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RECIPES

Home Economics Department

State Normal School

Farmington, Maine

FIRST PRINTING
1935

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These recipes were compiled for the students and alumnae of the Home Economics Department of the Farmington Normal School and for the students of Home Economics of the town of Farmington. Inasmuch as this is a first printing, a notice of any error or omission will be greatly appreciated if sent to the Home Economics Department, State Normal School, Farmington, Maine.

Recipes compiled by
Mary Palmer
Helen E. Lockwood

GENERAL RULES FOR MEASURING

Correct measurements are absolutely necessary to insure uniformly good results. Standard measuring cups measure $\frac{1}{2}$ pt., and are divided into fourths, thirds, and halves. All measurements should be level. Flour, meal, and powdered sugar should be sifted before measuring. To measure a tablespoon or a teaspoon dip the spoon into the ingredients, level with the back of a knife. Divide with knife, lengthwise for halves, crosswise for fourths and eighths.

To Measure A Fraction Of A Cup Of Fat. If $\frac{1}{4}$ c. of fat is to be measured, measure $\frac{3}{4}$ c. of cold water and then put into it the fat until the water exactly fills the cup. Drain off the water and you have the desired amount of fat.

To measure amounts not marked on measuring cup, use tablespoon.

ABBREVIATIONS

tsp.....teaspoon	lb.....pound
tbsp.....tablespoon	pt.....pint
c.....cup	qt.....quart
spk.....speck	sc.....scant
oz.....ounce	d.b.....double boiler

EQUIVALENT MEASURES

3 tsp.....1 tbsp.	4 c. flour.....1 lb.
16 tbsp.....1 cup.	$2\frac{1}{2}$ c. crisco.....1 lb.
2 c. liquid.....1 pt.	$2\frac{2}{3}$ c. powdered sugar....1 lb.
2 pt. liquid.....1 qt.	2 c. granulated sugar....1 lb.
2 tbsp. butter....1 oz.	2 c. chopped meat.....1 lb.
2 c. butter.....1 lb.	2 scant cups rice.....1 lb.
1 sq. chocolate...3 tbsp. cocoa	1 sq. Baker's choc.....1 oz.
5 c. ground coffee.1 lb.	1 c. grated cheese..... $\frac{1}{4}$ lb.
1 tsp. cream tartar and $\frac{1}{2}$ tsp. soda.....	2 tsp. baking powder.

BREAD AND ROLLS

PROPORTION OF YEAST

2 cakes to 1 pint liquid if baked in 2 hours

1 cake to 1 pint liquid if baked in 4-5 hours

$\frac{1}{2}$ cake to 1 pint liquid if baked in 6-7 hours

Use less in warm weather or when left over night.

BREAD

1 c. scalded milk

1 c. boiling water

$\frac{2}{2}$ $\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ c. 1 tsp. sugar

2 tbsp. fat

1 yeast cake

$\frac{1}{4}$ c. lukewarm water

bread flour

Put milk, water, salt and fat into a bowl and allow to cool. Add yeast to lukewarm water and mix. When milk mixture is lukewarm add yeast to it. Stir flour in gradually. When stiff enough, turn on to a floured board and knead until smooth and elastic. Return to bowl, cover closely and let rise until double its bulk. Shape into loaves and let rise again. Bake in a hot oven.

OATMEAL BREAD

2 c. scalded milk

$\frac{1}{2}$ c. rolled oats

2 tsp. salt

2 tbsp. sugar

1 tbsp. fat

$\frac{1}{2}$ yeast cake

$\frac{1}{4}$ c. lukewarm water

bread flour

Put rolled oats, salt, sugar and fat in bowl and pour the scalded milk over them. Let stand until lukewarm and add the yeast softened in the lukewarm water. Follow general directions for bread.

PARKER HOUSE ROLLS

2 c. scalded milk

3 tbsp. fat

2 tbsp. sugar

1 tsp. salt

1 yeast cake softened in

$\frac{1}{4}$ c. lukewarm water

bread flour

Add fat, sugar and salt to milk. When lukewarm add softened yeast and 3 c. flour. Beat thoroly, cover and let rise until light. Cut down and add enough flour to knead (about $2\frac{1}{2}$ c.). Knead until smooth and elastic. Let rise again then toss on to floured board, knead and roll out to $\frac{1}{3}$ inch thickness. Shape with a biscuit cutter, dipped in flour. Dip handle of a case knife in flour and with it make a crease through the middle of each piece. Brush over $\frac{1}{3}$ of each piece with melted butter, fold and press together. Place in greased pans 1 inch apart, cover and let rise again. Bake in a hot oven 12 to 15 minutes. As rolls rise they part slightly and if hastened in rising are apt to lose their shape.

CLOVERLEAF ROLLS

Use Parker House Roll dough.

Take small pieces and shape in palms of hands to make balls from $\frac{1}{2}$ to $\frac{3}{4}$ inch in size, depending on size of muffin tins and size desired when finished. Grease muffin tins and place three balls in each tin. Let rise until double in bulk, then bake in a hot oven about 20 minutes.

QUICK BREADS

GENERAL RULES

Use pastry or all-round flour.

Sift flour before measuring and never pack it in cup.

The dry ingredients, flour, salt, baking powder or soda and spices if used should be mixed and sifted to insure uniform mixing.

The fat must be cut in very fine.

The liquid must be added a little at a time to avoid getting dough too soft to handle. Mix liquid into flour with knife, handling it as little and as lightly as possible. This makes a flaky crumb. Add only enough milk to make flour stick together.

Turn dough on to a slightly floured board.

Pat to $\frac{3}{4}$ inch thickness and cut with floured cutter.

Place near together on an ungreased sheet or pan.

Bake in a hot oven (450 degrees) 12 to 15 minutes.

Note: To obtain a fine bread-like crumb take dough on to board and knead lightly for 1 min. Then pat out and cut. Be careful to use very little flour on the board or biscuits will be hard.

PROPORTIONS OF SODA AND ACID TO BE USED IN BAKING POWDER MIXTURES

Soda	Acid	Equivalent in Baking Powder
1 tsp.	2 tsp. cream of tarter	4 tsp.
$\frac{3}{4}$ tsp.	1 c. very sour milk	3 tsp.
1 tsp.	1 c. malosses	4 tsp.

If sour milk and soda are to be used in place of sweet milk and baking powder in a baking powder biscuit recipe the following rules should be observed:

1. Allow the same amount of milk. (It may require slightly more if very thick.)
2. Allow $\frac{1}{2}$ tsp. soda to each cup of very sour milk. This is equivalent to 2 tsp. of baking powder.

3. Add baking powder to total the same as the original quantity. Note: In each measure of baking powder $\frac{1}{2}$ is cream of tarter, $\frac{1}{4}$ is soda and $\frac{1}{4}$ is flour or corn starch. Example: 2 tsp. baking powder equals 1 tsp. cream of tarter, $\frac{1}{2}$ tsp. soda and $\frac{1}{2}$ tsp. flour.

BAKING POWDER BISCUITS

2 c. flour	2 to 4 tbsp. fat
5 tsp. baking powder	$\frac{3}{4}$ to 1 c. water or milk
1 tsp. salt	

EMERGENCY BISCUITS

$1\frac{1}{2}$ c. flour	3 tbsp. fat
$3\frac{1}{2}$ tsp. baking powder	$\frac{1}{3}$ c. milk
$\frac{3}{4}$ tsp. salt	$\frac{1}{3}$ c. water

Follow directions for baking powder biscuits, but add all of the liquid. Drop by spoonfuls into greased gem pans and bake in hot oven 15 minutes.

SOUR MILK BISCUITS

In the preceding recipe substitute $\frac{3}{4}$ c. sour milk or butter milk and use $\frac{3}{4}$ tsp. soda and 2 tsp. baking powder. The milk must be very sour. Follow general directions.

CHEESE BISCUITS

Add 1 cup grated or finely chopped cheese to standard recipe after the fat is cut in.

DATE BISCUITS

Add 1 cup finely chopped dates to standard recipe after the fat is cut in.

ORANGE BISCUITS

Make standard biscuits, cut and place on baking sheet. Prepare strained orange juice. Break lumps of sugar in half and drop each piece separately into orange juice. Let stand only until juice has permeated the sugar. Remove and press a lump of sugar into the top of each biscuit.

FRUIT WHIRLS

Make Baking Powder Biscuit dough. Roll to $\frac{1}{4}$ inch thickness. Spread with very soft or melted butter. Sprinkle over 3 tbsp. sugar and $\frac{1}{8}$ tsp. cinnamon mixed together. Then sprinkle over $\frac{1}{2}$ c. cut raisins. Square the corners. Roll like a jelly roll and cut off pieces $\frac{3}{4}$ inch thick. Shape into rounds and place on a greased tin or in muffin tins and bake in hot oven 15 minutes. Currants may be used in place of raisins.

NUT BREAD I

3 c. Graham or whole wheat flour	2 tsp. salt
1 c. white flour	2 c. milk
1 c. sugar (may be omitted)	1 c. chopped walnuts
6 tsp. baking powder	1 egg

Mix and sift dry ingredients and add nuts. Beat egg until light and add milk, then add this to dry ingredients. Stir only enough to thoroughly mix. Pour into 2 greased pans and let rise 20 minutes. Bake 50 minutes to 1 hour.

NUT BREAD II

4 c. flour	1 c. sugar
6 tsp. baking powder	1 egg
2 tsp. salt	$1\frac{1}{2}$ c. milk

$1\frac{1}{4}$ c. chopped nuts

Use same method as Nut Bread I.

SPOON BREAD

1 pt. milk	2 eggs
1 c. corn meal	1 c. cooked rice
$\frac{1}{2}$ tsp. salt	2 tbsp. butter

2 tsp. baking powder

Scald milk, add corn meal to it and stir until thick. Remove from stove, add rice, butter, salt, egg yolks and baking powder. Fold in the stiffly beaten egg whites and bake in a greased dish until firm and brown, about 30 to 45 minutes. Serve in the dish in which it was baked.

GENERAL RULES FOR MIXING MUFFINS

Sift flour and measure. Mix and sift dry ingredients, Beat and add milk to it. Add liquid to dry ingredients and mix thoroly. Stir in the melted fat. Bake in greased gem pans 25 minutes in hot oven. If iron pans are used they must be previously heated. If raisins or dates are added a part of the flour should be mixed with them.

ONE EGG MUFFINS

3½ c. flour	3 tbsp. sugar
6 tsp. baking powder	1 ³ / ₄ 1 c. milk
1 tsp. salt	1 egg
3 tbsp. fat	

Follow general rules for mixing.

TWIN MOUNTAIN MUFFINS

¼ c. butter	5 tsp. baking powder
¼ c. sugar	2 c. flour
½ tsp. salt	1 egg
1 c. milk	

Follow directions for butter cake.

RICE MUFFINS

2¼ c. flour	1 c. milk
¾ c. hot cooked rice	1 egg
5 tsp. baking powder	2 tbsp. butter
2 tbsp. sugar	½ tsp. salt

Add half the milk to cooked rice. Follow general rules for mixing.

OATMEAL MUFFINS I

1 c. cooked oatmeal	½ tsp. salt
1½ c. flour	½ c. milk
2 tbsp. sugar	1 egg
4 tsp. baking powder	2 tbsp. butter

Mix and bake as Rice Muffins.

OATMEAL MUFFINS II

2 c. dry oatmeal	2 tsp. baking powder
2½ c. buttermilk or sour milk	1 tsp. soda
2½ c. flour	½ c. sugar
4 tbsp. fat	2 eggs
1 tsp. salt	

Put the oatmeal to soak over night in the buttermilk or sour milk. In the morning add the dry ingredients sifted together, the well beaten eggs and lastly the melted fat. Bake 35 to 40 minutes.

RYE MUFFINS

1¼ c. rye flour	¼ c. molasses
1¼ c. flour	1¼ c. milk
4 tsp. baking powder	1 egg
1 tsp. salt	1 tbsp. butter

¾ c. raisins may be added

Follow general rules for muffins.

