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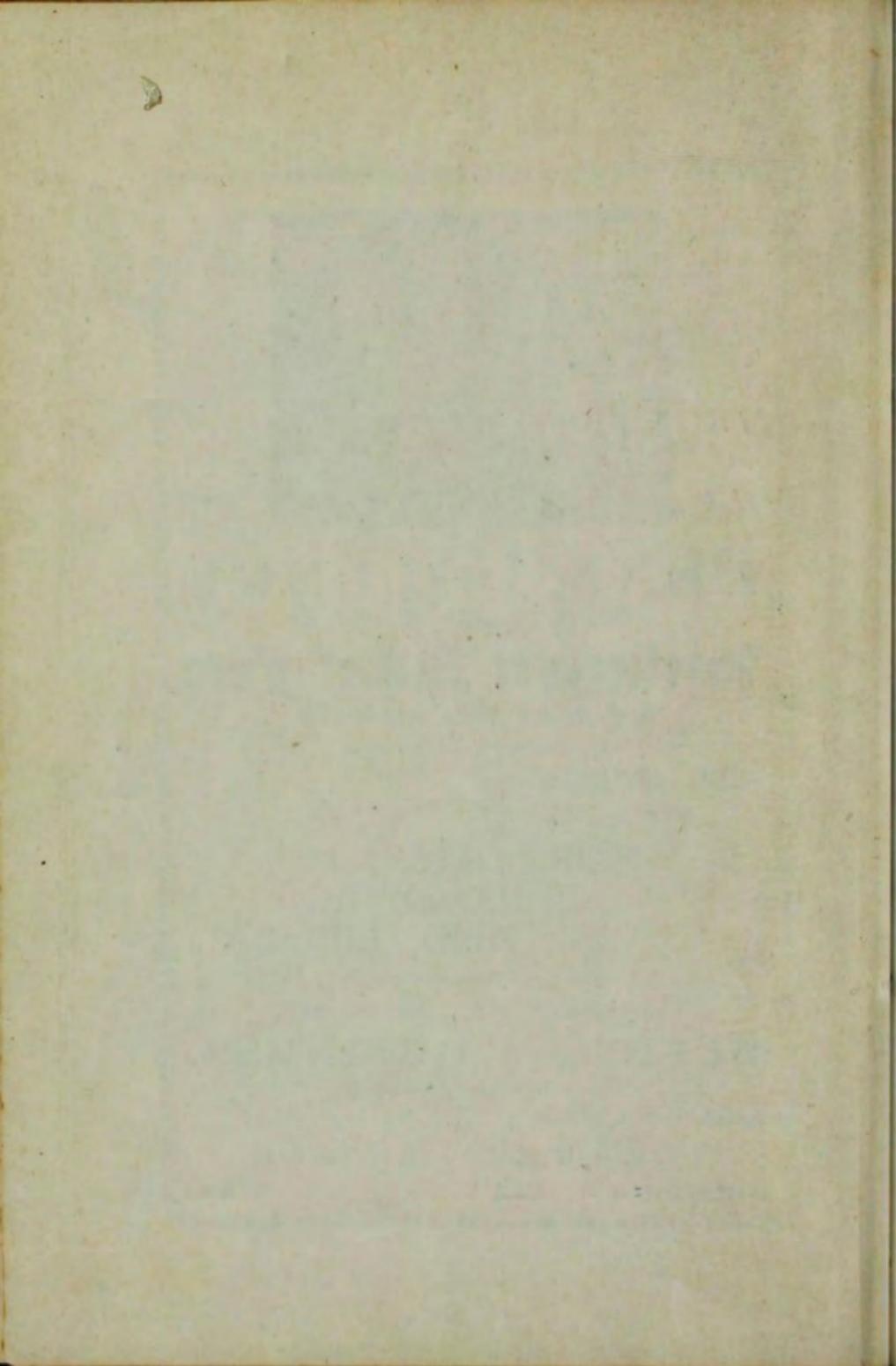
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OSKALOOSA, IOWA,

1902.

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"Men die, and many, because they know not how to live."
"Come, pilgrim, I will bring you where you shall host."

—All's Well That Ends Well.

PREFACE.



THE SATISFACTION of a meal depends much upon the loving hands and hearts of those who prepare it. Good cooking is the result of a zeal to improve and to please, rather than of rules and measures, yet a volume of practical, experience-tested recipes, such as is herewith presented, will be found valuable to the twentieth century housewife. The preparation of such a book is fraught with much seriousness and labor. However, if this volume shall serve to enhance the pleasures of the palate, and therefore the good cheer of the home, we shall deem the accomplishment quite justifies the effort.

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Cakes.

If a cake you wish to make
Like those "mother used to bake,"
Here are rules for every kind;
Follow them success to find.

ANGEL FOOD CAKE.

Whites of ten large fresh eggs or eleven smaller ones and one and one-fourth cups sifted granulated sugar, one cup sifted flour, one-half teaspoon cream tartar, a pinch of salt added to eggs before beating. After sifting the flour four or five times, measure and set aside one cup. Then sift and measure one and one fourth cups granulated sugar; beat whites of eggs about half, and add cream of tartar and beat till *very, very* stiff. Stir in sugar, then flour very lightly, be careful not to stir too hard or too long. Then flavor to taste. Put in pan, place in moderate oven at once; will bake in thirty-five to fifty minutes; must be watched carefully; best try it before taking from oven.—Cora Mae Rees, Georgetown, Ill.

ANGEL FOOD.

One cup flour, one and one-fourth cups sugar, one teaspoon cream of tartar, whites of eleven eggs. Sift flour and sugar separately seven times, beat eggs until light, add sugar, then flour, beating continuously. Flavor with one teaspoon

vanilla or almonds. Bake three-quarters of an hour in moderate oven in ungreased pan. Turn upside down and let stand with edges on cups for five minutes to steam loose before removing.—Mrs. E. H. Gifford, Oskaloosa, Iowa.

ANGEL FOOD.

Beat whites of fourteen eggs with a pinch of salt, when it comes to a foam add teaspoon of cream of tartar, then beat until egg beater will not sink. Sift in one and one half cups sugar sifted four times and one cup of pastry flour sifted seven times. Flavor with one teaspoon bitter almonds. Dip with spoon into baking pan. (Do not pour) Bake in very slow oven.—Tested.

ANGEL FOOD.

Put into one tumbler of flour, one teaspoon cream of tartar, sift five times. Sift also one glass and a half of white powdered sugar. Beat to a stiff froth the whites of eleven eggs, stir sugar into eggs by degrees, very lightly and carefully adding three teaspoons vanilla extract. After this add the flour, stirring quickly and lightly. Pour into a clean bright tin cake dish, which should not be buttered or lined. Bake at once in a moderate oven about forty minutes, testing with broom straw. When done let it remain in cake tin turning upside down with the sides resting on the top of two saucers so that a current of air will pass under and over it. Well tested.—Mrs. H. M. Whinery.

ANGEL FOOD.

The whites of nine eggs partly whipped, one half teaspoon cream of tartar, then whip to a stiff froth, one and one third cups sugar, one cup flour, one teaspoon vanilla, a pinch of salt in eggs to make them beat quicker.—E. A. Johnson.

ANGEL FOOD.

Whites of nine large fresh eggs or ten smaller ones, one and one fourth cups sifted granulated sugar, one cup sifted flour, one fourth teaspoon cream of tartar, a pinch of salt added to eggs before beating. After sifting flour four or five times, set by one cup full, measure one and one-fourth cups sugar, beat eggs half enough and add cream of tartar, then beat very stiff. Stir in sugar, and then flour lightly. Bake in moderate oven from thirty-five to fifty minutes. Do not grease pan.—Mrs. H. D. Lane, Oskaloosa, Iowa.

ANGEL FOOD.

The whites of eleven eggs, one and one-half cups of sifted sugar, one cup flour, one teaspoon cream of tartar, one teaspoon vanilla, pinch of salt. Sift flour, cream of tartar, sugar and salt together four or five times. Beat the eggs in a large platter to a stiff froth, then add the sifted flour and sugar, gradually, on the platter with the eggs. Don't let it stand a minute after it is thoroughly mixed. Do not grease pan. Bake in a moderate oven, forty minutes. Do not open the oven door until the cake has been in the oven fifteen minutes.—Lucile Meredith.

BRIDE'S CAKE. (LOAF)

Whites of six eggs, one cup butter, two cups of sugar, one cup of sweet milk, heaping teaspoon baking powder, one teaspoon banana extract. Don't mix too stiff.

Yellow loaf cake made just the same, only use all of four eggs. Beat well.—Mrs. Owen Kenworthy.

BRIDE'S CAKE.

Whites of twelve eggs, three cups sugar (scant), one cup butter, one cup sweet milk, four cups flour, one half cup

corn starch, three teaspoons baking powder. Flavor to taste. Adding a cup of sliced citron makes an excellent citron cake.—Cecile Woody, Thorntown, Indiana.

BREAD CAKE.

One cup sugar, one-half cup butter, one egg, one cup bread dough, (sponge), one cup flour, one cup raisins, (chopped), one half teaspoon of each cloves, cinnamon and soda, a little salt. Let rise one-half hour.—Anna M. Sweet, Des Moines, Iowa.

CHOCOLATE CAKE.

One and one-half cups sugar, one fourth cup butter, one half cup sweet milk, two cups flour, two eggs, two teaspoons baking powder, one-third cake of chocolate dissolved in one half cup boiling water. Cream the butter and add the sugar gradually to it, then add the yolks of the eggs, add a little milk and then a little flour, so continuing add them alternately. Mix the baking powder with last cup of flour, add one teaspoon vanilla and the chocolate dissolved in the hot water, and fold in the whites of the eggs beaten stiff. Bake in a moderate oven about three-quarters of an hour. Be careful to measure accurately the butter. Bake in layers or loaf and frost with boiled icing.—M. Ilma Harrington.

CHOCOLATE CAKE.

Grate one half cake of Baker's chocolate, mix with half cup sweet milk, one cup sugar, yolk of one egg; boil a few minutes until sugar and chocolate are dissolved. Let cool, add one teaspoon vanilla, one half cup sugar, half cup sweet milk, two eggs, two and one-half cups flour, and two and one-half teaspoons cream of tartar, one scant teaspoon soda, or two spoons good baking powder.—Mrs. J. P. Dodds.

CHOCOLATE CAKE.

Two cups flour, one and one-half cups brown sugar, two eggs, one half cup butter, one half cup sour milk, two squares of chocolate—shaved fine, one level teaspoon soda, one half cup boiling water, poured over the chocolate and soda; flavor with vanilla. This is nice, baked either in layer or loaf cake. Mrs. L. B. Pearson.

CHOCOLATE CAKE.

Two cups sugar, a scant half cup butter, one cup sour milk, one half cup grated chocolate dissolved in half cup boiling water, three cups flour, one rounded teaspoon soda sifted in with the flour, one teaspoon vanilla, two eggs.—Adeline H. Hadley.

CHOCOLATE CREAM CAKE.

Cream part. Three-fourths cup grated chocolate, one-half cup sweet milk, two-thirds cup dark brown sugar, yolk of one egg; beat all together and cook until like custard and set to cool.

Cake part. One cup dark brown sugar, one-half cup butter, two cups sifted flour, one-half cup sweet milk, two eggs; mix ingredients together and stir into the cream; add one teaspoon soda dissolved in warm water; flavor with vanilla; bake in three layers and put together with icing.—Rosa E. Lewis.

COFFEE CAKE.

One egg, one cup brown sugar, one cup molasses, one cup butter, one cup strong coffee—cold, one pound raisins, one tablespoon cloves, one of cinnamon, one nutmeg, one heaping teaspoon soda, four or five cups flour; mix very stiff and bake in moderate oven.—Mrs. W. T. Tandy.

COFFEE CAKE.

One cup brown sugar, one cup molasses, one half cup butter, one cup coffee, one egg, four cups flour, one heaping teaspoon soda in flour, one tablespoon cinnamon, one teaspoon cloves, one fourth pound citron—cut thin, two pounds raisins. Beat butter and sugar, add egg, spices, molasses, coffee, flour, then fruit dredged lightly with flour; bake one hour in moderate oven.—Mary Burnside Johnson, Oskaloosa.

COFFEE CAKE.

Two cups brown sugar, one of butter, one of molasses, one of strong coffee as prepared for the table, four eggs, one level teaspoon soda, one and a half of baking powder, two of cinnamon, two of cloves, one of grated nutmeg, teacup seeded raisins, four cups flour. This has been well tested.—Mrs. I. W. Cook.

COFFEE CAKE.

Take a small loaf of light bread dough and work into it two thirds cup lard, or butter, three-fourths cup sugar, one egg. Let rise until very light, then roll out an inch thick and cut with a cake cutter—score across with knife; put in pan as far apart as biscuits; let rise; spread butter and sugar across just before putting in oven.—Mrs. S. A. Boyle.

COFFEE CAKE.

One cup brown sugar, one cup butter, two eggs, one half cup molasses, one cup strong cold coffee, one teaspoon soda, one teaspoon cloves and two of cinnamon, one cup raisins, and five cups flour.—Mrs. Lillie Pearson.

COFFEE CAKE.

Make a strong cup coffee, and take one cup molasses, two cups sugar, one cup butter, four cups flour, four eggs, two

teaspoons soda, two teaspoons cinnamon, one teaspoon cloves, two pounds raisins. This quantity is sufficient for two large cakes. Let the coffee cool before mixing with the other ingredients.—Bessie T. Dean.

COLD WATER CAKE.

One cup brown sugar, one-half cup butter, two eggs, one-half cup water (cold), one-half teaspoon soda, one and three-fourths cups flour, one teaspoon different kinds of spice, one cup chopped raisins; with or without icing.—Cora Mattison.

CORN STARCH CAKE.

One cup sugar, one cup flour, one half cup corn starch, one half cup milk, one half cup butter, whites of three eggs, two teaspoons cream of tartar, one half teaspoon soda. Mix the cream of tartar and soda with the flour and stir in the whites of the well beaten eggs the last thing.—Tested.

CREAM SPONGE CAKE.

Three eggs, one cup sweet cream, one cup sugar, one teaspoon baking powder, one and one half cups flour. Flavor to taste.—Mrs. Kenworthy.

CREAM SPONGE LAYER CAKE.

The weight of ten eggs in sugar, half their weight in flour; separate the yolks from the whites, beat the yolks well, then add the whites beaten stiff, and beat together until very light. Lift in carefully sugar and flour thoroughly mixed. Do not beat after adding the flour or the cake will be coarse grained and tough.

Filling—The beaten yolk of one egg, two-thirds cup of cream, two-thirds cup of sugar, one tablespoon flour, cook together until thick, add a teaspoon of vanilla and spread between the layers.—Mrs. Daniel Roberts.

CUP CAKE.

One-half cup butter, one large cup sugar, one cup milk, three cups flour, two eggs, two even teaspoons baking powder; beat the sugar and butter together, add yolks of eggs and milk, then flour and baking powder and lastly the beaten white of eggs.—Mrs. W. L. Pearson.

CUP CAKE. YELLOW LOAF CAKE.

One cup butter, two cups sugar, three cups flour, four eggs, one-half cup milk, two teaspoons baking powder; flavor to taste.—Tested.

DATE CAKE.

One cup sugar, one half cup butter, one cup milk, two eggs, two and one-half cups flour, two teaspoons baking powder, flavor with lemon and nutmeg; add one cup dates. Susie Steddom.

DEMOREST WHITE CAKE.

One cup sugar, one half cup butter, one half cup sweet milk, whites of three eggs beaten stiff, two cups flour sifted several times with one heaping teaspoon baking powder. Flavor to taste. Add whites of eggs last.—Mrs. John Hiatt, Oskaloosa, Iowa.

DELICATE CAKE.

Three cups flour, two cups sugar, three-fourths cup sweet milk, whites of six eggs, half cup butter, teaspoon cream of tartar, half teaspoon of soda. Flavor with lemon.—Carrie M. Johnson.

DELICATE CAKE. (FOR WHITES)

One cup sugar, one half cup butter, whites of three eggs, one half cup milk, one and one half cups flour, one and one

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half teaspoons baking powder. Flavor to taste. For large cake, double the above.—Mrs. W. T. Millisack, Oskaloosa, Ia.

DELICATE CAKE.

One and one half cups white sugar, one half cup butter, rub to a cream. One half cup sweet milk, two cups flour, whites of four eggs, one heaping teaspoon baking powder. Flavor.—Tested.

DEVIL'S FOOD.

Part I.

One cup grated chocolate, one cup sweet milk, one cup brown sugar; set on stove and let boil; remove and allow to cool.

Part II.

One cup brown sugar, one half cup sweet milk, one half cup melted butter, three cups flour, one teaspoon soda, yolks of three eggs; mix first part in second part when cool.—Miss Nannie Wing.

DEVIL'S FOOD.

One and one-half cups sugar, one half cup butter, one half cup milk, two cups flour, two eggs, one teaspoon soda, one half cup chocolate dissolved.—Josephine Hambleton.

DOLLY VARDEN CAKE.

Whites of three eggs, one cup powdered sugar, one half cup butter, two cups flour, one and one half teaspoons baking powder, one half tea cup milk. Flavor with lemon. Bake in loaf. Icing; Mix the yolks of three eggs with one tea cup sugar. Flavor with vanilla and whip.—Mrs. Addie Watson Steddom.

ECONOMICAL CAKE.

One cup sugar, one half cup butter, whites of three eggs, one half cup sweet milk, two cups flour, one heaping teaspoon baking powder. Bake in two tins.

Frosting—Yolks three eggs, one cup pulverized sugar, one teaspoon vanilla. Set in oven to dry.—Mrs. A. E. Palmer.

FRUIT CAKE.

One pound sugar, one pound butter, one pound flour, twelve eggs, two pounds currants, two pounds raisins, one pound citron, two teaspoons each cloves and cinnamon, one nutmeg.—Mrs. J. B. DeMotte, Greencastle, Ind.

FRUIT CAKE.

One pound sugar, one pound butter, one pound sifted flour, ten eggs, two pounds dried currants, one pound citron, three pounds raisins, two nutmegs, one cup molasses. Wash the currants and dry them, stone the raisins and sprinkle them and currants with some of the flour. Mix the batter, stir in raisins and currants alternately. Stir the whole ten minutes after all is in. Bake four or five hours.—Mrs. J. P. Dodds, Oskaloosa, Iowa.

FRUIT CAKE.

Two scant cups butter, three cups dark brown sugar, six eggs, whites and yolks beaten separately, one pound raisins, seeded; one pound currants, washed and dried; one half pound citron, cut in thin strips; one half cup cooking molasses, one half cup sour milk. Stir butter and sugar to a cream, add to that, one-half grated nutmeg, one teaspoon ground cinnamon, one teaspoon cloves, one teaspoon mace, add molasses and sour milk. Stir all well, then put in the beaten yolks of eggs, a wine glass of coffee, stir again thoroughly, then add four cups sifted flour alternately with the beaten whites of eggs.

Dissolve a level teaspoon soda and stir thoroughly. Mix the fruit together and stir into it two heaping teaspoons flour, then stir it in the cake. Butter two common sized cake tins carefully, line them with letter paper when well buttered, and bake in a moderate oven two hours. After baked let cool in the pan. Afterwards put into a tight can or let it remain in the pans and cover tightly.—Mrs. Mary Quigley.

FRUIT CAKE.

Five cups flour, three cups brown sugar, one cup molasses, one-half cup sweet milk, six eggs, one cup butter, one cup strong coffee, one teaspoon cloves, ground, one teaspoon nutmeg, one teaspoon alspice, one teaspoon cinnamon, ground; one heaping teaspoon baking powder, two pounds raisins, one pound currants. Bake in moderate oven three hours.—Esther Thomas.

"HARD TIMES CAKE." (*Layer Cake.*)

Whites of four eggs, two cups sugar, one half cup butter, two heaping teaspoons baking powder, one cup sweet milk, three cups flour. Flavor to suit.

