

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



Price 50c

1922 — 1923

FARMINGTON, :: MAINE

# HOUSEHOLD : ARTS COOK BOOK

State Normal School :: Farmington



THE COTTAGE

Farmington, Maine  
• The Barton Press, Printers  
1922



# BREAD

## 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

2 cups flour	1 cup chopped nuts
1 cup graham flour	2 tablespoonsful shortening
1 teaspoon salt	1 cup water
½ cup sugar	1 egg beaten light
	5 teaspoonsful Baking Powder

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

1 cup scalded milk	1 yeast cake dissolved in
¼ cup butter	¼ cup lukewarm water
1½ tablespoons sugar	White 1 egg
½ teaspoon salt	¾ cups flour

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 tablespoon water; return to oven to dry egg, and thus glaze top.

### Twin Mountain Muffins

¼ cup butter	2 cups bread flour
¼ cup sugar	1 cup milk
½ teaspoon salt	1 egg
	5 teaspoons baking powder

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

1½ cups graham flour	1-3 cup molasses
1 cup flour	¾ teaspoon soda
1 cup sour milk	1 teaspoon salt
	2 tablespoons melted butter

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	$\frac{1}{4}$ teaspoon vanilla
1-3 cup powdered sugar	Few grains salt
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	$\frac{1}{2}$ 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	$1\frac{1}{2}$ cups flour
1 cup sugar	1 teaspoon soda
1 cup sour milk	2 squares chocolate
	$\frac{1}{2}$ 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	$\frac{1}{2}$ 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
$\frac{1}{2}$ 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 powder sugar	$\frac{1}{8}$ 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	$\frac{1}{4}$ teaspoon salt
1 egg	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup sugar	2 teaspoons milk
2 tablespoons butter	$\frac{1}{2}$ cup finely chopped peanuts
	$\frac{1}{2}$ teaspoon lemon juice

### Chocolate Cake

1 cup sour milk	1 teaspoon soda
2 eggs	1 teaspoon Baking Powder
2 tablespoons molasses	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup butter	1 square chocolate
	2 cups flour

Cream butter, sugar and molasses well. Add melted chocolate, egg yolks, slightly beaten. Add sour milk and dry ingredients. Lastly fold in whites of eggs beaten stiff. Bake in moderate oven.

### Quick Cake

1-3 cup soft butter	$1\frac{3}{4}$ cups flour
1 1-3 cups brown sugar	3 teaspoons Baking Powder
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon cinnamon
2 eggs	$\frac{1}{2}$ teaspoon nutmeg
	$\frac{1}{2}$ 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	1 cup flour
3 eggs	1 teaspoon Cream of Tartar
2 tablespoons milk	½ teaspoon soda

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**

½ cup sugar	1 rounding cup flour
¼ cup molasses	1 teaspoon soda
¼ cup butter	1 teaspoon salt
1 egg	1 teaspoon nutmeg and cinnamon

½ cup boiling water added last

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

**Domestic Economy Cake**

3 square chocolate	2 small eggs
¾ cup butter	1½ cup pastry flour
¾ cup boiling water	¾ cup sour milk
	1½ teaspoon soda

Pour water over chocolate and butter, stir until melted. Add sugar, flour with which soda has been sifted, and milk. Break eggs in last and beat. Bake in two layers and use this filling:

**Filling**

2-3 cup milk	1 square chocolate or
3 tablespoons flour	2 heaping tablespoons cocoa
1 egg yolk	½ cup sugar

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	¼ cup boiling water
Speck of Cream Tartar	1 egg white

Cook 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**

1¼ cups brown sugar	Whites 2 eggs
1-3 cup water	1 teaspoon vanilla
¼ cup white sugar	¼ cup English walnut meats broken in pieces

Boil sugar and water as for Boiled Frosting. Pour over beaten whites of eggs, stirring constantly and continue beating until mixture is nearly cool. Set pan containing mixture in pan of boiling water, and cook over range, 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**

1-3 cup butter	1 tablespoon cocoa
1½ 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.