CORN MEAL MUFFINS

½ c. corn meal	1 tbsp. butter
1 c. flour	½ tsp. salt
3 tsp. baking powder	¾ c. milk
1 tbsp. sugar	1 egg

Follow general rules for muffins. ⅓ c. raisins or dates may be added.

GRAHAM MUFFINS

1¼ c. graham flour	⅓ c. molasses
1 c. flour	¾ tsp. soda
1 c. sour milk	1 tsp. salt

2 tbsp. butter

Mix and sift dry ingredients; add milk to molasses, combine mixtures, then add butter. ½ c. raisins or dates may be added.

BOSTON BROWN BREAD

½ c. rye meal	1 c. sour milk or
½ c. corn meal	¼ tsp. salt
½ c. graham flour	(⅞ c. sweet milk or water and
¹ / ₈ tsp. ¾ tsp. soda	1½ tsp. cream of tartar
½ tsp. salt	⅜ c. molasses

Mix and sift dry ingredients. Add milk and molasses and stir until well mixed. Turn into a well greased mould and steam about 3 hours. Grease inside of cover. Do not fill mould more than two-thirds full. A melon mould or baking powder cans make attractive loaves.

For steaming, place mould on a trivet in a kettle containing boiling water. Water may come half way up around the mold. Cover kettle closely and steam, adding boiling water as needed.

CAKES

There are two main types of cakes, those with fat and those without. The former are often called butter cakes as this fat was most generally used before Crisco, Snowdrift and the oils were manufactured. Those cakes without fat are called sponge cakes and include the yellow sponges and the angel cakes.

TO MIX BUTTER CAKES

Cream the fat until very soft, then add sugar slowly creaming it thoroughly. Add the well beaten egg. Sift together the flour, (which has been sifted before measuring) baking powder and salt. Add the dry ingredients and liquid to the first mixture alternately. Add the flavoring and beat until well blended. Pour into a well greased tin.

If spices are used they should be sifted with the other dry ingredients.

When dried fruit is used it should be picked over and washed, then slightly dried. In order to prevent the fruit from settling it should have some of the flour called for, sprinkled over it. The fruit is added after the cake has had its final beating.

If chocolate is used it should be melted over water and should have mixed with it two tablespoons of boiling water for each square of chocolate. This prevents the cake from being dry.

TO MIX SPONGE CAKES

Separate the eggs and beat whites until stiff enough to hold their shape. Beat yolks until light and lemon colored. Add flavoring. Add sugar slowly beating well. Sift the flour and measure and then sift with the salt. Add a part of the stiffly beaten whites to the first mixture then a part of the flour, folding both in with a light motion. Continue until all are added. Pour into an ungreased pan and bake in a slow oven.

If milk or water is used, it and the flour are added alternately to the yolk and sugar mixture and the whites are folded in last.

NEVER BEAT a sponge cake after the whites are added.

BAKING

The baking of the cake is even more important than the mixing.

The pan should be placed near the middle of the oven to insure an even heat and should not be moved until it has risen its full height and is fairly well "set". Care should be used not to bang the oven door during the first part of the baking or the cake may fall.

If the oven is too hot a crust forms on the cake before it has fully risen and the batter will break through making a rough surface. If the oven is too cool the cake will rise and run over the sides of the pan before it is baked sufficiently to hold its shape.

TESTING THE OVEN. The surest way is to use an oven thermometer, which is placed in the oven where the cake is to be placed. Thermometers in the oven door are not reliable.

Another method is by using a piece of WHITE paper. This is placed where the cake will be placed. If it turns a VERY light brown in -

- 1½ to 2 minutes the oven is hot
- 2½ to 3 minutes the oven is moderate
- 3½ to 4 minutes the oven is cool.

OVEN TEMPERATURES	Paper test	Thermometer
Plain cake		
Layer and cup.....	2 mins.	375 F.
Loaf.....	2½ mins.	250 F.
Spice, fruit, ginger and chocolate cake		
Layer.....	2½ mins.	350 F.
Loaf.....	3 mins.	325 F.
Sponge cake		
Layer.....	2½ mins.	350 F.
Loaf.....	3 mins.	325 F.

TESTS FOR BAKING CAKES. The cake will shrink from the sides of the pan. Touch the cake lightly in the center with the tip of the finger and if it springs back the cake is done. If a definite finger print is left it is not done. A slender tooth pick or fine steel knitting needle may be put into the center of the cake and if it comes out without being sticky the cake is done.

Time for Baking -

- In gem pans, 20 to 25 minutes
- In layer pans, 25 to 30 minutes
- Medium loaf, 45 mins. to 1 hour
- Large loaf, 1 to 1¼ hours.

Before Baking Cookies - bake a test cookie - add more flour if necessary.

PLAIN CAKE

$\frac{1}{4}$ c. fat	3 tsp. baking powder
1 c. sugar	1 tsp. salt
1 egg	$\frac{3}{4}$ c. milk
2 c. flour	1 tsp. vanilla

Follow directions for butter cake.

VARIATIONS

- Currant cake.....Add $\frac{1}{2}$ c. washed, dried and floured currants.
 Date cake.....Add $\frac{1}{2}$ c. washed, chopped and floured dates.
 Spice cake.....Add 1 tsp. cinnamon and $\frac{1}{2}$ tsp. cloves.
 Nut cake.....Add $\frac{1}{2}$ c. chopped nuts.
 Chocolate cake.....Add 2 squares melted chocolate mixed with 4 tbsp. of boiling water.

NO EGG SPICE CAKE

1 c. sour milk	$\frac{1}{2}$ tsp. salt
2 c. sugar	$\frac{1}{2}$ tsp. cloves
2 tbsp. fat	$\frac{1}{2}$ tsp. ginger
1 tsp. soda	$\frac{1}{2}$ tsp. cinnamon
$2\frac{1}{2}$ c. flour	1 c. raisins

Follow directions for butter cake. Bake about 45 minutes.

FEATHER CAKE

1 c. sugar	$\frac{1}{2}$ tsp. salt
1 c. milk	1 egg
2 c. flour	3 tbsp. butter
4 tsp. baking powder	1 tsp. vanilla

Follow directions for butter cake. Bake in layers or loaf.

DOMECON CAKE

2 oz. grated chocolate	$\frac{3}{4}$ tsp. soda mixed with
$\frac{1}{4}$ c. fat	$\frac{1}{4}$ c. sour milk
$\frac{1}{2}$ c. boiling water	1 egg
1 c. flour	1 c. sugar

Mix ingredients in order given. Bake in 2 layer tins in moderate oven. Put together with a chocolate cream filling and cover with white mountain frosting.

CHOCOLATE CREAM FILLING

7 tbsp. sugar	1 c. scalded milk
3 tbsp. flour	1 oz. chocolate
one-sixteenth tsp. salt	1 egg yolk
$\frac{1}{2}$ tsp. vanilla	

Mix dry ingredients and add a little of the cold milk. Scald the milk with chocolate. Add cold mixture to this and cook over water until it thickens, stirring constantly. Add beaten egg yolk and stir. Cool and add flavoring.

CREAM ALMOND CAKE

$\frac{1}{2}$ c. fat	4 tsp. baking powder
1 c. sugar	$\frac{1}{2}$ c. milk or water
2 c. flour	4 egg whites
$\frac{1}{2}$ tsp. almond flavoring	

Follow directions for butter cake. Bake in layers or loaf. $\frac{3}{4}$ c. finely chopped nut meats may be added.

APPLE SAUCE CAKE

1 c. sugar	1 c. raisins
1. c thick apple sauce	1 tsp. soda
$\frac{1}{2}$ c. fat	1 tsp. cinnamon
$1\frac{1}{8}$ c. flour	$\frac{1}{2}$ tsp. cloves
$\frac{1}{2}$ tsp. salt	

Follow directions for butter cake. Add apple sauce to creamed fat and sugar.

HOT WATER GINGERBREAD

1 c. molasses	1 tsp. soda
$\frac{1}{2}$ c. boiling water	$1\frac{1}{2}$ tsp. ginger
$2\frac{1}{4}$ c. flour	4 tbsp. melted fat
$\frac{1}{2}$ tsp. salt	

Melt fat in boiling water. Add molasses to water and fat. Mix and sift dry ingredients. Add liquids to dry ingredients. Beat thoroughly. Pour into greased shallow pan. Bake 30 minutes in a moderate oven (360 to 380 F.)

SOUR MILK GINGERBREAD

1 c. flour	2 tbsp. melted fat
1 tsp. soda	$\frac{1}{2}$ c. molasses
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ c. sour milk
1 tsp. ginger	

Sift together the flour, soda, salt and ginger. Mix together the molasses, sour milk and melted fat. Add the liquids to the dry mixture and beat well. Pour into a greased shallow pan. Bake 25 minutes.

COTTAGE PUDDING

$\frac{1}{4}$ c. fat	1 c. milk
$\frac{2}{3}$ c. sugar	$2\frac{1}{4}$ c. flour
1 egg	4 tsp. baking powder
$\frac{1}{2}$ tsp. salt	

Follow directions for cake. Bake in gem pans or layer cake tins. Serve hot with lemon or chocolate sauce.

CANDY

TESTS USED IN CANDY MAKING

Type of Candy	Temperature	Cold Water Test
Fudge, penuchi, cocoanut creams	234 or 236 F.	Soft ball
Fondant	238 or 240 F.	Soft ball
Caramels	246 or 248 F.	Firm ball
Taffies	265 or 270 F.	Hard ball
Butterscotch, toffee, etc.	270 or 290 F.	Crack
Brittles	290 or 310 F.	Hard crack
Clear hard candies	310 F.	Hard crack

ICE CREAM CANDY (To Pull)

2 c. sugar	$\frac{1}{2}$ c. water
1 tsp. vinegar	$\frac{2}{3}$ tsp. cream of tartar
1 tsp. vanilla	

Cook all but vanilla until mixture cracks in cold water, stirring until mixture boils. Add vanilla and pour on greased platter. When cool enough to handle, grease hands and pull until white and firm. Pull out into rope $\frac{1}{2}$ inch in diameter. Cut with scissors.

BROWN SUGAR CANDY (To Pull)

2 c. brown sugar	$\frac{1}{2}$ c. water
2 tbsp. butter	1 tsp. vanilla

Cook and handle according to directions for Ice Cream Candy.

MOLASSES CANDY

2 c. molasses	1 c. sugar	2 tbsp. butter
1 c. milk	3 tbsp. vinegar	$\frac{1}{2}$ c. cocoanut
Sc. $\frac{1}{2}$ tsp. almond flavoring		

Cook all but cocoanut and flavoring slowly, stirring often, until it cracks in cold water. Remove from fire, add cocoanut and flavoring and pour into a pan so it will be about $\frac{1}{8}$ inch thick. Crease into 1 inch squares when cool.

PARISIAN SWEETS

1 lb. figs	2 c. walnut meats
1 lb. dates	Confectioners sugar

Wash figs and dates, remove stones and stems. Mix fruit and nuts and put through food chopper. Work, using hands, on board dredged with confectioners sugar, until well blended. Roll to $\frac{1}{2}$ inch thickness, using sugar on board and pin. Shape with small cutter or cut in squares. Roll each piece in sugar.

Note: The mixture may be shaped in a roll and sliced.

QUICK FONDANT

1 lb. xxxx sugar	$\frac{1}{8}$ tsp. salt
4 tbsp. butter	2 to 4 tbsp. cream
$\frac{1}{2}$ tsp. lemon extract or vanilla	

Mix sugar and salt. Blend butter and sugar with fingers. Add flavoring. Add cream slowly and work with fingers until it sticks together. Thorough working makes a finer texture. Use for walnut creams or for stuffing dates.

FUDGE

2 c. sugar	$\frac{2}{3}$ c. milk
2 sq. chocolate	2 tbsp. butter
$\frac{1}{8}$ tsp. salt	1 tsp. vanilla

Put sugar, milk, salt, and chocolate in sauce pan over heat and stir until sugar is dissolved. Cook mixture without stirring until it forms a soft ball or reaches the temperature of 234 F. Remove from fire and add butter. Do not stir. Let stand until luke-warm. Add vanilla and beat until it begins to hold its shape slightly. Pour into greased pan or drop by spoonfuls on to waxed paper.