After beating eggs to a froth, then mix eggs and butter together; afterward add the other material; beat well.—Mrs. W. T. Tandy.

HICKORY-NUT CAKE.

One and one-half cups sugar, one half cup butter, two cups flour, three-fourths cup sweet milk, whites of four eggs, two teaspoons baking powder; one large cup nutmeats; roll the kernels and sprinkle with flour.—Mrs. David Meredith, Lynnville, Iowa.

HICKORY-NUT CAKE.

Four eggs, two cups sugar, one-half cup cream or butter,

two and one-half cups of flour, two teaspoons baking powder; bake in jelly tins, and between these layers spread the following cream:

Two eggs, one cup sugar, two heaping tablespoons corn starch, one coffee cup of chopped hickory-nut meats, one pint of milk. Beat the eggs, sugar, cornstarch and nuts together and stir it into the pint of milk while boiling; let it cook as thick as custard, and when cold, spread it between the layers.
—Mrs. W. T. Tandy.

JAM CAKE.

One cup sugar, one half cup butter, one cup jam or jelly, three eggs, four tablespoons sour milk, one level teaspoon soda, one teaspoon cinnamon, one teaspoon cloves and nutmeg, two cups flour.—Tested

LOAF CAKE, "ROMEO AND JULIET."

Light Part.

One cup white sugar, whites of six eggs; well beaten, one tablespoon butter, one and one-half cups flour, one heaping teaspoon baking powder, four tablespoons milk.

Dark Part.

One cup sugar, one tablespoon butter, yolks of six eggs, one cup flour, four tablespoons sweet milk, one heaping teaspoon baking powder.

MARBLE CAKE.

Two cups sugar, one half cup butter, one cup milk, two tablespoons hot water, three cups flour, sifted five times after measuring, whites of six eggs, flavor to taste, two teaspoons baking powder in flour. Take part of dough and add chocolate, raisins and nuts.—Mrs. C. W. Sweet, Des Moines Iowa.

MARBLE CAKE.

White part.—One cup sugar, one-half cup butter beaten to a cream, one half cup sweet milk, one teaspoon baking powder, whites of four eggs beaten separately to a stiff froth, two cups flour.

Dark part.—Yolks of four eggs, one-half cup sugar, one fourth cup butter, one fourth cup sweet milk, one half teaspoon baking powder, one teaspoon cinnamon, alspice, one-half teaspoon nutmeg, one cup flour.—Mrs. A. E. Palmer.

M'KINLEY CAKE.

Two cups pulverized sugar, one cup butter, stir together; one cup sweet milk, whites of five eggs well beaten, four cups sifted flour with one teaspoon soda and two teaspoons cream of tartar sifted in it.

For the marble part take out some of the batter, stir red sugar in it, more or less as you like it, put a layer of white batter in the pan and drop a little red batter in spots and streaks, then put on more white, then drops of the red until all is in the pan, bake in a moderately hot oven, turn out on something soft, and ice with any preferred icing.—Elizabeth M. A. Naylor, Berkeley, California.

NO NAME CAKE.

Three eggs, two tea cups of sugar, one tea cup of butter, one tea cup of milk, four cups of flour, three teaspoons of baking powder or one teaspoon of soda and two teaspoons of cream of tartar; divide the quantity in three parts and to one part add one tea cup of raisins, chopped with a few currants, two table spoons of molasses, one teaspoon cinnamon, one teaspoon of cloves, one teaspoon of vanilla, one-fourth teaspoon grated nutmeg; bake in shallow pans, putting the dark cake between the others, with icing between them and on top.—Avis Fairbrother.

ORANGE CAKE.

One and one-half cups sugar, two cups flour, after sifting, four eggs, juice and grated rind of small, or half of large orange; two teaspoons baking powder; beat eggs and sugar fifteen minutes, then stir in flour and orange; after all is thoroughly mixed, pour in one cup of boiling water; stir as little as possible; bake forty minutes in a moderate oven.

Frosting: juice and grated rind of orange thickened with powdered sugar.

ONE EGG CAKE.

One cup of sugar, one heaping tablespoon of butter three-fourths cup sweet milk, one and one-half cups of flour, one egg, two teaspoons of baking powder, flavor to taste.—Mrs. R. W. Mills.

POND LILY CAKE.

One and one half cups sugar, whites of five eggs, one cup sweet milk, three-fourths cup butter, one and one-half pints flour, one and one-half teaspoons Weldin & Symon's baking powder, one teaspoon vanilla. Bake in two layers. Put icing between layers and on top.—Anna K. Symons.

PLAIN FRUIT CAKE.

One cup butter, two cups sugar, four eggs, three and one half cups flour, one cup sour milk, one cup English currants, one cup raisins, one teaspoon soda. Flavor to taste.—Mrs. Owen Kenworthy, Oskaloosa, Iowa.

POOR MAN'S CAKE.

Take one egg, one cup sugar, one half cup butter, one teaspoon baking powder, nutmeg, or essence of lemon. Mix same as other cake.—Mrs. S. J. Danielson.

POUND CAKE.

One cup butter, one and one-third cups sugar, two and one-fourth cups flour, six eggs, two-tablespoons milk, one teaspoon baking powder. Cream butter and sugar together, add yolks of eggs, beat until light. Beat the whites, add baking powder to flour, add some of the flour to sugar and eggs, then milk, then flour and whites alternately. Bake thirty-five or forty minutes.—Mrs. Anna Bowen.

PRINCE OF WALES (FOR YOLKS)

One cup brown sugar, two table spoons molasses, one-half cup butter, one-half cup sour milk, yolks of four eggs, one teaspoon soda, nutmeg, and cinnamon, one cup chopped raisins, flour to make batter.—Mrs. W. T. Millisack, Oskaloosa, Iowa.

SMALL WHITE CAKE.

One cup sugar, one and one half cups flour, one half cup milk, one half cup butter, whites of three eggs, two teaspoons baking powder.—Mrs. David Meredith, Lynnville, Iowa.

SURPRISE CAKE.

One egg, one cup sugar, one large table spoon butter, one cup water, two cups flour, two teaspoons baking powder. Flavoring.—Mrs. Cooper.

SNOW CAKE.

One half cup butter, one cup sugar, one and a half cups flour, one half cup sweet milk, whites of four eggs, one teaspoon baking powder. Flavor with lemon.—Julia Kenworthy.

SPONGE CAKE.

Four eggs, one cup sugar, one cup flour; separate the

eggs; beat up the yolks and add one half of the sugar. Beat this ten minutes by the clock and add one teaspoon vanilla. Beat whites of the eggs very stiff and add the other one half cup of sugar, beat again thoroughly. Then add yolks and whites together and beat ten minutes by the clock. Fold in one cup flour very carefully. Bake from thirty to forty minutes. Excellent.—Mrs. Harry Harrington, Oskaloosa, Iowa.

SPONGE CAKE.

Four eggs and two cups granulated sugar, beat very lightly, add two cups flour, two teaspoons baking powder sifted with flour and stir very little, two-thirds cup boiling water and put quickly into a moderate oven; this should be baked in a large pan.—Mrs. R. W. Mills.

SPONGE CAKE.

Beat four eggs lightly together, add one and one-half cups sugar, also one cup of flour little at a time, add a second cup of flour with two teaspoons baking powder; lastly a scant tea cup of nearly boiling water, little at a time; little salt; flavor with lemon or vanilla.—Mrs. W. L. Pearson.

TILDEN CAKE.

One cup butter, two cups sugar, one half cup sweet milk, one half cup corn starch, three cups flour, four eggs, two teaspoons baking powder, two teaspoons lemon extract.—Jennie Raymie.

WALNUT CAKE.

Two eggs, one cup sugar, one half cup butter; beat together, and add one half cup milk, one and one-half cups flour, sifted, with two teaspoons baking powder, and one large cup chopped walnuts, vanilla; bake in loaf.—Faye Rosebrook.

WHITE FRUIT CAKE.

Two cups sugar, one cup butter, one cup milk, four cups flour, three teaspoons baking powder, twelve eggs, (whites) one teaspoon lemon flavoring, one cup cocoanut, one-half cup citron, (chopped) one-half cup almonds (blanched and chopped fine).—Maud Stalker Lemley, Blooming Prairie, Minn.

WHITE MOUNTAIN CAKE.

Two cups pulverized sugar, half cup butter beaten to a cream; add half cup sweet milk, two and one-half cups flour, two and one-half teaspoons baking powder in the flour, whites of eight eggs. Bake in layers, and put together with icing, made by boiling a half tea cup of water and two and one-half of sugar until thick; pour it slowly over the well beaten whites of three eggs and beat altogether until cool.—Mrs. I. W. Cook.

WHITE MOUNTAIN CAKE.

Three cups sugar, one cup butter, one cup sweet milk, whites of eight eggs, four cups flour into which has been sifted one table spoon baking powder. One teaspoon lemon. Bake in layers. Make filling for cake with whites of four eggs, two cups powdered sugar.—Mrs. Mary Quigley.

WHITE CAKE.

Whites of eight eggs, beaten stiff, one cup butter, two cups sugar, one cup sweet milk, three cups flour, three teaspoons baking powder.—Mrs. H. M. Whinery, Des Moines, Iowa.

WHITE CAKE.

One cup butter, two cups sugar, three cups flour, whites nine eggs, one half cup milk, two heaping teaspoons baking powder. Beat batter well, then add sugar and again beat well.—Mary L. Hunt, Oskaloosa, Iowa.

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WHITE CAKE.

One and one half cups sugar, one half cup butter, beat to a cream, one cup sweet milk, one table spoon flavoring, two cups flour, (sifted often), two level spoons Weldin & Symon's baking powder, whites of four eggs. Beat the cake with the hand.—Tested.

WHITE CAKE.

One and one-half cups sugar, one-half cup butter, one-half cup milk, whites of four eggs, two cups flour, two teaspoons baking powder.

Filling. White of one egg, one cup powdered sugar, juice of one lemon, small lump butter.—Mary L. Hent.

WHITE LAYER CAKE.

Warm bowl to put butter in. One-half cup butter, two cups sugar, one-half cup whites of eggs, three cups flour, one cup ice water, three even teaspoons baking powder. Put one-half of the sugar with butter, the other one-half with the whites of the eggs. Pour in water in small quantities at a time. Add flour and water alternately and mix thoroughly. Baking powder comes in the last measure of flour. Beat in fresh air.—Lucile Rosenberger.

WHITE CAKE.

One cup butter, two cups sugar, one cup sweet milk, three cups flour, five egg whites, two teaspoons baking powder.—Mary Hawkins.

WHITE CAKE.

One cup butter, two cups sugar, one cup sweet milk, three cups flour, whites of five eggs, two teaspoons baking powder. Easily made and very good.—Mrs. J. T. Thornburg.

1, 2, 3, 4, CAKE.

One teaspoon vanilla, one teaspoon baking powder, one cup butter, one cup milk, two cups sugar, three cups flour, four eggs. Beat sugar and butter together until light, then add egg and other ingredients.—Mrs. F. L. S.

LAYER CAKES.

BUTTERMILK CAKE.

One and a half cups sugar, two-thirds cup butter, one cup buttermilk, whites of five eggs, two heaping teaspoons baking powder, three cups flour; flavor to taste.—Mrs. W. L. Butler.

CARAMEL CAKE.

Cream one cup pulverized sugar and one half cup butter, add one half cup sweet milk, two cups flour with two teaspoons baking powder, whites of six eggs; flavor with vanilla; bake in large bread pan; when cool cut into halves.

Caramel; melt one half cake Baker's chocolate, spread on the top of one layer and bottom of the other; take two cups sugar and one half cup milk; let dissolve and boil seven minutes; flavor with vanilla; beat until stiff; spread thickly on top of chocolate, turning chocolate part of other layer on filling.—Mary A. Meredith.

CARAMEL CAKE.

One and one-half cups sugar, three-fourths cup butter, half cup milk, two and a fourth cups flour, three eggs, one and a half heaping teaspoons baking powder, or a small teaspoon soda, and two teaspoons cream of tartar; bake in jelly tins. Make caramel as follows: Butter, size of an egg, pint brown sugar, (granulated will do), half cup milk or water, half cake chocolate, boil twenty minutes, (or until thick enough), and pour over cakes while warm, piling the layers one upon the other.—Mrs. J. T. Thornburg.

CARAMEL CAKE.

One and a half cups sugar, three-fourths cup butter, half

cup milk, two and a fourth cups flour, three eggs, one and a half spoons baking powder; bake in jelly tins. Make caramel as follows: Butter, size of an egg, pint brown sugar, half cup of milk or water, quarter cake chocolate; boil twenty minutes or until thick; put between layers.—Josepha Hambleton.

CARAMEL CAKE.

One cup sugar, one half cup butter, one half cup milk, two eggs, two teaspoons baking powder, two cups flour.

Filling; one scant cup sugar, one half cup milk, butter, size of an egg; boil ten minutes and flavor to suit taste.—Mrs. W. F. Millisack.

CREAM CAKE.

One cup sugar, one quarter cup butter, one half cup milk, whites of two eggs, one and one-half cups flour, one teaspoon baking powder; flavor with extract of rose.

Filling—yolks of two eggs, one cup sugar, two tablespoons cream, flavor and spread.—Mrs. I. W. Cook.

CHOCOLATE CAKE.

One cup sugar, one half cup butter, one half cup sweet milk, three eggs, two cups flour, one teaspoon soda, grate four squares Baker's chocolate, add three-fourths cup milk, yolk of one egg and one cup sugar; boil until thick, when cool add one teaspoon vanilla, mix with the dough; bake in layers with white icing.—Mrs. Josie Myers.

CHOCOLATE CAKE.

Three-fourths cup or one-third cake chocolate, grated, one half cup sweet milk, two-thirds cup sugar, yolk of one egg, cook until thick then cool.

Cake part; one cup sugar, one half cup butter, two cups sifted flour, one half cup sweet milk, two eggs; mix all to-

gether, stir in first part, add level teaspoon soda dissolved in hot water and one teaspoon vanilla; bake in layers, put together with boiled frosting.—Mrs. Anna Bowen.

CHOCOLATE CAKE.

Two cups sugar, one cup butter, one cup sweet milk, five eggs leaving out the whites of two, one teaspoon vanilla, two teaspoons baking powder sifted in two cups of flour, or sufficient to make a rather thin batter; cream the butter and sugar, add the eggs, beaten very lightly, then the milk, and last the flour and baking powder sifted together.

Filling; place one cup sugar and four tablespoons of water over the fire in a new tin or porcelain basin; let boil until it "hairs," have the two whites of eggs beaten to a stiff froth, add the boiling sugar, stirring constantly; as it cools add six tablespoons grated chocolate; spread between the layers and on top and sides of cake.—Mrs. Henry D. Lane.

GOOD RULE FOR LAYER CAKE.

Cream one half cup butter and add one and one-half cups sugar and cream again, one half cup milk, one fourth teaspoon salt, teaspoon vanilla, one and one-half cups sifted pastry flour, one half cup corn starch (measure before sifting), one teaspoon baking powder, sift flour cornstarch and baking powder together; beat thoroughly; fold in the whites of six eggs beaten dry; any filling may be used.—Mrs. Harry Harrington.

JAM CAKE.

One cup butter, one and one-half cups sugar, one cup sour milk, one cup blackberry jam or any kind of sauce or jam cut fine, one tablespoon soda, one tablespoon nutmeg, one tablespoon cinnamon, three eggs, three cups flour; bake in layers, put together with icing.—Mrs. J. T. Thornburg.

JAM CAKE.

Three eggs, one cup jam, half cup butter, one cup brown

sugar, three tablespoons sour milk, one and one-half cups flour, spice to suit taste, one teaspoon soda; stir in jam last; bake in layers and put jam between.—Mrs. John Hiatt.

ORANGE CAKE.

Two cups sugar, one cup sweet milk, three cups flour, one cup butter—five eggs—yolks of two and whites of five; three teaspoons Weldin & Symons' baking powder, grated peel and juice of one orange; bake in four layers; put one orange on top of cake.—Anna K. Symons.

POTATO CAKE.

One cup butter, two cups sugar creamed; add yolks of four eggs beaten, tablespoon cloves, half nutmeg, tablespoon cinnamon, one half cup chopped nuts, one half cup chopped raisins, one half cup milk, one teaspoon vanilla, one half cup grated chocolate, cup mashed potatoes (season as for table), two teaspoons baking powder sifted in two cups of flour, and whites of four eggs added alternately; bake in two layers and ice with caramel icing.

Caramel Filling; two cups of light brown sugar, and one cup sweet cream, cook like fondant; don't stir after taking from stove; spread on cake.—Mrs. Jas. A. Devitt.

YELLOW CAKE.

One cup sugar, half cup butter, three eggs beaten well together, level teaspoon soda, stirred in half cup sour milk, two small cups flour; flavor with lemon; pour in small dripping pan; bake an hour and cut in small squares. Very nice.—Mrs. J. T. Thornburg.

YELLOW CAKE.

Two-thirds cup butter, whites of three eggs—yolks of two, one cup sugar, two thirds cup milk and water mixed, two teaspoons baking powder; flavor to taste, flour to make rather stiff, and bake in three layers.

Icing—Two tablespoons grated chocolate, white of one egg; boil syrup; pour over egg and chocolate.—Mrs. Lou Haugh.

LOAF CAKES.

CHOCOLATE LAYER CAKE.

Three eggs, two cups sugar, one cup sweet milk, two large table spoons butter, three cups flour two heaping teaspoons Weldin & Symons baking powder; bake half the batter and in the remaining half add one-half cup grated chocolate and bake; pile white and dark layers alternating; ice with chocolate icing.—Nannie Wing.

CHOCOLATE CAKE.

Two cups sugar, one cup butter, one cup milk, three and one-half cups flour, yolks of five eggs, whites of two eggs, two even teaspoons baking powder sifted in flour; bake in jelly cake tins.

Mixture for Filling: whites of three eggs, three table spoons grated chocolate, one teaspoon vanilla, one cup powdered sugar, beat well together, and spread between layers and on top.—Mrs. A. B. Elliott, Des Moines.

DEVIL'S FOOD.

Two cups sugar, one cup butter, three eggs, one cup sour milk, one teaspoon soda, one-half cake chocolate grated, two and one-half cups flour, one teaspoon vanilla; use cooked frosting for filling.

Filling—One cup sugar, six teaspoons cream, butter size of walnut, flavor, stir until it boils then let boil five minutes without stirring, beat in cold water until white.—Mrs. Ira Kellogg.

DEVIL'S FOOD.

Melt together over tea kettle one-half cup butter, and one square of Baker's chocolate; three eggs, one cup sour milk,

one teaspoon soda, two cups flour, one cup sugar; beat and add melted butter and chocolate; layer or loaf.—Faye Rosebrook.

FRUIT SHORT CAKE.

To one pint flour add one heaping teaspoon Weldin & Symon's baking powder, one tablespoon sugar, one big lump of butter (melt and mix with above), one well beaten egg, water or milk sufficient to make stiff batter; place in deep pan which has been buttered and place over the top two-thirds pint of juicy fruit which has been well sweetened; bake till cake will not adhere to straw; remove and invert on large plate, cut in squares and serve hot with cream and sugar.—Mrs. Dosha C. W. Symons.

LAYER FRUIT CAKE.

One cup butter, two cups brown sugar, one cup sour milk, four eggs, one teaspoon cinnamon, cloves and soda, two cups seedless raisins cooked and put in while hot; make rather stiff batter and bake in layers.—Mrs. C. D. Weldin.

FRUIT LAYER CAKE.

One cup sugar, one-half cup butter, one and one-half cups flour, one-half cup fruit juice, one cup raisins, two eggs, one-half teaspoon soda; bake in layers.—Cynthia Crew.

FIG CAKE.