## ENTREES

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

### Banana Fritters

3 bananas	$\frac{1}{4}$ teaspoon salt
1 cup bread flour	$\frac{1}{4}$ 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	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ lb. mild cheese, cut in small pieces	Yolks 3 eggs
	Whites 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	Few grains cayenne
3 tablespoons flour	$\frac{1}{4}$ cup grated Old English or Young America cheese
$\frac{1}{2}$ cup scalded milk	Yolks 3 eggs
$\frac{1}{2}$ teaspoon salt	Whites 3 eggs

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	$\frac{1}{4}$ teaspoon salt
1 teaspoon corn-starch	$\frac{1}{4}$ teaspoon mustard
$\frac{1}{2}$ cup thin cream	Few grains cayenne

$\frac{1}{2}$  lb. soft mild cheese cut in small pieces      Toast or crackers

Melt butter, add corn-starch, and stir until well mixed, then add cream gradually, while stirring constantly, and cook two minutes. Add cheese, and stir until cheese is melted. Season, and serve on crackers or bread toasted on one side, rarebit is poured over untoasted side. Much of the success of a rarebit depends upon the quality of the cheese. A rarebit should be smooth and of a creamy consistency, never stringy. Cook mixture in a double-boiler or chafing-dish with little heat.

### English Monkey

1 cup stale bread crumbs	1 egg
1 cup milk	$\frac{1}{2}$ teaspoon salt
1 tablespoon butter	Few grains cayenne
$\frac{1}{2}$ 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	1 cup milk
3 tablespoons butter	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ tablespoons flour	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	$\frac{1}{2}$ 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	$\frac{1}{2}$ tablespoon sugar
2 cups tomatoes	3 tablespoons butter
1 cup water	3 tablespoons flour
1 slice onion	$\frac{3}{4}$ teaspoon salt
3 cloves	Few grains pepper

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.

**Scalloped Oysters**

1 pint oysters	1 cup cracker crumbs
4 tablespoons oyster liquor	$\frac{1}{2}$ cup melted butter
2 tablespoons milk or cream	Salt
$\frac{1}{2}$ 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	$\frac{1}{4}$ 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 $\frac{1}{4}$ cups sugar	1 teaspoon almond extract
Few grains salt	Green coloring
1 $\frac{1}{2}$ 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 whip from cream; let stand thirty minutes before serving. Serve in frappe glasses.

**Apricot Sorbet**

1 can apricots	$\frac{1}{4}$ cup 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  
 ½ pint hot maple syrup  
 1 pint thick cream  
 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  
 ½ can pears  
 2 cups sugar  
 3 oranges  
 2 lemons  
 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.”

**Cannelon of Beef**

2 lbs. lean beef, cut from round  
 Grated rind ½ lemon  
 1 tablespoon finely chopped parsley  
 1 egg  
 ½ teaspoon onion juice  
 2 tablespoons melted butter  
 Few gratings nutmeg  
 1 teaspoon salt  
 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.  
 Whole cloves  
 ½ cup brown sugar  
 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 ½ lbs. left-over lamb  
 1 can tomatoes  
 1 can peas  
 2 cups potatoes  
 1 cup carrots

Parboil potatoes. Cut lamb into one-inch cubes and saute, 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**

¼ 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  
 4 teaspoons baking powder  
 ½ teaspoon salt  
 2 teaspoons butter  
 ¼ cup milk

Mix and sift dry ingredients. Work in butter with tips of fingers, and add milk gradually, using a knife for mixing. Toss 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 pie-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 saute 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 sauted without previous boiling, and allowed to simmer fifteen to twenty minutes in the sauce.

**Chicken Croquettes**

1¾ cups chopped cold cooked fowl	1 teaspoon lemon juice
½ teaspoon salt	Few drops onion juice
¼ teaspoon celery 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	½ teaspoon salt
5 eggs	1 teaspoon vanilla
	½ cup sugar

Put sugar in sauce pan, stir constantly over hot part of range until melted to a syrup of light brown color. Add gradually to milk, being careful that milk does not bubble over, as is liable on account of high temperature of sugar. As soon as sugar is melted in milk, add mixture gradually to eggs slightly beaten; add salt and flavoring, then strain in buttered mould. Bake as custard. Chill, and serve with Caramel Sauce.

