Handkerchiefs which may have been used from necessity should be boiled half an hour before washing.

It is best that *ALL PERSONS WHO HAVE A COUGH* should carry small pieces of cloth (each just large enough to properly receive one sputum) and paraffined paper envelopes, or wrappers in which the cloth, as soon as once used, may be put and securely enclosed, and, with its envelope, burned on the first opportunity.

Remember that the sputum must not be swallowed, nor allowed to become dry.

By direction of the State Board of Health.

HENRY B. BAKER,
Secretary.

2. FOODS AND COOKING.

Never eat underdone pork.

The highest priced meat is not the most nutritious.

Cereals and vegetables require more mastication than meats.

Remember that all cereals can not be cooked too much for good digestion.

The "nutty flavor" of cereals is largely concealed by serving them with sugar. Try them with cream and no sugar.

Of every 100 pounds of flour, only 1 comes from the soil, the other 99 are from the air.

Meat is composed of fibrin, myosin, albumen, water, fat and mineral matter. The first three make flesh, the mineral matter, bone.

In cooking meats and vegetables do not boil but simmer them at a temperature of about 180 degrees. This prevents the breaking of the vegetables, the hardening of the albumen, and saves fuel.

When potatoes are pared before boiling there is a considerable loss of mineral salts and organic nutrient. To cook the potato with the least loss it should not be pared.

The potato is not a valuable food unless used with fish, meat, eggs, or some food rich in nitrogen.

In Ireland potatoes are used with liberal quantities of skimmed milk or butter-milk, which contains nitrogen.

The average American family, probably, does not throw away food enough to support the average French family. As the American is the best dressed person in the world, so is he the best fed. His history, his achievements, the demands upon him, his present conditions, are all different from those of the foreigner, and what may seem to be a lavish or even wasteful food supply, may not always prove to be so. But there is truth in the statement that as a people we are more wasteful with foods than we should be. This waste often begins at the market in buying too much or too little, in buying fruits and vegetables out of season, and especially in buying trimmed meats, leaving the trimmings at the shop. The greatest waste of food is not found in the families of abundant means unless the care of things is left entirely to indifferent servants, when the waste is enormous. The greatest waste among the very poor is generally due to unwise buying and improper cooking. Distinguish between refuse and waste. Refuse is what is not fit to be eaten and

thrown away, while waste is what might be utilized as food and still thrown away.

The breakfast foods so generally used in this country, are not desirable foods for all people. Unless well cooked, they are responsible for many "sour" stomachs. When well cooked, every one can not eat them with advantage. People suffering from catarrh of the stomach will not find cereals especially suited to them. If properly cooked and served they are an addition to the breakfast of well people.

Be very careful in buying canned meats. Never buy large cans. Bacteria are sometimes found in the centers of large cans of meat that insufficient cooking has failed to destroy.

It may not be generally known that the almost tasteless piece of meat that has been first placed in cold water and boiled for soup or broth, contains nearly all the protein of the meat. While not a juicy piece, if properly seasoned, and combined with vegetables, or made into stews and gravies with milk, it becomes a nutritious food.

If the meat alone is to be used after boiling, as a pot-roast, or simple boiled beef, plunge the meat into boiling water and let it boil ten minutes 212 degrees F. Then drop the temperature to 180 degrees F. This way of boiling will cook the meat thoroughly without its becoming tough and dry.

Rules for Selecting a Butcher.

The butcher should not be simply a dealer in meats, but a professional, having expert knowledge of meats. Always judge him:

1. By his apron.
2. By his breath.
3. By his hands.
4. By his shop.
5. By his experience.

If milk is to be left at the house in the morning before any one is up to take care of it, make some suitable arrangement so that the bottle will not have to stand on the back porch in the sun. This condition is still worse if the milk is taken from a can and poured into a crock or other receptacle that may not be properly covered. In warm weather, especially if the milk is to be fed to a sick person or to a little child, the supply should go direct from the dealer to the ice chest.

Remember that a fly in a cup of milk is sufficient excuse for

throwing it away, especially if there is a case of sickness in the family, or the milk is to be fed to an infant.

Never use milk bottles for any other purpose. As soon as emptied, rinse and fill with cold water until they can be properly cleaned. Dr. S. D. Belcher, Department of Health, City of New York, says that in case of any communicable disease in the family no milk bottle should leave the premises unless it has been boiled for ten minutes.

We demand much of the man who sells us the milk, and in justice to him, proper care should be taken of the bottles, that they are not lost or broken and especially that no disease germs are taken in them from the house.

WHAT COOKING MEANS.

"Cooking means the knowledge of Medea, and Circe, and of Calypso, and of Helen, and of Rebekah, and of the Queen of Sheba. It means the knowledge of all herbs, and fruit, and balms, and spices, and of all that is healing and sweet in fields and groves and savory in meats; it means carefulness and inventiveness, and watchfulness, and willingness, and readiness of appliance; it means the economy of your great-grandmothers and the science of modern chemists; it means much tasting and no wasting; it means English thoroughness, and French art, and Arabian hospitality; it means, in fine, that you are to be perfectly and always, ladies' (loaf givers); and, as you are to see imperatively that everybody had something pretty to put on, so you are to see, yet more imperatively, that everybody has something nice to eat."—*Ruskin*.

A WORD ABOUT BREAKFAST.

It is probably true that the average American family makes too little of breakfast both in regard to its preparation, and its serving. A breakfast is as important as any meal of the day. "A good breakfast begins the day before and lasts until the next day." There are many people who can get along, and perhaps better do so, with a roll or a bit of toast and coffee, but for laboring people, school children, students, teachers, business men and women, and others who are doing the real work of the world, something more is needed. As a rule, these people are served with rather a light meal, or luncheon at noon, with the dinner at six, and no other meal between dinner and breakfast.

Let us be slow to depart from the generous, old-fashioned

breakfasts of good country houses, but copy them as much as we can in town.

Some nice cereal, well cooked, served with cream, some good meat with a vegetable, nice, hot griddle cakes with maple syrup, when it can be procured, a little marmalade or preserves when fresh fruits cannot be had, coffee or whatever warm drink is used, and so on.

Eight months of Michigan climate call for the warm, nourishing breakfast. Let it be a comfortable, cheery meal, made up of some variety, with plenty of warm plates, and time in which to eat it.

GARBAGE.

Properly speaking garbage means table-waste and the refuse from preparing foods. Being either vegetable or animal in substance, it rapidly decomposes. In disposing of household waste, there should be practiced what is known in New York City as "Primary Separation." This consists in placing in separate receptacles garbage and ashes and the rubbish in boxes or bags. This method would naturally suggest itself to the average, intelligent housekeeper if her attention should be called to it, but in New York it had to be explained by household visitations and cards printed in many languages, under the care of the district superintendents. It is enough to say here that the garbage of this great city is now so efficiently handled and reduced that it has become a source of revenue.

In places like Ann Arbor and other towns where there is no legalized and enforced system for the daily collection and disposition of garbage, the same, if not greater discrimination, should be used as to what goes into the garbage can.

Where the contents are only taken away two or three times a week, and, in many instances, fed to animals, any objectionable matter that quickly decomposes should be burned at once, or, separated into small parts and thrown into the sewer. Such are the refuse from fish, poultry, decayed fruits and vegetables. Burying garbage in small town lots is not to be recommended.

There should be, in the average sized family, very little to go into the garbage pail. Some of the best regulated households in Ann Arbor have so little garbage that it is difficult, sometimes impossible, to get a garbage man to take it away. This is a great recommendation and speaks highly for the management of food and its preparation in such households.

In warm weather the can should be kept out of doors,

tightly covered, and washed and scalded at least once a week. During freezing weather, if the amount is small and carefully sorted, an earthen crock, covered, may be kept in the basement or some place away from foods where it will not freeze, emptied two or three times a week and washed each time. This kind of carefulness always pays and involves little extra labor. Where the amount is necessarily large, as in hotels and boarding houses, special arrangements for daily collection should be made.

EXPERIMENT STATIONS.

The tables, dietary studies and nearly all of the statistics regarding foods, their nutritive values and preparations, used in Part II of this book, have been compiled from bulletins issued by the U. S. Department of Agriculture, office of Experiment Stations. These reports, published from time to time, most of them for free distribution, are very valuable, and the housekeeper especially would do well to become familiar with them.

The first agricultural experiment station was formed over fifty years ago, by a little company of farmers, under the patronage of Leipsic University, in the little German village of Moeckern. In 1875, through the efforts largely of W. O. Atwater, Professor of Chemistry, Wesleyan University, Middleton, Conn., the first agricultural station in this country was established. In 1887 it received support from the government and became a national institution. In 1888 the central office was established at Washington. A few years later the study of the "Investigation of the Laws of Nutrition and the Economy of the Food of Man" was systematically undertaken in connection with the other work of the department, with Dr. Atwater as special agent in charge of nutrition investigations. This last enterprise is becoming increasingly great in interest and importance. The work of the experimental food stations has been referred to under "Food Values." The different experiment stations now receive an annual income of a million of dollars and employ hundreds of persons as chemists, veterinarians, agriculturists, dairymen, botanists, officials and clerks.

HOUSEHOLD ECONOMICS IN UNIVERSITIES AND OTHER INSTITUTIONS.

Efforts to teach domestic economy have met with more or less success in the University of Wisconsin, Leland Stanford

Junior, Lake Forest University, Iowa State Agricultural College, University of Illinois, and Chicago University. Other agencies for the extension of this work are: "The great institutes, Pratt, Drexel, the College for the Training of Teachers, and Armour, a portion of the general University Extension movement." The Sanitary Science Club, formed by the Collegiate Alumnae did pioneer work along this line. The Federation of Woman's Clubs has worked upon the basis laid down by the National Household Economic Association formed in 1893.

Philadelphia and New York, each through its Civic League, Boston and smaller towns are doing, practically, the same work. Special nutritious investigations have been carried on in the Pennsylvania College for Women, in Boston, Springfield, Mass., University of Missouri, Chicago University, University of Minnesota, Dakota Agricultural College, University of Illinois, Lake Erie Seminary, Ohio; University of Tennessee, and Maine State College. Many other institutions have become interested in the subject and are making inquiries relative to the establishment of stations or departments whenever the money can be obtained for that purpose.

