1923

Household Arts Cookbook 1922-1923

Farmington State Normal School

University of Maine at Farmington

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HOUSEHOLD: ARTS
COOK BOOK
State Normal School :: Farmington

THE COTTAGE

Farmington, Maine
The Barton Press, Printers
1922
FOREWORD

This little book has been compiled by the Juniors and Seniors of the Home Economics Department of Farmington State Normal School.

The purpose of the book being to put in convenient form some of the recipes and menus which they have tried out and enjoyed.

F. R. B.
BOOK COMMITTEE
Miss Hope A. McKenney Miss Marjorie Shaw
Assistants
Miss Florence Shaw Miss Corinne Sawyer
Miss Nellie Flinn Miss Annie Day
Business Manager
Jerry Lawrence
Under supervision of
Miss Frances R. Bacharach

Studious to please, yet not ashamed to fail.
—Johnson.

BREAD

"He who has no bread has no authority."
"With bread all griefs are less."

Quick Nut Bread

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups flour</td>
<td>1 cup chopped nuts</td>
</tr>
<tr>
<td>1 cup graham flour</td>
<td>2 tablespoonsful shortening</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>1 cup water</td>
</tr>
<tr>
<td>½ cup sugar</td>
<td>1 egg beaten light</td>
</tr>
<tr>
<td></td>
<td>5 teaspoonsful Baking Powder</td>
</tr>
</tbody>
</table>

Sift together first five ingredients, add nuts, shortening, eggs and water, stir all together. Put into a buttered bread pan and let rise fifteen minutes. Bake forty-five minutes.

Swedish Rolls

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup scalded milk</td>
<td>1 yeast cake dissolved in</td>
</tr>
<tr>
<td>¼ cup butter</td>
<td>¼ cup lukewarm water</td>
</tr>
<tr>
<td>1½ tablespoons sugar</td>
<td>White 1 egg</td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td>3 ¾ cups flour</td>
</tr>
</tbody>
</table>

Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, white of egg well beaten, and flour. Knead, let rise, roll to one-fourth inch thickness, spread with butter, and sprinkle with two tablespoons sugar mixed with one-third teaspoon cinnamon, one-third cup stoned raisins finely chopped, and two tablespoons chopped citron; roll up like jelly roll, and cut in three-fourths inch pieces. Place pieces in pan close together, flat side down. Again let rise, and bake in a hot oven. When rolls are taken from oven, brush over with white of egg slightly beaten, diluted with one-half teaspoon water; return to oven to dry egg, and thus glaze top.

Twin Mountain Muffins

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>¼ cup butter</td>
<td>2 cups bread flour</td>
</tr>
<tr>
<td>¼ cup sugar</td>
<td>1 cup milk</td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td>1 egg</td>
</tr>
<tr>
<td></td>
<td>5 teaspoons baking powder</td>
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</tbody>
</table>

Cream the butter; add sugar and egg well beaten; sift baking powder with flour, and add to the first mixture, alternating with milk. Bake in buttered gem pans twenty-five minutes.

Graham Muffins

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ¼ cups graham flour</td>
<td>1 3 cup molasses</td>
</tr>
<tr>
<td>1 cup flour</td>
<td>½ teaspoon soda</td>
</tr>
<tr>
<td>1 cup sour milk</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td></td>
<td>2 tablespoons melted butter</td>
</tr>
</tbody>
</table>

Mix and sift dry ingredients; add milk to molasses, and combine mixtures; then add butter. Bake in hot oven in buttered gem pans twenty-five minutes.
CAKE

He that will have a cake out of wheat must needs tarry at the grinding. — Shakespeare.

Sponge Drops

Whites of 3 eggs 1/3 cup powdered sugar
Yolks 2 eggs 1-3 cup flour

Beat whites of eggs until stiff and dry, add sugar slowly, and continue beating. Then add yolks of eggs beaten until thick and lemon-colored, and flavoring. Cut and fold flour into mixture after sifting with salt twice. Drop mixture from tip of spoon on unbuttered paper. Sprinkle with powdered sugar, and bake eight minutes in a moderate oven.

Cream Cakes

4 eggs 1/4 cup butter
1 cup flour 1 cup boiling water

Pour butter and water in saucepan and place on front of range. As soon as boiling-point is reached, add flour all at once, and stir vigorously. Remove from fire as soon as mixed, and add unbeaten eggs one at a time, beating, until thoroughly mixed, between the addition of eggs. Bake in a thoroughly heated iron gem pan thirty minutes. If cakes are removed from oven before being thoroughly cooked, they will fall. If in doubt take one from oven, and if it does not fall, this is sufficient proof that others are cooked.

Eggless Chocolate Cake

1-3 cup butter or crisco 1 1/2 cups flour
1 cup sugar 1 teaspoon soda
1 cup sour milk 2 squares chocolate
1/2 teaspoon vanilla

Cream butter, add sugar, sour milk in which soda has been dissolved. Add flour, melted chocolate, and vanilla. Beat well, bake in moderate oven thirty minutes and frost with White Mountain Frosting.