POPCORN BALLS

3 qts. popped corn	1 c. water
1 c. sugar	$\frac{1}{4}$ tsp. salt
$\frac{1}{3}$ c. white Karo	1 tsp. lemon extract or vanilla

Discard all imperfect kernels of corn. Put corn into a large pan. Cook sugar, water, syrup, and salt to crack stage (270 F.). Add flavoring. Pour slowly over the corn stirring with spoon so that corn will be evenly coated. Shape the corn into balls and lay on waxed paper. Have the hands cool and slightly moist so that it will not stick.

STUFFED DATES

Wash dates, and dry them. Cut lengthwise on one side and carefully remove seed. Fill center with whole peanut or quick fondant. Press edges together. Roll in granulated sugar.

PEANUT BRITTLE

1 c. sugar	$\frac{1}{8}$ tsp. cream of tartar
$\frac{1}{4}$ c. water	or 1 tsp. lemon juice
$\frac{1}{2}$ c. peanuts	

Cook sugar, water and cream of tartar or lemon juice, stirring until sugar is dissolved. Cook without stirring until it tests "hard crack" in cold water (300 F.). Remove from fire. Have coarsely chopped nuts spread on a greased baking sheet. Pour syrup over these. When cool enough to handle break into pieces.

COCOANUT CREAM CANDY

2 c. sugar	$\frac{1}{8}$ tsp. salt
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ c. Baker's "Moist" cocoanut
2 tbsp. butter	$\frac{1}{2}$ tsp. vanilla

Put sugar, milk and salt in saucepan over heat and stir until sugar is dissolved. Cook without stirring until it forms a soft ball in cold water (236 F.). Remove from heat and add butter. Do not stir. Let stand until luke-warm. Add vanilla and cocoanut and stir until it begins to hold its shape slightly. Pour into greased pans or drop by spoonfuls on to waxed paper.

COOKIES

CHOCOLATE DROP COOKIES

$\frac{1}{2}$ c. fat	$\frac{1}{2}$ tsp. salt
1 c. sugar	$\frac{1}{4}$ c. milk
2 tsp. baking powder	2 sq. chocolate
1 egg	$1\frac{3}{4}$ to 2 c. flour
1 tsp. vanilla	

Follow directions for butter cakes. Use the smaller quantity of flour first and add more if needed. Test for thickness. Drop teaspoonsful on to greased baking sheet and bake in moderate oven.

SUGAR COOKIES

$\frac{1}{3}$ c. shortening	2 c. flour
$\frac{1}{2}$ c. sugar	$\frac{1}{8}$ tsp. salt
1 egg	$\frac{3}{4}$ c. milk
2 tsp. baking powder	$\frac{1}{2}$ tsp. vanilla

Follow directions for butter cake. Drop from a teaspoon on to a greased sheet. Put one or two raisins on top of each cookie. Sprinkle with sugar and cinnamon. Bake in a moderate oven 12 to 15 minutes.

HERMITS

$\frac{3}{4}$ c. shortening	$5\frac{1}{2}$ tsp. baking powder
$1\frac{1}{2}$ c. sugar	1 tsp. cinnamon
2 eggs	$\frac{1}{2}$ tsp. clove
$\frac{1}{2}$ cup milk	1 tsp. nutmeg
3 c. flour	1 c. chopped seeded raisins
$\frac{1}{2}$ tsp. salt	

Flour raisins with $\frac{1}{2}$ c. of the flour and sift remainder of flour with other dry ingredients. Drop from a teaspoon on to a greased pan. Bake in moderate oven about 10 to 15 minutes.

CHOCOLATE FUDGE COOKIES

$1\frac{1}{4}$ c. brown sugar	$\frac{1}{2}$ c. milk
$\frac{1}{2}$ c. fat	2 tsp. baking powder
1 egg	2 c. flour
$2\frac{1}{2}$ oz. chocolate	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	

Follow directions for butter cake. Drop from a teaspoon on to greased cookie sheets and bake in oven 325 F. (Makes 46 cookies 2 inches in diameter.)

CHOCOLATE COOKIES

2 egg whites	1 c. confectioners sugar
2 squares chocolate	1 c. bread crumbs
1 tsp. vanilla	$\frac{1}{2}$ tsp. salt

Beat egg whites stiff. Add sugar gradually and beat. Mix together the melted chocolate and bread crumbs. Add to eggs and sugar. Add vanilla and salt. Drop from teaspoon on to a greased tin. Bake 20 minutes in a moderate oven.

OATMEAL COOKIES

1 c. brown sugar
 $\frac{1}{2}$ c. fat
 1 egg
 $\frac{3}{8}$ c. milk
 $\frac{1}{2}$ tsp. soda

$\frac{1}{4}$ tsp. salt
 $1\frac{1}{4}$ c. flour
 $\frac{3}{4}$ tsp. cinnamon
 $\frac{1}{2}$ c. nut meats, raisins or
 dates or mixture of all

$1\frac{1}{2}$ c. oatmeal(dry)

Follow directions for butter cake. Add chopped nuts, the raisins and oatmeal last. Drop on to greased baking sheets and bake 10 minutes in hot oven.(400 F.) (Makes about 3 dozen.)

GERMAN DROP CAKES

$\frac{1}{2}$ c. fat
 1 c. sugar
 $1\frac{3}{4}$ c. flour
 1 tsp. baking powder

$\frac{1}{2}$ tsp. salt
 1 tsp. vanilla
 $\frac{1}{4}$ c. milk
 2 eggs

Follow directions for butter cake. Drop by teaspoonsful on to greased baking sheet, sprinkle with sugar and cinnamon and place a raisin on top of each. Bake in moderate oven. Cookies should be thick in center.

MOLASSES DROP COOKIES

$\frac{1}{3}$ c. fat
 $\frac{1}{3}$ c. boiling water
 $\frac{2}{3}$ c. molasses
 1 tsp. soda

$\frac{1}{2}$ tsp. salt
 2 tsp. ginger
 1 tsp. cinnamon
 2 c. flour

Bring the water and molasses to the boiling point. Add fat. Mix and sift the dry ingredients. Add molasses and water to dry ingredients. Drop by teaspoonsful on to greased pan and bake in moderate oven 10 to 15 minutes.

SOFT MOLASSES COOKIES

1 c. sugar
 1 c. molasses
 $\frac{1}{2}$ c. melted fat
 2 tsp. soda

2 tsp. cinnamon
 2 tsp. ginger
 $2\frac{1}{2}$ tsp. salt
 $4\frac{1}{2}$ c. flour

1 c. milk

Mix the sugar, molasses and melted fat. Dissolve soda in the milk. Mix and sift the dry ingredients. Combine liquid mixtures and add to dry ingredients. Beat well. Drop by teaspoonsful on to greased baking sheet and bake in moderate oven. Cookies are soft and flat.

CEREALS

GENERAL RULES

A double boiler is the best utensil for cooking cereals. The water in the lower part must be kept boiling while the cereal is cooking. All cereals need to be thoroughly cooked to make them more readily digested and to improve their flavor. Have the measured amount of water boiling rapidly in top of double boiler. Add salt. Gradually pour cereal into boiling water, stirring constantly. Cook over flame, three or four minutes, until cereal thickens, stirring constantly. Then put over bottom of double boiler and cook according to kind of cereal. The cereal should be thin enough to level itself when ready to serve. If too thick, boiling water may be added. A general rule is 1 to 2 tsp. of salt to each quart of water. $\frac{3}{4}$ c. of chopped dates or raisins may be added to 1 quart of cereal a short time before serving.

PROPORTIONS AND TIME

	Cereal	Water	Salt	Time
Corn meal mush	1 c.	4 c.	2 tsp.	3 hours
Cream of wheat	$\frac{3}{4}$ c.	4 c.	$1\frac{1}{2}$ tsp.	1 hour
Rice	1 c.	4 c.	$1\frac{1}{2}$ tsp.	1-2 hours
Rolled or Quaker Oats	1 c.	2 c.	1 tsp.	2-3 hours
Oatmeal	1 c.	4 c.	$1\frac{1}{2}$ tsp.	4 hours
Quick oats	1 c.	2 c.	1 tsp.	1 hour
Cracked wheat	1 c.	4 c.	1 tsp.	6 hours

BOILED RICE

1 c. rice

1 tbsp. salt

3 quarts boiling water

Pick over rice and wash. Add slowly to boiling, salted water. Water must boil constantly to prevent sticking. Cook one hour or until kernels are soft. To separate grains pour into strainer and pour boiling water over rice. Drain and place in oven a few minutes to dry.

NOTE: The water in which rice is boiled may be saved and used in soup stocks or in mixing bread. Cooked rice measures four times more than before cooking.

STEAMED RICE

1 c. rice

1 tsp. salt

$2\frac{3}{4}$ to $3\frac{1}{4}$ c. boiling water

Put water and salt in top of double boiler, and place over direct heat. When water is boiling add the washed rice, stirring it with a fork. Boil for 5 min., stirring, then place over lower part of double boiler and cook 45 min., or until kernels are soft. Uncover so that steam may escape before serving.

CREAMED AND SCALLOPED DISHES**THIN WHITE SAUCE NO. I**

(Used for cream soups)

1 tbsp. butter	1 c. milk
1 tbsp. flour	½ tsp. salt

MEDIUM WHITE SAUCE NO. II

(Used for creamed vegetables and scalloped dishes)

2 tbsp. butter	1 c. milk
2 tbsp. flour	½ tsp. salt

THICK WHITE SAUCE NO. III

(Used for Croquettes)

3 tbsp. butter	1 c. milk
3 tbsp. flour	½ tsp. salt

General Method for Making White Sauce

1. Melt butter in sauce pan and remove from fire.
2. Add flour and seasoning and stir until smooth.
3. Add cold milk stirring well.
4. Return to fire and let boil one minute, stirring constantly.

Proportions of White Sauce to Vegetables and Meats

For cream soups, purees and bisques... use 2 c. thin white sauce to 1 c. strained vegetables or flaked fish.

For scalloped and creamed dishes... use 1 c. medium white sauce to ½ - 2^c diced or sliced vegetables, chopped meat, flaked fish or hard cooked eggs, cut in pieces.

CREAM TOAST

Cut dry bread in ½ inch slices.

Toast an even golden brown.

Prepare a medium white sauce.

Pour white sauce over toast, garnish with paprika or parsley and serve at once.

CREAMED POTATOES

1 c. medium white sauce	½ tsp. salt
1½ c. cooked potatoes cut in cubes	

Add diced potatoes to white sauce. Reheat and serve hot.

CREAMED CARROTS AND PEAS

1 c. carrots cut size of peas	1 c. medium white sauce
1 c. peas	½ tsp. salt

Wash and scrape carrots and cut into cubes about the size of peas. Boil in salted water. Add carrots and peas to the medium white sauce. Heat and serve.

SCALLOPED TOMATOES

2 c. stewed or canned tomatoes	1 tsp. salt
1 $\frac{3}{4}$ c. soft bread crumbs	3 tbsp. butter
1 tsp. sugar	1 tbsp. minced onion

Melt fat in baking dish and stir in bread crumbs. Remove about $\frac{2}{3}$ of crumbs. Combine tomato, sugar, salt and onion. Pour into baking dish - cover with remaining bread crumbs. Bake until brown and thoroughly hot.

CREAMED CARROTS

2 c. sliced or diced carrots or carrot straws	1 c. medium white sauce
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Wash and scrape carrots. Cut in desired shape. Cook in boiling salted water until tender. Drain. Add to medium white sauce. Season and serve hot.

CREAMED TURNIPS

2 c. diced turnip	1 c. medium white sauce
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Wash and pare turnip. Cut into $\frac{1}{2}$ inch cubes. Cook in boiling salted water until soft. Drain. Add to white sauce. Season and serve hot.

CREAMED CODFISH

$\frac{1}{2}$ lb. salt codfish	1 c. medium white sauce
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Pick salt fish to pieces. Freshen by letting it stand in luke warm water, the length of time depending on saltness and hardness of fish. Cook in boiling water until tender. Drain. Add to medium white sauce.