One cup butter, two cups sugar, three cups sifted flour, four eggs, whites and yolks beaten separately, one cup milk, three teaspoons baking powder, vanilla flavoring; take two thirds the batter, bake in two layers, on each put a layer of split figs, seeds up; to the remainder add two teaspoons molasses, one cup seedless raisins, one teaspoon of cinnamon and

cloves and a little more flour; put together with white icing using the dark and light layers alternately.—Susie Steddom.

JELLY ROLL.

Three eggs well beaten, separately, one cup sugar, one cup flour, three teaspoons water, one teaspoon baking powder.
—Tested.

SCRIPTURE CAKE.

Four and one-half cups I King, 4:22; one cup Judges 5:25 (last clause), two cups Jeremiah 6:20, two cups I Samuel 30:12, two cups, Nahum 3:12, two cups Numbers 17:8, two tablespoons I Samuel 14:25, a pinch of Leviticus 2:13, 6 Jeremiah 17:11, one and one-half cups Judges 4:19 (last clause), two teaspoons Amos 4:5; season to taste of II Chronicles 9:9.

SPICED LAYER CAKE.

Two cups brown sugar, a scant half cup of butter, one and two-thirds cups sour milk, one level teaspoon of cinnamon and the same amount of cloves, three scant cups of flour, one rounded teaspoon of soda sifted with the flour, yolks of two eggs and white of one, the white of the other being reserved for frosting; bake in two layers and spread frosting between.
—Adeline H. Hadley.

SPICE CAKE.

Two eggs, whites and yolks beaten separately, one cup sugar, one-half cup butter creamed, add yolks of eggs and three-fourths cup sweet milk, one teaspoon each of cinnamon and cloves, one and one-half cups flour; add whites of eggs and two small teaspoons baking powder; bake in two layers; white frosting.—Mrs. Mary Morrison.

SPICE CAKE.

Two-thirds cup butter, one cup sugar, two eggs, one cup

sour milk, one-half teaspoon soda, one-half teaspoon cloves, cinnamon and nutmeg, flour to suit.—Nannie Wing.

SHORT CAKE.

One heaping tea cup sugar, one cup sour cream, one teaspoon soda, pinch salt, one egg, teaspoon Weldin & Symon's lemon extract, flour enough to make stiff as cake; bake in layers, take quart of strawberries, one cup and one-half of sugar and let set for two hours then place between the layers of cake and on top.—Nannie Wing.

STRAWBERRY SHORTCAKE.

Beat together one cup sugar and one tablespoon butter, three eggs well beaten, sift two cups of flour and one heaping teaspoon baking powder and a little salt, stir in, using enough milk or cream to make it roll easily; bake in deep tin plates; with three pints of strawberries mix one cup sugar and spread on the cake. The above may be baked in two layers, putting butter between, when done open and spread berries between the layers as well as on the top.—Mrs. Henry D. Lane.

TEN MINUTE CAKE.

Two eggs well beaten, half cup sweet cream, one scant cup sugar, heaping teaspoon baking powder and flour enough to make a batter just thick enough to run off the spoon; beat the eggs very light, add sugar, then cream, lastly the flour with baking powder thoroughly sifted through it; bake in two layers and put together with icing.—Mrs. J. T. Thornburg.

ICINGS FOR CAKES.

CHOCOLATE FROSTING.

One half cup Baker's chocolate, one half cup sugar, one egg, piece of butter size of a walnut, one fourth cup sweet milk; cook in double boiler while mixing and baking cake; flavor with vanilla when done.—Mrs. W. E. Pierce, Boise, Idaho.

CHOCOLATE FILLING.

One half pound of chocolate creams melted over teakettle, stir till smooth, spread on cake and between layers; this cuts very nicely.—Tested.

FILLING FOR CAKE.

One cup sugar, four tablespoons milk; boil till thick—beat till white, add teaspoon lemon or vanilla.—N. E. W.

FRUIT FILLING.

Make any good cooked icing, and beat chopped raisins, dates or figs into it; or the filling may be made using the well beaten whites of eggs and pulverized sugar with the fruit.

FROSTING WITHOUT EGGS.

One cup granulated sugar, one fourth cup milk; stir sugar into milk, cook over a slow fire until it boils five minutes without stirring; remove from fire, set in a cool place, stir to a cream and spread on cake while it will run; flavor to suit taste, the advantage of this frosting is that it will keep longer than the egg and will cut without crumbling.—Mrs. John Hiatt.

LEMON JELLY FILLING FOR CAKE.

Take the juice of two lemons, one cup sugar, one egg, one half cup water, one teaspoon butter, one tablespoon flour; mix all together and cook over hot water until it thickens.—May Comfort, Des Moines.

MARSHMALLOW FILLING.

Three-fourths cup sugar, one fourth cup milk, one fourth pound marshmallows, two tablespoons hot water, half teaspoon vanilla; put sugar and milk in a sauce pan; heat slowly to boiling point without stirring and boil six minutes; break marshmallows in pieces and melt in double boiler; add hot water and cook until mixture is smooth, then add hot syrup gradually, stirring constantly; beat until cool enough to spread then add vanilla; this may be used for both filling and frosting.—Mrs. Jas. R. Howard, St. Anthony, Iowa.

MARSHMALLOW FILLING FOR CAKE.

Put one cup granulated sugar and one-quarter cup water over the fire together; stir until the sugar is dissolved, then boil carefully until it forms a soft ball when dropped into cold water. While watching this, pull apart a half pound of marshmallows, put them in a double boiler with two tablespoons hot water and stir until melted; now pour the hot syrup gradually into this hot marshmallow mixture, beating all the while; add vanilla flavoring; this may be used for filling or icing.—Mrs. I. W. Cook.

NUT FILLING FOR LAYER CAKE.

One cup sour cream, one cup white sugar, stir together and cook slowly ten minutes, then add one cup English walnuts, chopped fine; after it has boiled up again add the well beaten white of one egg, whip a minute or two; cool then

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spread one-half inch thick between layers and on top of cake.
Mrs. J. M. Haines, Boise Idaho.

ICING.

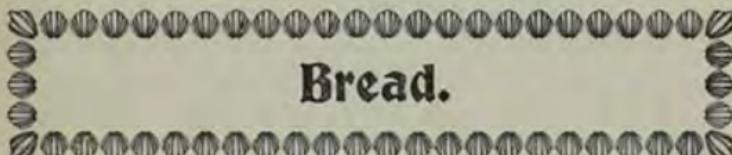
Take one and one-half pints pulverized sugar, add sweet cream until it is the consistency of thick paste; stir and beat well; any desired flavoring may be used.—Mrs. J. T. Thornburgh.

CARAMEL ICING.

About two cups C sugar, and just enough milk to moisten it; let it come to a boil, add a little chocolate and some butter.—Tested.

RIBBON ICING.

Two cups granulated sugar, one half cup milk or water; let simmer a few minutes, whip to a cream; when cake is cold, spread the icing between layers and on top—on top of this icing put chocolate icing made as follows; grate one square chocolate; put in bowl and set in pan of hot water till dissolved, flavor and spread over white icing.—Mrs. Samuel Steddom.



Bread.

"A little leaven, leaveneth the whole lump."--Bible.

YEAST.

Boil six large potatoes in five pints of water, after they have cooked awhile put in one pint of hops, tied in a bag; when potatoes are done take out, mash fine, put back and add two tablespoons flour; boil five minutes, then add one cup sugar and one-fourth cup salt; take off and when lukewarm put in one cup good yeast; keep warm until light, then put in jug in cool place.—Mrs. Addie Watson Steddom.

ASTOR HOUSE ROLLS.

Two quarts sifted flour, one teaspoon salt, one tablespoon sugar, one pint warm water, one tablespoon butter, one yeast cake soaked and mixed in milk with a little flour; mix all together and knead; let rise; work down and let rise; roll, cut round, spread with butter, fold and put in pans; let rise and bake.—Mrs. F. E. Gordon.

BREAD.

While getting dinner cook enough potatoes for sponge; one cake of yeast soaked in luke warm water; take one small cup flour—scald well with potato water; add one cup

potatoes well beaten; beat the flour and potato several times while cooling, then add the yeast, let stand until morning; being well scalded it will not sour; in the morning add two pints of warm water and enough flour to make a stiff batter, when light add a tablespoon lard or butter, two tablespoons sugar, tablespoon salt; knead well; when light make in loaves, let rise and bake one hour; rub the top with butter when baked.—Mrs. John Hiatt.

BREAD.

Soak one cake of good yeast in one half cup luke warm water until soft and foamy; pare three medium sized potatoes and boil until quite soft; scald one cup sifted flour with the water the potatoes were boiled in, working it until it is perfectly smooth, then add the potatoes, mashed very fine; stir all together making about one quart of the mixture; when luke warm add the yeast; let rise over night; if covered with a warm table cloth, or some other suitable covering, it will be very light and foamy in the morning; add one quart of warm water and enough sifted flour, of the best quality, to make a stiff batter; put in a warm place to rise; when light add salt, sugar and butter to taste, and flour enough to make it moderately stiff; work it well and let it rise to twice its size, then work it down and let rise again; mold into loaves; use no flour in molding as it makes the loaves cracked; let rise to twice the size and bake one hour.—Anna Hammond, Le Grand Iowa.

BOSTON BROWN BREAD.

Thoroughly scald with boiling water two cups corn meal, add two cups of buttermilk (or sour milk), one even teaspoon soda, one tablespoon molasses, salt to taste, one cup of rye or graham flour; put in pail with cover and boil four hours.—Mrs. Clara H. Hadley, LeGrand.

BOSTON BROWN BREAD.

Two cups Indian meal, one cup rye flour or graham, one half cup molasses, one teaspoon soda, a pinch of salt; mix together with buttermilk until the consistency of cake; steam two hours.—Mrs. Daniel Roberts.

BOSTON BROWN BREAD.

One and one-half cups buttermilk, one level teaspoon soda, one cup sorghum, one half teaspoon salt, graham flour enough to make a batter that will readily drop from a spoon; steam three hours.—Mrs. Joseph Wells.

BOSTON BROWN BREAD.

Two cups graham flour, one cup cornmeal, one cup molasses, two cups buttermilk, one teaspoon soda, one teaspoon salt; steam two hours; bake one half hour.—Anna K. Symons.

BROWN BREAD.

One and one-half pints sour milk, two scant teaspoons soda, dissolved in a little hot water, one teaspoon salt, one half cup New Orleans molasses, as much graham flour as can be stirred in with a spoon; steam one and three-quarters of an hour; dry off in oven twenty minutes; remove from oven, wrap in cloth and let stand ten minutes.—Mrs. E. H. Gifford.

BROWN BREAD.

One cup molasses, one cup milk or water, one cup cornmeal, two cups graham flour, one half teaspoon soda, one half teaspoon salt; steam three hours.—Mary E. Morrison.

BROWN BREAD.

One pint sour milk, one teaspoon soda, one half cup but-

ter, one-half cup sugar, two eggs, one teaspoon salt; thicken with graham flour until too thick to pour freely; bake in a moderate oven half an hour or more.—Mary Chawner.

BROWN BREAD.

Two cups graham, one-half cup wheat flour, one cup molasses, one-half cake yeast dissolved in one cup warm water, one-half teaspoon soda, one teaspoon lard and a pinch of salt. Mix thoroughly, put in baking pan, let raise over night and when light put in oven.—Alice P. Johnson.

CORN BREAD.

One quart cornmeal, one pint flour, one teaspoon salt, two heaping teaspoons baking powder, one cup sugar, two eggs, one large table spoon lard; add water or sweet milk until like thin batter cakes; bake in quick oven.—Lydia Boyce.

CORN BREAD.

Two cups corn meal, one cup flour, one-fourth cup sugar, two eggs, a little salt, four table spoons lard, two cups sweet milk or part water, more if yet too thick, two teaspoons baking powder.—Beulah C. Andrews.

COFFEE BREAD.

Take a piece of bread dough—about the amount to make a loaf; mix with it a half cup sugar, one egg, piece of butter; flour will be needed in mixing egg, sugar and butter; roll it out and spread sugar over it and sprinkle with cinnamon, then roll it up; place in bread pans, let rise, bake; cuts off like roll jelly cake.—Mrs. B. S. Watson.

GAULT HOUSE ROLLS.

Four cups good potato sponge, half cup lard or butter,

one cup sugar; make good stiff dough; let rise and work into long shaped rolls, two rows of nine each in common sized square bread pan; grease between rolls, let get light and bake; brush tops with milk while hot.—Sarah E. Wing.

GRAHAM BREAD.

Three cups of good potato sponge, one cup white flour, one half cup sugar, half cup lard; if sponge was not salted, put in half teaspoon salt, and enough graham flour to make not very stiff dough; grease outside and let rise, then work out in baking pan; let rise and bake.

GRAHAM ROLLS.

Two cups good potato bread sponge, one cup sugar, one half cup lard, one cup white flour and remainder graham flour; let rise, then make in long shaped rolls, in a common square pan, two rows of nine each; let get light and bake.

GRAHAM BREAD.

One and one-half cups sour milk, two eggs, one half cup sugar, one teaspoon soda, one tablespoon lard; thicken with graham; steam two hours then bake in oven.—Mrs. H. M. Whinery.

GOOD CORN BREAD.

Two cups sour milk, two cups corn meal, two eggs well beaten, two tablespoons flour, one teaspoon salt, one teaspoon soda; mix; melt two heaping table spoons butter in baking pan; pour one-half butter in the batter; stir well; pour in the pan and bake one-half hour in hot oven.—Lizzie A. Mote, Le Grand.

GOOD TEA ROLLS.

Boil three large potatoes till soft, mash to a cream, put

one tablespoon sugar and one tablespoon salt in the boiling potato water and mix with the mashed potatoes; have three pints of the water, when cool stir in half cake yeast foam, let stand over night, in the morning stir in the flour till thick batter, let get light; put in a cup lard and half cup sugar; make into dough and let rise, then work slightly and roll thin; cut with notched cake cutter, grease top and fold over; grease between cakes when putting in baking pan; let get light and bake.—Sarah E. Wing.

JOHNNY CAKE.

Two eggs, three cups buttermilk, one-half cup lard, one-half cup sugar, one cup flour, one teaspoon soda, one-half teaspoon salt and three cups of Indian meal.—Faye Rosebrook.

POTATO BREAD.

Boil six small potatoes in enough water to have three pints water when done; mash two of the potatoes very fine and stir in potato water; add one half cake yeast (soaked), and enough flour to make stiff batter and beat well five or ten minutes; let rise over night; (in winter time take half cake of yeast and put in bowl with a cup of water and thicken with flour, let rise till evening and make sponge); in the morning take about three sieves flour, salt and mix the sponge; work down twice before putting into bread pans.—Mrs. Sarah Harrington.

RUSK OR ROLLS.

Six pints of sifted flour, one half cup cream, one cup milk, a piece of butter the size of a walnut; scald part of the flour; one pint sugar, three well beaten eggs, part of a cup of yeast—if made over night, one pint if mixed in the morning; make all into a stiff batter, and beat well; when light stiffen into dough and let rise, then work into rolls; when light bake.—Beulah C. Andrews.

RUSK.

Take one pint of sponge like the above, one cup sugar, one-half cup lard, whites of two eggs well beaten, flour to make good dough; when light make into round biscuit; let rise till quite light; bake from thirty to forty-five minutes; rub tops over with cream and sugar, while hot.—Sarah E. Wing.

SALT RISING BREAD.

Early in the morning take a quart earthen jar, fill one third full of luke warm water, add a little milk, a pinch of salt and a teaspoon of brown sugar, two tablespoons corn meal add enough flour to make a batter as for griddle cakes; set jar in kettle of warm water and keep same temperature, stirring every few minutes until nine o'clock, add two spoons flour and do not stir any until light, which will be in about five hours; sift flour into your mixing pan, make an opening in the center and pour in your rising, let stand twenty minutes in a warm place, then make your bread—not too stiff; make in loaves after kneading well; place over a pan of warm water until light or comes to top of pan; have the oven hot and bake one hour; the oven must be hotter than for yeast bread; keep well wrapped.—Mrs. Owen Kenworthy.

SALT RISING BREAD.

One third pint of milk on the fire, when hot thicken with corn meal, set till morning, then thicken some warm water with flour, add a little salt, and then put the cornmeal sponge in it and set in warm water, and it will be light in about two hours; then mix bread, place in pans; when light, bake.—Mary Hawkins.

SPONGE FOR LIGHT BREAD.

Cook four good sized potatoes till very soft, mash to a cream, put one tablespoon salt and one tablespoon sugar in

the potato water while it is boiling hot (have two quarts of it), pour into the mashed potatoes; when cool, put in a cake of yeast well soaked let stand over night; if it is all right the potatoes will be on top; then thicken with flour and let it get light; it is ready now to make bread, rusk, rolls, graham bread or cinnamon rolls.—Sarah E. Wing.

SOUTHERN JOHNNY CAKE.

One cup corn meal, one-half cup flour, one egg, one cup sour milk, little sugar, one table spoon lard, one-half teaspoon soda added last.—Mrs. Sam Steddom.

SOUTHERN CORN MUSH BREAD.

Put one pint milk into a sauce pan over the fire; when it is hot stir into it two-thirds cup of white corn meal; stir this constantly and let it cook until it thickens. Then take from the fire; add one level teaspoon salt, one table spoon butter and yolks of four eggs; have the whites of the eggs beaten stiff and fold in carefully. Turn the mixture into a greased baking dish. Bake in a moderate oven twenty minutes and serve from the dish immediately. Enough for six persons.—M. Ilma Harrington.

STEAMED BROWN BREAD.

One cup of white flour, two of graham flour, two of Indian meal, one teaspoon soda, one cup of molasses, three cups milk, a little salt. Beat well and place in buttered one pound baking powder cans and steam for three hours. On removing from cans place in a hot oven for a few minutes. This recipe is for sour milk; when sweet milk is used use baking powder in place of soda.—Mrs. Mary Douglas.

STEAMED CORN BREAD.

One cup sweet milk, cup sour milk, half teaspoon soda,

one teaspoon salt, one egg, half cup molasses, one and one-half cups flour, two and one-half cups cornmeal. Mix thoroughly and put in a buttered vessel which is large enough to allow for expanding and which can be tightly closed. Put in a vessel of boiling water and keep it steadily boiling for three hours.—Lulu Dean.

STEAMED CORN BREAD.

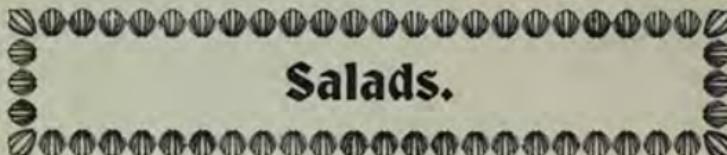
One cup sweet milk, one cup sour milk, one-half cup molasses, one and one-half cups flour, two and one-half cups corn meal, one small teaspoon salt, one level teaspoon soda. Steam three hours.—Mrs. Jas. Mattison.

WELSH ROLLS.

Two cups bread sponge made over night, two cups warm milk, one teaspoon salt, two eggs well beaten, one half cup butter, melted, one half cup sugar; mix stiff with flour and set to rise; when light make out in rolls; when light again, bake in hot oven.—Mrs. P. Gad Seevers.

YEAST BREAD.

Soak one cake of yeast in a half cup of warm water; cook two medium sized potatoes in a little water; take three pints of flour, and pour on it the water from the potatoes, then mash the potatoes and add them to flour and water; pour enough cool water in to make a rather stiff batter and add the yeast last; the batter should be only luke warm when yeast is added; keep in a warm place and let rise over night; add enough flour to make the sponge knead well; let it stand until light, then knead again; make into loaves, let rise and then bake.—Mrs. A. Rosenberger.



Salads.

SIDNEY SMITH'S WINTER SALAD.