Foods and food preparations form the most important part of household economics.

INDEX

	Page		Page
A			
About Dried Fruits.....	290	Artichokes, Boiled	256
Accidents	561	Artificial Method	521
Acetic Acid	569	Artichokes, Jerusalem, To boil....	257
Afternoon Tea Cakes	334	Arsenic Poisoning	567
Albumen Lemonade and Egg.....	557	Asparagus, 1	249
Albumen Milk and Egg.....	580	Asparagus, 2	249
All Night Light	501	Asparagus, Cream of, Soup.....	67
Almond Cake	319	Asparagus, with Eggs.....	260
Almond Cakes, Fried	441	Asparagus, How to Scallop.....	247
Almond Cream	369	Aspic Jelly	147
Almonds, Salted	467	Aunt Maria's Ginger Bread.....	330
Almond Soup	71	B	
Almond Powder	503	Bacon, Calf's Liver and.....	113
Amber Pie	388	Bacon, Mushrooms with	238
Anabel's Candy	464	Bacon, Rinds	501
Anchovy Toast	92	Baked Apples	410
An Economy	140	Baked Apple Dumplings	408
Angel Cake	307	Baked Beans	257
Angel Food	307	Baked Bananas	350
Anis Brod	442	Baked Brown Bread	195
Antwerp Sauce	275	Baked Calf's Head	109
Antidotes and Poisons	566	Baked Cabbage	260
Apples, Baked	408	Baked Cherry Pudding	417
Apples, Baked	410	Baked Custard	372
Apple and Banana Fritters.....	213	Baked Eggs	157
Apple Cake	325	Baked Egg-plant	252
Apples, Cooked Sweet	409	Baked Fish	81
Apple Corn Meal Pudding.....	413	Baked Fish with Tomatoes.....	82
Apple Custard	355	Baked Ham	125
Apple Custard Pie.....	386, 387	Baked Omelet	162
Apple Dessert, An.....	350	Baked Potatoes	233
Apple Dumplings	397	Baked Potato Salad	182
Apple Flip-flaps	375	Baked Quinces	350
Apple Frosting	315	Baked or Roasted Beef Heart.....	126
Apple, Ginger	302	Baked Rice and Tomatoes.....	240
Apple Indian Pudding	417	Baked Salt Mackerel	81
Apple Lemon Pie	393	Baked Spring Chicken	133
Apple Meringue	409	Baking Bread in a Gas Range....	487
Apple Orange Marmalade	291	Baking Cake by Gas.....	488
Apple Pie, An Open.....	394	Baking Meat in Gas Oven.....	485
Apple Pie, "Mother's".....	395	Baking Pastry by Gas.....	488
Apple Pudding	402	Baking Powder	494
Apple Puffs	364	Baking Powder Rolls	203
Apple Pie, Sweet	387	Baking Powder and Soda Biscuit	206
Apple Snow	372	Bananas	549
Apple with Orange Sauce.....	409	Bananas, Baked	350
		Bananas and Cream	367
		Banana Fritters	212

Banana Fritters, Apple and.....	213	Biscuits, Baking Powder and Soda	206
Bananas, as a Vegetable.....	236	Biscuit, Cream	206
Barbecued Lamb	113	Biscuit, Cream Baking Powder...	206
Barley Soup	433	Biscuit, Drop 1.....	206
Barley Egg Soup	433	Biscuit, Drop 2.....	206
Baskets, Orange	558	Biscuit, Soda	206
Bathing in Sewage, Polluted Streams, Warning	565	Biscuit, Sweet Potato	206
Batter, Fritter	213	Biscuit, Taffy	207
Bavarian Cream	349	Bisque	357
Bay Rum, 1	504	Bisque, Glacé	358
Bay Rum, 2	504	Bisque, Oyster	65
Beans, Baked	257	Bisque, Tomato	63
Beans, Boston Baked	256	Bites, Snake	570
Beans, Boston Baked	257	Bites of Dogs, Cats and other pets, or Vicious Animals	569
Beans, Lima	256	Bites of Insects, Spiders, Bees, etc	569
Beans, Lima	251	Bites, Frost	562
Bean Salad	182	Black Chocolate Cake, 1.....	321
Bean Soup, Hints About.....	66	Black Chocolate Cake, 2	321
Bean Soup	65	Black Chocolate Cake, 3	321
Bean Turtle Soup	75	Black Fruit Cake	323
Beds and Bedding, Care of.....	509	Black or Red Currant Jam.....	294
Beef, Boiled with Parsley Sauce..	125	Blackberry Cordial	476
Beef, Cannelon of	106	Blackberry Cordial	478
Beef Corned, Hash	126	Blackberry Jam	297
Beef Essence	547	Blackberry Jam Cake	325
Beef, Fillet of	101	Blackberry Pie	386
Beef Heart, Baked or Roasted....	126	Blackberry Pudding	416
Beef Juice	547	Black Silk, To Clean	507
Beef Loaf, 1-2.....	105	Blanquette of Chicken	137
Beef Loaf	106	Blanquetted Chicken	137
Beef Omelet	104	Bleaching Javelle Water for.....	507
Beef Ragout	105	Blitz Kuchen	438
Beef Soup	60	Blood Stains, To Remove	506
Beef Scrapple	104	Blue Vitriol	569
Beef Tea, 1.....	547	Blueberry Muffins	207
Beef Tea, 2.....	547	Blueberry Muffins	216
Beef Tea	554	Blueberry Patties	209
Beef, To Roast	100	Blueberry Pudding	417
Beef Roast	101	Boiled Antichokes	256
Beef Savory	104	Boiled Beef with Parsley Sauce..	125
Beef Stew, Mrs. Rorer's.....	102	Boiled Eggs	157
Beef with Tomato Sauce.....	450	Boiled Icing	308
Beefsteak, Broiled	102	Boiled Oil Dressing	171
Beefsteak, Fried	118	Boiled Spinach	248
Beefsteak Pie	104	Boiled Salt Mackerel	81
Beefsteak, Stuffed	103	Boiled Turnips	239
Beet Hash	251	Boiling and Stewing	99
Beet Pickles	272	Boiling Vegetables Over Gas.....	488
Beet Salad	176	Bon Bon, Wintergreen or Rose....	460
Beet Salad	183	Bon Bon, Violet	460
Berry, Log Cabin, A.....	411	Bon Bon, Lemon	460
Berry Puddings, Little	411	Bon Bon, Orange	460
Best Ginger Drops	329	Boned Calf's Head	121
Bichloride of Mercury	568	Boston Cream	476
Biscuits	549	Boston Baked Beans	257

Boston Baked Beans	256	Breakfast Muffins	208
Boston Brown Bread, 1-2-3.....	196	Breakfast, Something for	125
Boston Brown Bread	195	Brittle, Peanut	465
Boston Soup	74	Brod Anis	442
Bottles, How to Clean	496	Broiled Beefsteak	102
Boudins, Veal	108	Broiled Fish	82
Bouillon, 1	60	Broiled Quail	142
Bouillon, 2	60	Broiled Tomatoes	242
Braised Tongue	120	Broiling	99
Braised Veal	105	Broiling by Gas	486
Brandy Milk with Eggs.....	556	Broiling Fish by Gas	487
Brandy Sauce	415	Broth, Chicken	554
Brandy Sauce	425	Broth, Chicken	553
Bran Gems	212	Broth, Oatmeal and Beef	548
Bread, 1-2-3	192	Broth, Scotch	64
Bread	193	Brooms, How to Preserve	496
Bread, Yeast and	191	Brown Bread, 1-2-3.....	194
Bread, How to Cut Hot	496	Brown Bread, Baked	195
Bread, Baked Brown	195	Brown Bread, N. E.	194
Bread, Boston Brown	195	Brown Bread, Prune	195
Bread, Boston Brown, 1-2-3.....	196	Brown Bread, Prison Mission.....	195
Bread, Brown, 1-2-3.....	194	Brown Bread, Steamed	194
Bread, N. E. Brown.....	194	Brown Bread, Sandwiches	226
Bread, Coffee	205	Brown Flour for Soups and Gra- vies	72
Bread, Corn, 1-2-3.....	198, 199	Brown Pudding, Steamed	413
Bread, Corn, 1-2-3.....	200	Brown Sauce	149
Bread, Egg	217	Brown Soup	433
Bread, Entire Wheat	197	Brown Sugar Cake	314
Bread, Graham	195	Brown Sugar Cake	328
Bread, Graham	196	Brown Sugar Candy	462
Bread, Graham, 1-2.....	197	Brown Stone Front	313
Bread, Graham	210	Browned Creme	436
Bread, Indian Steamed	198	Brunswick Stew	75
Bread, Lime Water in	194	Buckwheat Cakes	214
Bread, Muffins, Rolls, Griddle Cakes, etc.	191-218	Buns, Corn	199
Bread, Prison Mission, Brown....	195	Buns, Hot Cross	218
Bread, Prune Brown	195	Buns, Scotch	322
Bread, Quick, Butter Milk.....	193	Buns, Spanish, 1-2.....	332
Bread, Raised, Graham.....	197	Burns, Remedy for	562
Bread, Salt-rising	193	Burns	563
Bread, Steamed Brown	194	Butter	533
Bread, Steamed Corn	198	Butter Balls	217
Bread Sauce	149	Butter, Drawn	147
Bread Sauce for Partridge or Game	150	Butter Fritters	213
Bread, Scotch	197	Butter, Lemon	354
Bread Sticks	207	Butter, Maitre D'hotel	148
Bread Sticks	216	Buttermilk Cake	436
Bread, Thirded	210	Butter Scotch	465
Bread, Virginia Corn	198		
Bread, World's Fair	193		
Breakfast, A Word About.....	576		
Breakfast, Bread Rolls	203		
Breakfast Cakes	215		
Breakfast Eggs	160		