CREAMED BEEF

$\frac{1}{4}$ lb. dried shredded beef	1 c. medium white sauce
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Method 1

Separate beef into small pieces. Put into sauce pan and cover with cold water. Heat to boiling point and then drain off the water. Add beef to white sauce. Reheat and serve. Use this method if beef is very salt.

Method 2

Use same ingredients as in method 1. Melt fat in frying pan and cook beef in it until curled. Add flour and mix well. Add milk slowly, stirring well. Boil 1 minute stirring constantly.

SCALLOPED SALMON

2 c. flaked salmon	1 c. soft bread crumbs
$\frac{1}{4}$ c. cracker crumbs	$1\frac{1}{2}$ c. medium white sauce

Pick over salmon and remove skin and bones. Grease a baking dish. Arrange bread crumbs, salmon and white sauce in layers in the dish. Sprinkle top with cracker crumbs. Bake about 20 minutes or until heated thoroughly.

SCALLOPED POTATOES

1 qt. sliced raw potatoes	$\frac{1}{4}$ c. flour
$\frac{1}{2}$ small onion	1 tsp. salt
2 tbsp. butter	2 c. milk

Put layer of potato in buttered baking dish. Sprinkle with flour, salt and pepper. Add a slice of onion and some butter. Repeat until all materials are used. Add milk to nearly cover potatoes. Bake until the potatoes are tender. (about 45 min.)

SCALLOPED POTATO WITH EGG

6 medium potatoes	$1\frac{1}{2}$ c. medium white sauce
2 hard cooked eggs	$1\frac{1}{2}$ c. soft bread crumbs
1 tsp. salt	3 tbsp. butter

buttered crumbs

Cook potatoes in boiling salted water or use left-over potatoes. Cut into $\frac{3}{4}$ inch cubes. Cut eggs into small pieces. Add eggs and potatoes to the white sauce and pour into baking dish. Cover with buttered crumbs and bake in hot oven until crumbs are brown.

MACARONI AND CHEESE

$\frac{1}{2}$ c. of inch pieces of macaroni	2 tsp. salt
$\frac{1}{4}$ c. sliced cheese	$1\frac{1}{2}$ c. medium white sauce
6 c. boiling water	1 c. buttered bread crumbs

Cook macaroni in boiling salted water until soft - about 15 minutes. Drain macaroni thoroughly in strainer or colander. Melt cheese in white sauce and add macaroni. Pour into buttered baking dish and cover top with buttered crumbs. Bake until crumbs are brown and mixture is hot.

SCALLOPED CORN

2 c. or 1 can corn	$\frac{1}{4}$ tsp. pepper
1 tsp. salt	2 tbsp. minced onion
$1\frac{1}{2}$ c. dry bread crumbs	3 tbsp. butter or bacon fat

Melt fat in baking dish and add crumbs. Add 1 c. of the buttered crumbs to other ingredients and pour into dish. Cover with remaining crumbs and bake until heated and browned.

SCALLOPED RICE AND CHEESE

Follow directions for macaroni and cheese. Serve with jelly.

BUTTERED CRUMBS

1 c. bread crumbs	$\frac{1}{8}$ tsp. salt
2 tbsp. butter	

Melt butter and add crumbs and salt. Stir with a fork. This mixture is used on the top of scalloped dishes. The baking dish may be warmed carefully and the butter melted in it. The crumbs may then be added. This butters the dish at the same time.

DESSERTS

SCALLOPED APPLES

3 c. apples cut in small pieces	$\frac{1}{4}$ c. water
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ lemon, juice and rind
$\frac{1}{4}$ tsp. cinnamon	2 c. soft bread crumbs
$\frac{1}{2}$ tsp. nutmeg	3 tbsp. butter or substitute

Melt butter in baking dish. Add crumbs and mix lightly. This will grease the dish. Leave enough crumbs in dish to cover bottom. On these put a layer of apples and sprinkle a little sugar and spices mixed together. Add another layer of crumbs then one of apples and sugar. Add lemon juice and water and lastly put on the remaining crumbs. Bake in medium oven until apples are soft and crumbs brown.

STEAMED CHOCOLATE PUDDING

$2\frac{1}{4}$ c. flour	1 c. milk
1 egg	3 tbsp. butter or other fat
$\frac{2}{3}$ c. sugar	$\frac{1}{4}$ tsp. salt
$4\frac{1}{2}$ tsp. baking powder	$2\frac{1}{2}$ squares chocolate

Mix according to cake method. Pour the mixture into a well-greased mold (filling mold $\frac{2}{3}$ full). Steam for at least two hours. Serve with egg, fluffy or brown sugar sauce.

BAKED INDIAN PUDDING

1 qt. milk	$\frac{1}{2}$ tsp. ginger
$3\frac{1}{2}$ tbsp. corn meal	$\frac{1}{3}$ c. molasses
	1 tsp. salt

Heat the milk in a double boiler. When milk boils stir in the meal gradually, allowing it to cook 10 minutes, stirring constantly. Remove from fire. Mix salt, ginger and molasses and add to the milk and meal. Mix well and pour into a greased pudding dish. Bake slowly, for an hour and a half. A few seeded raisins or apples may be added if desired. Serve with top milk or cream.

BREAD PUDDING

2 c. moist bread crumbs	$\frac{1}{2}$ c. sugar
1 qt. milk	2 eggs
1 tsp. salt	a grating of nutmeg or
1 tbsp. butter	$\frac{1}{2}$ tsp. other spice
1 tsp. vanilla	$\frac{1}{3}$ c. raisins

Soak bread crumbs in half the hot milk and add butter. Mix salt and sugar and add to beaten eggs, to which remainder of milk has been added. Add this to other mixture and add raisins and vanilla. Pour into baking dish and set in pan of hot water. Bake in moderate oven 1 hour or until firm. Chill. Serve with a garnish of red jelly. Raisins may be omitted. A meringue may be added.

FRUIT WHIP

1 c. fruit (baked or steamed apples, fresh peaches, stawberries,
 1 egg white prunes or apricots)
 1 c. sugar 1 tbsp. lemon juice

Pare, quarter, and core about 4 or 5 tart apples. Cook slowly until soft without adding water. Rub them through coarse strainer or colander. There should be 1 c. fruit pulp. Beat the white of egg until stiff, add gradually strained fruit and sugar and beat until mixture is stiff. Pile lightly on dish and serve with custard sauce.

CAMEL BREAD PUDDING

1 qt. milk 1 c. sugar- caramelized
 2 c. moist bread crumbs 2 eggs
 2 tsp. salt 1 tsp. vanilla

Scald milk in double boiler, add caramelized sugar and stir until blended. Add crumbs and salt. Remove from fire and add to beaten yolks. Add vanilla and pour into baking dish. Set dish in pan of hot water and bake 1 hour or until firm in moderate oven. Serve cold with cream.

CORN STARCH MOULD

$\frac{1}{4}$ c. corn starch $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ c. sugar $\frac{1}{2}$ tsp. vanilla

1 pt. milk

Scald milk in double boiler. Mix corn starch, sugar and salt with a little of the cold milk. Add to scalded milk. Cook over hot water 20 minutes stirring most of the time. Add vanilla and pour into a cold, wet bowl or mould. When cold, turn out, and serve with apple sauce or with mashed and sweetened strawberries or other fruit, or with top milk or cream and sugar.

CHOCOLATE CORN STARCH MOULD

To corn starch mould add 2 squares of chocolate to the milk when it is put on to scald. When chocolate has melted, beat with egg beater and proceed as in corn starch mould.

BAKED AND STEAMED CUSTARDS

4 c. milk 1 tsp. salt
 4 eggs 1 tsp. vanilla
 1 c. sugar few grains nutmeg

Beat eggs slightly with a fork. Add sugar and salt. Add milk to this mixture and stir well. Strain into custard cups and sprinkle with nutmeg. For baking, set cups in a pan of hot water and bake in moderate oven until firm or until a silver knife comes out clean. For steaming, place cups in top of steamer. Have water boiling slowly in bottom. Use same test as for baked custards.

FLOATING ISLAND

Put soft custard (see Pudding Sauces) into cups. On custard place a spoonful of meringue.

Meringue: 2 egg whites: $\frac{1}{2}$ c. sugar, $\frac{1}{4}$ tsp. vanilla
 Beat egg whites until stiff. Add sugar and vanilla, continue beating until stiff.

CHOCOLATE BREAD PUDDING

2 c. soft bread crumbs	$\frac{2}{3}$ c. sugar
4 c. hot milk	2 eggs
2 oz. chocolate	1 tsp. salt

Soak crumbs in half the hot milk. Melt chocolate over water, add sugar, salt and rest of hot milk. Add this to the beaten eggs and combine the two mixtures. Add vanilla. Pour into baking dish, set dish in pan of hot water and bake in moderate oven 1 hour or until firm. Chill. Serve with thin cream or whipped cream. A meringue may be added.

TAPIOCA CREAM

$\frac{1}{4}$ c. pearl tapioca or	1 egg
2 tbsp. minute tapioca	$\frac{1}{3}$ c. sugar
2 c. scalded milk	$\frac{1}{4}$ tsp. salt
1 tsp. vanilla	

If pearl tapioca is used, it must be picked over and soaked one hour in cold water to cover. Drain and proceed as with minute tapioca, in the following way: Add tapioca, sugar and salt to hot milk in top of double boiler and cook until tapioca is transparent. Separate the yolks and whites of the eggs, beat yolks until they are light. Add the beaten yolks slowly to the tapioca mixture and cook three minutes stirring constantly. Remove from fire, cool slightly add vanilla and fold in the stiffly beaten whites. Cool. Serve with cream.

LEMON SPONGE

$\frac{1}{4}$ c. minute tapioca	a little grated lemon rind
$\frac{1}{4}$ tsp. salt	2 tbsp. lemon juice
$1\frac{1}{3}$ c. boiling water	1 egg white
$\frac{1}{2}$ c. sugar	1 or 2 ripe bananas or
1 egg yolk	10 marachino cherries

Mix tapioca, salt and sugar and add to boiling water. Cook in double boiler until clear. Add egg yolk slightly beaten and cook about 1 minute stirring constantly. Remove from heat and add lemon juice and rind and fold in stiffly beaten whites. Fold in bananas or cherries. Chill and serve with cream. (4 servings)

APPLE TAPIOCA

$\frac{3}{4}$ c. pearl or	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. minute tapioca	6 or 7 tart apples
cold water	$\frac{1}{3}$ c. sugar
2 $\frac{1}{2}$ c. boiling water	

Soak pearl tapioca one hour in cold water to cover (minute tapioca requires no soaking) drain, add boiling water and salt. Cook in double boiler until transparent. Quarter, core and pare apples, arrange in a pudding dish and sprinkle the sugar over them. Pour over them the tapioca and bake in a moderate oven until apples are soft. Serve with sugar and cream.

CHOCOLATE GELATIN

2 tbsp. gelatin	spk. salt
$\frac{1}{4}$ c. cold water	1 c. sugar
1 qt. milk	2 squares chocolate
1 tsp. vanilla	

Soak gelatin in cold water. Add chocolate to milk and scald in double boiler. Add sugar and salt to milk and stir to dissolve sugar. Add hot mixture to softened gelatin and stir. Beat with egg beater to blend chocolate. Pour into cold wet moulds. Serve with thin or whipped cream.

APPLE CRISP

Fill a medium sized baking dish with apples which have been pared and quartered. Add $\frac{1}{2}$ c. cold water and $\frac{1}{2}$ tsp. cinnamon. Work together with fingers until like fine crumbs, these ingredients:

$\frac{3}{4}$ c. to 1 c. brown sugar	$\frac{3}{4}$ c. flour
$\frac{1}{3}$ c. butter	$\frac{1}{2}$ tsp. salt

Sprinkle over apples and pat down with palm of hand. Bake 1 hour or until apples are soft in a moderate oven. Serve with thin or whipped cream.