Two large potatoes passed through the kitchen sieve,
Unwonted softness to the salad give;
Of mordant mustard add a single spoon—
Distrust the condiment which bites too soon;
But deem it not, though made of herbs, a fault
To add a double quantity of salt;
Three times the spoon with oil of Lucca crown,
And once with vinegar procured from town;
True flavor needs it, and your poet begs
The pounded yellow of two well-boiled eggs.
Let onion atoms lurk within the bowl,
And, half suspected, animate the whole;
And lastly, on the favored compound toss
A magic teaspoon of anchovy sauce.
Then, though green turtle fail, though venison's tough,
Though ham and turkey are not boiled enough,
Serenely full, the epicure shall say,
"Fate cannot harm me—I have dined to-day."

BEAN SALAD.

Boil wax beans until very tender, season with salt and pepper; when cold pour over them mayonnaise dressing.—
Mrs. J. T. T.

BEAN SALAD.

String young beans, cut into half inch pieces, wash and cook soft in salt water, drain well; add finely chopped onions,

pepper, salt and vinegar; when cool add olive oil or melted butter.—Mary Lewis.

CABBAGE SALAD.

Two quarts finely chopped cabbage, two level tablespoons salt, two tablespoons white sugar, one tablespoon black pepper, heaping tablespoon ground mustard. Rub yolks from hard boiled eggs until smooth, add half cup butter slightly warmed, mix thoroughly with the cabbage and add tea cup good vinegar; serve with whites of the eggs sliced and placed on the salad.—Mary Lewis.

CABBAGE SALAD.

Chop cabbage fine; one-half cup each of vinegar and butter brought to a boil. Stir together one tablespoon each of flour and sugar, one teaspoon each of mustard and salt, one-fourth teaspoon pepper and add to the boiling vinegar; then add beaten yolks of one-half dozen eggs. Use celery seed for flavoring. Whip smooth when cool and thin with whipped cream.—Rosa E. Lewis.

CELERY SALAD.

One cup nuts, one cup apples, one cup celery.

Dressing: Four tablespoons butter, one tablespoon flour, one tablespoon sugar, one teaspoon salt, one teaspoon mustard, one cup milk, one-half cup vinegar, three eggs, a pinch of cayenne pepper; heat the butter, add flour, stir smooth but not brown, add milk and let boil in pan of hot water; beat the eggs, salt, pepper, sugar and mustard together; add vinegar and stir into the mixture in the pan; stir until a thick soft custard; set away to cool; chop nuts, apples and celery fine; put the dressing on when cold.—Ozella A. Terrell.

CHICKEN SALAD.

Cut chicken fine with a knife, do not chop. Use equal

parts of chicken and celery. Split celery stalks and cut with a knife, salt and pepper chicken before cooking. Add the following dressing: Yolk of one well beaten egg, one tablespoon strong vinegar, add a pinch of sugar and cook in double boiler. Make this in any desired quantity according to above proportions using half as much whipped cream as dressing. Add pinch of mustard, salt and pepper. Pour over chicken and mix.—Mrs. John P. Hiatt.

COLD SLAW.

Two-thirds cup vinegar, one egg, two tablespoons sugar, one-half teaspoon salt, one-half teaspoon mustard (mixed) or celery seed, butter the size of a walnut; stir till it boils and when cold pour over shaved cabbage, or

Equal parts of shaved cabbage and chopped celery may be used.—Sarah Macy Lane.

CUCUMBER SALAD.

Peel and slice cucumbers, mix with salt and let stand half an hour; mix two tablespoons sweet oil or ham gravy with as much vinegar and a teaspoon sugar, add cucumbers after draining a little, add teaspoon pepper and stir well. Sliced onions are an addition if their flavor is liked.—Mary Lewis.

FISH SALAD.

Take cold fish left from dinner, remove all bones and separate in small pieces with two forks. Pour over it and mix it well with the following sauce: One egg well beaten, one tablespoon sugar, one tablespoon mixed mustard, three tablespoons vinegar, small piece of butter. Let it just boil to a cream, then pour over the fish.—Mary E. Morrison.

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C. E. LOFLAND, Cashier.

H. L. SPENCER, Vice-Prest.

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FRUIT SALAD.

Seed one pound of white grapes and add one-third as many English walnut meats. Serve with mayonnaise dressing.—Rosa E. Lewis.

FRUIT SALAD.

Four oranges cut in small pieces, one can sliced pineapple, one stalk celery. Mix with mayonnaise salad dressing to which whipped cream has been added.—Mrs. Delia B. Meredith, Newton, Iowa.

A FRUIT SALAD.

Take equal quantity of cut celery and apple; a few pieces of orange cut small, or pineapple; a few Brazil nuts, white grapes. Then mix with mayonnaise dressing.—Esther Hunt.

FRUIT SALAD.

One pint of canned seeded cherries, six bananas sliced thin, sweeten to taste. If not enough juice add water.—Mrs. Owen Kenworthy.

FRUIT SALAD.

One box gelatine, three oranges, six bananas, one cup sugar. Put the gelatine to soak in one pint cold water, let stand thirty minutes, then add one quart boiling water. Peel and slice the oranges and bananas, sprinkle with sugar and let them stand thirty minutes. Mix the fruit with the gelatine and put on ice to cool. One box of fresh strawberries adds much to this salad.

FRUIT SALAD.

Six apples, one pound of nuts, chop and mix with dressing. The dressing is the same as made for other salad.—Mrs. H. M. Whinery.

HAM SALAD.

Cut small bits of boiled ham and place in salad bowl with hearts and inside leaves of a head of lettuce. Make dressing as follows: Mix in a sauce pan one pint sour cream as free from milk as possible, one-half pint good vinegar, pepper, salt and small piece butter, sugar and small tablespoon mustard; mix smooth, boil, add well beaten yolks two eggs, stirring carefully as for float until it thickens to consistency of starch. Set in cool place or on ice and when cold pour over salad and mix well.—Mary Lewis.

HOT SLAW.

Chop cabbage fine. One half cup vinegar, butter the size of an egg, one egg, one teaspoon sugar, one teaspoon salt, one teaspoon mustard, little pepper. Boil together and pour over cabbage.—Mrs. A. Cooper.

HOT SLAW.

Cut the cabbage into shreds, put into a stew pan and set on the stove for one half hour or until hot through. Do not let it boil.

Dressing: Beat two eggs with two tablespoons sugar; add a piece of butter half the size of an egg, a teaspoon of mustard, a little pepper and then a tea cup of vinegar. Boil all together, and if desirable, add a half cup of sweet cream, but in this case use less vinegar. Either way is fine. While the dressing is hot pour it over the hot cabbage and stir well. Serve immediately.

LETTUCE AND TOMATO SALAD.

Make a bed of crisp, cold lettuce leaves, pare and slice fresh tomatoes on the lettuce, put here and there spoonfuls of rich dressing. This makes an excellent salad besides being quite ornamental.—Mrs. George W. Seevers.

NUT SALAD.

English walnuts and celery, half and half, mix with mayonnaise dressing and serve on lettuce leaves.—Rosa E. Lewis.

NEUFCHATEL SALAD.

One Neufchattel cheese beaten with one tablespoon melted butter and one tablespoon cream; season with pinch salt and pepper; add one cup chopped nuts, olives or pimentos; mix thoroughly, roll in balls and serve with lettuce, water cress, or some green salad.—Mary Burnside Johnson.

POTATO-CUCUMBER SALAD.

For six persons. Take six medium sized cold boiled potatoes, boiled in salt water, cut in small squares; four hard boiled eggs, three pink radishes (sliced thin), one medium sized cucumber (sliced thin), mix with French dressing and serve on lettuce.—Nannie Wing.

POTATO SALAD.

Chop cold boiled potatoes fine with enough raw onions to season nicely.

Dressing: Take the yolks of three hard boiled eggs, salt and mustard to taste; mash it fine; make a paste by a dessert spoon of olive oil or melted butter; mix thoroughly and then dilute by adding gradually a tea cup of vinegar. Pour this over the potatoes and stir.

POTATO SALAD.

Into a chopping bowl put three large boiled potatoes, three hard boiled eggs and a very small raw onion; chop this fine and add two tablespoons melted butter, one-half teaspoon of mustard, a little salt and pepper and moisten with vinegar to suit the taste.—Mrs. Douglas.

SALAD.

Equal parts cabbage, apples and English walnuts; moisten with cream dressing to which add an equal amount of whipped cream.—Maud Stalker Lemley, Blooming Prairie, Minn.

SALMON SALAD.

Pour oil off one can of salmon, put into a dish and squeeze the juice of one small lemon over it; cut celery or lettuce stalks one cup; if lettuce, celery salt is good; add any good salad dressing, stir as little as possible to mix, keeping the salmon in rather large pieces. Garnish with slice of lemon or boiled eggs.—Mabel H. Kenworthy.

SALMON SALAD.

One twenty cent can of salmon, one coffee cup of chopped cabbage, two stalks celery, two pickles, two hard boiled eggs. Pour the oil from the salmon into a one-half pint cup and fill the cup with vinegar, then take one egg, a tablespoon of sugar, a little butter, some mustard, salt and pepper; add to the oil and vinegar and boil until it thickens. Pour it over the salmon while hot and mix.—Mrs. Robert Meredith.

SWEET BREAD SALAD.

One pint sweet breads boiled twenty minutes in salt water and dropped in cold water; pick carefully to pieces; to this add celery and hard boiled eggs cut fine. Mix with mayonnaise dressing.—Alice P. Johnson.

SHRIMP SALAD.

Soak one can of shrimps over night, clean and pour on a little vinegar, season highly with salt and pepper, add the best

part of a bunch of celery and two hard boiled eggs cut in pieces. Mix with dressing.—Alice Johnson.

WALDORF SALAD.

One-third each of English walnuts, celery, and tart apples mixed with mayonnaise dressing.—Rosa E. Lewis.

TONGUE SALAD.

Chop moderately fine equal parts of celery and tongue; salt and pepper, a few capers, a few fine chopped nuts. Toss carefully.—Esther Hunt.

TOMATO SALAD.

Remove skin, juice, and seeds from nice fresh tomatoes, chop what is left with celery and add a good salad dressing.

TOMATO SALAD.

Peel ripe tomatoes and remove the hard core. Fill with mayonnaise dressing and serve.—Rosa E. Lewis.

WALDORF SALAD.

One medium sized stalk celery, four medium sized fresh apples, one cup chopped nuts; chop apples and celery in small squares, salt a little, add nuts and mix with mayonnaise dressing; serve on lettuce leaves.—Nannie Wing.

SALAD DRESSINGS.

CREAM DRESSING FOR COLD SLAW.

Two tablespoons whipped sweet cream, two of sugar, and four of vinegar; beat well and pour over the cabbage, previously cut fine and seasoned with salt.—Mrs. Lillie Pearson.

CABBAGE SALAD WITH FRENCH DRESSING.

Shave a medium sized cabbage fine, sprinkle with salt and pepper, pour over it the following dressing: Heat one half cup milk to a boil, beat one egg, one-half cup sugar, piece butter the size of walnut and stir it all in the boiling milk; let it come to boil, then add one-half cup of vinegar; pour it all over the cabbage and let it cool. Stir occasionally.—Mrs. Haines, Boise, Idaho.

MAYONNAISE DRESSING.

Eight eggs, yolks, one tablespoon sugar, three tablespoons mustard, one half tablespoon celery salt, one quarter teaspoon cayenne pepper, one cup sweet milk, one cup butter, one pint vinegar; mix all together, adding vinegar last; cook slowly, stirring constantly; should be the consistency of thick cream; for extra occasions add whipped cream to the amount of dressing required.—Mrs. J. B. DeMott, Newcastle, Ind.

MAYONNAISE DRESSING.

One half cup each vinegar and water brought to a boil, lump butter as large as a walnut or more, two tablespoons sugar, one teaspoon each flour and salt, one fourth teaspoon each pepper and mustard, from three to six whole eggs, or yolks of twice the number; beat eggs very light and mix with dry ingredients, then stir into the boiling vinegar, and stir briskly till very smooth; set away to cool; when using stir cup of whipped cream or whites of two or three eggs with it.—Rosa E. Lewis.

MAYONNAISE DRESSING.

Add to yolks of five eggs well beaten, ten tablespoons of vinegar, cook in double boiler and stir to keep from sticking to pan, when thick take from stove and add tablespoon melted butter, salt, pepper and mustard to taste; stirring till smooth; if lumpy strain through wire sieve. Set in cool place till ready to use and add a tablespoon of sugar, or, to taste, according

to what dressing is used on, thin with whipped cream, using about one-half as much whipped cream as salad dressing.—Carrie Pickrell, Oskaloosa, Iowa.

SALAD.

One-third cup butter, two tablespoons flour (level), one-half pint milk; rub butter and flour together. Put milk on to boil. When hot stir in butter and flavor. Stir and cook until thick. Set off to cool. Beat up three eggs to a foam. Stir into three tablespoons sugar, one of salt, two teaspoons mustard, a dash of cayenne; stir together, put in one-half cup vinegar, put the first with last, boil until thick.—Mrs. Kissick.

SALAD.

One head of cabbage, same amount apples, dime's worth peanuts chopped together.

Dressing: Two tablespoons butter, two tablespoons sugar, one tablespoon mustard, one teaspoon salt, one teaspoon pepper, well beaten yolks of three eggs; mix together; stir in one cup vinegar and one cup milk; cook in double boiler until it thickens; remove to prevent curdling.—Edith Everett.

SALAD DRESSING.

One small cup vinegar and water, half and half, four eggs well beaten, two tablespoons sugar, one teaspoon salt, one half teaspoon ground mustard, piece of butter half as large as an egg; stir all together and boil in a double cooker, stirring briskly all the time, until smooth; when cold add one half cup thick cream whipped.—Mrs. Geo. W. Seevers.

SALAD DRESSING.

One half pint vinegar, one third cup sugar, yolks of four eggs, one half cup butter, one teaspoon salt, one half teaspoon mustard, a speck of cayenne; cook until thick; when cold add one cup cream.—Josephine Hambleton.

SALAD DRESSING.

One teaspoon dry mustard, one teaspoon sugar, one tablespoon vinegar, one tablespoon olive oil, one tablespoon salt, yolk of one egg; put in soup plate and stir around, not over, with a fork, pouring in olive oil until one half pint is used; add a little lemon juice or vinegar as desired.—Rosella Meredith.

SALAD DRESSING.

Two teaspoons of sugar, one of salt, one of mustard, three tablespoons cream, two eggs, one-half cup vinegar; cook until thick, add butter when off the fire.—Beulah C. Andrews.

SALAD DRESSING.

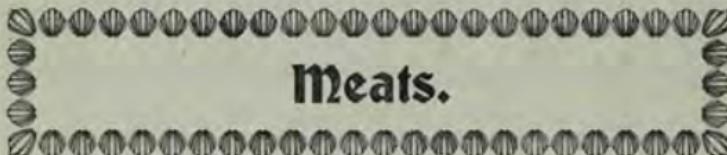
Yolks of four eggs beaten light, four tablespoons vinegar, one tablespoon sugar, one teaspoon mustard, one teaspoon salt, a little cayenne pepper, large lump of butter, mix the dry ingredients and add to eggs, vinegar and butter, set pan in a pan of boiling water and stir constantly, remove from fire when it begins to thicken and beat until smooth. This will keep if covered in a cool place, for weeks; when used add cream; whipped is better.—Beulah Bennett.

SALAD DRESSING.

The yolks of three eggs well beaten and one tablespoon flour stirred smooth; add slowly one cup vinegar. Season with one teaspoon salt and one of sugar. Put butter in a skillet and when hot pour in the mixture. Stir constantly. When cold add mustard and a pinch of cayenne pepper. Before using mix with the whites of two eggs well beaten.—Alice P. Johnson.

MISS HECKER'S RECEIPT FOR TOMATO ASPIC.

One can of tomatoes; put in sauce pan over the fire; add a slice of onion, a sprig of parsley, a bay leaf, a little bit of celery; let simmer for fifteen minutes, then strain and add three-fourths of a box of gelatine, which has been soaked for one-half hour; stir until the gelatine is dissolved, strain again



Meats.

"O, who can clog the hungry edge of appetite, by bare imagination of a feast."

BAKED BREADED LAMB CHOPS.

Have the bones removed from two pounds of lamb chops, sprinkle them with a level teaspoon salt, one fourth teaspoon pepper, beat one egg with one teaspoon water, dip each chop into it, roll in fine bread crumbs, place in a roasting pan with two tablespoons water and one tablespoon butter cut into small bits; bake in a quick oven for twenty minutes.—Mrs. Hawkins.

BEEF LOAF.

Grind together three pounds lean beef and one fourth pound salt pork; add to it one teacup bread or cracker crumbs, three eggs well beaten, two teaspoons salt, one teaspoon pepper, sage to taste; mix well and pack tightly in a deep bread pan; sprinkle crumbs over the top; baste it with one teaspoon butter in hot water and bake two and one-half hours.—Mary E. Morrison.

BEEF LOAF.

One pound round steak ground in meat chopper, three Uneeda biscuits rolled fine, or bread crumbs the same quantity, one egg, one teaspoon salt, a little pepper, half coffee cup sweet

milk; mix all together, form in loaf and bake in moderate oven three quarters hour, and baste with little boiling water two or three times.—Mrs. W. L. Pearson.

BEEF STEAK ROLL.

Get first or second cut of round steak—ground well; put bits of butter over with salt and pepper; make a good dressing of bread crumbs; spread on the prepared steak and roll; tie with a string, and bake in hot oven one half hour, basting with water and melted butter.—Mrs. Geo. W. Seevers.

BROILED PORTER HOUSE STEAK.

Heat a griddle smoking hot; grease with suet as for pan cakes; lay on the steak which should be three fourths inch thick, and turn constantly and deliberately until done, keeping the griddle hot; when done place in hot platter; sprinkle with salt and pepper; serve immediately.—Mary P. Michener.

BROILED BACON.

Cut bacon into wafer-like slices and chill to make it firm, then drop into a smoking hot frying pan; it will curl almost instantly and within half a minute will be slightly colored, and when lifted to a hot plate will be crisp.—Mrs. S. M. Robertson.

CANNED MEAT.

Cut beef, or pork, into small enough pieces to go into a glass jar; don't wash it; salt and pepper to taste; pack into jars; use new rubbers and lids, put rubber and lid on, but not too tight; put wash boiler on stove, put a board in the bottom, set cans in, fill boiler with cold water, within an inch of can's top after it begins to boil; let it boil four and one-half hours; set boiler off stove, let cool three to six minutes, lift cans out, seal tight. I have put up meat this way and it has kept finely;

and it is so handy as it only needs warming.—Mrs. Maggie Winslow, St. Anthony, Iowa.

EGGED PORK.

Beat two eggs very light; take desired amount of pork chops and roll well in flour, then dip in egg and fry until well done.—Mrs. W. L. Butler.

HINDO FOOD FOR LEFT-OVERS.

Cook one half package of macaroni in one half gallon boiling, salted water, when tender drain; have ready scraps of any kind of cold meat, chopped fine; grease a baking dish and put in a layer of macaroni, add a layer of meat and cover with tomato sauce, salt and pepper and bits of butter; repeat until dish is full; melt one tablespoon butter and stir in dry bread crumbs and spread over the top; bake twenty minutes.—Mrs. Harry Harrington.

HAM TOAST.

One cup cold boiled ham, chopped fine, yolk of one egg, one half cup milk, dash of cayenne pepper; scald the milk, add the beaten yolk, stir until it thickens; add the ham, and while hot serve on buttered toast.—Tested.

MEAT LOAF.

Two pounds of ground round steak; put in a pan, break three eggs, one teaspoon pepper, one heaping tablespoon salt, one half teaspoon sage, four salt wafers rolled fine; mix and bake one hour. Very nice for lunch or picnics.—Mrs. S. M. Robertson.

MEAT LOAF.

Two pounds of hamburg steak rather fat, one egg well beaten, one cup of crackers or bread rolled fine, salt to taste; spread the crumbs on a board, then the meat, the egg and more

crumbs; knead like dough; mould in a roll and put in a pan with three fourths cup of water and baste often; bake one hour. Miss Lewis.