C

Cabbage, Baked	260
Cabbage, Cooked	249
Cabbage, Oyster	249
Cabbage, Red Pickled	271
Cabbage Salad, 1-2.....	176
Cadillac Fried Cakes	334

Cake, Almond	319	Cake, Moravian Sugar	443
Cake, Angel	307	Cake, Nut, Filling for	315
Cake, Apple	325	Cake, Orange, 1-2	311
Cake, Buttermilk	436	Cake, Peach	366
Cake, Black Chocolate, 1-2-3	321	Cake, Pearl	318
Cake, Blackberry Jam	325	Cake, Pineapple	324
Cake, Brown Sugar	314	Cake, Plain Layer	313
Cake, Brown Sugar	328	Cake, Prince of Wales	341
Cake, Caramel	320	Cake, Raised	329
Cake, Caramel, Filling for	315	Cake, Raisin	323
Cake, Delicate	315, 316	Cake, Raisin	342
Cake, Chocolate Cream	312	Cake, Roll Jelly	314
Cake, Circle	328	Cake, Silver	317
Cake, Coconut	310	Cake, Simple Layer	313
Cake, Coffee	328, 329	Cake, Short	364
Cake, Cold Water Sponge	309	Cake, Short	397
Cake, Cornstarch	317	Cake, Snow	317
Cake, Cream	310	Cake, Snow	318
Cake, Cup, without Eggs	327	Cake, Soda Pound	320
Cake, Delicate	318	Cake, Soft Molasses	330
Cake, Devil's	313, 314	Cake, Sour Milk	328
Cake, Devil's	321	Cake, Southern Pound	319
Cake, Dolly Varden	313	Cake, Spice	324
Cake, Dried Apple	325	Cake, Spice	327
Cake, Dutch Apple	368	Cake, Spiced	327
Cake, Easter	326	Cake, Sponge, 1-2-3-4-5-6-7	309, 310
Cake, English Walnut	319	Cake, Sunshine Sponge	308
Cake, Fancy Tea	329	Cake, Swedish	312
Cake, Favorite Snow	310	Cake, White	312
Cake, Feather	320	Cake, White, 1-2	318
Cake, Federal	327	Cake, White	326
Cake, French Cream	311	Cake, White Citron	316
Cake, Fruit, 1-2-3-4-5-6	322, 323	Cake, White Fruit	324
Cake, Fruit	324	Cake, White Mountain	318
Cake, German Coffee	440	Cake, White Perfection	315
Cake, Soft Ginger	341	Cake, White Sponge	326
Cake, Gold, 1-2	319	Cake, Walnut	310
Cake, Gold	325	Cakes	307-342
Cake, Good	320	Cakes, Afternoon Tea	334
Cake, Graham	328	Cakes, Almond Fried	441
Cake, High Altitude	317	Cakes, Chocolate	331
Cake, Hickorynut	320	Cakes, Christmas	437
Cake, Hot Water Molasses	330	Cakes, Cup	333
Cake, Huckleberry	325	Cakes, Drop	331
Cake, Imperial	322	Cakes, Eckell	332
Cake, Improved Sunshine	308	Cakes, Fried	333
Cake, Jam	324, 325	Cakes, Oatmeal or Date	331
Cake, Layer	312	Cakes, Orange	439
Cake, Lemon	317	Cakes, Rolled Oat	331
Cake, Lightning	311	Cakes, Rich Tea	336
Cake, Marbled	316	Cakes, Sour Cream	329
Cake, Marbled	320	Calf's Brains with Eggs	122
Cake, Marshmallow	316	Calf's Head, Baked	109
Cake, Marshmallow Layer	313	Calf's Head, Boned	121
Cake, Molasses Layer	314	Calf's Liver and Bacon	113
Cake, Molasses Spice	330	Café Mousse	358

Camphor Ice	503	Chafing Dish Dainty A	449
Candy, Anabel's	464	Chafing Dish, Duck in	451
Candy, Brown Sugar	462	Charlotte, Orange	352
Candy, Lemon	464	Charlotte, Orange	371
Candy, Molasses	463	Charlotte Russe	352
Candy, Molasses	462	Cheese	532
Candy, Nut Molasses	466	Cheese and Celery Sandwiches	227
Candy, Summer Nut	466	Cheese Balls	163
Candy, White Sugar	462	Cheese Balls	165
Candied Pop Corn	464	Cheese, Chicken	138
Candied Sweet Flag	467	Cheese, Drinks	448
Cannelon of Beef	106	Cheese, Dutch	435
Canned Tomatoes	292	Cheese, Eggs and	157-165
Canned Tomato Salad	175	Cheese Eggs	164
Canning Fruit, Table for	290	Cheese, Fondue	448
Canning Fruits	289	Cheese, Head	122
Caper Sauce	148	Cheese, Omelet	448
Caramel	72	Cheese, Omelet	162
Caramel Cake	320	Cheese, Ramekin	164
Caramel Custard	373	Cheese Relish	165
Caramel Filling for Cake	315	Cheese Salad	183
Caramel Ice Cream	356	Cheese Soufflé	164
Caramel Maple Sugar	462	Cheese Sticks	164
Caramel Pudding	407	Cheese Straws, 1-2	163
Caramels, Chocolate	464	Cheese Toast	164
Carbolic Acid	569	Cherries, Cream	461
Carpet Soap	495	Cherries, Pickled	281
Carpets, The Care of	502	Cherries Preserved in Syrup	300
Carrots, in Cream Sauce	251	Cherries, Spiced	278
Carrots, Onions and	250	Cherry Jam	294
Carrot Soup	73	Cherry Marmalade	297
Casseroles, Chicken	139	Cherry Pie	386
Casserole of Rice and Meat	119	Cherry Pie, Mock	396
Cases, Timbale	384	Cherry Tapioca	368
Catsup, Cold	275	Chestnut Stuffing for Poultry	132
Catsup, Grape	276	Chicken, Baked Spring	133
Catsup, Green Tomato	270	Chicken, Blanquetted	137
Catsup, Mushroom	282	Chicken, Blanquette of	137
Catsup, Ripe Cucumber	276	Chicken Broth	553
Catsup, Tomato	275	Chicken Broth	554
Catsup, Tomato	276	Chicken Casseroles	139
Catsup, Walnut	270	Chicken Cheese	138
Cauliflower, Escalloped	250	Chicken, Creamed, 1-2-3-4	138, 139
Cauliflowers, Pickling	272	Chicken Cream Soup	62
Cauliflower Salad	181	Chicken Croquettes	112
Cauliflower, to Cook	250	Chicken Croquettes	118
Cauliflower with Dressing	259	Chicken Croquettes, 1-2	139
Celeried Oysters	453	Chicken Croquettes, 1-2	452
Celery, Cream of, Soup	66	Chicken, Fricassee	134
Celery, Cream of, Soup	74	Chicken, Fried	133
Celery, Cream of, Soup	558	Chicken, Hollandaise	451
Celery Salad	178	Chicken, Imperial	134
Celery Sauce	275	Chicken, Jellied	133
Celery Slaw	176	Chicken, Jellied	136
Celery Soup, 1-2	66	Chicken Jelly	136
Chafing Dish Dainties	747	Chicken Jelly	557

Chicken, Kentucky Style	140	Cinnamon Rolls	203
Chicken, Maryland	132	Cinnamon Stars	437
Chicken, Omelet with	558	Circle Cake	328
Chicken Patties	140	Citron Preserves	298
Chicken Pie	134, 135	Clams, à la Newburg	451
Chicken Pie, with Oyster	135	Clams, Creamed	87
Chicken, Pressed	133	Clams, Devilled	87
Chicken, Pressed, for a Company	136	Clams, Devilled	88
Chicken Salad	175	Claret Punch, 1-2-3	478
Chicken, Smothered in Sauer Kraut	434	Classification of Foods	517
Chicken Soufflé	136	Cleaning Fluid	494
Chicken Terrapin	137	Cleaning Fluid, for Silk or Wool	494
Chicken with Oyster	90	Clinkers, How to Remove	495
Chicken, White Soup from	62	Coal Gas Poisoning	568
Children and Invalids	570	Cobbler, Peach	376
Children's Lunch Basket, Menus for	45	Cocoa, Iced	479
Children's Favorite Dessert	374	Cocoanut Cake	310
Chili Sauce	267	Cocoanut Drops	463
Chili Sauce, 1-2	274	Cocoanut Patties	467
Chinese Luncheon	38	Cocoanut Pie	386
Chips, Saratoga	235	Cocoanut Pudding	414
Chipped Gingered Pear	290	Cocoanut Pudding	415, 416
Chocolate	473	Cochroaches, To Exterminate	495
Chocolate	474	Cocktail, Oyster	91
Chocolate	479	Cod, Boiled, Sauce for	150
Chocolate Cakes	331	Codfish, à la Mode	87
Chocolate Caramels	464	Codfish Balls	85
Chocolate Cookies	338	Codfish, How to Cook	84
Chocolate Cream	351	Codfish, in Purée of Potato	92
Chocolate Cream Cake	312	Coddled Eggs	163
Chocolate Fruit Cookies	340	Coffee Bread	205
Chocolate, Mexican	474	Coffee Cake, 1-2-3	328, 329
Chocolate Mousse	358	Coffee Cake, German	440
Chocolate Peppermints	460	Coffee, Cold Water	473
Chocolate Pie	390	Coffee, Cream	351
Chocolate Pudding, 1-2-3-4	406, 407	Coffee, Foam	553
Chocolate Sauce	365	Coffee for 20, for 100,	473
Chocolate Sauce for Ice Cream	360	Coffee Jelly	354
Chocolate, Vienna	476	Coffee, Nutritious	550
Chopped Pickles	273	Coffee, Preparation of	473
Chopped Sweet Pickles	269	Cold Catsup	275
Chow Chow	270	Cold Meats, Sauce for	149
Chowder, A Good	76	Cold Water Coffee	473
Chowder, Fish	65	Cold Water Sponge Cake	309
Chowder, Vegetable	63	Cologne, 1-2	504
Christmas Cakes	437	Colonial Hats	388
Christmas Cookies	437	College Club Sandwiches	228
Christmas Drops	465	Columbine Salad	175
Christmas Fruit Cookies	437	Comanche	463
Christmas Loaf, A German	442	Combination Jam	295
Christmas Nut Drops	438	Compote of Peaches	404
Chutney, or Curry Oysters	91	Commercial Foods	526
Chutney, Indian	281	Confectionery	459-468
Chutney Sauce	283	Conserve, Crabapple	295
		Consommé	548
		Consommé, a L'Independence	75