Sponge Cake

4 eggs 1/2 cup potato starch
1 cup sugar 1 cup flour or
1 tablespoon lemon juice

Beat yolks of eggs until thick and lemon-colored. Add sugar gradually and beat five minutes. Fold in beaten whites of eggs and flour. Add flavoring. Bake in a moderate oven forty-five minutes.

Feather Cake

1 cup white sugar 1 egg
1 tablespoon butter 2-3 cup milk
2 cups flour 1 teaspoon Cream of Tartar
1/2 teaspoon soda 1 teaspoon flavoring

Cream the butter, add sugar, and well beaten egg. Mix and sift flour and baking powder, add alternately with milk to first mixture. Bake thirty minutes two cake tins.

Brownies

1-3 cup butter 1 egg, well beaten
1-3 cup prepared powdered sugar 1/3 cup bread flour
1-3 cup Porto Rico molasses 1 cup pecan meat, cut in pieces

Mix ingredients in order given. Bake in small shallow cake tins, garnishing top of each cake with one-half pecan.

Peanut Cookies

1 teaspoon baking powder 1/4 teaspoon salt
1 egg 1/3 cup flour
1/3 cup sugar 2 tablespoons butter
2 tablespoons molasses 1/3 cup finely chopped peanuts
1/2 teaspoon lemon juice

Chocolate Cake

1 cup sour milk 1 teaspoon soda
2 eggs 1 teaspoon Baking Powder
2 tablespoons molasses 1/3 cup salt
1/4 cup butter 1 square chocolate
2 cups flour


Quick Cake

1-3 cup soft butter 1/3 cups flour
1 1-3 cups brown sugar 3 teaspoons Baking Powder
1/2 cup milk 1/2 teaspoon cinnamon
2 eggs 1/2 teaspoon nutmeg
1/2 lb. dates, stoned and cut in pieces

Put ingredients in a bowl and beat all together for three minutes, using a wooden cake spoon. Bake in a buttered and floured cake pan thirty-five to forty minutes. If directions are followed this makes a most satisfactory cake; but if ingredients are added separately it will not prove a success.
Jelly Roll

1 cup sugar  
3 eggs  
2 tablespoons milk  
1/2 teaspoon soda  
3 tablespoons milk  
1 teaspoon cream of tartar

Mix ingredients in order given. Spread in very large pan, so thin that the bottom of the pan is scarcely covered. Bake ten minutes, when done and while still warm spread with jelly and roll. Wrap in napkin till cool.

Angel Gingerbread

1/2 cup sugar  
1/2 cup molasses  
1/4 cup butter  
1 egg  
1/2 cup boiling water added last  
3/4 cup sugar  
1/2 cup flour  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
1/2 teaspoon nutmeg

Mix as any one-egg cake. Bake twenty-five to thirty-five minutes.

Domestic Economy Cake

3 square chocolate  
2 small eggs  
3/4 cup butter  
3/4 cup boiling water  
1/2 teaspoon baking soda  
1/2 cup flour  
1/2 cup sugar

Mix ingredients in order given. Spread in very large pan, so thin that the bottom of the pan is scarcely covered. Bake ten minutes, when done and while still warm spread with jelly and roll. Wrap in napkin till cool.

Filling

2-3 cup milk  
3 tablespoons flour  
3 tablespoons sugar  
1/4 cup chocolate

Scald milk and add to the other ingredients which have been mixed. Cook in double boiler until thickened. Cool, put between layers. Use egg white for boiled frosting.

CAKE FROSTINGS

Boiled Frosting

1 cup sugar  
1/4 cup boiling water  
1 teaspoon cream of tartar  
1 egg white

Boil syrup until hair six inches long forms when dropped from a spoon. Add slowly to beaten egg white, beating constantly. Beat until stiff and spread over cake.

Nut Caramel Frosting

1 1/4 cups brown sugar  
3 tablespoons flour  
2 eggs  
1-3 cups water  
1/2 cup sugar  
1/4 cup English walnut meats broken in pieces

Boil sugar and water as for Boiled Frosting. Pour over beaten whites of egg, stirring constantly and continue beating until mixture is nearly cool. Set pan containing mixture in pan of hot water and beat, stirring constantly until mixture becomes granular around edge of pan. Remove from pan of hot water and beat, using a spoon, until mixture cools enough to hold its shape. Add nuts and vanilla, pour on cake, and spread with back of spoon, leaving a rough surface.

Fruit Frosting

Grate an apple. Add to an egg white which has been beaten until stiff and dry. Add a tablespoon of powdered sugar. Other fruits may be used in place of the apple.

Mocha Frosting

1 1/4 cup butter  
1 tablespoon cocoa  
1 1/4 cup confectioners' sugar  
Coffee infusion

Cream butter, and add sugar gradually, continuing the beating; then add cocoa and coffee infusion, drop by drop, until of right consistency to spread or force through a pastry bag and tube.

Marshmallow Frosting

Melt one cup white fondant; add the white of one egg beaten until stiff, and stir over the fire two minutes. Remove from range, and beat until of right consistency to spread. Flavor with one-fourth teaspoon water white vanilla. This is a most delicious frosting for chocolate cake, but will never spread perfectly smooth.
CANDY

Sweets to the Sweet.