ROAST LOIN OF VEAL WITH DRESSING.

Spread a dressing of bread crumbs seasoned with sage, celery seed or fresh oysters on the loin of veal; roll up and tie; cover the entire top surface with the dressing; roast in a double roaster with plenty of butter and water to nearly cover. Mrs. Geo. W. Seevers.

ROAST BEEF.

Take a rib piece or loin roast of seven or eight pounds; rub well with salt and flour; lay it in the roasting dish and put in one cup of water; put it inside a well heated oven and baste frequently with its own gravy.

ROAST LAMB OR MUTTON.

Use a fore-quarter or hind-quarter of a sheep; wash carefully and wipe with clean towel; lay it in baking pan and pour in water to baste with; it should not be salted at first, but salt and pepper should be added after it has roasted a half hour; allow about twenty minutes to the pound, keeping a steady hot fire; baste after and before taking up, dredge slightly with flour and let it brown.—Adeline H. Hadley.

ROAST PIG.

Take a young pig about six weeks old; wash it thoroughly, and then wash again with a little soda in the water; wipe dry; salt inside and out, and stuff tight with dressing prepared as for fowl, sew up and place in kneeling posture in baking pan; pour in water with which baste frequently, and occasionally rub with rag dipped in melted butter; two or three hours will be required to roast it tender.

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SAUSAGE ROLLS.

Make a good pie crust, roll out not too thin, cut in three inch squares; put a tablespoon of raw sausage meat in the center of each square; fold over the four corners to the middle and pinch together the edges; bake; to be eaten cold for lunches etc.—Beatrice M. Hunt.

STUFFED CALVES HEARTS.

Cut central muscles out, then cover with equal parts of vinegar and water, adding a teaspoon of salt, six cloves; soak over night; wash and simmer until tender; stuff with highly seasoned bread dressing; brown in a hot oven; pour thickened gravy about the base; garnish with sprigs of tender young parsley.

TO FRY BEEF STEAK.

Take a good tender steak, chop, do not pound it; sprinkle with a little salt and flour; have skillet hot, put in a tablespoon butter or lard, fry as rapidly as possible without burning.—Mrs. Rosenberger.

TO PREPARE BEEF FOR DRYING.

After the rounds have been cut, allow the blood to drain off by putting on a little salt; then rub thoroughly with coarse salt and brown sugar, two parts salt and one part sugar; pack down in keg or barrel and allow to remain for three weeks, take out and wipe off, then rub in more salt and sugar allowing to remain another three weeks, when proceed as before except the third rubbing should have small amount of salt petre with salt and sugar; hang up to dry.—Josephine Hambleton.

VEAL LOAF.

Three pounds veal, three fourths pounds salt pork, three

hard boiled eggs chopped fine, six crackers powdered fine, two teaspoons pepper, two tablespoons salt; mix well; bake in two loaves; bake two hours; baste with butter and milk.—Tested.

VEAL LOAF.

To three pounds chopped veal, add three fourths pound chopped salted pork, two well beaten eggs, six square soda crackers rolled fine; season with salt and pepper; mix all together, mould in long narrow pan, and bake in moderate oven for one hour.—Mrs. R. W. Clayton.

VEAL LOAF.

Three pounds veal and one fourth pound salt pork chopped fine, one cup rolled crackers, one cup sweet milk, two eggs beaten slightly; season to taste with salt, pepper and celery seed; mix well; mould into a loaf and bake about one hour, basting often with water and melted butter.—Mrs. Geo. W. Seevers.

VEAL LOAF.

Three pounds veal chopped fine, one dozen crackers fine, three hard boiled eggs, teaspoon salt, pinch pepper, one-half cup butter, two raw eggs, one-fourth pound salt pork, boiling water to mix; mould into loaves and bake; sprinkle salt and pepper over top.—Mrs. A. E. Johnson.

VEAL LOAF.

Two thirds pound of nice veal, one third pound pork, have ground fine; salt and pepper to taste, one egg beaten; knead in rolled cracker or bread crumbs; bake one and one-half hours; baste; serve hot or cold.—Mrs. Dosha Symons.

LUNCH AND BREAKFAST DISHES.

BAKED HASH.

Cut up meat and potatoes, also onions as usual and put in pan, beat up one cup of milk and one egg and pour over it; sprinkle with cracker crumbs and bake in oven; season.

BEEF CROQUETTES.

To one large cup of cold chopped beef, add one third cup bread crumbs and a well beaten egg; salt and pepper; mould in small cakes and fry.—Mrs. I. W. Cook.

BEEFSTEAK ON TOAST.

Chop cold steak or tongue very fine, cook in a little water, add a little milk; thicken, season, and pour over slices of toast.—Mrs. I. W. Cook.

BREAKFAST DISH.

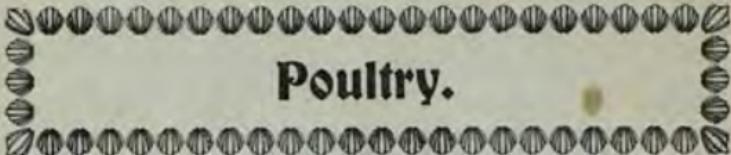
Equal parts of beef and pork boiled till tender, then shredded finely; stir in corn meal to a thick mush; when cold, slice and fry.—Mrs. I. W. Cook.

MARROW BALLS.

Work marrow to a cream, add one egg, yolk and white beaten separately, a little onion juice, chopped parsley, salt and pepper, nutmeg, grated bread, without any crust; mix to moderate stiffness; roll in balls the size of a hazelnut; cook in soup two minutes.—Beulah Bennett.

MEAT CROQUETTES.

One pint chopped meat. Dressing; one tablespoon butter, one tablespoon flour, one cup milk, one half teaspoon salt, one small onion minced fine; when cool mix with meat and roll in oblong shape; dip in egg; roll in cracker crumbs; fry in hot lard.—Minette M. Murphy, Glenwood, Iowa.



Poultry.

"But man is a carnivorous production,
And must have meat, at least one meal a day;
He cannot live, like woodcocks, upon suction,
But, like the shark and tiger, must have prey."

—BYRON'S 'DON JUAN.'

BRAISED CHICKEN.

Dress chicken as for roasting; try out two slices of salt pork, cut one fourth inch thick, remove cracklings and cook one onion in the fat; remove the onion, add two tablespoons butter, in which fry fowl, turning often until surface is well browned; place chicken on trivet in deep pan, pour over it the fat and butter just browned in; add two cups boiling water, cover and bake in a slow oven until tender, basting often, adding more water if needed; serve with gravy made from stock in pan.—
Margaret Stalker.

CHICKEN PIE.

Cook one good fat hen so that the meat will come readily from the bones which must be removed carefully, then make a very short crust with half lard and half butter, two teaspoons baking powder to one quart flour and mixed with sour milk sweetened with soda; and line a bread pan with the dough rolled quarter of an inch thick; put in a part of the chicken as even as possible over the bottom. Then thin as a knife

blade, some of the dough cut in small pieces and lay over chicken, and put butter, pepper and salt to taste; then the remainder of the chicken with more butter, a little flour and a part of the liquid which the chicken was boiled in; then cover with a crust a quarter of an inch thick, making a hole in the center where more liquid can be added from time to time with the addition of butter and cream, as the fault with most chicken pies is they are too dry. Bake till crust is thoroughly done, not too hot a stove.—S. J. Pickerell.

CHICKEN POT PIE.

To one pint flour add one heaping teaspoon baking powder and one level teaspoon salt; mix well; rub in one teaspoon lard, make into a stiff dough with sweet milk, roll thin, cut into medium sized squares, rub a little flour over them to prevent sticking together. Have half a common sized chicken salted to taste and cooked almost tender, add butter enough to make sufficiently rich and just enough broth to cover the chicken, have it boiling over an even fire; place the pieces of dough over the chicken, cover closely and don't lift the lid for twenty minutes; take up the dumplings in a covered dish, put a little of the gravy over them, then make gravy of flour and milk over the chicken. Enough for four persons.—Mrs. Dosha Shaul, Selden, Kansas.

CHICKEN PIE.

Stew chicken very tender, take meat off bones, make a rich biscuit dough with baking powder or soda, with which line a baking dish. Put in chicken a few lumps of butter, boiled eggs cut in slices, a few potatoes may be added, some strips of dough rolled thin and enough gravy to make it rich; After placing top crust on fill dish with boiling water.—Cynthia Crew.

CHICKEN DRESSING.

Take enough stale (home made) bread broken fine, for the amount of dressing wanted, season with salt, pepper and sage, moisten with rich warm broth and mix well. Use with chicken or meat and bake a rich brown.—Mrs. Henry D. Lane.

CHICKEN CROQUETTS.

Remove the skin and fat from cold cooked chicken, chop and measure; to every pint of chicken allow one-half pint milk, one large tablespoon butter, two tablespoons flour, one of chopped parsley, twelve drops onion juice, one-half teaspoon grated nutmeg, salt and cayenne pepper to taste; put milk in double boiler; rub butter and flour to smooth paste, stir into the boiling milk stirring constantly until very thick; take from fire, add chicken and all seasoning, mix thoroughly, turn out to cool, mould into cakes; dip these in beaten eggs and cracker crumbs and fry in hot lard.

All meat croquettes may be made the same way. Three pounds of meat, all lean, will serve twenty-five people.—Mrs. Addie Watson Steddom.

CHICKEN ROLLS.

Cold chicken or turkey minced fine, delicately seasoned, and a little gravy. Puff paste rolled out thin and cut into four inch squares; put a tablespoon of the mixture on each and roll the paste over it, washing the outside with white of egg, and bake in hot oven; good either hot or cold.

CHICKEN FRICASSEE.

Cut a chicken up and stew until tender, season with salt, pepper and butter to taste, a little celery may be added if desired. Add a cup of cream; stir up two heaping tablespoons of flour in some milk and pour in to thicken; take up chicken

with a little of the gravy and pour rest of gravy into gravy boat.—Adeline H. Hadley.

CHICKEN PATTIES.

Mince cold chicken fine; season with salt and pepper and a little minced parsley and onion if desired; moisten with rich chicken gravy; line scalloped shells with a rich paste and fill with the chicken, sprinkle cracker crumbs over the top and put small pieces of butter over each patty; bake until brown.
—Adeline H. Hadley.

CHICKEN ALABAMA.

Take a good sized chicken, cut up and cook tender; remove the bones skin and gristle, cut in small pieces, season to taste, make a thickening of milk or cream and flour, mix with chicken: garnish with parsley. This will serve fifteen persons.

CHICKEN RAMIKIN.

Take a good chicken, cook tender and remove from bone; season well, make a cream dressing, mix with chicken; put in ramikin cups, cover with cracker crumbs and little bits of butter; put in a quick oven, bake to a delicate brown.

DUMPLINGS FOR POT PIE.

Two cups flour, two heaping teaspoons baking powder, one-half teaspoon salt, one cup sweet milk or water; stir and drop from spoon into kettle in which meat is in boiling, boil slowly with cover off fifteen minutes then put on cover and boil five minutes longer. Be careful to have plenty of water over meat so that you will not have to replenish before dumplings are done.—Mrs. F. L. Schuyler.

GOOSE TO ROAST.

After having prepared for stuffing parboil an hour cutting

an onion in two or three pieces and place inside of goose while parboiling, to remove the strong flavor; then stuff with bread crumb dressing in which half a common sized onion chopped fine has been added, bake in a hot oven; leaving the oven door a half inch ajar to carry off the strong flavor which may be left; baste often with water, and a little butter, kept on the stove for that purpose; have plenty of water in the pan; skim off grease, leaving enough for gravy. This receipt was obtained of a boarding house keeper who had many years experience.

JELLIED CHICKEN.

Boil a fowl until it will slip easily from the bones, let the water be reduced to about one pint in boiling, pick meat from bones in good sized pieces taking out all gristle, fat and bones; place in a wet mould; skim the fat from the liquor; a little butter, pepper and salt to taste and one-half ounce gelatine. When this dissolves pour it hot over the chicken. The liquor must be seasoned pretty highly for the chicken absorbs it.—Mrs. A. Rosenberger.

NOODLES FOR FAMILY OF FIVE.

Beat three eggs well, add three tablespoons of cream and mix very stiff with flour, roll thin on well floured board, cut in small strips, drop in boiling chicken broth, let boil ten minutes, season with salt and pepper.—Mrs. Cora E. Shumake.

NOODLES.

One egg well beaten, add a pinch of salt and all the flour possible making a stiff dough; roll very thin on moulding board and let dry. Just before using roll up tightly and shave very thin, drop in boiling broth or soup and let boil briskly until done.—Mrs. Henry D. Lane.

PRESSED CHICKEN.

Clean and cut up your chickens, stew in just enough water to cover them. When nearly done season well with salt and pepper; let them stew until the water is nearly all boiled out, and the meat drops from the bone, remove the bones and gristle, chop the meat rather coarsely, then turn it back into the stew kettle, where the broth was left, after skimming off all fat, and let it heat through again. Turn it into a square pan, place a platter on top and a heavy weight on it. This, if properly prepared, will turn out like a mold of jelly, and may be sliced in smooth, even slices. The success of this depends on not having too much water; it will not jelly if too weak, or if the water is allowed to boil away entirely while cooking, (a good way to cook an old fowl).—Mrs. H. M. Whinery.

RISOTTO.

One fat chicken, three-fourths cup rice, three tablespoons butter, one onion; slice onion into butter and fry a light brown, remove pieces of onion and put in chicken, cut as for frying. Fry a light brown and cover with boiling water, cook until tender, time depending on chicken. Have rice washed and dried; sprinkle it into the soup around the chicken. Allow about three quarters of an hour for rice to cook; salt to taste; serve chicken on platter with rice border.—Maud Stalker Lemley, Blooming Prairie, Minn.

ROAST STUFFED FOWL.

Pick, singe, and draw fowl; wash out well in two waters, adding a little soda to last one; wipe dry; tie the legs down in place and put in roasting pan, (one with a cover is much better); pour in water to stand about two inches deep; add a large piece of butter; roast until about half done; sprinkle with salt and pepper and then fill with the following stuffing:

Crumb one loaf of rather stale bread; add salt and pepper to taste; season with sage or celery-salt; moisten with liquor dipped from the pan in which the fowl has been roasting; return the fowl to the oven and bake until tender.—Adeline H. Hadley.

ROAST TURKEY AND OYSTER DRESSING.

See that the turkey is carefully dressed, both inside and outside, and salt thoroughly, rubbing the inside well; prepare a dressing of one loaf of bread, crumbled fine (scraps of stale bread may be used); one-half pound of butter melted, salt and pepper to taste; add to this one pint of oysters, (more if desired) drained from their liquor and carefully looked over for bits of shell; mix with bread and add liquor, with sufficient warm water to moisten dressing; sage or celery, chopped fine, may be used if desired; fill the body and breast of the turkey and sew up, tying the legs to the body; rub the turkey with butter and salt and put in a roasting pan with an inch of hot water, breast down at first so it may absorb the juices; then turn and baste often; cook from two and a half to three hours; a good guide is to allow twenty minutes for each pound; serve with cranberry sauce.—Mrs. Robert Meredith.

TO FRY YOUNG CHICKEN.

Take a chicken, not too large, let it lie salted a short time, roll in flour; put into a hot skillet, two heaping tablespoons of butter, one of lard or better butter; fry very slowly from one half to three quarters of an hour.—Mrs. Rosenberger.

TURKEY DRESSING.

Take three pints of bread crumbs, moisten with the gravy found in the pan; season with salt and pepper, and add one cup of raisins.—May Comfort, Des Moines.

TURKEY SCALLOP.

Remove turkey from bones; also remove skin and gristle; divide into small bits; put a layer of bread crumbs in the bottom of a baking dish; moisten with rich milk or cream; then put in a layer of turkey seasoned with salt, pepper and butter; then another layer of bread crumbs and so continue until dish is almost full, making the top layer of bread crumbs and putting generous pieces of butter over the top; pour over cream or very rich milk combined with a little of the liquor in which the turkey was cooked.



Pies.

"Now, good digestion, wait on appetite, and health on both."

CITRON PIE.

For two pies—One cup brown sugar, one-half cup butter, yolks of six eggs, lemon, beat till light.—Mary Hawkins.

CREAM PIE.

One pint milk, yolks of two eggs, three tablespoons sugar, tablespoon corn starch; flavor with Weldin & Symon's extract of vanilla. Boil in double boiler; pour in baked crust and put whites of eggs on top and brown.—Mrs. C. D. Weldin.

CREAM PIE.

One and two-thirds cups pulverized sugar, two teaspoons corn starch, one and one-half cups of cream, whites of three eggs beaten stiff and stirred in. Bake till it boils up in not too hot an oven.

CREAM PIE.

Scald one-half cup milk, thicken with one heaping tablespoon flour, mix smooth with little milk, stir till smooth; cool and add a cup of sweet, thick cream and white of one egg whipped, pinch of salt. Sweeten and flavor to taste.—Mrs. J. M. Hains, Boise, Idaho.

CREAM PIE.

For two pies—One quart milk, two tablespoons corn starch, three eggs, (save out one white.) Put all in milk and set in kettle of boiling water and boil till thick. Bake crust and pour in while hot. Beat the white of egg and one tablespoon of sugar and place on top and put in oven to brown.—Mrs. Kate Pemberton.

CUSTARD PIE.

Two eggs well beaten, three tablespoons sugar, flavor with vanilla; enough sweet milk to make a thick pie; stir well and bake in moderate oven. Do not let boil.—Mrs. Henry D. Lane.

COCOANUT PIE.

One cup boiling water, one-half cup sugar, two teaspoons butter; while boiling stir into it the well beaten yolks of two eggs to which has been added one tablespoon corn starch, dissolved in a little cold water; boil one minute and remove from fire, to this add two tablespoons of prepared cocoanut; flavor to taste; use whites of eggs sweetened to taste; for frosting: bake crust before filling and cover the pie with cocoanut.

CHESS PIE.

Two-thirds cup sugar, two eggs, whites of one for frosting, one bowl or near a quart of milk or cream, one and one-half teaspoons cornstarch, a little nutmeg, butter the size of an egg.—Mrs. O. L. Turner.

CRUST FOR CHERRY SHORT CAKE.

One pint flour, butter the size of an egg, pinch of salt, teaspoon baking powder, cup sweet milk; divide into halves and bake in quick oven.—Alice Kenworthy.

PIE CRUST.

One and one-half cups flour, one-half cup shorting, one-half teaspoon salt; mix with very cold water—not too soft—let stand three or four hours, and roll from you.

PIE CRUST.

One cup sifted flour, pinch of salt, three tablespoons of butter, three tablespoons ice water; chop butter into salted flour, add water and roll. Do not touch with hands.—Beulah Bennett.

DATE PIE.

Soak dates over night and stew until they can be strained; mix with a quart of milk, three eggs, a little salt and nutmeg; bake with an under-crust only; one pound of dates will be sufficient for three pies, and the other ingredients are given in proportion for that quantity of dates.—Mrs. O. L. Turner.

GREEN TOMATO PIE.

Into an earthen vessel, slice enough green tomatoes to fill a pie; over this pour hot water and let heat on stove till tender; drain off the water and into the pie sift a little flour, put in the tomatoes, a little more flour, two-thirds cup sugar, butter the size of a hickory nut, and slight seasoning of cinnamon, nutmeg and spice, two tablespoons of vinegar; cover pie with crust and bake.

LEMON PIE—EXTRA NICE.

One lemon, one coffeecup sugar, yolks of two eggs, two tablespoons flour, one half teacup milk; grate the rind of the lemon, squeeze out the juice; heat yolks and sugar together, then mix all together, adding milk last and bake in a medium sized pie plate; while baking beat the whites to a stiff froth

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and add a tablespoon white sugar to the whites; spread over the top when done and brown slightly.—Mrs. A. B. Elliott, Des Moines.