Consomme, Plain Soup Stock and	60	Corn Salad	184
Consumptives, Instructions to and Their Friends	572	Corn Soup, 1-2	67
Contamination, Sources of	530	Corn and Tomato Soup	67
Contents, Part 1	5	Corned Beef, For Curing	107
Contents, Part 2	6	Corned Beef Hash	126
Convalescents, Cream for	551	Cornstarch Cake	317
Cooked Cabbage	249	Cornstarch Fritters	375
Cooked Sweet Apples	409	Cornstarch Pudding	551
Cookery, German	433-443	Cornstarch Pudding with Figs	417
Cookies, Chocolate	338	Cornstarch Puffs	375
Cookies, Chocolate, Fruit	340	Corrosive Sublimate	568
Cookies, Crisp, Sugar	337	Cosmetics	503
Cookies, Cream	337	Cottage Cheese Sandwiches	228
Cookies, Christmas	437	Cotton Bating Soup	434
Cookies, Christmas, Fruit	437	Cough Syrup	495
Cookies, Excellent, Chocolate	437	Crabapple Conserve	295
Cookies, Fruit, 1-2	338	Crabapple Jelly	294
Cookies, Fruit	341	Crabapple Pudding	415
Cookies, Fruit, Drop	333	Crabapple, Spiced	279
Cookies, Ginger, 1-2-3-4	339	Cracker Pudding	401
Cookies, Molasses	339	Cracker Pudding, My Grandmoth- er's	402
Cookies, Oatmeal	338	Cranberries, Frozen	361
Cookies, Old-fashioned	337	Cranberry Ice	364
Cookies of 1812	340	Cranberry Jelly	297
Cookies, Peanut	338	Cranberry Pie	391
Cookies, Spiced	338	Cranberries, To Cook	409
Cooking, Foods and	574	Cream	532
Cooking with a Gas Range	485-489	Cream, Almond	369
Cooking School Fried Cakes	335	Cream, Apple	365
Cooking Summer Squash	257	Cream Baking Powder Biscuit	206
Cooking, Time Table for	55-58	Cream, Bavarian	349
Cordial, Blackberry	476	Cream Biscuit	206
Cordial, Blackberry	478	Cream, Boston	476
Cordial, Grape	477	Cream Cake	310
Cordial, Grape	480	Cream Cherries	461
Corn Bread, Steamed	198	Cream Chicken Soup	62
Corn Bread, Virginia	198	Cream Chocolate	351
Corn Bread	198	Cream Coffee	351
Corn Bread	198	Cream Cookies	337
Corn Bread,	199	Cream, Eggs with	448
Corn Bread, 1-2-3	200	Cream Dates	461
Corn Buns	199	Cream Filling for Pie	390
Corn Cake	199	Cream for Convalescents	551
Corn Cakes	254	Cream Fruit	356
Corn Cake Crusts	201	Creams, Ginger	339
Corn Dodgers	200	Cream, Hamburg	351
Corn Dodgers, Kentucky	201	Creams, Ices and Desserts	349-376
Corn, Escalloped, 1-2	253	Cream Mayonnaise Tomato Salad	180
Corn Fritters	200	Cream, Nut	365
Corn Fritters, 1-2	254	Cream of Asparagus Soup	67
Corn Meal Gems	211	Cream of Celery Soup	66
Corn Meal Gruel	554	Cream of Celery Soup	74
Corn Meal Muffins	209	Cream of Celery Soup	558
Corn Patties	254	Cream of Eggs	449
Corn Pone, Southern	218	Cream of Tomato Soup, 1-2	70
		Cream of Onions, or Onion Soup	71

Cream of Tomato Soup	556	Croquettes, Meat	120
Cream, Orange	365	Croquettes, Rice	245
Cream, Orange	367	Croquettes, Salmon, 1-2	85
Cream Pie	390	Croquettes, Sweetbread	116
Cream Pie	394	Croquettes, Sweet Potato	259
Cream Pie	389	Croquettes, Sweet Potato	237
Cream, Pineapple, Bavarian	349	Croquettes, Veal, 1-2-3-4	111, 112
Cream Puffs, 1-2	397	Croquettes, Veal and Rice	245
Cream, Raspberry	370	Croutons	72
Cream, Rice	550	Crullers	336
Cream, Rice	368	Crullers, or Wonders	340
Cream, or Rice Soup	555	Crumb Griddle Cakes	215
Cream Rice Pudding	398	Crumpets, London	210
Cream, Russian	349	Crusts, Corn Cake	201
Cream Salad Dressing	171	Crystallized Flowers	461
Cream Salmon	84	Cuban Pudding	410
Cream Sauce	425	Cucumber Dolmasi	247
Cream Sauce	428	Cucumber Fritters	261
Cream Sauce	451	Cumcumber Jelly	261
Cream Sauce	253	Cucumber Pickles, 1-2	276
Cream Sauce	148	Cucumber Pickles	271
Cream, or White Sauce	251	Cucumber Salad	180
Cream Sauce, Spaghetti with	248	Culinary Hint, A	393
Cream Sauce, Tripe with	454	Cup Cakes without Eggs	327
Cream, Sago	369	Cup Cakes	333
Cream, Spanish	350	Curing Hams	107
Cream, Tapioca	350	Currant Jam	294
Cream, Tapioca	351	Currant Jelly	297
Cream Toast	217	Currant Jelly	298
Cream Toast	556	Currant Jelly Sauce	425
Cream, Tomato Soup, 1-2	70	Currant and Orange Preserves	297
Cream, Vanilla	356	Currant Pie, English	387
Cream, Velvet	351	Currants, Spiced	278
Cream Walnuts	461	Currants, To Preserve	299
Cream, Whipped	390	Curry of Chicken Livers and Rice	140
Creamed Celery, 1-2	253	Curried Eggs	452
Creamed Chicken, 1-2-3-4	138, 139	Curry Oysters	91
Creamed Clams	87	Curry of Tripe	124
Creamed Lobster, 1-2	86	Custard, Apple	355
Creamed Meat	119	Custard, Baked	372
Creamed Mushrooms	239	Custard, Caramel	373
Creamed Potatoes, 1-2	234	Custard Pie	388
Creamed Rice	351	Custard Pie	393
Creamed Sweetbreads	117	Custard Pie	394
Creamed Tomatoes	239	Custard Pie, Apple	386
Creamy Sauce	415	Custard Pie, Apple	387
Creme, Browned	436	Custard Pie, Lemon	388
Creole Kedgereee	91	Custard Sauce	425
Crisps, Peanut	465	Custard, Tapioca	355
Crisp Sugar Cookies	337	Custard, Raspberry	370
Croquettes, Chicken, 1-2	139	Custard, White	355
Croquettes, Chicken	452	Cutlets, Egg	158
Croquettes, Chicken	112	Cutlets, Fish	83
Croquettes, Chicken, Veal, etc.	118	Cutlets, Indian	123
Croquettes, Ham	116	Cutlets in Rice	111
Croquettes, Hominy	245	Cutlets, Veal	108

D			
Dainty Dessert	370	Dressing, Oyster	150
Dainty Little Puddings	412	Dressing, Oyster or Turkey	90
Dandelion Salad	178	Dressing, Potato Salad	183
Date Pudding	405	Dressing, Sage and Onion, To make	153
Date Pudding	410	Dressing, Salad	171
Date Sticks	332	Dressing, Salad, 1-2-3-4	172
Dates, Cream	461	Dried Apple Cake	325
Delicate Cake	315	Dried Beef Fricassee of	451
Delicate Cake	316	Dried Fruits, About	290
Delicate Cake	318	Drink, Harvest	477
Delicate Dish	369	Drop Biscuit, 1-2	206
Delicious Nut Filling for Cake	315	Drop Cakes	331
Depew's Oolong Lemonade	475	Drop Cakes, Hominy	217
Dessert	364	Dropped Eggs	556
Dessert, A Delicious	367	Drops, Coconut	463
Dessert, An Apple	350	Drops, Ginger	333
Dessert, Children's Favorite	374	Drops, Hickorynut	436
Desserts, Creams, Ices and	349-376	Drops, Oatmeal	332
Dessert, Dainty	370	Drowned, Treatment of the	562
Dessert, A New	368	Dry Oyster Stew	90
Devil's Cake	313	Duchess Potatoes	258
Devil's Cake	314	Duchess Sauce	425
Devil's Cake	321	Duchess Soup	76
Deville Clams	87	Duck in Chafing Dish	451
Deville Clams or Oysters	88	Duck, Mock	103
Deville Lobster	86	Ducks, Roast, 1-2-3	141
Diabetics, Diet for	571	Dumplings	108
Diced Turnips	238	Dumplings, Apple	397
Dietetics	515	Dumplings, Baked Apple	416
Diet for Diabetics	571	Dumplings, Soup	72
Dietary Studies at The Boston School of Housekeeping	543	Dumplings, Sponge	103
Dinah's Muffins	209	Dumplings, Strawberry	418
Dinner, Little	38	Dumplings, Veal, German	108
Dipped Fruits	460	Dutch Apple Cake	368
Dish Cloths	509	Dutch Cheese	435
Dish Washing, For	494	Dutch Fried Potatoes	258
Disinfectants	503	Dutch Pies	437
Disinfectant for Clothes	495	E	
Disinfection Rules to be Observed	559	Easter Cake	326
Dodgers, Corn	200	East India Pickles	268
Dodgers, Kentucky	201	East Indian Preserves, Imitation	295
Dolly Varden Cake	313	Easter Trifles	374
Doughnuts, 1-2	333	Eckell Cakes	332
Doughnuts	334	Egg, Attractive Way to Prepare	550
Doughnuts, German	441	Egg Barley Soup	433
Drawn Butter	147	Egg Bread	217
Drawn Butter Sauce	148	Egg Cutlets	158
Dreams Cheese	448	Egg and French Toast	557
Dressing	551	Egg and Lemonade Albumen	557
Dressing, Boiled Oil	171	Egg and Milk Albumen	550
Dressing, Cream Salad	171	Eggnog	479
Dressing for Cabbage or Lettuce	172	Eggnog	552
Dressing, French	170	Egg Omelet	161
Dressing, Mayonnaise	171	Eggplant, Baked	252