Marshmallows

2 cups white sugar
1 1/4 cups water
1 teaspoon vanilla
Pinch of salt
2 level tablespoons gelatine

Soak gelatine five minutes in one-half the water. Place the remaining water and sugar over fire, cook until a soft ball. Add the gelatine, let stand until partially cooled. Add flavoring and salt. Beat until white and thick. Pour, one inch thick, into pans that have been dusted thoroughly with powdered sugar.

Divinity

3/4 cup Karo
2 cups sugar
1/2 cup water
1 egg white
1/2 cup walnut meats

Boil water and Karo with sugar until it forms a hard ball in water. Beat until stiff and add to beaten white of egg. Stir until of the consistency of fudge. Add nuts, pour in buttered pan. Cut when nearly cool.

Chocolate Cocoanut Squares

1 1/2 cups white sugar
1/2 cup milk
2-3 cup cocoa
5 level tablespoons shredded cocoanut

Heat milk, mix cocoa with it. Add sugar, boil until soft ball stage is reached. Remove from fire, add cocoanut. Beat until creamy, pour into buttered pan, cut into squares while warm.

EGGS

"Oh eggs within thine oval shell,
What palate tickling joys do dwell."

Scalloped Eggs

3/4 cup chopped cold meat
3 "hard-cooked" eggs
1 pint White Sauce

Chop eggs finely. Sprinkle bottom of a buttered baking dish with crumbs, cover with one-half the eggs, eggs with sauce, and sauce with meat; repeat. Cover with remaining crumbs. Place in oven on center grate, and bake until crumbs are brown. Ham is the best meat to use for this dish. Chicken, veal, or fish may be used.

Stuffed Eggs

Cut four "hard-cooked" eggs in halves crosswise; remove yolks, mash, and add two tablespoons grated cheese, one teaspoon vinegar, one-fourth teaspoon mustard, and salt and cayenne to taste. Add enough melted butter to make mixture of original yolks of the right consistency to shape. Refill whites. Arrange on a serving dish, pour around one cup White Sauce, cover, and reheat.

Eggs a la Goldenrod

3 "hard-cooked" eggs
1 tablespoon butter
1 tablespoon flour
1 cup milk
Salt
Few grains pepper

Make a thin white sauce with butter, flour, milk, and seasonings. Separate yolks from whites of eggs. Chop whites finely, and add then to the sauce. Cut four slices of toast in halves lengthwise. Arrange on platter, and pour over the sauce. Force the yolks through a potato ricer or strainer, sprinkling over the top. Garnish with parsley and remaining toast, cut in points.

Eggs a la Suisse

4 eggs
1/2 cup cream
1 tablespoon butter
Salt
Pepper
Cayenne
2 tablespoons grated cheese

Heat a small omelet pan, put in butter, and when melted add cream. Slip in the eggs one at a time, sprinkle with salt and pepper, and a few grains of cayenne. When whites are nearly done, sprinkle with cheese. Finish cooking, and serve on buttered toast. Strain cream over the toast.

Spanish Omelet

4 eggs
1/2 cup cream
4 tablespoons milk
1/4 teaspoon salt
Few grains pepper
2 tablespoons butter

Beat eggs slightly, just enough to blend yolks and whites, add the milk and seasonings. Put butter in hot omelet pan; when melted, turn in the mixture; as it cooks, prick and pick up with a fork until the whole is of creamy consistency. Place on hotter part of range that it may brown quickly underneath. Fold, and turn on hot platter. Serve with Tomato Sauce.
ENTREES

"A good cook is a constant delight to any man's soul."

Banana Fritters
3 bananas  3/4 teaspoon salt
1/2 cup bread flour  1/4 cup milk
2 teaspoons baking powder  1 egg
1 tablespoon powdered sugar  1 tablespoon lemon juice

Mix and sift dry ingredients. Beat egg until light, add milk, and combine mixtures; then add lemon juice and banana fruit forced through a sieve. Drop by spoonfuls, fry in deep fat, and drain. Serve with lemon sauce.

Cheese Fondue
1 cup scalded milk  1 tablespoon butter
1 cup soft stale bread crumbs  1/2 teaspoon salt
1/4 lb. mild cheese, cut in small pieces
3 eggs

Mix first five ingredients, add yolks of eggs beaten until lemon-colored. Cut and fold in whites of eggs beaten until stiff. Pour in a buttered baking-dish, and bake twenty minutes in a moderate oven.

Cheese Souffle
2 tablespoons butter
3 tablespoons flour
1/2 teaspoon salt

Whites 3 eggs

Few grains cayenne

Melt butter, add flour, and when well-mixed add gradually scalded milk. Then add salt, cayenne, and cheese. Remove from fire; add yolks of eggs beaten until lemon-colored. Cool mixture, cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered baking-dish, and bake twenty minutes in a slow oven. Serve at once.

Baked Bananas
Arrange bananas in a shallow pan, cover, and bake until skins become very dark in color. Remove from skins, and serve hot with powdered sugar dusted over them.