LEMON PIE.

Awarded diploma at the Idaho and Intermountain Fair 1902.

One-half cup sugar, two heaping teaspoons flour, sift together; add the beaten whites of two and the yolks of five eggs, rind of one-half lemon, grated, one lemon's juice, water, sufficient quantity for one pie; bake in deep pie pan; when done remove from oven, and spread on top the whites of three eggs beaten stiff enough to slice, to which has been added six tablespoons of sugar and beaten again; place on grate in oven and brown well; remove gently, that it may not fall. Serve cold:—Mrs. Dosha Symons.

LEMON PIE.

Into one cup boiling water stir two tablespoons flour which has been dissolved in cold water; when this cools stir into it the grated rind and juice of one lemon, one coffeecup sugar, yolks of two eggs, and butter the size of a walnut; beat the whites of the eggs very stiff and stir in last; line the pie pans with crust and fill them with this.—Mrs. Douglas.

LEMON PIE.

Two-thirds cup sugar, one tablespoon flour, one tablespoon cornstarch; stir well together, then add two and one-third cups water, yolks of three eggs, well beaten, juice and grated rind of one lemon, butter size of a walnut; cook; when cool put in two pie tins lined with paste and bake; have the whites of three eggs, well beaten with three tablespoons of sugar put on pie; return to oven and brown.—Mrs. J. H. Davis.

LEMON PIE.

Grated rind and juice of two lemons, two cups sugar, four tablespoons butter, melted, one-half cup water, yolks of six eggs; mix well and bake slowly; when done beat whites of the eggs to a stiff froth; add two tablespoons sugar and one teaspoon lemon; spread upon top of pie; return to oven and brown quickly. This will make three pies.—Tested.

LEMON PIE.

Two lemons, one cup sugar, yolks of three eggs, one large tablespoon flour, mixed with sugar, one cup rich milk; the crust must be baked before putting in the custard; cook the custard separately also; then put them together; beat the whites with three tablespoons sugar; spread on the pie and brown in oven.—Mrs. C. B. West.

LEMON PIE.

Six eggs less two whites, two cups of white sugar, a little salt, one cup sweet milk, two tablespoons cornstarch dissolved in the milk, two large lemons, juice and grated rind; bake slowly till set.

Meringue for the top:—Whites of two eggs beaten with six tablespoons powdered sugar; spread over surface of pie and bake to a light brown.—Eva Salisbury Barnes.

LEMON PIE.

One cup sugar, two heaping teaspoons flour, mixed in a little water, one cup of boiling water, three whole eggs, and yolks of two, juice of two, and rind of one lemon; cook a few minutes until it thickens, using double boiler; bake crust first; beat whites of two eggs with sugar for top; set in oven a very few minutes to brown.—Mary L. Hunt.

LEMON PIE.

The juice and grated rind of one lemon, one cup sugar, yolks of two eggs, one tablespoon cornstarch, and one cup boiling water; put water in small sauce pan; add the cornstarch stirred in a little cold water; after it has boiled and cooled, add sugar, eggs, and lemon, which have been previously well stirred together; bake with under-crust; then cover with a meringue and return to the oven to brown; it is better if crust is slightly baked before adding the custard.

LEMON PIE.

Four lemons, cut in fine bits, removing the seeds, one pint best molasses, one-half pound raisins, (seedless), one coffeecup sugar, butter size of a walnut, one quart apples, some water, and boil until tender; when nearly done add two tablespoons cornstarch—make day before using for pie. It is fine.—Esther Rhodes, Brooklyn, New York.

LEMON PIE.

One lemon for two pies, four eggs, save two whites out for top, four tablespoons corn starch; sweeten to taste; bake crust and pour lemon in while hot; put on whites and brown in oven.—Mrs. Kate Pemberton, Cottonwood, Iowa.

LEMON PIE.

Two cups sugar, yolks of two eggs, one tablespoon butter, juice and grated rind of a lemon, three long branch crackers, rolled fine, scant half cup milk added the last thing; beat the whites stiff and put in two tablespoons sugar; spread on pie and put in oven to brown.—Aunt Mary Kingsley.

LEMON PIE.

Rind and juice of one lemon, one cup sugar, three eggs, six tablespoons milk, two teaspoons corn starch, butter size of

an English walnut; beat together the rind of lemon and butter and sugar; then stir in the yolks of the eggs; add the juice of the lemon and the milk in which the corn starch has been mixed; line a pie dish with the plain part, pour in it this mixture and bake; beat the whites of the eggs stiff, heap on top and return to the oven until a light brown.—Mrs. W. L. Pearson.

LEMON PIE.

Two eggs, keep out whites, two cups sugar—less if preferred, two tablespoons flour, two cups water, butter size of a hickorynut, one lemon; cook mixture and bake crust before putting together.

Directions: Mix sugar and flour, add enough of the water to dissolve; use the juice of lemon, only, rinsing pulp with part of the water; add beaten yolks of the eggs last and cook; to the well beaten whites of eggs add two teaspoons sugar for frosting and brown lightly.—Mrs. W. L. Millisack.

LEMON PIE FILLING.

For one pie; one egg, one lemon, three-fourths cup sugar, two tablespoons flour, one pint boiling water; beat the egg and add juice and grated rind of one lemon, then the sugar; add to the flour, just enough water to make a thick paste and add this to the mixture; add the boiling water, stirring thoroughly all the time; cook the mixture for a short time; put the pie crust in the oven for about three minutes before adding the filling. In making two pies, the white of one egg can be saved and used for icing.—Lulu Dean.

MOCK LEMON PIE.

Make and bake a good crust and fill with the following: One tablespoon corn starch, two tablespoons strong vinegar, one tablespoon lemon extract, two-thirds cup of sugar,

yolk of one egg, butter size of a hickorynut, one cup hot water; boil till thick, stirring constantly; beat the white of one egg stiff, add one teaspoon sugar; spread over the pie and brown slightly in the oven.

MOCK APPLE PIE.

One and a half cups of bread crumbs finely powdered, four cups of boiling water poured on the bread, one cup sugar, one teaspoon tartaric acid, butter size of a walnut, one egg after it cools, spice as you like, lemon is nice; the above quantity will make about four pies, two crusts.—Beulah E. Andrews.

MINCE PIE.

Currants one and one-half pounds, raisins one pound, suet one pound, cooked beef chopped fine two pounds, four soup bowls apples chopped fine; citron, candied, orange and lemon, altogether, half pound, sugar one pound, mixed spices three level tablespoons, juice and grated rind of two oranges and two lemons, boiled cider one qt.; mix juice and cider together, pour half over mince meat and press down tight, then pour other over and cover closely.—Mrs. Bessie Alexander.

MINCE PIE.

Five pounds of beef, a neck piece will do; let boil until almost dry, chop very fine; three pounds of beef suet, seed and cut four pounds of raisins, four pounds of currants, one pound of citron, four quarts of apples chopped fine, two ounces cinnamon, one ounce cloves, one ounce ginger, four nutmegs, juice and rind of two lemons, juice of two oranges, one quart cherry juice, one quart boiled cider, two pounds sugar, one quart molasses, one tablespoon salt, teaspoon pepper; boil until well mixed.—Cora Styles, New Providence, Iowa.

ORANGE PIE.

Two heaping teaspoons flour, two eggs beaten together, one and one-half cups of milk, three-fourths cup sugar, grated rind and juice of one large or two small oranges, frost if preferred.—Mrs. F. E. Gordon.

ORANGE PIE.

One orange, juice and grated yellow rind, one cup sugar, one tablespoon corn starch or flour, yolks of two eggs, white of one egg, one teaspoon of melted butter, milk enough to fill a deep pie plate half full. Mix the other ingredients and put in pan, filling up last of all with the milk. It is possible to use water in place of milk. Use the white of the egg for frosting.—Mrs. B. J. Snyder.

PLAIN PASTE.

Three cups pastry flour, (sifted), one-half cup of butter, and one-half cup of lard and about three-fourths cup of ice water and a level teaspoon of salt; the moulding board must be well floured and the paste kept as cool as possible.—Mrs. Kerwin. From cooking school.

PUMPKIN PIE.

Cook pumpkin down very dry; take one coffee cup pumpkin, two-thirds cup sugar, two eggs for one pie or three eggs for two, lump of butter size of hickory nut. Season with nutmeg and cinnamon. One cup milk.

PUMPKIN PIE.

One cup pumpkin, three tablespoons sugar, one egg, one-half teaspoon cinnamon, pinch ginger, two-thirds cup of milk, two tablespoons cream.—Mary Kingsley.

RASPBERRY PIE.

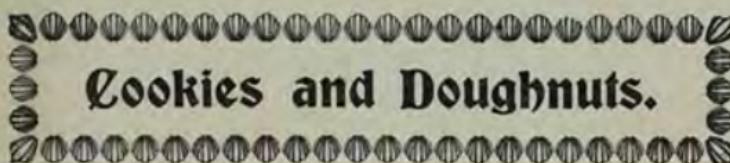
Take about one-fourth berries and three fourths pie-plant, the latter cut in small pieces, add a cup sugar, about a teaspoon butter; sift a little flour over before putting on top.—Mrs. S. M. Hadley.

SLICED SWEET POTATO PIE.

Steam any sized sweet potatoes until cooked; line pie pan with pie crust, made your own way; slice potatoes one-quarter inch thick and cover bottom crust; sprinkle one level teaspoon of allspice, three-fourths cup sugar, one tablespoon butter, one-half pint cold water; cover as you would fruit pie; bake. Better when fresh baked.—Mrs. Maggie Winslow, St. Anthony, Iowa.

STRAWBERRY PIE.

Bake rich crust as for lemon pie; when ready to serve, fill with ripe uncooked strawberries well sprinkled with sugar and enough water to make a thick syrup; beat the white of one egg and enough sugar to frost the top; put in the oven and leave until it browns.—Mabel H. Kenworthy.



Cookies and Doughnuts.

"Put the cookies on the lower shelf where the children all can reach."

BUCKEYE COOKIES.

Two cups sugar, one cup butter, one cup sour cream or milk, three eggs, one teaspoon soda; mix soft; roll thin.—Mary H. Lewis, Oskaloosa, Iowa.

BURNT SUGAR CAKE.

One-half cup brown sugar or granulated sugar burned till smoke is black, stir all time then add one-half cup water, stir until dissolved and set aside to cool. (Enough for three cakes and icing.) One and one-half cups sugar, granulated and "C" mixed, one-half cup butter creamed, yolks of two eggs, add to creamed butter and sugar, scant cup water, add gradually two cups flour and one teaspoon vanilla and three teaspoons burnt sugar if brown and if not brown take four. Beat three minutes. Beat whites of eggs and fold in with good one-half cup flour sifted with two teaspoons baking powder.—F. R.

COOKIES.

One cup granulated sugar, half cup butter, one half cup sour cream, one small teaspoon soda, two small teaspoons baking powder, two eggs, nutmeg; flour to roll.—Mrs. Salisbury.

COOKIES.

Two cups of sugar, one-half cup butter, three eggs, one-half teaspoon soda, two-thirds cup sour cream, vanilla flavoring. Use just as little flour as possible to roll nicely. The above is excellent without any cream or milk.—Mrs. Wm. Morgan, Ackworth, Iowa.

COOKIES.

One cup butter, two cups light brown sugar, two eggs beaten light, one teaspoon soda dissolved in a little sour milk or water, five cups flour, flavor to taste; stir in four cups flour adding the other when rolling. Roll thin with sugar sprinkled over top; bake quickly.—Josie Hamilton.

COOKIES.

Sugar one cup, butter one cup, sour milk one cup, soda one teaspoon; mix as soft as possible, flavor to suit the taste; bake in a hot oven.—Mrs. Annie Pine.

COOKIES.

Two cups sugar, one cup thick sour milk, one heaping teaspoon soda, two eggs, pinch salt, flour to make soft dough; roll thin and sprinkle with sugar; handle dough as little as possible. If spread with icing when cold makes them nice.—Mrs. Henry D. Lane.

CRISP COOKIES.

One cup butter, two cups sugar, three eggs well beaten, a teaspoon soda, and two cream tartar, one teaspoon milk, one teaspoon nutmeg, or any flavoring desired, flour enough to make a soft dough just stiff enough to roll out; bake in a quick oven.—Mrs. E. P. Cook.

COOKIES WITHOUT EGGS.

Three-fourths cup sour cream, one-fourth cup lard or butter if cream is rich, if not one-half cup lard and a little salt; One heaping cup sugar, two-thirds teaspoon soda dissolved in cream, flavor to taste, flour sufficient to roll very thin and bake in quick oven.—Mrs. S. E. Wing.

COOKIES WITHOUT EGGS.

One cup butter, two cups sugar, one small tea cup sweet milk, one-half grated nutmeg, five cups sifted flour in which has been sifted two teaspoons baking powder. Roll thin as pie crust, cut into cakes and bake in a quick oven.

These can be of sour milk with a teaspoon soda dissolved in it, or sour or sweet cream can be used in the place of butter. Water cookies are made the same, using water instead of milk. Water cookies keep longer than milk cookies.

COCOA GEMS.

Scant one-fourth cup butter, one-fourth cup sugar, one egg well beaten, three-fourths cup milk, one-fourth cup cocoa, two level teaspoons baking powder, one and one-half cups flour. Cream butter then add sugar and cream again. Add the milk, eggs and flour. Beat thoroughly and add cocoa. One-half teaspoon vanilla. Bake in gem pans fifteen to twenty minutes.—Mrs. Egbert Alden Kizer, Des Moines, Iowa.

CHOCOLATE CAKES.

One cup sugar, one-half cup melted butter, one egg, one-half cup sweet milk, one-half teaspoon soda, one and one-half cups flour, one cup chopped nuts, three squares melted chocolate. Mix as for cake; drop on pan one-half spoonful allowed for each cookie.—Beulah Bennett.

COCOANUT DROP CAKE.

One cup sugar, half cup butter, cup each of milk and shredded cocoanut, two cups flour, two eggs, two teaspoons baking powder. Place the cocoanut in the milk and let it soak for an hour, then rub the butter and sugar together; add the beaten eggs, the milk and cocoanut, and lastly the flour, into which the baking powder has been stirred. Bake in well buttered gem pans; frost the cakes if desired.—Tested.

CREAM DOUGHNUTS.

Beat one-half cup each sour milk and cream, one cup sugar, two eggs together; add level teaspoon soda, a little salt and flour enough to roll. Flavor with nutmeg.—Mrs. Anna Bowen.

CORN STARCH DROP CAKES (TEA CAKES).

Cream one-fourth cup butter and one cup sugar, beat yolks three eggs and whites separately until light by adding a little salt; add first beaten yolks then the whites to the butter and sugar, stir to a cream; next add vanilla and then corn starch, one and one-half cups after sifting in one teaspoon baking powder. Be sure they are very stiff or they will fall. Bake in gem pans.—Faye Rosebrook.

DOUGHNUTS.

One coffee cup light brown sugar, scant one-half cup granulated sugar, break two eggs into sugar, beat light; butter not larger than a walnut, nearly one-half nutmeg, a pinch salt, teaspoon baking powder in one quart flour, level teaspoon soda dissolved in coffee cup sour milk, buttermilk preferred.—Mrs. C. E. Lofland.

DOUGHNUTS.

Four eggs, two cups rich milk, two cups sugar, six pints

flour, four teaspoons baking powder, one tablespoon butter.
—Mrs. Cooper.

DOUGHNUTS.

Two eggs, one teaspoon thick sour cream to each egg, two cups sour milk, buttermilk preferred, two teaspoons soda, a pinch salt, spice to suit the taste.—Avis Fairbrother.

DOUGHNUTS.

Four pints flour, four teaspoons baking powder, sift well together; two eggs, one pint sugar, one pint milk; add the milk and sugar to the well beaten eggs; mix, roll three-fourths inch thick, cut and fry in hot lard.—Mrs. Arthur Hammond.

DOUGHNUTS.

One quart flour, two teaspoons baking powder, one salt-spoon salt, one saltspoon nutmeg, two tablespoons melted butter, two cups sugar, two eggs, one cup cold water. Sift together flour, baking powder, salt and nutmeg; cream butter, sugar and eggs till very light; add cold water and then stir in quickly the prepared flour, making a firm, smooth dough. Roll out, cut into rings and fry in hot fat.—Mrs. S. M. Robertson.

DOUGHNUTS.

One cup sweet milk, two eggs beaten, one cup sugar, pinch salt, two teaspoons baking powder sifted in first pint of flour, one tablespoon melted butter or lard; add flour to mix very soft; flavor with vanilla and lemon; fry in hot lard.—Carrie Pickrell.

DOUGHNUTS.

One cup granulated sugar, one cup sour cream, one cup sour milk, one teaspoon soda, two teaspoons baking powder, two eggs, nutmeg, flour to roll.—Mrs. Salisbury.

DOUGHNUTS.

One pint sugar, one pint sour milk, three eggs, four tablespoons melted lard, one level teaspoon soda, flour to mix stiff dough.—Mrs. Jane Johnson.

PEANUT COOKIES.

One pint of peanut meats chopped fine, cream together, two tablespoons butter, one cup sugar; add three eggs, two tablespoons milk, one-fourth teaspoon salt; the chopped peanuts and flour for very soft dough. Drop from the spoon on a pan not greased; bake in moderate oven.—Edith Everett.

FRUIT COOKIES.

One and one-half cups brown sugar, one cup butter, one cup chopped raisins, level teaspoon of soda dissolved in scant half cup sweet milk, four eggs, one teaspoon cinnamon and one of alspice; flour to make a soft dough.—Mrs. I. W. Cook.

FRUIT COOKIES.

One cup butter and lard mixed, three eggs, a little salt, one cup sugar, one teaspoon soda in three tablespoons sweet milk, one cup raisins chopped, mix soft and roll.—Mrs. Celia Small, Des Moines, Iowa.

FRUIT COOKIES.

One and one-half cups light brown sugar, one cup butter, one cup chopped raisins, one teaspoon soda dissolved in two tablespoons sweet milk, four eggs and one teaspoon of each kind of spice; flour to make soft dough.—Mrs. C. E. Lofland.

FROSTED CREAM COOKIES.

Two cups molasses, two cups sugar, two cups lard or butter, two heaping teaspoons soda, one cup cold water, one tea-

spoon ginger, one nutmeg, one teaspoon cinnamon, four eggs. Mix molasses, sugar, lard and ginger and let come to boil; take from stove and let become perfectly cold. Dissolve soda in the water, beat eggs, grate nutmeg and cinnamon, mix all well together; flour to make soft dough; roll thin.

Frosting: One-half cup milk made stiff with confectioner's sugar. Spread on hot cookies.—Mrs. Arthur Hammond.

GINGER BREAD.

One cup light brown sugar, one cup molasses, one-half cup butter or lard, one teaspoon cinnamon, one heaping teaspoon ginger, two and one-half cups flour, one teaspoon soda in one cup of boiling water; add the last thing two well beaten eggs.—M. Ilma Harrington, Oskaloosa, Iowa.

GINGER CAKES.

One cup sugar, one cup Orleans molasses, two eggs, one cup lard, one tablespoon soda in one-half cup boiling water, one tablespoon ginger, salt.—Cecile Woody, Thorntown, Ind.

GINGER COOKIES.

One cup molasses, one cup sugar, one cup butter, three-fourths cup milk, two eggs, one tablespoon ginger, one tablespoon soda; flour enough to roll out.—Mary Schuyler.

GINGER CAKES.

One pint molasses, two tablespoons ginger, two tablespoons lard, one tablespoon soda dissolved in one-third cup boiling water; flour enough to roll.—Rebecca G. Lewis.

GINGER SNAPS.

One cup molasses, one cup sugar, one egg, one tablespoon

ginger, one tablespoon vinegar, one tablespoon soda, pinch salt, flour to roll thin. Bake in a quick oven.—Mrs. F. E. Gordon.

GINGER SNAPS.