J	
Jam, 1-2-3-4	296
Jam, Blackberry	297
Jam Cake, 1-2	324, 325
Jam, Combination	295
Jam, Cherry	294
Jam, Currant	294
Jam, Gooseberry	294
Jam, Green Grape	296
Jam, Pineapple	294
Jam, Plum	295
Jam, Raisin	296
Jam, Raspberry	301
Jambolaya	246
Jams, Preserves, Jellies	289-302
Japanese Luncheon	38
Javelle Water, for Bleaching	507
Jellied Chicken	133
Jellied Chicken	136
Jellied Prune Pudding	366
Jellies	301
Jellies, Home-Made	293
Jellies, Preserves and Jams	289-302
Jelly Apricot	353
Jelly, Aspic	147
Jelly, Chicken	136
Jelly, Chicken	557
Jelly, Coffee	354
Jelly, Crabapple	294
Jelly, Cranberry	297
Jelly, Cucumber	261
Jelly Currant	297, 298
Jelly Fruit	296
Jelly, Fruit and Nut	353
Jelly, Irish Moss	555
Jelly, Lemon	353
Jelly, Orange	557
Jelly, Pineapple	353
Jelly, Prune	353
Jelly Roll	341
Jelly, Spiced, Currant	297
Jelly, Strawberry	301
Jelly, Tomato	176
Jelly, Wine	294
Jerusalem Pudding	404
Johnny Cake	201
Johnny Cake	197
Johnny Cake, Mrs. Hogan's	197
Jolly Boys	335
Juice, Beef	547
Juice, Grape, 1-2	476
Juice, Grape	555
Julienne Soup	63
July, Economical Menus for one week in	43
Junket	354
Junket, 1-2	552
K	
Kartoffel, Klöße	435
Kedgeree, Creole	91
Kentucky Corn Dodgers	201
Kentucky Rolls	218
Kidney Bean Soup	66
Kidney Toast	113
Kidney, with Sour Gravy	120
King George's Pudding	410
King William Pudding	412
Kisses	440
Kisses, Nut, 1-2	440
Kisses, Quince	440
Klöße, Kartoffel	435
Koumiss	475
Koumiss, or Fermented Milk	552
Kuchen, Blitz	438
L	
Lady Washington Rolls	215
Lamb, Barbecued	113
Lamb Chops	114
Lamb or Mutton, Leg of	113
Lamb, Roast	113
Laplanders for Breakfast	212
Layer Cake	312
Lebkuchen	439
Lebkuchen	441
Lebkuchen, Christmas Fruit Cook-ies	437
Lebkuchen, Honey	439
Leg of Lamb or Mutton	113
Leg of Mutton, à la Venison	114
Legs, Frogs'	452
Lemonade	477
Lemonade, Depew's Oolong	475
Lemonade and Egg Albumen	557
Lemonade, Pineapple	477
Lemonade, Strawberry	479
Lemon Bon Bon	460
Lemon Butter	354
Lemon Butter for Sandwiches	228
Lemon Cake	317
Lemon Candy	464
Lemon Cream Sauce, Hot	414
Lemon Custard Pie	388
Lemon Fritters	366
Lemon Ice	364
Lemon Jelly	353
Lemon Pie, 1-2-3-4	389
Lemon Pie, Meringue for	395
Lemon Pie, Rich	395
Lemon Puff	354

Lemon Pudding	403	Maple Parfait	357
Lemon Sauce	399	Maple Sugar Caramel	462
Lemon Sauce	426	Maple Syrup Sauce	426
Lemon Sherbet	362	Marbled Cake	320
Lemon Sherbet	364	Marbled Cake	316
Lemon Shortcake	365	Marguerite Pudding	412
Lemon Sponge	554	Marguerites	341
Lemon Tarts	391	Marguerites	159
Lemon Whip	354	Marmalade, Apple, Orange	291
Lenten Soup	76	Marmalade, Cherry	297
Lettuce and Ham Salad	179	Marmalade, Orange, 1-2-3	291, 292
Lettuce Salad	182	Marmalade, Orange	297
Lettuce Sandwiches	227	Marmalade, Oriental	291
Lettuce, Wilted	248	Marmalade, Peach	300
Levigne Soup	74	Marmalade, Quince	299
Lightning Cake	311	Marmalade, Toast	207
Light Corn Muffins	208	Marshmallow Cake	316
Lily Salad	179	Marshmallow Layer Cake	313
Lima Beans	251	Marshmallows	465
Lima Beans	256	Maryland Chicken	132
Lime Water and Bread	194	Mashed Potatoes	234
Linen, Care of	508	Mashed Potatoes	258
Liver, Calves, with Bacon	113	Mayonnaise, 1-2	170
Liver Dumpling, Soup with	64	Mayonnaise Dressing	171
Liver, Stewed Veal	434	Mayonnaise, Mock	170
Lobster, à la Newburg	450	Mayonnaise Sauce	152
Lobster, à la Newburg	452	Meat Balls	106
Lobster, Creamed, 1-2	86	Meat Casserole	112
Lobster, Deviled	86	Meat Casserole of Rice and	119
Lobster Patties	453	Meat, Creamed	119
Lobster Salad	174	Meat Croquettes	120
Lockjaw, Remedy for	563	Meat Croquettes, Veal, etc.	118
London Crumpets	210	Meat, Garnish for	118
Luncheon, Chinese	38	Meat Pudding	120
Luncheon, Jananese	38	Meat, Mince	384
Luncheon, Girls after Tennis	38	Meat, Mock Mince	385
Luncheon Dish	87	Meat Pudding, Roman	123
Lye	569	Meat Sauce	275
Lyonnais Potatoes	234	Meat Scallop	118
M			
Macaroons, Hickorynut	464	Meats and Poultry	99-142
Macaroons, Hickorynut	341	Meats and their Accompaniments	142
Macaroni, Noodle	244	Meats, Sauces and Dressings for	147-153
Macaroni with Tomato Sauce	241	Menu for July 4th	24
Macedoine Salad	178	Menu for Hallowe'en Party	39
Mackerel, Salt, Baked	81	Menus, Economical, for one week in July (Food Cooked on Gas Range)	43
Mackerel, Salt, Boiled	81	Menus for Christmas	33
Made Mustard	272	Menus for Christmas	35
Maitre D'Hotel Butter	148	Menus for Family of Two	41, 42
Mango Peaches	280	Menus for One Week for Each Month in the Year	13-33
Mangoes	271	Menus of Medium Cost	543-546
Maple Fudge	462	Menus for Special Occasions	34-39
Maple Ice Cream, 1-2	357		
Maple Mousse	361		
Maple Mousse	362		

Parker House Rolls	201	Pickle, Sweet, Tomato	268
Parker House Rolls	204	Pickle, Sweet, Tomato	280
Parsley Sauce, Boiled Beef with ..	125	Pickled Cherries	281
Parsnip Balls	254	Pickled Cucumbers, 1-2	276
Parsnip Fritters	252	Pickled Eggs	283
Parsnip Fritters	255	Pickled Peaches	279
Parsnips, Saratoga	235	Pickled Pears and Peaches	279
Partial Diet List for Children Two and Three Years Old	524	Pickled Mushrooms	281
Pastry and Puddings	383-418	Pickled Red Cabbage	271
Pastry Sandwiches	392	Pickles	273
Pastry, To Glaze	383	Pickles and Relishes	276-283
Pasty	107	Pickles, Beet	272
Patties, Blueberry	209	Pickles, Chopped	273
Patties, Chicken	140	Pickles, Chopped, Sweet	269
Patties, Cocoanut	467	Pickles, Cucumber	271
Patties, Corn	254	Pickles, East India	268
Patties, Ham	115	Pickles, French	268
Patties, Lobster	453	Pickles, Mexican	268
Patties, Oyster	89	Pickles, Mixed	269
Patties, Veal	141	Pickles, Mixed	273
Pea Soup, Green	68	Pickles, Mustard	269
Pea Soup	69	Pickles, Mustard, 1-2-3	273, 274
Peas, Sweetbreads and	117	Pickles, Oil	268
Peach Cake	366	Pickles, Pumpkin	277
Peach Cobbler	376	Pickles, Ripe Tomato	281
Peach Foam	558	Pickles, Watermelon	277
Peach Marmalade	300	Pickles, Watermelon	283
Peach Sauce	426	Pickling Cauliflowers	272
Peach Sherbet	361	Pig, Roast	116
Peaches, Compote of	404	Pigs in Blankets, Little	449
Peaches, Mango	280	Pie, Amber	388
Peaches, Pickled	279	Pie, Apple, Custard	367
Peaches, Preserved	298	Pie, Apple, Custard	386, 387
Peaches, Sweet, Pickled	280	Pie, Apple, Lemon	393
Peanut, Brittle	465	Pie, An Open Apple	394
Peanut Cookies	338	Pie, Beefsteak	104
Peanut Crisps	465	Pie, Blackberry	386
Peanut Sandwiches	226	Pie, Cherry	386
Pears and Peaches, Pickled	279	Pie, Chocolate	390
Pears, Chipped, Gingered	290	Pie, Chicken	134
Pears, Ginger	302	Pie, Chicken	135
Pearl Cake	318	Pie, Chicken, with Oysters	135
Pecan Sticks	342	Pie, Cocoanut	386
Peppermint Ice Cream	367	Pie, Cranberry	391
Peppermints, Chocolate	460	Pie, Cream	389
Peppermints, Five Minute	468	Pie, Cream	390
Peppermint Wafers	461	Pie, Cream	394
Pepper Nuts	438	Pie, Cream, Filling for	390
Peppers for Winter Use	272	Pie Crust for 3 Pies	383
Petit Pois	454	Pie Crust, Graham	383
Pfeffernesle	438	Pie Crust	383
Philadelphia Ice Cream	359	Pie Crust	392
Phosphorus Poisoning	568	Pie, Custard	388
Piccalilli	273	Pie, Custard	393
Pickle, Green Tomato	271	Pie, Custard	394
		Pie, English Currant	387