Welsh Rarebit
1 tablespoon butter  1/4 teaspoon salt
1 teaspoon corn-starch  1/4 teaspoon mustard
1/2 cup thin cream  Few grains cayenne

English Monkey
1 cup stale bread crumbs  1 egg
1 cup milk
1 tablespoon butter
1/2 cup soft mild cheese, cut in small pieces

Soak bread crumbs fifteen minutes in milk. Melt butter, add cheese, and when cheese has melted, add soaked crumbs, egg slightly beaten, and seasonings. Cook three minutes in a double-boiler, pour over toasted crackers which have been spread sparingly with butter.

Scotch Woodcock
4 "hard-cooked" eggs
3 tablespoons butter
1 1/2 tablespoons flour

Whites 3 eggs

Few grains cayenne

Anchovy sauce
Make a thin white sauce of butter, flour, milk, and seasonings; add eggs finely chopped, and season with anchovy sauce. Serve same as Welsh Rarebit.

FISH

"From the rude sea's enraged and foaming mouth."
-Twelfth Night.

Broiled Lobster
1 live lobster  1/2 cup melted butter

Sliced lemon

Begin at the mouth of the lobster and with a sharp knife split the lobster through the body and tail. Open and remove the liver, stomach and intestinal vein. Brush the lobster well with melted butter and sliced lemon. Turn shell-side and broil eight minutes. Serve with melted butter and sliced lemon.
Codfish Balls

1 cup cooked codfish Flour
2 eggs Fried potatoes
1 cup cracker crumbs Parsley
1 cup mashed potatoes prepared as for the table

Mash the codfish very smooth. Add the potatoes and one egg well beaten, and mix thoroughly. Form into small balls about the size of an English walnut. Roll in flour, then in egg, then in cracker crumbs, and fry in deep fat. Drain, pile on a platter in a nice pyramid, garnish with fried potatoes and parsley and serve.

Baked Halibut with Tomato Sauce

2 lbs. halibut ½ tablespoon sugar
2 cups tomatoes 2 cups tomatoes
1 cup water 3 tablespoons butter
1 slice onion 3 tablespoons flour
3 cloves Few grains salt

Cook twenty minutes tomatoes, water, onion, cloves, and sugar. Melt butter, add flour, and stir into hot mixture. Add salt and pepper, cook ten minutes, and strain. Clean fish, put in baking-pan, pour around half the sauce, and bake thirty-five minutes, basting often. Remove to hot platter, pour around remaining sauce, and garnish with parsley.

Fish Croquettes

To one and one-half cups cold flaked halibut or salmon add one cup thick White Sauce. Season with salt and pepper, and spread on a plate to cool. Shape, roll in crumbs, egg, and crumbs, and fry in deep fat; drain, arrange on hot dish for serving, and garnish with parsley. If salmon is used, add lemon juice and finely chopped parsley.

Scallop Oysters

1 pint oysters 1 cup cracker crumbs
4 tablespoons oyster liquor ½ cup melted butter
2 tablespoons milk or cream Salt
½ cup stale bread crumbs Pepper

Mix bread and cracker crumbs, and stir in butter. Put a thin layer in bottom of a buttered shallow baking-dish, cover with oysters, and sprinkle with salt and pepper; add one-half each, oyster liquor and cream. Repeat, and cover top with remaining crumbs. Bake thirty minutes in hot oven. Never allow more than two layers of oysters for Scalloped Oysters; if three layers are used, the middle layer will be underdone, while others are properly cooked. A sprinkling of mace or grated nutmeg to each layer is considered by many an improvement.

ICES AND ICE CREAM

Then farewell heat and welcome frost.
— Merchant of Venice.

Burnt Walnut Bisque

2 cups scalded milk 2-3 cup chopped walnut meats
Yolks 3 eggs 1 cup heavy cream
1 cup sugar ¾ tablespoon vanilla
Few grains salt

Make custard of milk, eggs, and one-third of the sugar, and salt. Caramelize remaining sugar, and add nut meats, and turn into a slightly buttered pan. Cool, pound, and pass through a puree strainer. Add to custard, cool, then add one cup heavy cream, beaten until stiff, and vanilla. Freeze and mould.

Junket Ice Cream with Peaches

4 cups lukewarm milk 1 tablespoon cold water
1 cup heavy cream 1 tablespoon vanilla
1 ¼ cups sugar 1 teaspoon almond extract
Few grains salt Green coloring
1½ Junket Tablets 1 can peaches

Mix first four ingredients, and add junket tablets dissolved in cold water. Turn into a pudding-dish and let stand until set. Add flavoring and coloring. Freeze, mould, and serve garnished with halves of peaches, filling cavities with halves of blanched almonds. Turn peaches into a saucepan, add one-third cup sugar, and cook slowly until syrup is thick. Cool before garnishing ice cream.

Pineapple Cream

2 cups water 1 can grated pineapple
1 cup sugar 2 cups cream

Make syrup by boiling sugar and water fifteen minutes; strain, cool, add pineapple, and freeze to a mush. Fold in whipped cream; let stand thirty minutes before serving. Serve in frappe glasses.