One egg, one cup molasses, one cup sugar, one cup butter and lard mixed, one-half cup boiling water, one level tablespoon soda dissolved in the water, one tablespoon ginger; flour enough to roll out rather soft; roll thin and bake in a quick oven.—Mrs. A. Rosenberger.

HERMIT COOKIES.

One and one-half cups brown sugar, one cup butter, one cup chopped raisins, one teaspoon soda dissolved in half tea cup sweet milk, four eggs, one spoon of each kind of spice, flour to make a stiff dough; roll thin and bake slowly.—Mary Kingsley.

HERMITS.

One cup butter, two cups golden brown sugar, two eggs, one cup sour milk, one teaspoon soda, enough flour to make good drop cookies; flavor with one teaspoon cinnamon, one-half teaspoon nutmeg and one teaspoon lemon; put a few raisins over the tops of the cookies.—Lena McMillen.

JUMBLES.

Four eggs, three cups sugar, one cup butter, one teaspoon level soda, flour to roll.—Mrs. Jane Johnson.

JUMBLES.

Cream together two cups sugar and one cup butter, add three well beaten eggs and six tablespoons sweet milk, two teaspoons baking powder, flavor to taste, flour enough to make

a dough that can be worked without sticking to the hands; do not roll on board but break off pieces size of walnut and make into rings by rolling out rolls as large as your finger and joining the ends; lay an inch apart in bake pan and bake in moderate oven.—Mrs. O. L. Turner.

LEMON CRACKER.

Soak six teaspoons ammonia in one and one-fourth pints sweet milk, beat two cups sugar with one cup lard, beat two eggs, put them into lard and sugar with three teaspoons lemon extract, then add ammonia and milk. Sift flour in pan same as for bread, mix stiff enough to roll easily; roll as thin as pie crust. Cut in squares and put in pan; prick holes with fork and bake in moderate oven.—Mrs. Ira Kellogg.

LADY FINGERS.

One cup sugar, two eggs, half cup butter, half cup sweet milk, two teaspoons baking powder, roll out, cut in long strips and bake in a quick oven.—Mrs. F. E. Gordon.

MARVELS.

Beat one cup butter and one cup sugar together till light; then add three eggs well beaten, a half teaspoon cinnamon, two tablespoons milk and sufficient flour to make a dough. Roll into a thin sheet, cut into strips, twist or braid them, drop into smoking hot fat and cook until a golden brown; serve dusted with powdered sugar.—Cora Mae Rees, Georgetown, Illinois.

MEAT FOR BANBURY CAKE.

Beat up quarter pound of butter to a cream, then mix with a half pound candied orange and lemon peel cut fine, one pound currants, quarter ounce ground cinnamon, quarter

ounce alspice, mix well together and keep in a jar until wanted.—Mrs. Bessie Alexander.

MOLASSES SPONGE CAKE.

Pour one-half pint of boiling water on one-half cup butter; heat pint of molasses and add to it a level teaspoon soda dissolved in a little warm water; add tablespoon ginger and sufficient flour to make a batter the thickness of sponge cake. Bake in fairly hot oven in gem pans.—Mrs. Cora Shoemake, Oskaloosa, Iowa.

MRS. HADLEY'S GINGER SNAPS.

One large cup butter, one large cup sugar (brown), one large cup molasses (Orleans is best but sorghum will do), two teaspoons soda dissolved in a tea cup hot water, two teaspoons ground cinnamon. Mix the dough soft, pinch off a piece the size of a hickory nut, roll in the hand, flatten and dip the top in white sugar. Place in the pan about one inch apart.

MARGUERITES.

The whites of two eggs well beaten and made stiff with powdered sugar. Put in either chopped nuts or cocoanut. Spread on crackers; put in oven and bake.—Alice P. Johnson.

MRS. DRAKE'S DOUGHNUTS.

Two quarts bread sponge, three cups sugar, one cup boiled grated potato, one cup sweet cream. Beat cream and potatoes together, eight tablespoons melted lard, flavor to taste, boil in hot lard, roll in sugar.—Mrs. J. M. Hains, Boise City, Idaho.

NUT COOKIES.

Two cups sugar, two eggs, one-half cup melted butter

six tablespoons milk, two teaspoons Weldin & Symon's baking powder, one cup chopped hickory nuts.—S. B. H.

NUT COOKIES.

One cup sugar, scant half cup butter, two eggs, one-half cup sour cream, flour to make very soft dough, one scant teaspoon soda, same of cream of tartar; roll thin and sprinkle on top a layer of chopped nut meats; cut out and place in baking pan; then insert seeded raisins which have been soaked full of water, among the nut meats and bake brown.—Mrs. Mary Morrison.

OATMEAL COOKIES.

One cup sugar, one-half cup butter, two eggs, pinch salt, five large tablespoons sour milk, one level teaspoon soda, one cup chopped raisins, two cups flour, two cups oatmeal. Drop in spoonfuls, far apart, on buttered tin and bake quickly.—Mrs. Joseph Wells.

OATMEAL TARTS.

Three cups oatmeal, raw, three cups flour, one cup sugar, mix these together and add half cup butter, half cup of drippings of lard; mix well and add half cup water, one teaspoon soda and one and one-half teaspoons cream of tartar; roll out pretty thin, dampen the edges and put jam or jelly between and bake a nice brown.—Miss Beth A. Naylor.

ROCKS.

One cup butter, one and one-half cups sugar, three eggs, one teaspoon each of cinnamon, cloves, and allspice, one teaspoon soda in a little hot water, pinch salt, one and one-half cups raisins, one cup chopped walnuts and three cups flour; drop in pans and bake in a slow oven.—Mrs. S. M. Robertson.

ROCKS.

One scant cup butter, one and one-half cups sugar, three cups flour, one teaspoon each ground cloves, cinnamon, and allspice; one level teaspoon soda dissolved in a tablespoon hot water, pinch salt, three eggs, one and one-half cups seeded raisins, one and one-half cups English walnuts broken in small pieces. Drop from teaspoon in pans that are well buttered.—Mrs. C. E. Lofland.

SOFT GINGER BREAD.

Three cups flour, one and a half cups molasses, one-half cup cream, one-half cup lard or butter, one egg, one-half teaspoon saleratus and two of ginger.—Carrie M. Johnson.

SOFT GINGER BREAD.

Two-thirds cup molasses, two-thirds cup sugar, one-half cup sour milk, butter size of an egg, two cups flour, one teaspoon ginger, one teaspoon soda.—Tested.

SPANISH BUNS.

Two cups brown sugar, three-fourths cup sour milk, three-fourths cup butter, two cups flour, three eggs, one teaspoon soda, one teaspoon cinnamon and cloves. Bake in dripping pan, frost and cut in squares.—Cynthia Crew, Oskaloosa, Iowa.

SPICE DROP CAKES.

Yolks of three eggs, one-half cup butter, one cup molasses, one-half cup sweet milk, three cups flour, three teaspoons baking powder, spice with ground nutmeg, cloves and cinnamon; flavor with one teaspoon lemon. Drop in tins lined with buttered paper. Bake quickly.—Faye Rosebrook.

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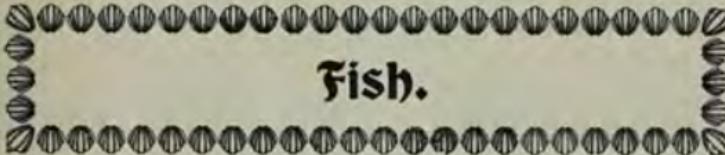
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SUGAR COOKIES.

Two cups sugar, two-thirds cup butter, two eggs, one cup sour cream, one heaping teaspoon soda; flavor with nutmeg and vanilla; enough flour to make it stiff enough to roll; mix the eggs and sugar first, then stir in the butter; stir the soda in the cream and add it.



Fish.

BROILED FISH.

Place the fish in a pan, put small pieces of butter over it, salt, pepper and dust with flour. Set in a hot oven and bake twenty minutes, or until done. Serve immediately.—Mary P. Michener.

CREAMED SALMON.

Two tablespoons flour and one of butter creamed together and stirred into one cup boiling milk; stir one can salmon lightly into cream; pour into buttered dish, cover with bread crumbs and bake fifteen or twenty minutes.—Mrs. Delia B. Meredith, Newton, Iowa.

CREAMED SALMON.

Two small cans salmon, two tablespoons butter, two tablespoons flour, two and one-half cups milk; mix the flour and butter together until smooth, stir in the milk, salt and pepper and cook to the thickness of cream; mince the salmon fine and add to the cream dressing. When cool stir in two well beaten eggs, put in ramekin cups and cover with cracker crumbs. Bake twenty minutes.—Mrs. I. W. Cook.

CREAM CODFISH.

Put fish on in cold water, let come to boil. Make one cup

white sauce and add to this the fish. Lastly add one beaten egg, two teaspoons lemon juice, two teaspoons parsley.—Alice G. Lewis, Cooking School.

CODFISH RELISH.

Soak one-half pound salt codfish over night in just enough water to cover it. In the morning drain and dry with a soft cloth. Put one tablespoon butter in a frying pan and lay in fish and brown. Turn and while browning on the other side pick into small pieces. Skim the fish out on a dish; pour one-half cup boiling water into butter left in the pan; let boil and thicken with one teaspoon of dissolved corn starch. Add the fish and toss the mixture lightly with a fork or spoon. May be served hot or cold.—Mrs. Seth Hawkins.

CURRY OF EGG AND SALMON.

Break one can of salmon into flakes with fork, add juice of one-half lemon and a little onion juice, add one-fourth cup capers.

Sauce—Melt one-fourth cup butter and blend one-fourth cup flour; stir until smooth and fine; add curry powder to taste; add one pint milk; cook until thick then place pan in hot water and add salmon; mix carefully then add four hard boiled eggs cut in large pieces; add pepper and salt.—Tested by Mrs. H. L. Spencer.

FRIED FISH.

Cut the fish in pieces, season, roll in bread crumbs, then dip in egg, roll in crumbs again and fry in smoking hot fat. May serve with tartar sauce—Alice G. Lewis, Cooking School.

KIDGEREE.

Pick some cooked fish into flakes or small pieces; boil

one tea cup of rice; add the fish to the rice, with two hard boiled eggs chopped fine, two ounces butter, (or about two tablespoons), a little cream and salt to taste. Serve hot.—Beth A. Naylor, Berkley, California.

TO BOIL FRESH SALMON OR OTHER FISH.

Clean the fish by pouring a little boiling water over the scales and scraping. When clean place in boiling cloth and immerse in boiling salted water; boil two or three hours.—Mrs. Dosha C. W. Symons.

TO BAKE FRESH SALMON OR OTHER FISH.

Clean the fish thoroughly, place in baking pan, salt and place on top thin slices of bacon. Bake in hot oven two or three hours. When done place on platter and surround it with parsley sprays. Place a little flour in the liquid left in baking pan and let boil and pour over top of fish; serve hot.—Mrs. Dosha C. W. Symons.

SALMON CREAMS.

Take one pound of fresh or canned salmon, (fresh is preferable), if fresh is used clean well and boil in cloth two and one-half hours. Crumble into a bowl and remove all bones. To this add the juice of one lemon, one well beaten egg, one tablespoon ground parsley, (if the fresh salmon is used salt to taste.) Mix well. Take individual moulds and place in the bottom of each a slice of hard boiled egg, and then press into the moulds the mixture. Place these moulds in boiling water for twenty minutes; remove and set on ice till time to serve, then remove the salmon from mould inverted on a lettuce leaf. Place around the base of mould cold salad dressing; serve.—Dosha C. W. Symons.

SALMON CROQUETTES.

One can salmon, one cup cracker crumbs, two eggs, one tablespoon vinegar; form in rolls, roll in cracker crumbs and fry in grease.—Mrs. C. B. West.

SALMON GRATIN.

One cup cold drawn butter, three cups bread crumbs seasoned with salt, pepper and butter to taste, one can salmon. Put a few bread crumbs into the baking dish, turn over them the salmon, add the drawn butter, mix slightly with a fork to break the lumps of salmon, fill up the dish with bread crumbs and bake in slow oven until nicely brown; serve hot.
—Beatrice M. Hunt.

SALMON LOAF.

One can salmon picked very fine, salt to taste, juice of one lemon, three cups cracker crumbs, three eggs well beaten, one cup milk. Mix thoroughly and steam one hour.—Alice P. Johnson.

SALMON LOAF.

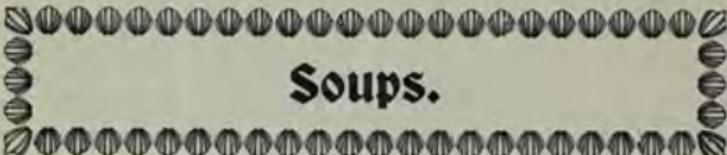
One can salmon, one egg, one-half tea cup milk, sweet, one-half tea cup cracker or bread crumbs, salt and pepper, bake.—Mary Turner.

SALMON ROLL.

Take can of fine salmon and remove all bones, mince the meat and add two eggs and seven large square crackers rolled fine, add salt and pepper sauce to taste, pat into a roll, butter lightly and bake one-half hour. Fine with tomato catsup.—Mrs. J. B. De Motte.

STUFFED SHAD.

Take a shad weighing about three pounds, have it nicely dressed and split down the back; fill with a stuffing made of one cup stale bread crumbs, one egg, one ounce butter, the grated rind of one quarter lemon, a pinch salt and a dash of pepper. Bake in a quick oven three quarters of an hour.—
Mrs. Seth Hawkins.



Soups.

"It is unseasonable and unwholesome in all months that have not an R in their name to eat an Oyster."—*Butter Dyers' Dry Dinner.*

BEAN SOUP.

One quart dried white beans, a cup of milk or cream, butter, soda. Soak one quart dried beans over night. In the morning drain, add two quarts of water; when it comes to the boiling point pour off and add two quarts of fresh boiling water, also about one-fourth teaspoon soda. Boil until the beans are soft, then press through a sieve and return to the kettle. Add salt and pepper to taste and a cup of cream or a cup of milk and a bit of butter. If still too thick, add more milk. Crackers buttered and browned in the oven, or squares of bread browned in butter are nice to serve with this.

CREAM OF TOMATO SOUP.

One quart milk, one cup tomatoes, one tablespoon flour, one tablespoon butter, one-fourth teaspoon soda, salt and pepper to taste. Heat the milk and tomatoes separately; add to the tomatoes soda and flour moistened in milk; butter and seasoning. Strain through potato ricer into the milk.—*Maud Stalker Lemley.*

CLEAR SOUP.

Heat a heaping tablespoon of butter in a deep sauce pan that can be covered, finely sliver a moderately large onion and drop it into the butter. Stir until the onion is thoroughly browned, and then mix in from a pound and a half to two pounds, (according to the richness desired,) of finely chopped lean raw beef selected from the round. Add two quarts cold water, stir well, cover the sauce pan tightly, and place it where it will heat slowly. As soon as the water boils, set it where it can only simmer steadily, and let it cool for three hours. Then strain the soup, return it to the kettle, and add the white and shell of an egg well beaten, with half tea cup cold water, and a bay leaf, if this flavor is liked, season with salt and white pepper. Boil the soup for five minutes and then strain it through a flannel bag that has just been wrung from cold water. This soup may be prepared the day before it is used and heated to boiling point just before serving time.—Mrs. J. P. Dodds.

CORN SOUP.

One can corn, one pint water, one pint milk, one teaspoon sugar, one teaspoon flour, one tablespoon butter, salt and pepper to taste. Boil corn in water till soft. Strain, add scalded milk and sugar, cream the flour and butter and then add it, season. Serve in cups with whipped cream.—Alice G. Lewis, Cooking School.

GREEN PEA SOUP.

One quart peas, one quart water, one pint milk, one tablespoon butter, one tablespoon flour, salt and pepper, one teaspoon sugar if liked. Boil peas till soft, pour off half the water and use it to make white sauce. Mash peas in rest of water, strain through coarse sieve and add to white sauce.

MOCK BISQUE SOUP.

One can tomatoes, one quart milk, one-fourth cup butter, one tablespoon corn starch, one teaspoon salt, speck pepper. Stew tomatoes until soft and then strain. Scald milk in double boiler. Cook one tablespoon of the butter and the corn starch in small sauce pan adding enough milk to pour easily. Add to hot milk and boil ten minutes. Add the remainder of butter in small pieces, stir until well mixed. Add salt, pepper and strained tomatoes. Serve very hot.

MOCK OYSTER SOUP.

Scrape a dozen roots of oyster plant; cut them into thin slices crosswise. When ready to cook throw them into one quart of cold water, bring quickly to boiling point. Simmer gently until very tender, then add one quart of milk. Rub together two tablespoons butter and two of flour, stir gradually into the hot soup; stir until boiling, season with pepper and salt and a teaspoon of grated onion.—Margaret White.

OYSTER SOUP.

Drain the liquor from two quarts of firm, plump oysters, mix with it a small tea cup hot water, add a little salt and pepper and set over the fire in a sauce pan. Let it boil up once, put in the oysters, let them boil for five minutes or less, not more. When they "ruffle" add two tablespoons butter. The instant it is melted and well stirred in put in a large cup of boiling milk and take the sauce pan from the fire. Serve as soon as possible. Oysters become tough and tasteless when cooked too much, or left to stand too long after removed from fire.—Mrs. B.

OYSTER SOUP.

Take one pint of oysters and pour over them one quart

of boiling water; skim them thoroughly; add one quart hot milk, butter the size of an egg, with salt and pepper to taste. Serve hot.

POTATO SOUP.

Three potatoes, one pint milk, one teaspoon chopped onion, one stalk celery, one teaspoon salt, one-half teaspoon celery salt, one-fourth teaspoon each of black and cayenne pepper, one-half tablespoon flour, one tablespoon butter. Boil and mash potato; put onion into milk; mix butter, flour and seasoning, then add to the milk; put in the potato and cook until thick, strain and add parsley.

POTATO SOUP.

To one gallon of water add six potatoes chopped moderately fine, one tea cup rice, lump of butter size of an egg, one tablespoon flour—work butter and flour together. Boil for one hour and add one tea cup sweet cream just before taking from fire.—Mrs. J. T. T.

POTATO SOUP.

Thinly slice enough potatoes to make one pint, with four small onions to obtain a little flavor and boil in a quart of water till perfectly tender. Add one pint of rich milk and season with salt and pepper to taste; serve hot.—Mrs. Anna Pine.

RICE SOUP.

Wash two tablespoons rice and put in a sauce pan with one quart of boiling water; boil for twenty minutes, then drain and add one pint of cream and a tablespoon butter; let boil five minutes longer, add salt and pepper, and serve.—H. L. D.

SOUPS.

Making Stock—A shin or leg of beef is best for this purpose. Cut the meat from the bones, place the bones in the bottom of the kettle and the meat on top of them, cover with five quarts of cold water, bring to a boiling point and skim. Simmer gently for four hours, then add an onion, three or four cloves, a carrot and a parsnip; simmer an hour longer and strain. If this has been properly made and quickly cooled you will have a perfectly clear jelly.

SOUP STOCK.

Take a ten cent beef bone and a five cent veal bone, salt well and pour enough cold water over to cover, let come to a boil and skim carefully, then let water simmer or boil gently for several hours, if more water is needed add boiling water. Strain and put in a cool place and the next day skim off the fat. This is a good foundation for all soups.—Beulah Bennett.

TOMATO SOUP.

Slice and fry a small onion in two tablespoons butter placed in bottom of soup pot. Pour in the tomato liquor together with cups of boiling water, (to make sufficient) cook fifteen minutes, strain, season and add butter and serve.—Mrs. Addie Watson Steddom.

TOMATO SOUP.

A very simple tomato soup is made by boiling together for ten minutes a quart of tomatoes and a pint of water, a slice of onion and half teaspoon of celery seed. Rub together a tablespoon and a half butter and three of flour; add this to the soup, stir until boiling, season with salt and pepper, strain, reheat and serve.