Pie, Lemon, 1-2-3-4	389	Poached or Dropped Egg	556
Pie, Lemon, Custard	388	Pocketbook Rolls	203
Pie, Lemon, Meringue for	395	Pois Petit	454
Pie, Mince	387	Poisoning, Arsenic	567
Pie, Mince, without Meat	385	Poisoning, Coal Gas	568
Pie, Mock Cherry	396	Poisoning, Phosphorus	568
Pie, Mock Mince	396	Poisoning, Ptomain or Food	568
Pie, Mother's Apple	395	Poisons and Antidotes	566
Pie, Ornamental Cream	390	Pone	198
Pie, Oyster	93	Pone, Southern Corn	218
Pie, Pineapple	391	Ponouchy	463
Pie, Pumpkin	391	Pop Corn, Candied	464
Pie, Pumpkin or Squash	391	Pop-Corn, 1-2-3	212
Pie, Pumpkin, Filling for	393	Pop-Overs, Rice	212
Pie, Raisin	396	Porridge, Milk	549
Pie, Rich Lemon	395	Porridge, Forthergill's Milk	551
Pie, Rich Pineapple	394	Potage, à la Reine	61
Pie, Rhubarb	391	Potato and Rye Bread Soup	68
Pie, Rhubarb	396	Potato, Baked, Salad	182
Pie, Silver	387	Potato Balls, Fried	236
Pie, Squash	386	Potato Croquettes	236
Pie, Squash	395	Potato Fried Cake	334
Pie, Sweet Apple	387	Potato Salad, German	435
Pie, Sweet Potato Custard	394	Potato Pancakes	215
Pie, Whipped Cream	390	Potato Puffs, 1-2-3	235, 236
Pieplant Sauce	369	Potato Salad, 1-2-3	181
Pies, Dutch	437	Potato Salad Dressing	183
Pies, Fried	393	Potato Salad, French	180
Pies, Mince	385	Potato Soup	68
Pies, To Keep From Running Over in Oven	393	Potato Soup	433
Pilaff, Turkish	245	Potato Soup	553
Pineapple and Raspberry Ice Cream	359	Potatoes, Baked	233
Pineapple, Bavarian Cream	349	Potatoes, Creamed, 1-2	234
Pineapple Cake	324	Potatoes, Duchess	258
Pineapple Jam	294	Potatoes, Dutch Fried	258
Pineapple Jelly	353	Potatoes, Escalloped	235
Pineapple Lemonade	477	Potatoes, Escalloped, with Onions	237
Pineapple Pie	391	Potatoes, French Fried	235
Pineapple Pie, Rich	394	Potatoes, Keeping	500
Pineapple Sherbet	363	Potatoes, Lyonnaise	234
Pineapple Sponge	352	Potatoes, Mashed	234
Pineapple Snow	361	Potatoes, Mashed	258
Pineapple Soufflé	352	Potatoes, Sweet	237
Pin Wheels, Fruit	392	Potatoes, Sweet, with Apples	237
Piquante Sauce	150	Potatoes, Sweet, à la Creole	250
Pistachio Soup	70	Potatoes, Escalloped	237
Plain Layer Cake	313	Potatoes, Savory	236
Plain Pie Crust for Two Pies	383	Potatoes, Steamed Sweet	258
Plain Soup Stock and Consommé ..	60	Potted Fish	92
Plum Jam	295	Pot Roast	105
Plum Pudding	400	Poulet au riz	135
Plum Pudding, English	399	Poultry	131-142
Plum Roll	413	Poultry, Chestnut Stuffing for	132
Plums, Spiced	295	Poultry, How to Choose	131
Plums, To Preserve	300	Poultry, Meats and	99-142
		Practical and Interesting	501
		Preface	3

Rolls, Quick	202	Salad, Tomato Jelly	174
Rolls, Tea	202	Salad, Tomato Tulip	179
Roman Meat Pudding	123	Salad, Tongue	179
Rose Cream	504	Salad, Waldorf	177
Rough Cakes	213	Salad, Walnut	177
Royal Wine Sauce	427	Salad, Watercress Egg	183
Rural Sandwiches	228	Salads	169-184
Rusk	204	Sally Lunn	204
Russian Cream	349	Salmon, Cream	84
S			
Sage and Onion Dressing, To Make	153	Salmon Croquettes, 1-2	85
Sago Cream	369	Salmon in Mould	84
Salad Dressing	171	Salmon Loaf	83
Salad Dressing, 1-2-3-4	172	Salmon Salad	172
Salad Dressing, Cream	171	Salmon, Sauce for	150
Salad Dressing, Potato	183	Salsify or Vegetable Oyster	255
Salad	169	Salt Mackerel, Baked	81
Salad, Baked Potato	182	Salt Mackerel, Boiled	81
Salad, Bean	182	Salt Rising Bread	193
Salad, Beet	176	Salted Almonds	467
Salad, Beet	183	Sandwiches	225-228
Salad, Cabbage, 1-2	176	Sandwiches, Brown Bread	226
Salad, Canned Tomato	175	Sandwiches, Cheese and Celery	227
Salad, Cauliflower	181	Sandwiches, Cottage Cheese	228
Salad, Celery	178	Sandwiches, College Club	228
Salad, Cheese	183	Sandwiches, Egg, 1-2	228
Salad, Chicken	175	Sandwiches, Fish	227
Salad, Columbine	175	Sandwiches, Gingerbread	227
Salad, Corn	184	Sandwiches, Halibut	226
Salad, Cream, Mayonnaise Tomato	180	Sandwiches, Ham	225
Salad, Cucumber	180	Sandwiches, Hickorynut	226
Salad, Dandelion	178	Sandwiches, Lemon, Butter for	228
Salad, Egg	177	Sandwiches, Lettuce	227
Salad Eggs	182	Sandwiches, Oyster	228
Salad, Fish	173	Sandwiches, Pastry	392
Salad, French Potato	180	Sandwiches, Peanut	226
Salad, Fruit, 1-2-3	177	Sandwiches, Rolled	225
Salad, Lettuce	182	Sandwiches, Rolled	227
Salad, Lettuce and Ham	179	Sandwiches, Rural	228
Salad, Lily	179	Sandwiches, Spanish	227
Salad, Lobster	174	Sandwiches, Tomato	227
Salad, Macedoine	178	Saratoga Chips	235
Salad, Nutcholo	184	Saratoga Parsnips	235
Salad of '76	183	Sardine Eggs	160
Salad, Onion	179	Sardine Salad	174
Salad, Orange	178	Sardines, Grilled, Brown Sauce	91
Salad, Oyster	173	Sauce, Antwerp	275
Salad, Potato, 1-2-3	181	Sauce, aux quatre Fruits	427
Salad, Potato, German	435	Sauce, Brandy	415
Salad, Salmon	172	Sauce, Brandy	425
Salad, Sardine	174	Sauce, Bread	149
Salad, Shrimp	173	Sauce, Bread, for Partridges or Grouse	150
Salad, Sweetbread	174	Sauce, Brown	149
Salad, Tomato	175	Sauce, Caper	148
Salad, Tomato	559	Sauce, Celery	275
		Sauce, Chili	267

Sauce, Chili, 1-2	274	Sauce, Tomato	148
Sauce, Chocolate	365	Sauce, Tomato	275
Sauce, Chocolate, for Ice Cream	360	Sauce, Shrimp	151
Sauce, Chutney	233	Sauce, Spice	427
Sauce, Cream	148	Sauce, Strawberry	369
Sauce, Cream	253	Sauce, Sugar	427
Sauce, Cream	425	Sauce, Vanilla	427
Sauce, Cream	451	Sauce, Wine, 1-2	427
Sauce, Cream	428	Sauces and Dressings for Meats	147-153
Sauce, Cream or White	251	Sauces for Puddings	425-428
Sauce, Creamy	415	Sauer Kraut, Chicken Smothered in	434
Sauce, Currant Jelly	425	Sausages, Veal	106
Sauce, Custard	425	Sautés, Oysters	453
Sauce, Drawn Butter	148	Savory Beef	104
Sauce, Duchesse	425	Savory Ham	115
Sauce, Egg	151	Savory Potatoes	236
Sauce for Boiled Cod, etc.	150	Savory Réchauffé, A.	450
Sauce for Cold Meats	149	Savory Stew, A.	103
Sauce for Game	149	Scollop, Meat	118
Sauce for Plum or Sweet Pudding	408	Scolloped Oysters	453
Sauce for Salmon, etc.	150	Schnitten, English	438
Sauce for Veal Boudins	109	Schmor Braten or Pot Roast.	105
Sauce for Venison	151	Scones, Scotch Soda	205
Sauce for Wild Ducks, etc.	151	Scotch Bread	197
Sauce, German	425	Scotch Broth	64
Sauce, German	435	Scotch Bun	322
Sauce, Grape	301	Scotch Roll	123
Sauce, Hard	426	Scotch Shortbread	205
Sauce, Hollandaise	148	Scotch Soda Scones	205
Sauce, Hollandaise	551	Scrambled Eggs, French	449
Sauce, Horseradish	152	Scrapple, Beef	104
Sauce, Horseradish	272	Serving, Hints on	7
Sauce, Hygienic Cream	426	Shell-fish, Fish and	81-93
Sauce, Italian	151	Sherbet, Grape	480
Sauce, Lemon	399	Sherbet, Lemon	362
Sauce, Lemon	426	Sherbet, Lemon	364
Sauce, Lemon Cream, Hot.	414	Sherbet, Milk	362
Sauce, Maple Syrup	426	Sherbet, Mint	363
Sauce, Mayonnaise	152	Sherbet, Peach	361
Sauce, Meat	275	Sherbet, Pineapple	363
Sauce, Milk, for Vegetables	258	Sherbet, Orange	362
Sauce, Mint	152	Sherbet, Strawberry	363
Sauce, Mushroom	149	Shock from Fright	563
Sauce, Old-fashioned Apple.	371	Shoe Strings	507
Sauce, Onion	152	Short Cake	364
Sauce, Orange, Apples with.	409	Short Cake	397
Sauce, Oyster	152	Short Cake, Lemon	365
Sauce, Parsley, Boiled Beef with.	125	Short Cake, Strawberry.	373, 398
Sauce, Peach	426	Shortbread, Scotch	205
Sauce, Pieplant	369	Shredded Wheat Biscuit with To- matoes	260
Sauce, Piquante	150	Shrimp Salad	173
Sauce, Pudding	408	Shrimp Sauce	151
Sauce, Rexford	426	Shrimps	454
Sauce, Royal Wine	427	Shrub Raspberry	475
Sauce, Tartare	149		
Sauce, Tartare	435		
Sauce, Tomato	119		