Apricot Sorbet

1 can apricots ¼ lemon juice
1 cup sugar 1 pint cream

Drain apricots, and add to syrup the pulp rubbed through a sieve. Add sugar and lemon juice. Freeze to a mush, then fold in the whip obtained from cream. Let stand one and one-half hours, and serve in glasses.
Maple Perfect

4 eggs 1 pint thick cream
½ pint hot maple syrup 1 teaspoon almond extract
Salt and ice for freezing

Beat the eggs slightly and pour on them slowly the maple syrup. Cook until the mixture thickens and cool it, then add the extract, remove from the range, cool, and then add the cream beaten until stiff. Mold, pack in salt and ice and let stand four hours.

Frozen Fruit

3 bananas 3 oranges
½ can pears 2 lemons
2 cups sugar 1½ pints whipped cream

Boil two cups sugar with one cup water to make a syrup. Press bananas and pears through a sieve. Add the juice of the oranges and lemons. Pour on sugar, syrup and mix well. Add this mixture to whipped cream and freeze as ice cream. Serve with whipped cream and cherry or pineapple sauce. Other fruits may be substituted for the ones mentioned if desired.

MEATS

"And Frame Your Mind to Mirth and Merriment, Which Bars a Thousand Harms and Lengthens Life."

Cannellon of Beef

2 lbs. lean beef, cut from round ½ teaspoon onion juice
Grated rind ½ lemon 2 tablespoons melted butter
1 tablespoon finely chopped parsley 1 teaspoon salt
1 egg ¼ teaspoon pepper

Chop meat finely, and add remaining ingredients in order given. Shape in a roll six inches long, place on rack in dripping-pan, and arrange over top slices fat salt pork and bake thirty minutes. Baste every five minutes with one-fourth cup butter melted in one cup boiling water. Serve with Tomato Sauce.

Baked Ham

Slice of ham 2 or 3 lbs. ½ cup brown sugar
Whole cloves 1½ cups boiling water

Purchase a slice of ham about two or three pounds for a family of six. Allow ham to soak in cold water for one hour. Boil ham for another hour; remove rind from fat. Put whole cloves in fat portion of the ham and space so as to give an attractive appearance. Place in a roasting pan with sugar and water, baste frequently and allow to bake from forty-five to sixty minutes.

Lamb en Casserole

2 lbs. left-over lamb 1 can peas
1 can tomatoes 2 cups potatoes
1 cup carrots

Parboil potatoes. Cut lamb into one-inch cubes and sauté, add to tomatoes, peas, potatoes, carrots that have been partially cooked. Put all ingredients in casserole. Season, and cook until potatoes are thoroughly done.

Dried Beef with Cream

⅛ lb. smoked dried beef, thinly sliced 1 cup scalded cream
1½ tablespoons flour

Remove skin and separate meat in pieces, cover with hot water, let stand ten minutes, and drain. Dilute flour with enough cold water to pour easily, making a smooth paste; add to cream, and cook in double boiler ten minutes. Add beef, and reheat. One cup White Sauce may be used in place of cream, omitting the salt.

Irish Stew with Dumplings

Wipe and cut in pieces three pounds lamb from the forequarter. Put in kettle, cover with boiling water, and cook slowly two hours or until tender. After cooking one hour add one-half cup each carrot and turnip cut in one-half inch slices, previously parboiled five minutes in boiling water. Thicken with one-fourth cup flour, diluted with enough cold water to form a thin smooth paste. Season with salt and with pepper, serve with Dumplings.

Dumplings

2 cups flour ½ teaspoon salt
4 teaspoons baking powder 2 teaspoons butter
⅛ cup milk

Mix and sift dry ingredients. Work in butter with tips of fingers, and add milk gradually, using a knife for mixing. Turn on a floured board, pat, and roll out to one-half inch in thickness. Shape with biscuit-cutter, first dipped in flour. Place closely covered, to steam twelve minutes. A perforated tin plate may be used in place of steamer. A little more milk may be used in the mixture, when it may be taken up by spoonfuls, dropped and cooked on top of stew. In this case some of the liquid must be removed, that dumplings may rest on meat and potato, and not settle into liquid.
Minced Lamb on Toast

Remove dry pieces of skin and gristle from remnants of cold roast lamb, then chop meat. Heat in well-buttered frying pan, season with salt, pepper, and celery salt, and dredge well with flour, stir, and add enough stock to make thin gravy. Pour over small slices of buttered toast.

Chicken Fricassee

Dress, clean, and cut up a fowl. Put in a kettle, cover with boiling water, and cook slowly until tender, adding salt to water when chicken is about half done. Remove from water, sprinkle with salt and pepper, dredge with flour, and sauté in butter or pork fat. Arrange chicken on pieces of dry toast placed on a hot platter, having wings and second joints opposite each other, breast in centre of platter, and drumsticks crossed just below second joints. Pour around White or Brown Sauce. Reduce stock to two cups, strain, and remove the fat. Melt three tablespoons butter, add four tablespoons flour, and pour on gradually one and one-half cups stock. Just before serving, add one-half cup cream, and salt and pepper to taste; or make a sauce by browning butter and flour and adding two cups stock, then seasoning with salt and pepper.

Fowls, which are always made tender by long cooking, are frequently utilized in this way. If chickens are employed, they are sautéed without previous boiling, and allowed to simmer fifteen to twenty minutes in the sauce.