BLUEBERRY PUDDING

1 pt. canned blueberries	slices of bread
1 c. sugar	

Cook until hot and sugar is dissolved. If home canned berries are used $\frac{1}{3}$ to $\frac{1}{2}$ c. water may be added. Remove crusts from 3, 1 inch or 4, $\frac{3}{4}$ inch slices of bread. Butter generously. Cut in 1 inch cubes. Put into baking dish and pour hot mixture over it. Poke apart to allow berries to penetrate, but do not stir. Allow to stand several hours. Serve with thin cream.

MERINGUE FOR PUDDINGS AND PIES

Eggs for meringues should be thoroughly chilled. Meringues on puddings and pies may be spread evenly or dropped by spoonfuls to make peaks.

2 egg whites	$\frac{1}{2}$ tsp. lemon juice or
2 tbsp. powdered sugar	$\frac{1}{4}$ tsp. vanilla

Beat whites until stiff then add sugar slowly. When well blended and stiff add flavoring. Bake 15 minutes in slow oven.

APPLE CAKE

6 or 7 tart apples	$\frac{3}{8}$ c. sugar
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Pare apples and slice into baking dish. Sprinkle with the sugar.

Use the standard biscuit recipe, but use 5 to 6 tbsp. of fat, and make a dough. Roll this to $\frac{1}{2}$ inch thickness shaping the size of baking pan and cover the apples. Bake in an oven of 400 F. until apples are soft and crust is done. The apples may be partly cooked before the crust is put on. Peaches may be used instead of apples. Serve hot with milk or cream.

SHORTCAKE

2 c. flour	4 to 6 tbsp. shortening
5 tsp. baking powder	about $\frac{3}{4}$ c. milk or water
$\frac{1}{2}$ tsp. salt	

Make as for baking powder biscuit. Turn out on floured board and pat out $\frac{3}{4}$ of an inch thick. Put in tin plate or shallow pan, and bake in a quick oven 12 to 15 minutes. When done, split, spread with butter, and cover with strawberries or other fruit which has been slightly crushed and sweetened to suit taste. Put two halves together and spread more of the sweetened fruit on top. Garnish top with whipped cream. Whipped cream may also be put on top of fruit. The dough may be baked in individual shapes.

SHREDDED WHEAT PUDDING

1 qt. milk	1 c. sugar
4 shredded wheat biscuit	$2\frac{1}{2}$ squares chocolate
$1\frac{1}{2}$ tsp. salt	2 tsp. vanilla

Scald milk and melt chocolate in the top of a double boiler. Add salt, sugar and shredded wheat broken in pieces. Cook about 5 minutes stirring frequently. Let cool slightly and stir in the vanilla. Cool and serve with plain or whipped cream.

LEMON JELLY

2 tbsp. gelatin	$2\frac{1}{2}$ c. boiling water
$\frac{1}{2}$ c. cold water	1 c. sugar
$\frac{1}{2}$ c. lemon juice	

Soak gelatin in cold water 5 minutes. Dissolve in boiling water. Add sugar and lemon juice and strain into cold wet moulds. Set in cold place. Serve with thin or whipped cream.

FRUIT GELATIN

Make lemon jelly and set away until it begins to stiffen. Then add 1 to 2 cups of fruit cut into medium sized pieces.

NOTE: A good combination is orange, banana, canned pineapple, raw apple, dates and a few chopped English walnut meats.

$\frac{1}{2}$ c. of the pineapple juice may be substituted for $\frac{1}{2}$ c. boiling water.

SNOW PUDDING

1 tbsp. gelatin	1 c. boiling water
$\frac{1}{4}$ c. cold water	$\frac{1}{4}$ c. lemon juice
1 c. sugar	3 egg whites

Soften gelatin in cold water. Dissolve in boiling water. Add sugar and lemon juice. Strain and set in cold place to cool. Stir occasionally. When jelly is partly set beat egg whites until stiff and fold them into the jelly. Beat mixture until smooth and until it stiffens enough to hold a drop on surface. Pour into cold wet moulds. Serve with soft custard.

Soft Custard

3 egg yolks	$\frac{3}{8}$ c. sugar
$\frac{1}{4}$ tsp. salt	1 pt. hot milk
$\frac{1}{2}$ tsp. vanilla	

BAKED APPLE DUMPLINGS

6 apples (medium size)	$\frac{3}{8}$ c. sugar
3 cups flour	$\frac{1}{3}$ tsp. cinnamon
3 tbsp. baking powder	$\frac{1}{2}$ c. fat
$1\frac{1}{2}$ tsp. salt	$\frac{3}{4}$ to $\frac{7}{8}$ c. water or milk

Pare and core apples using an apple corer. Mix sugar and cinnamon. Make a dough and roll out to $\frac{1}{4}$ inch thickness. Cut dough into squares large enough to cover apples. Place an apple on each one and put sugar and cinnamon in center. Fold corners of dough up over apple and pinch edges together. Prick dough with fork to let steam escape. Bake in an oven of 400 F. until apples are done. Try with fork. Serve hot with milk, cream or hard sauce.

FROZEN DESSERTS

Salt and ice or snow are used for freezing, the salt hastening the melting of the ice. As the ice melts it absorbs heat from the mixture in the can causing it to freeze. The more salt used the more rapidly the mixture will freeze, but a very coarse grainy texture results if too much salt is used so that it is frozen too rapidly. The best proportion is one part of salt to six or eight parts of ice. To prepare ice use an ice chopper and wooden box or a burlap bag and wooden mallet. Measure the ice or snow and salt. When snow is used, a cupful of hot water poured over the freezing mixture hastens the process.

GENERAL RULES FOR MAKING ICE CREAM

1. Scald dasher and can and chill.
2. Fit dasher into can and pour in mixture (not more than $\frac{3}{4}$ full).
3. Fit freezer together carefully.
4. Break ice into small pieces, mix with salt and pack around can until above level of mixture.
5. Turn crank occasionally while packing then steadily and slowly until mixture begins to stiffen. Then turn more rapidly to increase smoothness of texture.
6. Do not pour off water from freezer during freezing. Allow it to run out if it will.
7. When mixture is frozen wipe salt off of cover and remove it. Remove dasher and pack closely with a spoon.
8. Place cork in opening and replace cover.
9. Pour off as much water as possible and repack freezer using 1 part salt to 4 of ice.
10. Cover with newspaper or heavy cloth and let stand $\frac{1}{2}$ to 2 hours in a cold place.
11. Never fill can more than $\frac{3}{4}$ full.
12. Be careful that no salt gets into the can.

CHOCOLATE ICE CREAM

4 c. milk	1½ c. sugar
5 tbsp. flour	$\frac{1}{8}$ tsp. salt
2 sq. chocolate	1 tbsp. vanilla

Scald milk and chocolate. Mix sugar, flour and salt and add to scalded milk in double boiler. Cook until it thickens, stirring constantly. Cover and let cook 15 minutes. Strain and cool. Add vanilla and freeze.

VANILLA ICE CREAM (Philadelphia)

4 c. light cream	¾ c. sugar
	1½ tbsp. vanilla

Mix cream, sugar, and vanilla and stir until sugar is dissolved. Freeze.

NOTE: Fresh or canned fruit may be crushed fine and added to the cream when it begins to be firm. Chocolate may be melted and added (3 sq. chocolate to 4 c. cream). Macaroons may be crushed and added to the cream before freezing.

VANILLA CUSTARD ICE CREAM

1 pt. milk	2 eggs
1 c. sugar	$\frac{1}{2}$ tsp. salt
1 qt. thin cream	2 tbsp. vanilla

Make custard of milk, sugar, eggs and salt. Cool and add cream and vanilla.

NOTE: 1 tbsp. flour may be substituted for 1 egg in thickening the mixture.

LEMON MILK SHERBET

4 c. milk
 1½ to 2 c. sugar
 juice three lemons

Mix sugar and lemon juice. Add slowly to chilled milk stirring constantly until sugar is dissolved. Strain. Freeze.

Note: Sweet buttermilk may be substituted for sweet milk. This dessert is known as "Lacto".

ORANGE ICE

4 c. water
 2 c. sugar
 2 c. orange juice
 2 grated orange rinds
 ¼ lemon juice

Make a syrup by boiling the water with the sugar for five minutes. Add fruit juices and grated rind. Strain, cool and freeze.

CRANBERRY ICE

1 qt. cranberries
 2 c. water
 2 c. sugar
 juice of 2 lemons

Cook the berries and water 10 minutes or until berries burst. Rub through a strainer. Add sugar and lemon juice and stir until sugar is dissolved. Cool and freeze.

PINEAPPLE ICE

3 c. water
 1 c. sugar
 6 tbsp. lemon juice
 1 c. grated pineapple

Cook pineapple and water until fruit is tender. Add sugar and cook 3 minutes. Add lemon juice. Cool and freeze.

APRICOT ICE

1 qt. cooked apricots
 2 c. sugar
 1 qt. water
 juice of 1 orange
 (may be omitted)
 juice 1 lemon

Make a syrup of the sugar and water and cool. Put apricots through strainer and add to syrup. Add lemon and orange juice. Freeze. Allow it to stand 1 hour before serving.

GRAPE SHERBET

1 c. sugar
 ½ c. water
 1 tsp. gelatin
 2 tbsp. water
 1 c. grape juice
 juice 1 lemon

Boil the sugar and water. Soak gelatin in cold water and add to syrup. Cool and add fruit juice. Freeze. Serve with or without whipped cream.

PINEAPPLE SHERBET

2 c. boiling water
 ⅔ c. sugar
 juice of 1 lemon
 white of 1 egg
 ½ can grated pineapple

Boil sugar and water 15 minutes. Cool and add fruit. Freeze and when nearly frozen, add the stiffly beaten egg white and continue freezing.

EGGS

CARE OF EGGS

Eggs should be kept in a cold place. Do not wash eggs until you are ready to use them. Washing removes a film from the shell and air is thus allowed to penetrate it and the eggs will not keep as well. Always wash eggs just before using. Use oldest eggs first. To keep an egg yolk (unbroken) put in cup, cover with cold water and set refrigerator. Pour off water before using. The yolk may be beaten slightly, in which case use no water, but cover cup closely.

POACHED EGGS

Put enough water in sauce pan to have it cover the eggs. Add 1 tsp. salt to each pint of water. When water boils, turn out the heat. Add egg and let stand until white is set, pouring water over the yolk with spoon. Remove egg and serve on slice of buttered toast.

SCRAMBLED EGGS

4 eggs	spk. pepper
$\frac{1}{3}$ c. milk	1 tbsp. butter
	$\frac{1}{2}$ tsp. salt

Beat egg slightly with a fork. Add milk, salt and pepper. Melt fat in top of double boiler and turn in mixture. Cook until of desired consistency, stirring constantly. Serve at once. This mixture may be cooked in a frying pan over a very low heat.

EGGS COOKED IN SHELL

Allow sufficient water to well cover the eggs. Have water boiling briskly. Put eggs in, cover and place where water will not boil but will keep hot. Time depends on desired hardness.

Hard Cooked Eggs - Let stand covered 40 minutes. White will be firm and yolk mealy.

Soft Cooked Eggs - Let stand 5 minutes. White and yolk will be of creamy consistency.

Left 7 to 8 minutes white and yolk will be slightly firm but not hard.

CREAMED EGGS ON TOAST

4 eggs	2 c. medium white sauce
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Cook eggs as directed in recipe for hard cooked eggs. Drop into cold water and peel. Make medium white sauce. Cut the eggs lengthwise into eighths and add to sauce. Season more if desired. When well heated serve on toast.

STUFFED EGGS

Cut hard cooked eggs in halves, crosswise. Remove yolks and mash them with a fork. Allow speck of salt and pepper and $\frac{1}{2}$ tsp. vinegar to each egg. Add to yolks and mix well. Taste. If needed for moistening add a little mayonnaise or melted butter. Refill the whites with the yolk mixture.

PLAIN OMELET

2 eggs
Salt

2 tbsp. milk or water
pepper

Beat whites until stiff. Beat yolks with fork until light. Add seasoning and liquid to yolks and then fold into the whites. Heat frying pan. Grease sides as well as bottom. Turn in mixture. Cook slowly until brown underneath and firm. When well puffed place in oven until mixture is dry on top (about 2 min.). Fold and turn on to hot platter. Garnish with parsley or celery leaves. Serve at once.