Silver Cake	317	Soup, Julienne	63
Simple Beef Tea	547	Soup, Kidney Bean	66
Simple Layer Cake	313	Soup, Lenten	76
Silver Pie	387	Soup, Levigne	74
Slaw, Celery	176	Soup, Mississippi Gumbo	73
Sliced Canned Tomatoes	292	Soup, Mock Turtle	61
Sliced Veal	450	Soup, Mullagatawney	62
Snake Bites	570	Soup, Mushroom	65
Snaps, Ginger	339	Soup, Mushroom	68
Snow Apple	372	Soup, Noodle	71
Snow Balls	372	Soup, Normandy	74
Snow Balls	413	Soup, Ox-tail	63
Snow Cake	317	Soup, Pea	69
Snow Cake	318	Soup, Pistachio	71
Snow Pineapple	361	Soup, Potato	68
Snow Pudding	407	Soup, Potato	433
Soda Biscuit	206	Soup, Potato	553
Soda Pound Cake	320	Soup, Riville	72
Soft Ginger Bread	330	Soup, Stock	59
Soft Ginger Cake Pattern	341	Soup, Stock, Plain and Consomme	60
Soft Molasses Cake	330	Soup, Sweetbread	64
Something for Breakfast	125	Soup, Sweetbread	433
Soufflé Cheese	164	Soup, Tomato, 1-2-3	69
Soufflé Chicken	136	Soup, Turtle Bean	75
Soufflé Fig	372	Soup, White, from Chicken	62
Soufflé, Ham	115	Soup, with Liver Dumpling	64
Soufflé, Pineapple	352	Soups	59-76
Soup, Almond	71	Soups, To Color	72
Soup, A French	70	Sour Cream Cakes	329
Soup Balls, German	73	Sour Milk Cake	328
Soup, Barley	433	Sources of Contamination	530
Soup, Bean	65	Southern Corn-pone	218
Soup, Beef	60	Southern Pound Cake	319
Soup, Boston	74	Soyer's Eggs	164
Soup, Brown	433	Spanish Buns, 1-2	332
Soup, Carrot	73	Spanish Cream	350
Soup, Celery, 1-2	66	Spanish Eggs	163
Soup, Corn, 1-2	67	Spanish Hash	118
Soup, Corn and Tomato	67	Spanish Sandwiches	227
Soup, Cotton Batting	434	Spanish Rice	240
Soup, Cream of Asparagus	67	Spaghetti, Tomatoes Stuffed with	242
Soup, Cream of Celery	74	Spaghetti with Cream Sauce	248
Soup, Cream of Celery	558	Spice Cake	324
Soup, Cream of Celery	66	Spice Cake	327
Soup, Cream of Chicken	62	Spice Sauce	427
Soup, Cream of Onion or Onion	71	Spiced Cherries	278
Soup, Cream of Tomato, 1-2	70	Spiced Cookies	338
Soup, Cream of Tomato	556	Spiced Crabapples	279
Soup, Cream or Rice	555	Spiced Currants, 1-2	278
Soup, Duchess	76	Spiced Curreant Jelly	297
Soup, Dumpling	72	Spiced Gooseberries	278
Soup, Egg Barley	433	Spiced Grapes	278
Soup, Emergency Tomato	70	Spiced Plums	295
Soup, Fish	64	Spiced Tomatoes, 1-2	278
Soup, Giblet	73	Spiced Watermelon	277
Soup, Green Pea	68	Spinach	248

Spinach, Boiled	248	Stuffed Veal Breast	108
Sponge Cake, 1-2-3-4-5-6-7	309, 310	Stuffing, Rice	243
Sponge Dumplings	103	Substitute for Eggs	160
Sponge Gingerbread	330	Succotash	256
Sponge, Grape Juice	372	Suet Pudding, 1-2-3	400
Sponge Pineapple	352	Suet, To Chop	385
Sponge Pudding	398, 399	Suffocated, Treatment of	563
Springerles—Christmas Cakes	437	Sugar Sauce	427
Squash Pie	386	Sulphate of Copper (Blue Vitriol)	569
Squash Pie	395	Sulphuric Acid	569
Squash (or Pumpkin) Pie	391	Summer Squash, To Cook	256
Squirrels	142	Summer Squash, Cooking	257
S's	439	Summer Nut Candy	466
Stars, Cinnamon	437	Sunshine Sponge Cake	308
Steak, Hamburg	118	Sunstroke	562
Steak, Hamburg	556	Superior Bread Pudding	414
Steak, To Cook	102	Supper for Base Ball Nine	38
Steamed Brown Bread	194	Supper, Card Party and Chafing-dish	39
Steamed Brown Pudding	413	Sweet Apple Pie	387
Steamed Corn Bread	198	Sweetbread Croquettes	116
Steamed Eggs	157	Sweetbread Salad	174
Steamed Fruit Pudding	400	Sweetbread Soup	64, 433
Steamed Pudding	399	Sweetbreads	116
Steamed Sweet Potatoes	258	Sweetbreads	454
Stew, A Savory	103	Sweetbreads and Peas	117
Stew, Brunswick	75	Sweetbreads, Mock	113
Stew, Mrs. Rorer's Beef	102	Sweetbreads Soup	433
Stew, Oyster, Dry	90	Sweet Corn, To Dry	252
Stew, Oyster, with Milk	90	Swedish Cake	312
Stewed Veal Liver	434	Sweeping	508
Stewing and Boiling	99	Sweetmeats, Turkish	466
Sticks, Bread	207	Sweetmeats, Turkish	467
Sticks, Bread	216	Sweet Pickle from Plums, Peaches or Tomatoes	279
Sticks, Cheese	164	Sweet Pickles, Chopped	269
Sticks, Date	332	Sweet Pickles, Tomato	268
Sticks, Pecan	342	Sweet Pickled Peaches	280
Stove, To Clean	506	Sweet Potato Biscuit	206
Strawberries, To Preserve	298	Sweet Potato Croquettes	237
Strawberry Dumplings	418	Sweet Potato Croquettes	259
Strawberry Ice	363	Sweet Potato Pudding	407
Strawberry Jelly	301	Sweet Potato Custard Pie	394
Strawberry Lemonade	479	Sweet Potatoes	237
Strawberry Preserves	296	Sweet Potatoes, à la Creole	250
Strawberry Pudding	404	Sweet Potatoes and Apples	237
Strawberry Sauce	369	Sweet Potatoes, Escalloped	237
Strawberry Sherbet	363	Sweet Potatoes Steamed	258
Strawberry Shortcake	373	Sweet Tomato Pickle	268
Strawberry Shortcake	398	Sweet Tomato Pickle	280
Straws, Cheese	163	Syllabus	373
Strietz	442		
Strychnine	569		
Stuffed Beefsteak, or Mock Duck	103		
Stuffed Eggs	158		
Stuffed Green Peppers	255		
Stuffed Noodles	107		
Stuffed Shoulder or Breast of Veal	110		
Stuffed Tomatoes, 1-2	247		

T

Table for Canning Fruit	290
Taffy Biscuit	207
Taffy, Nut	461

Tapioca, Cherry	368	Tomato Sauce	148
Tapioca, Cream	350	Tomato Sauce	275
Tapioca, Cream	351	Tomato Sauce, Beef with	450
Tapioca, Custard	355	Tomato Sauce, Macaroni with	241
Tapioca with Canned Peaches.....	371	Tomato Soup, 1-2-3.....	69
Tartare Sauce	149	Tomato Soup	556
Tartare Sauce	435	Tomato Soy	270
Tart Turnip	238	Tomato Tavasi	242
Tarts, Lemon	391	Tomato Toast	241
Tents, Quince	439	Tomato Tulip Salad	179
Tea	474	Tomatoes, à l'art	239
Tea, Beef	547	Tomatoes, Baked Rice and.....	240
Tea, Beef	554	Tomatoes, Broiled	242
Tea, Iced	473	Tomatoes, Canned	292
Tea, Menu for 5 o'clock.....	39	Tomatoes, Creamed	239
Tea, Menu for High.....	39	Tomatoes, Escalloped	240
Tea, Orange	478	Tomatoes, Fried	240
Tea Rolls	202	Tomatoes, Fried Green	240
Teach Your Daughter to Cook.....	505	Tomatoes, Fried, Mrs. Rorer's.....	241
Terrapin, Chicken	137	Tomatoes Fried with Cream.....	259
Tetanus	563	Tomatoes, Shredded Wheat Biscuit	
The College and the Store	504	with	260
Thirded Bread	210	Tomatoes, Sliced Canned	292
Timbale Cases	384	Tomatoes, Spiced, 1-2	278
Timbales, Egg	161	Tomatoes, Stuffed, 1-2	247
Timbales, Egg with Tomato Sauce	159	Tomatoes Stuffed with Spaghetti..	242
Timbales, Fish	83	Tomatoes, Yellow Preserved	298
Time Table for Artificial Feeding	521	Tongue, Braised	120
Time Tables for Cooking.....	55-58	Tongue Salad	179
Toast	556	Tongues, To Peel Cooked.....	507
Toast, Cheese	164	Trifles, Easter	374
Toast, Cream	217	Tripe, Curry of	124
Toast, Cream	556	Tripe with Cream Sauce	454
Toast, Egg on	160	Turbot	82
Toast, French and Egg.....	557	Turbot, Fish	435
Toast, Golden Cream	159	Turbot, Whitefish	82
Toast, Kidney	113	Turkey Dressed with Oysters.....	131
Toast, Marmalade	207	Turkey, Gravy for	152
Toast, Oysters on	90	Turkey, Roast	132
Toast, Tomato, 1-2.....	241	Turnip	238
Toast, Water	553	Turnip Cups, Green Peas in.....	243
Toasting by Gas	489	Turnip, Tart	238
Toffee Everton	463	Turnips, Boiled	239
Tomato Bisque	63	Turnips, Diced	238
Tomato Catsup	275	Turnips, Diced	238
Tomato Catsup	276	Turkish Pilaff	245
Tomato, Corn and, Soup	67	Turkish Sweetmeats	466
Tomato Jelly	176	Turkish Sweetmeats	467
Tomato Jelly Salad	174	Turtle Bean Soup	75
Tomato Mustard	282		
Tomato Salad	175		
Tomato Salad, Cream Mayonnaise	180		
Tomato Salad	559		
Tomato Sandwiches	227		
Tomato Sauce	119		