Chicken Croquettes

1/2 cup chopped cold cooked fowl 1 teaspoon lemon juice
1/2 teaspoon salt 1 teaspoon finely chopped parsley
Few grains cayenne 1 cup Thick White Sauce

Mix ingredients in order given. Cool, shape, crumb, and fry same as other croquettes. White meat of fowl absorbs more sauce than dark meat. This must be remembered if dark meat alone is used. Croquette mixtures should always be as soft as can be conveniently handled, then croquettes will be soft and creamy inside.

PUDDINGS

The proof of the pudding is in the eating. — Cervantes.

Caramel Custard

4 cups scalded milk 1/2 teaspoon salt
5 eggs 1 teaspoon vanilla
1/4 cup sugar

Snow Pudding

Beat whites of four eggs until stiff, add one-half tablespoon granulated gelatine dissolved in three tablespoons boiling water, beat until thoroughly mixed, add one-fourth cup powdered sugar, and flavor with one-half teaspoon lemon extract. Pile lightly on dish, serve with Boiled Custard.

Boiled Custard

2 cups scalded milk 1/2 cup sugar
Yolks 3 eggs 1/2 teaspoon salt
1/2 teaspoon vanilla

Beat eggs slightly, add sugar and salt; stir constantly while adding gradually hot milk. Cook in double boiler, continue stirring until mixture thickens and a coating is formed on the spoon, strain immediately, chill and flavor. If cooked too long, the custard will curdle; should this happen, by using an egg-beater it may be restored to a smooth consistency, but custard will not be as thick. Eggs should be beaten slightly for custard, that it may be of smooth, thick consistency. To prevent scum from forming, cover with a perforated tin. When eggs are scarce, use yolks two eggs and one-half tablespoons corn-starch.

Prune Whip

1-1/2 lb. prunes 1/2 cup sugar
Whites 5 eggs 1/2 tablespoon lemon juice

Pick over and wash prunes, then soak several hours in cold water to cover; cook in same water until soft; remove stones and rub prunes through a strainer, add sugar, and cook five minutes; the mixture should be of the consistency of marmalade. Beat whites of eggs until stiff, add prune mixture gradually when cold, and lemon juice. Pile lightly on buttered pudding dish, bake twenty minutes in slow oven. Serve cold with Boiled Custard.

Date Pudding

2 cups milk 2 tablespoons corn-starch
1/2 cup Karo or maple syrup 1/2 teaspoon salt
12 dates cut up fine 1 teaspoon vanilla

Mix corn-starch with one-fourth cup milk. Heat remaining milk in a double boiler. Add corn-starch, syrup and dates, stir until thick, cover and cook for twenty minutes. Add vanilla. Pour into dish to cool. Prunes may be used instead of dates.
Chocolate Bread Pudding

2 cups stale bread crumbs
2-3 cup sugar
4 cups scalded milk
2 squares unsweetened chocolate
¾ teaspoon salt
1 teaspoon vanilla
2 eggs

Soak bread in milk thirty minutes; melt chocolate in saucepan placed over hot water, add one-half sugar and enough milk taken from bread and milk to make of consistency to pour; add to mixture with remaining sugar, salt, vanilla, and eggs slightly beaten; turn into buttered pudding-dish and bake one hour in a moderate oven. Serve with cream sauce.

SALADS

The chief pleasure in eating does not consist in costly seasoning, or exquisite flavor, but in yourself. —Horace.

Cupid Salad

4 oranges
2 bananas
1-3 cup sugar
1 pint strawberries
1 large tart apple
1 egg
1 tablespoon brandy

Cut the oranges in halves, scoop out the pulp, keeping the peel intact. Slice the bananas, and hull and slice the strawberries. Place all materials on ice. Make a dressing of the apple, egg, sugar and brandy. Grate the apple and sprinkle it with sugar as you grate so as to keep it from turning dark, add to it the brandy and unbeaten white of the egg, and with a wire egg-beater beat until it is stiff and fluffy. Take the orange cups and with a pair of sharp scissors cut small scallops near the top and tie them together in pairs, using baby ribbon for tying. When ready to serve fill the orange cups with the prepared fruit and heap the dressing on top. Top off each half orange with a large strawberry. This is a pretty salad to serve at a luncheon, where there are several young couples. A pair of the cups should be set between each couple.

Ambrosia Salad

1 pineapple
1 quart grated coconut
1 pint strawberries
4 bananas
1 orange
Sugar

Peel and slice the pineapple and cut the slices into thin strips. Hull the berries and cut in halves. Peel the oranges and divide into their natural divisions. Cut these in halves, sprinkle all these ingredients with sugar and put them on ice.

When ready to serve, sprinkle the bottom of a deep salad bowl with the grated coconut, then put in the pineapple and again some coconut, after that the strawberries, and oranges, and bananas, putting a layer of coconut between each two layers of fruit with a layer of coconut on top. Pour over the juices from all the fruit. Have it very cold when served.

Tomato Jelly Salad

To one can stewed and strained tomatoes add one teaspoon each of salt and powdered sugar, and two-thirds box gelatine which has soaked fifteen minutes in one-half cup cold water. Pour into small cups, and chill. Run a knife around inside of moulds, so that when taken out shapes may have a rough surface, suggesting a fresh tomato. Place on lettuce leaves and garnish top of each with Mayonnaise Dressing.