**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	¼ cup sugar
Yolks 3 eggs	½ teaspoon salt
	½ 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 tablespoon corn-starch.

**Prune Whip**

1-3 lb. prunes	½ cup sugar
Whites 5 eggs	½ 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
½ cup Karo or maple syrup	½ 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.







Few grains cayenne       $\frac{3}{4}$  cup milk  
                                   $\frac{1}{4}$  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

$\frac{1}{2}$  teaspoon salt                      2 tablespoons vinegar  
 $\frac{1}{4}$  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                       $1\frac{1}{2}$  cups olive oil

Mix dry ingredients, add egg yolks, and when well mixed add one-half teaspoon 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  
 $1\frac{1}{2}$  tablespoons flour                 $\frac{1}{4}$  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 a wire whisk is used, all the milk may be added at once.

#### Thick White Sauce

$2\frac{1}{2}$  tablespoons butter              1 cup milk  
 $\frac{1}{4}$  cup corn-starch or                 $\frac{1}{4}$  teaspoon salt  
 1-3 cup flour                        Few grains pepper

Make same as Thin White Sauce.

#### Brown Sauce

2 tablespoons butter                1 cup Brown Stock  
 $\frac{1}{2}$  slice onion                          $\frac{1}{4}$  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

$\frac{1}{2}$  can tomatoes                       $\frac{1}{2}$  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

$\frac{1}{2}$  cup sugar                            2 tablespoons butter  
 1 cup boiling water                 $1\frac{1}{2}$  tablespoons lemon juice  
 1 tablespoon corn-starch or      Few gratings nutmeg  
 $1\frac{1}{2}$  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                                       $\frac{1}{2}$  cup thick cream  
 1 cup powdered sugar               $\frac{1}{4}$  cup milk  
     $\frac{1}{2}$  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.



**Orange Sauce**

Whites 3 eggs  
1 cup powdered sugar

Juice and rind 2 oranges  
Juice 1 lemon

Beat whites until stiff, add sugar gradually, and continue beating; add rind and fruit juices.

**Hard Sauce**

1-3 cup butter  
1 cup powdered sugar

1 teaspoon vanilla or  
2 tablespoons wine  
4 tablespoons cream or milk

Cream the butter, add sugar gradually, and flavoring.

**Chocolate Sauce**

1 square unsweetened chocolate  
1 cup sugar

1 tablespoon butter  
1-3 cup boiling water  
½ 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  
2½ cups milk

1 slice onion  
3 tablespoons butter  
¼ cup flour  
Salt and pepper

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

1½ teaspoons salt  
¼ teaspoon celery salt  
Few grains cayenne  
Few grains pepper  
1 teaspoon chopped parsley

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**

½ can tomatoes  
2 teaspoons sugar  
¼ teaspoon soda  
1 quart milk

1 slice onion  
4 tablespoons flour  
1 teaspoon salt  
Few grains pepper  
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, finely chopped  
6 slices carrot, cut in cubes

2 stalks celery  
½ bay leaf  
¼ teaspoon peppercorns  
1 slice onion  
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 in 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 whitts the poorest of appetites, and makes merry the heart."

**SANDWICHES****Fillings**

Cold Meats	Sardine
Olive Butter	Cheese and Nut
Cream Cheese and Pimento	Lettuce
Peanut Butter	Egg
Salad Sandwiches	Cheese and Olives
Marmalades	Raisin and Nut
Jelly or Jam	Fruit
Fig	Lobster



**Bread**

White	Raisin
Brown	Graham
Oatmeal	Nut
Entire Wheat	

**RELISHES**

Stuffed Olives	Pickled Limes
Radishes	Watermelon Rind
Small Onions	Beet Pickles
Mustard Pickles	Celery
Dill Pickles	Sweet Pickles

**DESSERTS**

Cookies	Pie
Sweet Chocolate	Cake
Nuts	Fruit
Doughnuts	Custards
Jellies	Preserves
Fancy Crackers	Puddings

**BEVERAGES**

<b>Hot</b>	<b>Cold</b>
Chocolate	Milk
Cocoa	Fruit Juices
Malted Milk	Iced Tea
Coffee	Iced Cocoa
Tea	Milk Shakes
Postum	Buttermilk