BAKED OMELET

4 eggs
1 c. milk
4 tbsp. flour

2 tbsp. butter
 $\frac{1}{2}$ tsp. salt
spk. pepper

Make white sauce, add to beaten yolks. Season and fold in beaten whites. Pour into greased baking dish. Set dish in pan of warm water. Bake in moderate oven until firm. Serve in baking dish.

BAKED OR SHIRRED EGGS

6 eggs
salt and pepper

Butter or butter substitute
Buttered crumbs

Grease muffin tins or custard cups. Put in a layer of buttered crumbs. Break an egg into each muffin tin. Season with salt and pepper. Cover with fine buttered bread crumbs. Bake in a moderate oven until eggs are set and crumbs slightly brown. Serve at once.

EGGS a la GOLDENROD

3 hard cooked eggs
1 tbsp. butter
1 tbsp. flour
1 c. milk

$\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
5 slices toast
Parsley

Make a white sauce of butter, flour, seasonings, and milk. Separate yolks from whites of eggs. Chop whites finely and add to sauce. Arrange toast on platter and pour over the sauce. Force yolks through potato ricer or stainer and sprinkle over the top. Garnish with parsley.

FISH

BOILED HADDOCK - TOMATO SAUCE

Wash fish. Put fish in wire basket or on a plate and then wrap the plate in a square of cheese cloth. Put into boiling, salted water, and let simmer until tender. The time will vary with the size of the fish. When done lift cloth, plate, and fish together. Drain well, remove skin, and serve with tomato sauce.

Tomato Sauce

2 tbsp. butter	1½ c. strained tomato juice
2 tbsp. finely chopped onion	2 tbsp. flour
½ tsp. salt	

Melt butter in a sauce pan. Cook in it the finely chopped onion until yellow. Add flour and salt stirring well. Gradually add strained tomato juice. Cook 1 minute, stirring constantly.

BAKED HALIBUT

2 lbs. halibut	½ tbsp. sugar
2 c. tomatoes	3 tbsp. butter
1 c. water	3 tbsp. flour
1 slice onion	¼ tsp. salt

3 cloves

Cook tomatoes, water, onion and sugar for twenty minutes. Melt the butter, add the flour, and add to the first mixture. Cook five minutes stirring for 1 minute, and strain. Clean the fish, put it into the baking pan and pour on ½ of the sauce and bake thirty-five minutes. Remove the fish to a hot platter, add the remainder of the sauce and garnish with parsley.

CODFISH HASH

1 c. salt codfish	½ tsp. butter
2½ c. potatoes	⅛ tsp. pepper

Wash fish and pick or cut, with scissors, into small pieces. Wash, pare and cut potatoes into pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover, until potatoes are soft. Drain in a strainer, return to kettle in which they were cooked, dry over flame and mash thoroughly. Add butter and pepper. Beat with a spoon or wire masher. Serve at once. The hash may be browned in frying pan if desired.

TO BROWN HASH- try out fat salt pork, remove scraps leaving enough fat in pan to moisten fish and potatoes. Put in hash, stir until heated, then cook until browned underneath. Fold and turn like an omelet.

CODFISH BALLS

To codfish hash mixture add 1 beaten egg, make into fish balls and brown on both sides in a greased frying pan or fry in deep fat.

SALMON LOAF WITH CREAMED PEAS

- | | |
|-------------------------------------|------------------------------|
| 1 can salmon | juice of $\frac{1}{2}$ lemon |
| 2 eggs | 1 tsp. salt |
| 4 tbsp. fat | $\frac{1}{4}$ tsp. pepper |
| $\frac{1}{2}$ c. moist bread crumbs | |

Add beaten egg yolks, bread crumbs, lemon juice and seasoning to flaked fish. Mix thoroughly. Fold in stiffly beaten egg whites. Steam 30 to 45 minutes in greased mould. Remove from mould and pour creamed peas over the salmon on platter.

Creamed Peas

- | | |
|------------------------|-------------|
| 2 c. No. 2 White sauce | 2 cans peas |
|------------------------|-------------|

FROSTINGS

FROSTING CAKES

If a boiled frosting is used it may be put on while the cake is still warm, but the cake should be cold if an uncooked frosting is used. The chocolate frosting given here is an exception to this rule. In putting a frosting on a cake apply a thin coating to completely cover surface of cake. Then apply more frosting which should be so spread as to leave a rough surface.

WHITE MOUNTAIN FROSTING

1 c. granulated sugar	white of one egg
$\frac{1}{4}$ c. water	$\frac{1}{2}$ tsp. vanilla
speck of salt	

Mix together the sugar, salt, and water. Stir until sugar is dissolved. Cook without stirring until the mixture makes a thread 3 or 4 inches long when dropped from the spoon. Beat the syrup into the stiffly beaten egg white. Add vanilla. Continue beating until the frosting is thick enough to stay on the cake.

PLAIN FROSTING

1 c. confectioner's sugar	$\frac{1}{2}$ tsp. vanilla
speck of salt	

Moisten sugar with cream until soft enough to spread. Add vanilla and salt. Spread on cold cake.

SEA FOAM FROSTING

2 egg whites	$\frac{1}{2}$ tsp. salt
1 tsp. vanilla	5 tbsp. water
$1\frac{1}{2}$ cup brown sugar firmly packed	

Put all but flavoring into top of double boiler and beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water in lower part of d. b. Beat constantly and cook for 7 minutes or until it will stand in peaks. Remove from heat and add vanilla. Continue beating until of consistency to spread. This makes enough for tops and sides of two 9 inch layers or one very large loaf.

SEVEN MINUTE FROSTING

$\frac{7}{8}$ c. sugar	1 egg white
2 tbsp. water	speck of salt
$\frac{1}{2}$ tsp. vanilla	

Put ingredients into top of double boiler and mix slightly. Put over rapidly boiling water in lower part of d. b. Beat with rotary egg beater seven minutes or until it stands in peaks. Remove from heat. Add flavoring and continue beating until of consistency to spread.

MOCHA FROSTING

1½ c. confectioner's sugar About 3 tbsp. strong hot coffee
2 tsp. cocoa 2 tbsp. butter

Cream the butter, add cocoa and sugar. Add hot coffee drop by drop and beat until of right consistency to spread.

CHOCOLATE FROSTING

2 squares chocolate 1 c. confectioner's sugar
1 tbsp. butter 2 tbsp. hot water
 ½ tsp. vanilla

Melt chocolate and butter over hot water. Add confectioner's sugar and hot water and mix. Add vanilla and mix well. Spread on warm cake. If needed a very little more water may be added. The mixture should spread easily and have a glossy surface.

FRUIT

VALUE IN THE DIET

Fruit provides us with energy, valuable minerals, vitamins, water and bulk. It also adds color and a pleasing flavor and serves as an appetizer.

GENERAL RULES

To prepare fruit for the table, wash it thoroughly and remove any bruised portions. Serve chilled. Only fruit which is ripe and fresh should be served uncooked.

GRAPES

Wash and drain. Soft or broken ones should be removed from bunch.

APPLE SAUCE

Select tart apples. Wash, cut in quarters, and remove core and any blemishes. Place in sauce pan, and add just enough water to keep from burning. Cover and cook slowly until soft. Press through coarse strainer, using wooden spoon. Add sugar to taste. Cook to dissolve sugar. Serve hot or cold.

NOTE: Lemon juice, cream of tartar, nutmeg or cinnamon may be added for flavor.

BAKED APPLES

Select apples of uniform size. Wash and core apples. Place apples in a baking dish. Fill center of each apple with sugar and 1 tsp. lemon juice if apples are sweet. Cover the bottom of the dish with boiling water. Bake in moderate oven until soft, (30 to 40 min.) basting them every 10 minutes. Remove from oven. Place in serving dish and pour the juice over them. Serve hot or cold, with cream or milk, as desired.

NOTE: Apples may be pared before baking. Cinnamon or raisins may be put in the hole. Brown sugar may be used instead of white sugar.

DRIED APPLE SAUCE

Soak apples a short time in enough water to cover them (apples take up water more rapidly than other dried fruit and too long soaking darkens them). Cook in water in which they were soaked. Cook according to applesauce recipe.

CRANBERRY SAUCE

1 qt. cranberries

2 c. sugar

2 c. water

Pick over cranberries, removing sticks and imperfect berries. Wash berries and put in sauce pan. Add water. Cover and cook until skins burst.

NOTE: If strained sauce is desired, put through strainer after berries are soft, but before adding the sugar. Cook sauce for 2 min. after sugar is added, stirring it.

RHUBARB SAUCE

1 qt. rhubarb (cut in 1 in. pieces) $1\frac{1}{3}$ c. sugar

Wash rhubarb and put into sauce pan. Cover with boiling water. Let stand 3 minutes and pour off water. Add enough fresh water to keep fruit from burning (rhubarb contains such a large percentage of water that little additional water is needed). Add sugar. Cover and cook until rhubarb is soft.

NOTE: Rhubarb may be cooked in oven instead of on top of stove.

STEWED PRUNES

1 lb. prunes

warm water

Wash thoroughly in warm water. Drain. Put in sauce pan and cover with warm water. Soak 24 hours. Cook slowly in same water until soft. If desired $\frac{1}{3}$ c. sugar may be added when prunes are nearly cooked.

NOTE: Any dried fruits, as apricots, apples, and peaches may be cooked in the same way. These require from 6 to 12 hours soaking. A little lemon juice improves the flavor.

ORANGE MARMALADE

1 grapefruit

6 c. boiling water

3 oranges

sugar

1 lemon

Wash and peel fruit, cutting skin into eighths. Remove any blemishes from skin. Discard $\frac{3}{4}$ of grapefruit skin and $\frac{1}{3}$ of orange and lemon skins. Drain, cover with boiling water and boil 5 min. Repeat this 4 or 5 times. Drain and cut with scissors as thinly as possible, and not longer than 1 inch. Prepare fruit pulp to be added to peel as follows:

- a. Remove any skin adhering to fruit.
- b. Cut into paper thin slices discarding end slices.
- c. Remove all seeds.

Add 6 cups boiling water to pulp and rinds and cook until pulp can be easily cut with a spoon ($\frac{1}{2}$ hour). Add sugar, cup for cup and boil, uncovered, until one drop holds its shape when tested on a cold plate (about 2 to $2\frac{1}{4}$ hours). Put into clean heated glasses, filling them to within $\frac{1}{4}$ inch of top. When mixture is cold cover with paper or paraffin.

MEAT

CARE OF MEAT IN THE HOME

Remove meat from the paper in which it is wrapped and keep covered in a cold place.

COOKING OF TENDER MEATS

Before cooking trim the meat and wipe carefully with a wet cloth. Only tender cuts of meats should be broiled, pan-broiled or roasted.

For roasts of beef weighing less than 8 lbs. allow 10 min. to each lb. and 10 min. extra. From 8 to 12 lbs. 12 min. to the lb. and 12 min. extra. Over 12 lbs. allow 15 min. to the lb. and 15 min. extra. For roasting mutton or lamb 20 to 25 min. for each lb. and 20 min. extra. Baste every 15 min. For roasting veal, allow 25 to 30 min. to each lb. and 25 min. extra. Baste every 15 min. For roasting pork allow 25 to 30 min. for each lb. If juice of meat is to be retained do not salt until nearly done.

COOKING OF TOUGH MEAT

Tough meat should be cooked in water; boiling water hardens the albumin on the outside of the meat and keeps in the juices. Meat should be put in boiling water and the water allowed to boil for 10 to 15 min. then cooked at a low temperature (simmered) until tender. If the water bubbles it is too hot. All tough meat will become tender if cooked in this way. The time for roasting or cooking meat in water varies with the weight and quality.

TO EXTRACT THE JUICE OF MEAT

Cut the meat into small pieces. Cover with cold water to which a little salt has been added. Let stand about 1 hour then simmer for 5 to 6 hours.