Lobster Salad

Remove lobster meat from shell, cut in one-half inch cubes, and marinate with a French Dressing. Mix with a small quantity of Mayonnaise Dressing and arrange in nests of lettuce leaves. Put a spoonful of Mayonnaise on each, and sprinkle with lobster coral rubbed through a fine sieve. Garnish with small lobster claws around outside of dish. Cream Dressing may be used in place of Mayonnaise.

Waldorf Salad

Mix equal quantities of finely cut apples and celery, and moisten with Mayonnaise Dressing. Garnish with curled celery and canned pimiento cut in strips or fancy shapes. An attractive way of serving this salad is to remove tops from red or green apples, scoop out inside pulp, leaving just enough adhering to skin to keep apples in shape. Refill shells thus made with the salad, replace tops, and serve on lettuce leaves.

Cucumber and Tomato Salad

Arrange sliced tomatoes on a bed of lettuce leaves. Pile on each slice, cucumber cubes cut one-half inch square. Serve with French or Mayonnaise Dressing.

Cream Dressing

¾ tablespoon salt
½ tablespoon mustard
½ tablespoon sugar
¾ cup melted butter
¾ cup cream

Mix ingredients in order given, adding vinegar very slowly. Cook over boiling water, stirring constantly until mixture thickens, strain and cool.

Boiled Dressing

¾ tablespoon salt
1 egg slightly beaten
2½ tablespoons melted butter
1½ tablespoons flour
1½ tablespoons sugar
2 eggs

Mix ingredients and cook over boiling water, stirring constantly until mixture thickens, strain and cool.
Twenty-two

Household Arts Cook Book

Few grains cayenne  ¾ cup milk
¼ cup vinegar

Mix dry ingredients, add yolks of eggs slightly beaten, butter, milk, and vinegar very slowly. Cook over boiling water until mixture thickens; strain and cool.

French Dressing

½ teaspoon salt  2 tablespoons vinegar
¼ teaspoon pepper  4 tablespoons olive oil

Put ingredients in small cream jar and shake. Some prefer the addition of a few drops onion juice. French Dressing is more easily prepared and largely used than any other dressing. One tablespoon, each, lemon juice and vinegar may be used.

Mayonnaise Dressing

1 teaspoon mustard  Yolks 2 eggs
1 teaspoon powdered sugar  2 tablespoons lemon juice
Few grains cayenne  2 tablespoons vinegar
1 teaspoon salt  1½ cups olive oil

Mix dry ingredients, add egg yolks, and when well mixed add one-half tablespoon of vinegar. Add oil gradually, at first drop by drop, and stir constantly. As mixture thickens, thin with vinegar or lemon juice. Add oil, and vinegar or lemon juice alternately, until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. A smooth consistency may be restored by taking yolk of another egg and adding curdled mixture slowly to it. Olive oil for making Mayonnaise should always be thoroughly chilled. Mayonnaise should be stiff enough to hold its shape. Add to salad mixture just before serving.

SAUCES

"A good sauce covereth many a defect."

FISH AND MEAT SAUCES

Thin White Sauce

2 tablespoons butter  1 cup scalded milk
1½ tablespoons flour  ¼ teaspoon salt
Few grains pepper

Put butter in saucepan, stir until melted and bubbling; add flour mixed with seasonings, and stir until thoroughly blended; then pour on gradually while stirring constantly the milk, bring to the boiling-point and let boil two minutes. If more whisk is used, all the milk may be added at once.

Thick White Sauce

2½ tablespoons butter  1 cup milk
¼ cup corn-starch or  ¼ teaspoon salt
1½ cup flour  Few grains pepper

Make same as Thin White Sauce.

Brown Sauce

2 tablespoons butter  1 cup Brown Stock
½ slice onion  ¼ teaspoon salt
3 tablespoons flour  Few grains pepper

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with seasonings, and brown the butter and flour; then add stock gradually, bring to the boiling-point, and let boil two minutes.

Olive Sauce

Remove stones from ten olives, leaving meat in one piece. Cover with boiling water and cook five minutes. Drain olives, and add to two cups Brown Sauce.

Tomato Sauce

½ can tomatoes  ¾ teaspoon salt
1 teaspoon sugar  4 tablespoons butter
8 peppercorns  4 tablespoons flour
Bit of bay leaf  1 cup Brown Stock

Cook tomatoes twenty minutes with sugar, peppercorns, bay leaf, and salt; rub through a strainer, and add stock. Brown the butter, add flour, and when well browned, gradually add hot liquid.

PUDDING SAUCES

Lemon Sauce

½ cup sugar  2 tablespoons butter
1 cup boiling water  1½ tablespoons lemon juice
1 tablespoon corn-starch or  Few gratings nutmeg
1½ tablespoons flour  Few grains salt

Mix sugar and corn-starch, add water gradually, stirring constantly; boil five minutes, remove from fire, add butter, lemon juice, and nutmeg.

Cream Sauce

1 egg  ½ cup thick cream
1 cup powdered sugar  ¼ cup milk
¼ teaspoon vanilla

Beat white of egg until stiff; add yolk of egg well beaten, and sugar gradually; dilute cream with milk, beat until stiff, combine mixtures, and flavor.