**MENUS**

**SPRING**

**Breakfast**

Puffed Wheat	Milk
Bacon and Eggs	Toast
	Coffee

**Luncheon**

Fresh Asparagus on Toast	Cold Boiled Ham
Caramel Junket	

**Dinner**

Baked Stuffed Haddock	Riced Potatoes
Spinach	
Rolls	
Strawberry Shortcake	
Coffee	

**Breakfast**

Farina	Sliced Oranges	Cream
Ham and Egg Omelet	Muffins	
Coffee		

**Luncheon**

Lettuce and Tomato Salad	Cold Sliced Tongue
Whole Wheat Bread	Tea
Layer Cake	

**Dinner**

Brown Fricassee of Chicken	Boiled Rice
Baked Tomatoes	Rolls
Cress Salad	Coffee
Almond Sponge	

**Breakfast**

Shredded Wheat	Strawberries — Cream
Dropped Eggs	Toast
Coffee	

**Luncheon**

Lamb en Casserole	Pickles
Rye Bread	Crackers
Lemon Sherbert	

**Dinner**

Broiled Steak	Spinach	Baked Potatoes
Cucumber and Lettuce Salad	Melons	Rolls

**SUMMER**

**Breakfast**

Wheatena	Raspberries
Soft Cooked Eggs	Muffins
Coffee	

**Luncheon**

Creamed Beef	Mixed Pickles
Graham Bread	
Sliced Fruit	Iced Tea

**Dinner**

Tomato Soup with Spaghetti	Mint Sauce
Shoulder of Lamb	Celery
Potato Croquettes	French Dressing
Asparagus	Cake
Ice Cream	



**Breakfast**  
 Puffed Rice Cantaloupe Cream  
 French Toast Doughnuts Coffee

**Luncheon**  
 Cold Sliced Beef Potato Cakes  
 Cabbage Salad Biscuit  
 Sliced Pineapple

**Dinner**  
 Vegetable Soup Hamburg Steak Riced Potatoes Crackers  
 Dandelion Greens Rolls  
 Grape Juice Cookies

**Breakfast**  
 Cream of Wheat Strawberries  
 Corn Rolls Coffee

**Luncheon**  
 Fried Ripe Tomatoes Hashed Brown Potatoes  
 Bread Coffee Jello Cake

**Dinner**  
 Fried Pickerel Riced Potatoes  
 Lettuce and Tomato Salad Yeast Rolls  
 Cream Puffs Coffee

**AUTUMN**

**Breakfast**  
 Corn Flakes Griddle Cakes Maple Syrup Cream  
 Coffee

**Luncheon**  
 Cold Roast of Lamb Potato Balls  
 Bread Butter  
 Cake Cocoa

**Dinner**  
 Cream of Celery Soup Croutons  
 Pot Roast Tomato Sauce  
 Riced Potatoes Squash  
 Cottage Pudding Chocolate Sauce

**Breakfast**  
 Cream of Wheat with Dates Cream  
 Omelet Toast  
 Coffee

**Luncheon**  
 Macaroni and Cheese Graham Bread  
 Apple Sauce Cake

**Dinner**  
 Baked Ham Baked Potatoes  
 Sliced Cucumbers Parker House Rolls  
 Bavarian Cream

**Breakfast**  
 Puffed Wheat Creamed Beef Muffins Cream  
 Oranges  
 Coffee

**Luncheon**  
 Scalloped Potatoes Oatmeal Bread  
 Junket with Caramel Sauce Cookies

**Dinner**  
 Broiled Steak Mashed Potatoes  
 Stuffed Onions  
 Baking Powder Biscuit  
 Apple Tapioca Chocolate Cake

**WINTER**

**Breakfast**  
 Rolled Oates Prunes  
 Minced liver on toast  
 Doughnuts Coffee

**Luncheon**  
 Beef Stew with Dumplings Cream  
 Coffee Jello  
 Cookies

**Dinner**  
 Tomato Bisque Crackers  
 Roast Pork Franconia Potatoes  
 Buttered Carrots Bread  
 Sponge Cake Coffee



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

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

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

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

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

**Dinner**  
 Roast Chicken  
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