FLOUR AND WATER THICKENING FOR GRAVIES

Take a measured amount of flour (1 to 1½ tbsp. for each cup of gravy) in a cup or small bowl and add water very slowly. When a thick paste is obtained work it with the spoon until perfectly smooth. Continue to add water very slowly until thin enough to pour.

TO MAKE GRAVY FOR MEATS

METHOD 1. Pour off excess fat. Add a suitable amount of boiling water. Let boil and scrape the brown loose from the pan. Prepare a flour and water thickening. Have pan where it will not boil and add thickening stirring constantly. Let boil one minute stirring constantly. Season to taste.

METHOD 2. Pour off fat leaving about 1 tbsp. to each cup of gravy desired, add flour (1 to 1½ tbsp. to each cup of gravy to be made) and mix well. Add boiling water a little at a time stirring constantly. Let boil 1 minute. Taste for seasoning.

Method 1 is best used when little fat cooks out of the meat. If too much fat is left in the pan a layer will rise to the top of the gravy. Gravies may be strained to remove any dark particles.

HAMBURG STEAK NO. I

1 lb. ground beef 1 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Add salt and pepper to meat. Shape into five meat cakes. Cook in hot, well greased frying pan or broiler.

HAMBURG STEAK NO. II

1 lb. ground beef $\frac{1}{2}$ tsp. pepper
1 tsp. salt water or tomato juice
1 tbs. minced onion 1 c. soft bread crumbs

Combine beef, salt, onion, pepper and bread crumbs. Add tomato juice or water until mixture is soft but can be shaped. Add more seasoning if desired. Shape into meat cakes and cook on well greased frying pan or broiler (or make into loaf and bake) . Lower heat as soon as both sides are seared.

MEAT LOAF

2 lbs. ground beef 1 c. cracker crumbs
1 lb. fresh pork ground or chopped milk to moisten
2 small onions, chopped salt and pepper

Work together with the hands and shaped into a loaf. Have mixture quite soft. Bake about 1 hour in oven at 375 F. Remove loaf from pan and make gravy with fat in the pan.

LIVER AND BACON

Place bacon in hot frying pan, cook slowly, turning frequently, using care not to have fat smoke. Cover slices of liver with boiling water to draw out the blood. Let stand 5 minutes. Drain and remove large veins if there are any. Cut in pieces suitable for serving. Sprinkle with salt, pepper and flour. Cook slowly in bacon fat in frying pan. If cooked at too high temperature liver will be hard and dry.

PAN - BROILED MEAT

Wipe the hot pan to be used with a piece of fat from the meat to be pan-broiled. Have pan hot and place meat in it. When meat is seared on both sides lower heat. Turn frequently until cooked as desired. When nearly done sprinkle with a little salt.

ROAST BEEF

Wipe meat with a damp cloth. Dredge with flour and place with fat side up in a roaster and add a small quantity of water. Cover the roaster and place in moderate oven (375 F.). When half done sprinkle with a little salt. Cook until done. Serve on a hot platter and garnish with parsley.

ROAST PORK

Wipe a shoulder of fresh pork or a ham that has been boned. Dredge with flour. Cook in a moderate oven (375 F.). When nearly done sprinkle with salt. Make brown gravy.

POT ROAST

Sear meat on all sides in iron or aluminum kettle, then fill kettle half full of boiling slightly salted water. Cover and let simmer 3 to 6 hours, or until a fork pulls out easily. When half cooked turn so that other half is immersed. When nearly done pour off, and save, all but 1 in. of juices in kettle. Leave cover off and allow water to evaporate and meat to brown. As kettle becomes dry add some of water poured off and allow other side of meat to brown. Repeat 2 or 3 times, lifting meat often to prevent burning. Continue until meat is done.

IRISH STEW AND DUMPLINGS

2 lbs. beef	$\frac{1}{4}$ c. minced onion
6 c. raw potatoes cut in cubes	$\frac{1}{4}$ c. flour
1 c. turnips cut in cubes	1 tbsp. salt
1 c. raw carrots cut in cubes	$\frac{1}{8}$ tsp. pepper

Wipe meat - remove a little of the fat. Cut meat in 1 to 2 in. cubes. Try out fat in stew kettle and sear meat in fat. Cover with boiling water and boil 5 min. Cook at lower temperature until meat is tender (about 2 hours). Add carrots, potato, onion, turnip, salt and pepper the last 45 minutes. Make a flour and water thickening using $\frac{3}{4}$ tbsp. flour to each cup of stock and add to stew. Boil one minute.

DUMPLINGS

2 c. flour	1 tsp. salt
5 tsp. baking powder	1 c. milk (about)

Sift flour, baking powder and salt into bowl. Pour in all the milk and mix (with knife) as quickly as possible. Work quickly as slow working makes a pasty result. Drop from tablespoon into hot stew and cook 12 to 15 minutes. Keep pan covered while dumplings are cooking.

MEAT PIE

1 c. left over meat, diced	$1\frac{1}{2}$ c. gravy, meat stock or tomato
1 c. diced raw potatoes, carrots and onions	

Combine the ingredients and cook slowly until the vegetables are almost done. Place in a casserole and cover with a biscuit dough or left over mashed potato. Bake in a hot oven fifteen to twenty minutes.

SALADS AND SALAD DRESSINGS

Salads are being used very generally as a part of every dinner and frequently are the principal dish for luncheon or supper. In the latter case the salad is more hearty than for dinner.

Left over meats or fish, cooked or raw vegetables are used in salads. Meat should have all bone and gristle removed and should be cut into small pieces. Fish should be flaked. Vegetables should be cut into small cubes.

All salad materials should be kept cold and served cold. Lettuce should be washed when brought from the store and the head wrapped in a damp cloth and placed in the refrigerator. Before the salad is to be arranged the lettuce leaves should be separated, washed and allowed to drain on a clean towel.

Meat, fish and vegetables should be marinated with French dressing for at least an hour before serving to improve the flavor.

SALAD DRESSINGS

FRENCH DRESSING

$\frac{1}{2}$ tsp. salt	2 tbsp. vinegar
$\frac{1}{8}$ tsp. pepper	2 tbsp. oil
1 tsp. sugar if desired	

Shake well in a bottle. A larger quantity of this may be made and kept on hand in the refrigerator.

BOILED SALAD DRESSING

1 c. milk	1 tsp. salt
2 tbsp. butter	1 tsp. mustard
4 tbsp. flour	1 tbsp. sugar
$\frac{1}{4}$ tsp. pepper	1 egg
$\frac{1}{3}$ c. vinegar	

Make a white sauce using the first seven ingredients. Boil one minute stirring constantly. Beat egg until well mixed and add to the sauce. Cook until it thickens. Add the vinegar last and mix well.

This may be thinned with whipped or thin cream.

THREE MINUTE MAYONNAISE

2 tsp. sugar	1 tsp. mustard
$\frac{1}{2}$ tsp. salt	$1\frac{1}{2}$ to $2\frac{1}{2}$ tbsp. vinegar
spk. cayenne	1 c. oil
1 egg yolk	

Mix dry ingredients in bowl. Add egg yolk and mix well. Add $\frac{1}{3}$ c. of oil slowly, beating with rotary egg beater for 1 minute. Add second $\frac{1}{3}$ c. oil and beat 1 minute. Add remainder of oil and beat 1 minute.

WHOLE EGG MAYONNAISE

1 egg (whole)	spk. cayenne
$\frac{3}{4}$ tsp. mustard	3 to 4 tbsp. vinegar
$\frac{3}{4}$ tsp. salt	$\frac{1}{2}$ tsp. sugar
2 c. oil	

Follow directions for 3 minute mayonnaise.

PRECAUTIONS TO BE OBSERVED IN MAKING MAYONNAISE

Have bowl, egg and oil cold. If dressing curdles start with another egg yolk, adding the curdled dressing to it very slowly. Beat until mixture thickens. Add more seasoning if needed.

MAZOLA MAYONNAISE

1 egg	$\frac{1}{8}$ tsp. paprika
2 tbsp. sugar	4 tbsp. cornstarch
$1\frac{1}{2}$ tsp. salt	$\frac{3}{8}$ c. vinegar
2 tsp. mustard	$\frac{3}{4}$ c. Mazola
1 c. water (cold)	

Put egg, sugar, seasonings, vinegar and Mazola into bowl but do not stir.

Mix cornstarch and water and cook slowly over direct heat until it becomes clear, stirring constantly. Add hot cornstarch mixture to ingredients in bowl and beat briskly with rotary egg beater until well blended. Cool.

SALADS

POTATO SALAD

3 c. diced boiled potatoes $\frac{1}{4}$ c. French dressing
 $\frac{1}{2}$ tsp. onion juice $\frac{1}{3}$ to $\frac{1}{2}$ c. boiled salad dressing

Cut potatoes in half inch cubes. Mix onion juice with French dressing and pour over potatoes. Let stand one hour. Just before serving, mix the boiled dressing with potatoes. Arrange on lettuce leaves on individual plates or in a salad bowl. Garnish with hard cooked eggs, cold boiled beets, raw tomato or parsley.

Variations to the above recipe may be made by adding any of the following: finely chopped celery, cucumbers, sweet cucumber pickles, cold string beans, raw or cooked carrots. One tbsp. finely cut chives may be substituted for the onion.

RAW VEGETABLE SALAD

2 c. shredded cabbage $\frac{1}{2}$ c. finely chopped celery
 $\frac{1}{2}$ c. shredded carrot $\frac{1}{2}$ c. finely chopped apple
 3 tbsp. French dressing

Prepare the vegetables and let stand in ice water 1 hour. Drain thoroughly and toss on to clean towel to dry. Mix apple with vegetables and add the French dressing. Mix well and set in refrigerator 15 minutes. Then mix with boiled dressing and serve on crisp lettuce. Garnish with raw tomato, stuffed olives or pimiento.

SALAD SUPREME

1 tbsp. gelatin $\frac{1}{4}$ c. vinegar
 $\frac{1}{4}$ c. cold water $\frac{1}{2}$ tsp. salt
 1 tbsp. lemon juice spk. cayenne
 $1\frac{1}{2}$ c. boiling water 2 c. finely chopped cabbage
 $\frac{1}{2}$ c. sugar 1 c. tart apple (finely chopped)

10 to 12 stuffed olives

Soak gelatin in cold water, add boiling water and stir until gelatin is dissolved. Add lemon juice, sugar, salt, cayenne and vinegar. Let stand until slightly thickened. Add chopped cabbage, apples and olives and put into cold wet moulds. Nuts may be added or used as a garnish. Serve with French, boiled or mayonnaise dressing.

TOMATO JELLY SALAD

3 c. stewed tomato $\frac{1}{4}$ small green pepper
 1 small onion sliced 1 tsp. sugar
 $\frac{1}{3}$ c. chopped celery 1 tsp. salt
 1 bay leaf $1\frac{1}{2}$ tbsp. gelatin
 1 whole clove $\frac{1}{2}$ c. cold water

Soak gelatin in cold water 5 min. Cook all other ingredients 10 to 15 min. Add soaked gelatin to hot mixture and stir until dissolved. Strain and pour into wet cups or moulds. It may be poured into a square pan and be cut into diamonds or cubes.

FRUIT SALAD

$\frac{1}{2}$ c. canned or fresh pineapple	$\frac{3}{4}$ c. orange pulp
$\frac{1}{2}$ c. banana	6 or 8 dates
$\frac{1}{2}$ c. apple	$\frac{1}{4}$ c. nut meats

Cut all the fruit in pieces about the same size. Wash dates in cold water. Mix fruits lightly in a bowl or as they are arranged on the lettuce. Place fruits in a lettuce leaf cup and sprinkle with broken nut meats. Garnish salad with mayonnaise to which has been added an equal quantity of sweetened whipped cream. To one cup of mayonnaise may also be added $\frac{1}{2}$ c. cottage cheese. A maraschino cherry may be placed on the salad dressing as a garnish.