Twenty-three

Household Arts Cook Book
Orange Sauce
3 eggs
1 cup powdered sugar
Juice and rind of 2 oranges
1 lemon
Beat whites until stiff, add sugar gradually, and continue beating; add rind and fruit juices.

Hard Sauce
1/3 cup butter
1 teaspoon vanilla or
1 cup powdered sugar
2 tablespoons wine
Cream the butter, add sugar gradually, and flavoring.

Chocolate Sauce
1 square unsweetened chocolate
1 tablespoon butter
1/3 cup boiling water
1 cup sugar
1/2 teaspoon vanilla
Melt chocolate; add butter, and pour on gradually water.
Bring to boiling-point, add sugar, and let boil five minutes, cool slightly, and add vanilla.

SOUPS
"Of a good beginning cometh a good end."

Celery Soup
3 cups celery (cut in one-half inch pieces)
1 pint boiling water
2 1/2 cups milk
Wash and scrape celery before cutting in pieces, cook in boiling water until soft, and rub through a sieve. Scald milk with the onion, remove onion, and add milk to celery. Blend with butter and flour, cooked together. Season with salt and pepper. Outer and old stalks of celery may be utilized for soups. Serve with croutons, crisp crackers, or pulled bread.

Potato Soup
3 potatoes
1 quart milk
2 slices onion
3 tablespoons butter
2 tablespoons flour
Cook potatoes in boiling salted water; when soft, rub through a strainer. There should be two cups. Scald milk with onion, remove onion, and add milk slowly to potatoes. Melt half the butter, add dry ingredients, stir well until thoroughly mixed, then stir into hot soup; boil one minute, strain, add remaining butter, and sprinkle with parsley.

Cream of Tomato Soup
1/2 can tomatoes
2 teaspoons sugar
1/2 teaspoon soda
1 quart milk
1-3 cup butter
Scald milk with onion, remove onion, and thicken milk with flour diluted with cold water until thin enough to pour, being careful that the mixture is free from lumps; cook twenty minutes, stirring constantly at first. Cook tomatoes with sugar fifteen minutes, add soda, and rub through a sieve; combine mixtures, and strain into tureen over butter, salt, and pepper.

Chicken Soup
6 cups stock
1 tablespoon lean raw ham,
1/2 bay leaf
finely chopped
6 slices carrot, cut in cubes
1-3 cup hot boiled rice
Add seasonings to stock, heat gradually to boiling-point, and boil thirty minutes; strain, and add rice.

Croutons (Duchess Crusts)
Cut stale bread into one-third inch slices and remove crusts. Spread thinly with butter. Cut slices in one-half inch cubes, put in pan and bake until delicately brown, or fry in deep fat.

Cheese Sticks
Cut stale bread into bread sticks, spread thinly with butter, sprinkle with grated cheese seasoned with salt and cayenne, and bake until delicately browned.

LUNCH BOX SUGGESTIONS
"A tempting lunch whits the poorest of appetites, and makes merry the heart."

SANDWICHES

Cold Meats
Olive Butter
Cream Cheese and Pimento
Peanut Butter
Salad Sandwiches
Marmalades
Fig

Fillings
Sardine
Cheese and Nut
Lettuce
Egg
Cheese and Olives
Raisin and Nut
Fruit
Lobster
**Bread**
- White
- Brown
- Oatmeal
- Entire Wheat

**Relishes**
- Stuffed Olives
- Radishes
- Small Onions
- Mustard Pickles
- Dill Pickles

**Desserts**
- Cookies
- Sweet Chocolate
- Nuts
- Doughnuts
- Jellies
- Fancy Crackers

**Beverages**
- Hot Chocolate
- Tea
- Postum

**Menus**

**Spring**

**Breakfast**
- Puffed Wheat
- Bacon and Eggs
- Coffee

**Luncheon**
- Fresh Asparagus on Toast
- Caramel Junket

**Dinner**
- Baked Stuffed Haddock
- Spinach
- Rolls
- Strawberry Shortcake

**Summer**

**Breakfast**
- Wheatena
- Soft Cooked Eggs

**Luncheon**
- Creamed Beef
- Graham Bread

**Dinner**
- Shoulder of Lamb
- Tomato Soup with Spaghetti
- Asparagus

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**Household Arts Cook Book**

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Breakfast
- Cream of Wheat
- Waffles
- Doughnuts
- Maple Syrup
- Dates
- Coffee

Luncheon
- Macaroni and Tomato en Casserole
- Graham Rolls
- Mincemeat Pie

Dinner
- Roast Beef
- Brown Gravy
- Riced Potatoes
- Squash
- Whole Wheat Bread
- Cottage Pudding
- Coffee

Breakfast
- Rolled Oats
- Scrambled Eggs
- Oranges
- Cream
- Toast
- Coffee

Luncheon
- Cheese Fondue
- Oatmeal Bread
- Pickles
- Hot Gingerbread
- Whipped Cream

Dinner
- Roast Chicken
- Riced Potatoes
- Currant Jelly
- Peas
- Rolls
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