U

Unfermented Grape Juice	480
Union Hash	117
Uses of Milk	531

V

Vanilla Cream	356	Waffles	214
Vanilla Glacé	361	Waffles, Indian	216
Vanilla Parfait	357	Waffles, Rice	214
Vanilla Sauce	427	Waldorf Salad	177
Vanilla Wafers	331	Walnut Cake	310
Vanity Puffs	336	Walnut Catsup	270
Varieties of Seasonable Food to be		Walnut Pudding	415
Found in Our Markets During		Walnut Salad	177
the Year	47-54	Walnut Wafers	340
Vassar Fudges	466	Walnuts, Cream	461
Veal and Rice Croquettes	245	Washing Fluid	494
Veal Boudins	108	Watercress Egg Salad	183
Veal Boudins, Sauce for.....	109	Watermelon Pickles	277
Veal, Braised	105	Watermelon Pickles	283
Veal Breast, Stuffed	108	Watermelon, Spiced	277
Veal Callop	110	Weights and Measures.....	502
Veal Croquettes, 1-2-3-4.....	111, 112	Welsh Rarebit, 1-2-3-4.....	447
Veal Croquettes	118	Welsh Rarebit That Never Strings	165
Veal Cutlets	108	What Cooking Means	576
Veal Fillets	106	Wheat Muffins	207
Veal, German Dumplings	108	Whip, Lemon	354
Veal, Liver Stewed	434	Whipped Cream Pie	390
Veal, Loaf, 1-2-3	111	White Cake	312
Veal, Minced	126	White Cake, 1-2	318
Veal Patties	141	White Cake	326
Veal Pillau	109	White Citron Cake	316
Veal Roast	107	White Fruit Cake	324
Veal Roll	125	White Mountain Cake	318
Veal Sausages	106	White Perfection Cake	315
Veal, Sliced	450	White Sponge Cake	326
Veal, Stuffed Shoulder or Breast of	110	White Custard	355
Vegetable Chowder	63	Whitefish Turbot	82
Vegetable Oyster	255	White Pudding	402
Vegetables	233-261	White Soup from Chicken	62
Velvet Cream	351	White Sugar Candy	462
Venison, Roast	122	Whole Wheat Muffins	208
Venison, Sauce for	151	Wild Duck, Sauce for	151
Vicious Animals, Bites	569	Wilted Lettuce	248
Vienna Chocolate	476	Wine, Grape	480
Vinegar, Raspberry	475	Wine Jelly	294
Violet Bon Bons	460	Wine Sauce, 1-2.....	427
Virginia Corn Bread	198	Wintergreen or Rose Bon Bons...	460
		Women, Hints for	496
		World's Fair Bread	193

W

Wafers	460
Wafers, Peppermint	461
Wafers, Vanilla	331
Wafers, Walnut	340

Y

Yeast, Good	191
Yellow Tomatoes, Preserved	298
Yorkshire Pudding, 1-2-3.....	101

Morabe Cocoa Cake

2 cups flour sifted 3 times

1 cup sugar

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

$\frac{2}{3}$ eggs

$\frac{2}{3}$ cup sweet milk

$\frac{1}{2}$ t. vanilla

$\frac{2}{3}$ t's B. P.

Cream butter and sugar

Sift flour and add B. P.

then sift again. Add milk and flour alternately to

creamed mixture and add flavoring. Divide

the mixture and add $\frac{1}{2}$ to the beaten egg whites.

Then add $\frac{1}{2}$ teaspoon each of nutmeg, cinnamon and allspice and $\frac{1}{4}$ t. soda and 3 teaspoons cocoa.

Beat well and drop into

PICKLED PEACHES.

Mrs. Eva K. Frey, 580 East Eighth Street North, City.

To seven pounds of fruit, allow one and one-half pounds of sugar and one pint of vinegar with spice to taste. Put vinegar, sugar and spice, which should be tied in a bag, in a kettle over the fire and let it boil up. Pour boiling water over peaches, few at a time and quickly rub off the skins, laying them in a jar in which you wish to keep them and pour over the boiling syrup. The next day drain off syrup, scald it and pour on again, repeating two or three times. Pears may be pickled in the same way, peeling them carefully first.

WATERMELON RIND PRESERVES.

Mrs. W. F. Sherrod, Madras, Ore.

Cut melon rind into strips and pare off outer green and inner pink. Cut white part of rind into pieces of medium size, cover with boiling water, and cook until tender. Drain off water. Scrub a lemon, trim away the ends and slice the entire lemon very thinly, cover with water and cook until tender. Weigh or measure fruit, take equal weight or measure sugar, and dissolve sugar in water

family.

with lemon. When boiling, add fruit and cook clear. Skim out and boil down syrup as thick as liked. If you wish the preserves candied, do not seal, but place in a stone jar and tie over a cloth

seeds at

Meat Recipes for Family of Two

Meat dishes when there are only two to cook for offer more or less of a problem. Small steaks and chops are convenient, but they do not offer much variety. The receipts given below are specially adapted to the family of two.

WHOLE MEAL PORK CHOPS.

Have lean pork chops cut about one and one-half inches thick. Dredge with flour and brown in hot fat. Place a slice of onion on each chop, then put a tablespoon of raw rice on top of the onion, over this place a slice of tomato and top with a ring of green pepper. Season with salt and pepper and add hot water to come nearly to the top of the chop, but not to cover. Cover closely and bake in a slow oven for an hour.

VEAL BIRDS.

Buy a slice of veal from the leg. Cut into strips three inches long and two inches wide. Spread with chopped parsley and season with salt and pepper. Roll up and fasten with a toothpick. Brown nicely in hot lard. Add small amount of butter and let simmer gently. Add more water as necessary and cook until tender. Thicken the liquid and add a little sour cream for gravy.

SMALL LAMB ROAST.

The family of two may have lamb roast. Have four or five chops cut in one piece from the loin. Put in a hot oven in a small roasting pan and sear; reduce the heat and cook until done, about 35 or 40 minutes.

that to the

Mrs. Guy L. S. wishes a recipe chess pies. It is nice to know that the column has been so helpful to you, Mrs. S.

Chess Pies—One-half pound walnuts, $\frac{3}{4}$ lb. raisins, $\frac{3}{4}$ cup butter, $1\frac{1}{2}$ cups sugar, 5 eggs, 1 tablespoon lemon juice.

Mix butter and sugar slightly. Add two whole eggs and three egg yolks beaten together. Add raisins and chopped walnuts. Cook in top part of double boiler until thickened. Fill pastry shells, cover with meringue and brown in moderately slow oven. About 325 degrees F.

This mixture is placed as you thought in little pastry shells made over muffin or gem pans. The fol-

Pineapple combined with shrimp meat makes a pleasing salad when served with hot soup and rolls. Cut up an equal proportion of pineapple and marinated shrimps, mix with mayonnaise and serve on shredded lettuce.

an angel cake pan, first
~~to~~ white then dark batter.
Bake 45 minutes in moderate
oven. Ice with confectioner's
sugar and 3 tablespoons
cream and $\frac{1}{2}$ t. flavoring.

English Plum Pudding.

Grate the crumbs of a 10 cent loaf
of Bread, boil a quart of rich milk,
let cool. - 1 pound of currants, 1 pound
of raisins, stir over fruit, 3
large spoons flour, 1 pound
brown sugar, rolled fine, three
quarters ^{pound} beef suet, 2 nutmegs
a tablespoon of powdered mace
and cinnamon. The grated peel
and juice of two large lemons or
orange, $\frac{1}{2}$ pound citron, beat
ten eggs very light and stir them
gradually into the cold milk and
suet and bread crumbs, add sugar.

2 Teaspoons Lemon Juice, $\frac{1}{2}$ t. orange rube

Stimulant. This makes 78

2 Eggs; 1 Teaspoonful sugar; $\frac{1}{4}$ Teaspoon
salt. 1 cup milk. 1 cup flour.

Beat eggs slightly with sugar and salt.
Stew and milk added and steam
until smooth.

Fruit and spices with a glass
of wine if desired, put in a
floured bag and boil five hours.

Lady Baltimore cake

One cup of butter, two cups sugar, three and
one half cups flour, one cup sweet milk,
whites of six eggs, two level teaspoons baking
powder, one teaspoon rose water or vanilla.
Cream butter, add sugar gradually, beating
continuously, then add milk and flavoring,
next flour into which baking powder is
sifted, lastly stiffly beaten whites of eggs,
foldy folding them in lightly. Bake in three
layers. Dissolve three cups granulated
sugar in one cup boiling water, cook
until it threads. Pour on stiffly beaten
whites of three eggs, stirring constantly, add
one cup chopped raisins, one cup chopped nuts,
peach prepared, and
2 cups