SALMON SALAD

$2\frac{1}{2}$ c. flaked salmon	$\frac{1}{2}$ tsp. salt
$1\frac{1}{2}$ c. chopped celery	paprika
$\frac{1}{4}$ c. French dressing	

Remove skin and bones from fish and flake. Mix fish, celery, salt and dressing together and let stand in refrigerator one hour. When ready to serve arrange on crisp lettuce leaves. Put a teaspoon of mayonnaise on top of each salad and garnish with paprika.

PUDDING SAUCES

BROWN SUGAR SAUCE

4 tbsp. butter	4 tbsp. milk
1 c. brown sugar	1 tsp. vanilla

Cream the butter in a small bowl. Add sugar very slowly mixing thoroughly. Then gradually beat in the milk and vanilla.

SOFT CUSTARD

2 c. milk	$\frac{1}{2}$ tsp. salt
2 eggs or 4 egg yolks	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ c. sugar	

Scald milk in double boiler. Mix sugar, salt and beaten eggs. Add hot mixture gradually to beaten eggs. Return mixture to double boiler and cook, stirring constantly until the mixture thickens and a coating is formed on spoon. Strain, chill and flavor.

NOTE: If cooked too long or too quickly custard will curdle. Should this happen remove from heat, place in pan of cold water and beat with an egg beater until it becomes smooth again.

BUTTERSCOTCH SAUCE

2 c. dark brown sugar	$\frac{1}{2}$ c. water
1 tbsp. flour	$\frac{1}{3}$ c. butter
1 c. white Karo	spk. salt
1 tsp. vanilla	

Mix flour with sugar, add salt, Karo, water and butter. Boil until thick and syrupy. Add vanilla. Keep hot over water until ready to serve.

CHOCOLATE SAUCE

1 sq. chocolate	$\frac{1}{2}$ c. boiling water
1 tbsp. butter	1 c. sugar
spk. salt	$\frac{1}{2}$ tsp. vanilla

Melt chocolate over water. Add sugar, salt and water. Boil over direct heat 15 min. Add butter and vanilla and stir well. Serve hot. Keep hot over water.

EGG SAUCE

1 egg	$\frac{1}{4}$ c. hot milk
1 c. sugar	spk. salt
$\frac{1}{4}$ tsp. vanilla	

Beat egg until very light, add sugar and salt and mix well. Add hot milk and stir. Add vanilla.

VANILLA OR LEMON SAUCE

$\frac{1}{2}$ c. sugar	2 tbsp. butter
1 tbsp. cornstarch	1 tsp. vanilla or
1 c. boiling water	2 tbsp. lemon juice
spk. salt	spk. nutmeg

Mix sugar, cornstarch, and salt. Add water, stirring well. Boil 5 min. stirring constantly the first min. Remove from fire and add remaining ingredients.

HARD SAUCE

1 c. confectioner's or	$\frac{1}{3}$ tsp. lemon extract
$\frac{3}{4}$ c. granulated sugar	$\frac{2}{3}$ tsp. vanilla
$\frac{1}{3}$ c. butter	

Cream butter and add sugar gradually. Mix and beat until light and creamy. Add flavoring.

FLUFFY SAUCE

$\frac{1}{2}$ c. heavy cream	$\frac{1}{4}$ c. sugar
1 egg	$\frac{1}{4}$ tsp. vanilla

Beat white and yolk of egg separately. Add sugar and vanilla to yolk and mix well. Fold in beaten egg white and whipped cream. This is a delicious sauce for steamed puddings.

WHITE MOUNTAIN SAUCE

1 c. sugar	$\frac{1}{8}$ tsp. salt
spk. cream of tartar	1 egg white
$\frac{1}{2}$ tsp. vanilla or $\frac{1}{2}$ tsp. lemon juice	$\frac{1}{3}$ c. hot water

Boil sugar, salt, cream of tartar and water without stirring, until syrup will spin a thread from the end of a spoon. Pour syrup on stiffly beaten egg white, beating constantly with egg beater. Add vanilla. Serve instead of whipped cream on hot gingerbread or puddings.

SOUPS AND CHOWDERS

CREAM OF POTATO SOUP

3 medium sized potatoes	2 tsp. salt
$\frac{1}{4}$ tsp. pepper	1 qt. milk or
3 tbsp. butter	1 pt. milk and 1 pt. potato water
2 tbsp. onion	$\frac{1}{2}$ tsp. celery salt
1 tsp. chopped parsley (if desired)	3 tbsp. flour

Cook potatoes cut in 1 in. slices in boiling salted water until tender. Drain potatoes, saving the water, and mash them. Scald milk with onion, pepper, salt, and celery salt, and add to mashed potato. Melt fat in sauce pan, add flour and stir until smooth. Add slowly milk and potato mixture to flour, stirring constantly. Boil 1 min. stirring constantly. Strain if desired and add the chopped parsley. Serve hot.

CREAM OF TOMATO SOUP

2 c. stewed tomatoes	2 tbsp. minced onion
2 tsp. sugar	1 tsp. salt
$\frac{1}{8}$ tsp. pepper	$\frac{3}{8}$ c. butter
6 tbsp. flour	$\frac{1}{4}$ tsp. soda
	1 qt. milk

Stew tomato, onion, salt, pepper and sugar until tomatoes are soft. Strain tomatoes and add soda. Make white sauce of butter, flour and milk. Just before serving slowly add tomato mixture to the white sauce, stirring all the time.

CREAM OF ONION SOUP

1 c. chopped onion	3 tbsp. butter
3 c. water	4 tbsp. flour
1 tsp. salt	1 pt. milk

Cook onions in water with salt until tender. Make white sauce of milk, butter, flour, and seasoning. Add onions and water to white sauce and heat. Strain or not as desired. Serve with a little chopped parsley or a dash of paprika on each serving.

BAKED BEAN SOUP

2 c. cold baked beans	1 tsp. salt
3 c. boiling water	2 tbsp. minced onions

Mix beans, water, salt, and onion. Boil slowly 15 minutes. Put thru strainer and add water to make of right thickness. Reheat.

NOTE: 1 to 2 c. of strained tomato may be added.

VEGETABLE SOUP

1 c. diced carrots	1 qt. water
1 c. diced turnips	2 tsp. salt
2 medium onions, chopped	$1\frac{1}{2}$ qts. milk
1 qt. diced potatoes	$\frac{1}{8}$ tsp. pepper
2 c. chopped cabbage	4 tbsp. butter

Cook turnips and onions in the water and salt 20 minutes. Then add other vegetables and cook until tender. Add milk, butter and pepper and heat to scalding. Taste for seasoning.

SPLIT PEA SOUP

1 c. dried split peas	3 tbsp. butter or substitute
2½ qts. cold water	2 tbsp. flour
2 c. milk	2 tsp. salt
¼ c. minced onion	⅛ tsp. pepper

2 inch cube salt pork

Pick over and wash peas. Soak over night. Drain, add cold water, pork and onion cut fine, and let simmer until peas are soft. . . . about 2 hrs. Put through strainer. Rub fat, flour, and seasoning together and add the strained mixture. Boil 1 minute stirring constantly. Add milk, reheat and serve with a little chopped parsley or dash of paprika on each serving.

CORN CHOWDER

2 c. corn (1 can)	1 qt. milk
2 tbsp. minced onion	2 c. boiling water
1 qt. sliced raw potatoes	2 tsp. salt

2 in. cube salt pork or 3 tbsp. butter

Cut salt pork into small pieces and try out in kettle. Then remove the pieces of pork. Cook minced onions in fat until yellow, stirring occasionally to prevent burning. Add water to the fat and cook potatoes in it until tender. Add milk, salt, pepper and corn. Cover and heat to boiling point. Split common crackers may be served on top. The crisp salt pork may be served with the chowder.

FISH CHOWDER

2 lbs. fresh fish (cod or haddock)	4 c. potatoes cut in ¾ in. cubes
3 c. water	¼ c. minced onion
3 c. milk	8 common crackers
1 inch cube salt pork	3 tsp. salt

Cook fish, including head and tail, in the water. When tender remove fish, discard head, tail, skin, and bones. Cut pork in small pieces, and try out in kettle. Remove pieces of pork and cook minced onion in fat until light brown, stirring occasionally to prevent burning. Add water in which fish was cooked, adding more if necessary to make 3 c. Boil potatoes in this water 20 min., then add fish, milk, and seasonings and heat to boiling. When hot pour into serving dish in which split crackers have been placed.

SOUP ACCOMPANIMENTS

CRISPED CRACKERS

Spread split cracker or saltines with butter. Brown slightly in oven.

CROUTONS

Remove crusts from ½ inch slices of bread. Butter bread evenly. Cut in ½ inch cubes. Put in oven and leave until thoroughly dry and a golden brown. Stir occasionally to brown them evenly.

MISCELLANEOUS SUPPER OR LUNCHEON DISHES

ENGLISH MONKEY

1 c. dry bread crumbs	$\frac{1}{2}$ tsp. salt
1 c. milk	$\frac{1}{2}$ c. cheese
1 tbsp. butter	1 egg
spk. cayenne	

Soak crumbs in milk 15 minutes. Add butter, cayenne and salt and heat. When hot add finely cut cheese and stir until cheese is melted. Add egg slightly beaten, and cook 3 min., stirring constantly. Pour over crisp crackers or toast spread with a little butter. Garnish with paprika or parsley.

CHEESE DREAMS

Cut white bread into $\frac{1}{4}$ in. slices and spread sparingly with butter. Cut yellow or white American cheese into thin slices and completely cover 1 slice but do not have any extend beyond the edges. Sprinkle with a very little salt. Fit another slice of bread to this. Cut sandwich in half. Brown slowly in butter in a frying pan, or toast it. These are delicious served with fruit salads.

WELSH RAREBIT

1 c. medium white sauce	Buttered toast or
$\frac{1}{4}$ c. cheese	Soda crackers

Cut the cheese fine and add to the white sauce, stirring constantly until the cheese is melted. Pour over buttered toast or crackers and garnish with parsley or paprika.

CHEESE FONDUE

1 c. scalded milk	1 c. soft bread crumbs
1 tsp. salt	2 eggs
$\frac{1}{4}$ lb. cheese cut in pieces	

Mix milk, salt, crumbs, cheese and egg yolk. Fold in stiffly beaten egg white. Pour into greased baking dish and set dish in pan of hot water. Bake 45 min. or or until firm, in a moderate oven. Serve at once.

SQUAW CORN

1 can golden bantam corn	$\frac{1}{4}$ to $\frac{1}{2}$ lb. bacon
salt	

Cook bacon in frying pan until crisp, then remove it. Pour out all but 2 or 3 tablespoons of the bacon fat. Add the corn to fat in pan and heat. Add salt, if needed. Stir occasionally until hot. Just before serving add crisp bacon. This is a good picnic supper dish.

BOSTON BAKED BEANS

1 pt. pea beans	3 tbsp. molasses
2 tsp. salt	1 c. boiling water
$\frac{3}{4}$ tsp. mustard	$\frac{1}{4}$ lb. salt pork (scant)
spk. cayenne	

Pick over and wash beans. Cover with cold water and soak over night. In the morning drain and cover with fresh water. Bring slowly to boiling point and simmer until skins will burst. To test this take one or two beans on a spoon and blow on them. Drain beans. Scald rind of salt pork and scrape. Put $\frac{1}{4}$ inch slice in bottom of bean-pot. Cut through rind of remaining pork in two or three places. Put beans in pot and bury pork in them, leaving the rind exposed. Mix salt, mustard, cayenne and molasses. Add water and pour over beans. Add enough boiling water to cover beans. Cover pot and bake slowly for 6 or 8 hrs. Bake uncovered the last hour to brown pork. Add water as needed. Yellow-eyed, red kidney or navy beans may be substituted for the pea beans. A small onion may be placed on bottom of bean-pot.

BOSTON ROAST

2 c. baked beans	1 c. moist bread crumbs
$\frac{1}{2}$ lb. cheese	$\frac{1}{2}$ tsp. salt
$\frac{1}{8}$ tsp. pepper	

Mash beans. Cut cheese into small pieces. Mix beans, cheese and crumbs and heat over direct heat until cheese melts and all is blended. Put into greased baking dish and bake 20 to 30 min. Serve with tomato sauce.