TOMATO SOUP.

Take one can of tomatoes, press through the colander and set on the fire where it will stew gently. Slice two large onions very thin and add to the tomatoes. Let it stew one-half hour, then add one-half pint milk, one tablespoon flour rubbed into two tablespoons butter; and salt and pepper to taste. Let it boil three minutes; when it is done serve hot with bits of toasted bread.

TOMATO SOUP WITH MILK.

One quart milk, one pint water, one pint canned tomatoes, one large tablespoon butter, one teaspoon corn starch, pinch soda. Boil tomatoes twenty minutes in the water, press through a sieve, return to stove and when it comes to a boil drop in baking soda, then add the other ingredients.—Mrs. Addie Watson Steddom.

TOMATO SOUP WITH MILK.

Take nice ripe tomatoes, scald, remove skins and slice one quart. (One can of tomatoes may be used.) Add one pint water and let simmer for a half hour; then add a level teaspoon soda, stir till done foaming and add one quart of hot sweet milk. As soon as it boils again add salt and pepper to taste, with a bit of butter and a few broken crackers.

TO CLARIFY STOCK.

Place the stock in a clean sauce pan, set it over a hot fire. When boiling add the white of one egg to each quart of stock as follows: beat the whites of the eggs up well in a little water, then add a little hot stock beat to a froth and pour in the pot, then beat the whole hard and long; allow it to boil up once and immediately remove and strain through a thin flannel cloth.—Mrs. B.

VEGETABLE SOUP.

After boiling a soup bone or piece of beef until done, add to the broth boiling water to make the amount of soup wanted, and when boiling again add a large handful of cabbage cut fine as for slaw, three large or four small onions, and two or three potatoes, peeled and sliced thin. Let boil from half to three quarters of an hour. If you like a little thickening, stir an egg with a large spoon of milk and a teaspoon of flour; put in five or ten minutes before taking off. If one desires, a half pint of tomatoes, canned or fresh, may be added with the other vegetables.—Mrs. J. S. T.

Made-Overs.

"To the Housewife That's Thrifty."—Sheridan.

BREAD OMELET.

To a large tea cup of bread crumbs add a tea cup cream or rich milk a dessert-spoon butter, salt and pepper to suit taste. When the bread crumbs have absorbed all the cream add three well beaten eggs and fry in butter.—Mrs. C. B. West.

CHEESE FONDOUT.

Two cups or one pound grated cheese, one cup fine stale bread crumbs, one cup milk, (sometimes two), two eggs, one tablespoon butter. Melt butter add milk and crumbs. When heated add cheese. When melted season with salt, cayenne pepper, and mustard; then add beaten eggs. If very thin put back on stove and cook longer, if thick add milk. Should be as thick as pour batter. Avoid cooking too long. Serve with hot toast, crackers, or lettuce in sandwiches.—Alice G. Lewis, Cooking School.

CHEESE FONDOUT.

One cup bread crumbs, two cups milk, three eggs, one cup grated cheese, one tablespoon melted butter, pinch soda and salt. Mix in order milk, crumbs, eggs and cheese. Pour

in baking dish and bake in moderately hot oven.—Mrs. E. H. White, Estherville, Iowa.

CHEESE BALLS.

To one cup grated cheese add one-fourth teaspoon salt, speck pepper, three drops Worcestershire sauce. Beat two whites of eggs stiff and add enough of this to moisten the cheese. Make into balls, roll in bread crumbs and fry in hot fat. Serve with wafers and a salad as a separate course or with wafers only, or as a dish with luncheon. Heap the balls on lettuce leaves.—Alice G. Lewis, Cooking School.

CHEESE STRAWS.

Put four tablespoons flour into a bowl, add half a teaspoon salt, a dash of cayenne pepper, four tablespoons grated cheese and two tablespoons bread crumbs. Make a well in the center of the dish, put in the yolk of one egg and a tablespoon of cold water; mix and carefully roll out into a thin, hard sheet; cut into straws about five inches long and the width of a straw; dry in moderate oven and serve in bundles.—Tested.

CHEESE STRAWS.

Two tablespoons butter, four tablespoons flour, four tablespoons soft grated cheese, one egg, one-half teaspoon salt and a little pepper. Roll thin, cut in sticks and bake quickly, but do not brown.—Anna M. Sweet.

CHEESE CROQUETTES.

Two cups grated cheese, one teaspoon salt, speck of cayenne pepper, whites of two eggs; mix thoroughly; roll in ball size of a walnut, and then roll in very fine bread crumbs and fry in deep smoking hot lard until a light brown.—Mary H. Lewis.

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CHEESE OMELET.

Two cups milk boiled; when hot add one cup cracker crumbs, three eggs (beaten separately), one cup grated cheese, one spoon butter, salt and pepper. Bake ten minutes.—Beulah Bennett.

LEFT OVER.

Cut up cold meat in small pieces; put in dish layer of meat, then layer of macaroni, a layer of tomatoes just to cover, salt and pepper; alternate, having last layer of tomatoes, salt, pepper and butter, in broken bits; sprinkle over top bread crumbs moistened with butter; heat through.

POTATO PUDDING.

Nice mealy potatoes mashed fine, seasoned with cream, salt, pepper and butter; butter a dish or pan; place a layer of potatoes on the bottom, meat chopped fine or fish picked fine, alternating until pan is full; put a layer of crackers or bread crumbs with bits of butter on top, enough milk or water to moisten, cover with a pie pan or paper till nearly done. Bake one hour. If fish is used stir in a well beaten egg. Very nice does not express the full meaning.

RICE AND MEAT CROQUETTES.

One cup of boiled rice, one cup of finely chopped meat, any kind of cold cooked meat; season with salt and pepper; add two tablespoons of butter, half cup milk and one egg. Put the milk on to boil, add the meat, rice and seasoning, then the egg well beaten; stir one minute; after cooling, shape, dip in egg and crumbs and fry.



Pickles.

"Comes a reckoning when the banquet's o'er."

—Gay.

CHOW CHOW.

Fifty large cucumbers cut into inch pieces; two hundred small pickles; two quarts small white onions; one head cauliflower; in strong salt water over night, the onions separately; in the morning drain and let stand in cold water an hour or more; put all in a vessel on the stove and cover with strong vinegar; add five cents worth of celery seed; five cents cinnamon; five cents Juniper berries; five cents tumeric; five cents white mustard seed and a little red pepper; one quart French mustaard; alum the size of a hickory nut; three pints of sugar or more to taste; let all cook slowly an hour, then can and seal.
—Leoni McMillen.

COLD CATSUP.

One peck of ripe tomatoes chopped fine; put over one-half cup of salt and let drain until very dry; one cup of sugar, one-half cup of mustard seed, six onions, five green peppers, one quart of vinegar.—Cora K. Styles.

COLD CATSUP.

One peck ripe tomatoes, chopped fine; put over half cup salt and let drain until very dry, then put in one cup of sugar,

half cup mustard seed, six onions, five green peppers, one quart vinegar. Will keep without being sealed.—Cora K. Styles, New Providence, Iowa.

CUCUMBER PICKLES.

Pack in two gallon jar, then put on a small half pint of salt; cover them with boiling water; let them stand two days; then turn off the water, put on salt and water as before, and again turn off in two days; repeat the third time; after this repack the pickles, putting in green peppers, about a dozen, also add horseradish and onions if desired; put on top a sack of cloves and mustard seed; then pour over them boiling vinegar; tie them up tightly. They will be good in six weeks and will keep good for years. It is well to seal them for future use.—Beulah C. Andrews.

DUTCH CHEESE.

Warm clabbered milk by setting near stove or on range; do not let it get hot. When sufficiently warmed keep the whey poured off till it gets firm enough to put in bag and let it drip till it quits dripping. Take from bag and crumble fine pepper and salt to taste and enough cream to make soft as you want it. Do not let it stay in bag longer than enough to quit dripping or it will get too dry.—Mrs. Z. Kirk.

FRENCH PICKLES.

One peck of green tomatoes, slice and add one tea cup of salt; let stand over night. Drain, add two quarts of vinegar to one quart of water and boil for 20 minutes. Drain again. To three pints of vinegar add two pounds of brown sugar, two tablespoons each of ground cinnamon, cloves, allspice and ground mustard. Boil slowly until tender.

GRAPE CATSUP.

Squeeze the pulp from five pounds of grapes; boil for five

minutes or until the seeds can be strained out, using wooden potato masher to press pulp through sieve; add two pounds sugar, the grape skins, one cup vinegar, teaspoon each of all-spice and cinnamon, saltspoon each of mace and cloves, half teaspoon of salt; put the spices in bag; boil until it thickens. If desired add a little cayenne pepper at the last. Delicious with cold meats.—Rebecca G. Lewis.

GERMAN PICKLES.

Seven pounds of fruit prepared; three pounds of sugar, one ounce of cloves, one ounce cinnamon; heat the sugar and vinegar together and while hot pour on the fruit; let stand twenty-four hours; pour off, boil and again pour on the fruit; in twenty-four hours heat all together. The spice can be put in just as you like, whole or pulverized, in a bag or without, but should be in the beginning. Some fruit is very juicy and takes less vinegar.—Beulah C. Andrews.

GREEN PEPPER PICKLES.

Select nice green peppers, cut the tops but not entirely off, take out all seeds and place in brine twenty-four hours; chop cabbage fine and salt, adding plenty of white mustard seed; fill peppers full and tie carefully; place in half vinegar and water for two or three days; then pack close in jar and cover with boiling vinegar.—Mrs. C. W. Sweet.

GREEN BEANS PICKLED.

Stem and string one gallon green beans; break in two the long ones; cook until tender in salted water; fill your jars packing them in well; have ready three cups of boiling vinegar; three cups of sugar and whole cloves and cinnamon to taste; pour over beans and seal.—Mrs. O. L. Turner.

GREEN TOMATO SWEET PICKLES.

One peck of green tomatoes sliced the day before
9 C B

pickling; sprinkle through with salt; in the morning drain off brine; have eight or ten onions coarsely sliced, some small red peppers, one cup sugar, one tablespoon of the following spices: Allspice, cinnamon, cloves, mustard and horseradish to taste; take a suitable kettle and put in a layer of tomato then onion and spices; turn over enough good vinegar to cover them; boil until tender. Very good keeper.—Mrs. C. H. Crew.

GREEN TOMATO PICKLE.

Take eight pounds of green tomatoes and chop fine; add four pounds brown sugar and boil down three hours; add a quart of vinegar, a teaspoon each of mace, cinnamon and cloves, and boil about fifteen minutes; let cool and put into jars or other vessels. Try this recipe once and you will try it again.—Mary E. Morrison.

GREEN TOMATO PICKLE.

Take eight pounds green tomatoes and chop fine; add four pounds brown sugar and boil down two or three hours; add a quart of vinegar, teaspoon each of mace, cinnamon and cloves and boil about fifteen minutes; let cool and put into jars or other vessels.—Mrs. I. W. Cook.

GREEN TOMATO SWEET PICKLE.

Chop eight pounds green tomatoes; add four pounds brown sugar, and boil down three hours; add a quart of vinegar; a teaspoon each of mace, cinnamon and cloves; boil about fifteen minutes; let cool and put in jars or other vessels. Excellent.—Mrs. J. T. Thornburg.

GREEN CUCUMBER PICKLES.

Cover small cucumbers with salt or brine for twelve hours; wipe dry and fill a jar and cover with strong boiling

vinegar, put in spices and sugar if desired and seal up while hot.—Mrs. S. E. Wing.

MIXED PICKLES.

One gallon cabbage, chopped fine, one gallon green tomatoes chopped, one pint of little onions, two or three red peppers, one quart of little cucumbers, or large ones chopped. Sprinkle one-half cup of salt over the whole and let stand over night. In the morning drain and add four teaspoonfuls of mustard, two teaspoonfuls of ginger, one tablespoon cloves, one of cinnamon, one of celery seed. Heat three pints of vinegar and the sugar to a boil, put all ingredients in and when heated thoroughly seal.—Mrs. O. L. Turner.

POTATO CHEESE BALLS.

Form three cups of well seasoned hot mashed potatoes into balls about the size of an egg; roll each in grated cheese; place them on the dish in which they are to be served, and set in a hot oven until well browned. Serve very hot.—Tested.

PICKLED GREEN BEANS.

Boil the beans in water that is salted a little. When tender (not so tender they will fall to pieces) put in a collander and drain till all the water is off, then turn into boiling vinegar, put in two tablespoonfuls of sugar and a half teaspoonful of black pepper to two quarts of the pickle, seal while hot.

PICKLED WATERMELON RIND.

To one quart of good vinegar add three pounds of brown sugar, four ounces of stick cinnamon and two ounces of cloves; tie the cinnamon and cloves in a bag and boil in the vinegar for five minutes; then pour over the rind and let stand twenty-four hours; remove the liquid and after heating it pour over the rind again and let stand another twenty-four hours, after which boil all together until tender.

RIPE CUCUMBER PICKLE.

Six large ripe cucumbers; peel and take out inside, then grate; add two large white onions chopped very fine; salt well and let stand over night, then drain thoroughly; put in black and red pepper till pretty hot; pack in a jar and cover with good vinegar; turn a plate over it to keep under vinegar.

RIPE CUCUMBER SWEET PICKLES.

Pare and seed ripe cucumbers, cut in two parts lengthway and then cut into small pieces; let them stand twenty-four hours covered with weakened vinegar; drain them and put into fresh vinegar with two pounds of sugar to one quart of vinegar; a tablespoon of salt; spices added to suit taste; about a tablespoon of unground cinnamon and cloves; boil about forty minutes.—Mrs. B. S. Watson.

RIPE CUCUMBER PICKLE.

Peel and quarter ripe cucumbers, take out seed, clean and lay in brine that will float an egg, let them remain three or four days stirring up every day; lay in clear water one day and in alum water over night; alum size of a hulled walnut to gallon of water. Make a syrup three pints of sugar to a quart of vinegar; two tablespoons each of broken cinnamon, pepper grains, cloves and allspice in bags; make more than enough to cover slices, heat and pour over nine mornings; boil down syrup and pour over slices in jar.—Mrs. E. H. White, Estherville, Iowa.

RISSOLES.

Mince cold veal, beef or chicken; season with pepper and salt; roll out a good pie crust as for tarts, cut into squares or oblongs, as for turnovers, put a tablespoon of the seasoned meat in the center of each, brush edges with the white of egg

and make into a neat roll enveloping the meat, pinch the edges of the paste firmly together; bake in quick oven. When brown wash over with the beaten egg. Leave in the oven for a minute to glaze and serve hot.

RIPE TOMATO CATSUP.

One bushel ripe tomatoes boiled until soft enough to put through sieve; then put in kettle and boil until reduced one-half; then add one pint of vinegar, one cup sugar, one-half cup salt, a small handful each of cloves, black pepper and all-spice (tied up in little sacks) and one tablespoon cayenne; cook until thick and seal.—Mrs. O. L. Turner.

SALTED CHERRIES.

Fill a quart jar with cherries with the stem left on; put in three level tablespoons of salt; fill up with cold vinegar and cover.—Mrs. Delia B. Meredith, Newton, Iowa.

SPANISH CHILI.

One pound beef steak cut into fine pieces, fry in butter; when it is well done pour in half can tomatoes, let this cook ten minutes; salt and pepper to taste; add one-half spoon cayenne pepper; thicken with one tablespoon flour. Onions may be added if desired.—Egbert Alden Kizer.

STUFFED CUCUMBERS.

Twelve large cucumbers; cut small piece from one end; take out the seeds; soak in strong salt water over night; chop six heads of celery, six green tomatoes, one small head of cabbage, three red peppers, add one cup sugar, one-half cup salt, two tablespoons mustard; vinegar enough to mix all together; wash cucumbers in cold water; fill with the dressing; put in jars; cover with boiling vinegar; when used they will slice up nicely.—Mrs. Cynthia Crew.

TOMATO CATSUP.

Select good ripe tomatoes; scald and strain through a coarse sieve; add to each gallon when cold four tablespoons salt (scant), three of ground mustard, one of black pepper, one-fourth cayenne pepper, one pint white wine vinegar; cook until thick enough.—Mrs. Anna Bowen.

TOMATO CATSUP.

One gallon prepared tomatoes, two-thirds cup grated horse radish, one-half cup salt, one cup sugar, one cup black mustard seed, one cup white mustard seed, two cups chopped celery, one tablespoon black pepper, one teaspoon cayenne pepper, two tablespoons cinnamon, one tablespoon of mace, one tablespoon cloves, two medium sized onions, one quart strong vinegar. In preparing the tomatoes remove seeds and chop fine but do not cook.

Puddings.

"Variety is the spice of life
That gives it all its flavor."

—Cowper.

BAKED PUDDINGS.

BAKED APPLE DUMPLINGS.

Make good biscuit dough; roll out a piece the size of an egg; peel and core good cooking apples and put one apple in each rolled piece; fasten up well; put in a pan with a half teaspoon of butter and teaspoon sugar on top of each dumpling and bake till apples are done. Serve with cream and sugar sauce or any sauce preferred.

BAKED DUMPLINGS.

Make rich biscuit dough; roll in circles size of center of pieplate; wrap in each piece of dough two quarters of an apple and one quarter of a peach; place in pudding pan, sprinkle freely with sugar and bits of butter; half cover with boiling water and bake.—Mary Kingsley.

BANCROFT PUDDING.

One cup sugar creamed with one large tablespoon melted butter; one egg, white and yolk beaten separately; one cup

sweet milk; one square grated chocolate; two teaspoons baking powder; one and one-half cups flour. Bake thirty minutes in moderate oven. Serve with following sauce:

Six tablespoons sugar; two tablespoons flour; three tablespoons butter. Cream all together; add one pint boiling water and let come to a boil. Flavor with vanilla.—Mary Chawner.

BAKED LEMON PUDDING.

One quart milk, two cups bread crumbs, four eggs, whites and yolks beaten separately, butter size of egg, one cup white sugar, one large lemon, juice and grated rind. Heat milk and pour over bread crumbs, add butter, cover and let get soft. When cold beat yolks, add sugar and grated rind and part of juice. Bake in buttered dish till firm and slightly brown. When done cover with a meringue made of the whites whipped stiff with four tablespoons powdered sugar and remainder of lemon juice. Put back in oven and brown slightly. Serve warm.

BREAD PUDDING.

Into one pint bread crumbs rub butter size of egg, add one quart milk, one scant cup sugar, two eggs whites and yolks beaten separately. Season with nutmeg, cinnamon or cloves. Bake about twenty minutes in hot oven.—Adeline H. Hadley.

BREAD PUDDING WITH SAUCE.

Two cups bread crumbs soaked for one-half hour in two cups milk; add three eggs, whites and yolks beaten separately, a pinch salt. Bake and serve with following sauce:

Three tablespoons sugar rubbed with one and one-half tablespoons butter. Mash small box berries (or use jam) and stir in until creamy; add juice one lemon and a little boiling water to make liquid. Put over the individual dishes when ready to serve.—Dosha C. W. Symons.

BROWN BETTY.

Put a layer of sweetened apple sauce in a buttered dish, add a few lumps of butter, then a layer cracker crumbs or fine bread crumbs sprinkled with a little cinnamon, then layer of applesauce, etc., making the last layer of crumbs; bake in oven and eat hot with cold, sweetened cream.—Mary E. Lewis.

CHERRY PUDDING.

One cup sour cream, one cup sugar, one-half teaspoon salt, one teaspoon soda, graham flour to make thick batter, two cups seeded cherries; bake or steam. Serve with cream and sugar while warm. Any other fruit may be used instead of cherries.—S. E. Wing.

COTTAGE PUDDING.

One cup sugar, one-half cup butter, one egg, one cup sweet milk, three cups flour, two and one-half teaspoons baking powder, one-half teaspoon lemon extract. Bake in flat pans, cut in squares, cover with slices of banana and serve with sauce.

COTTAGE PUDDING.

One cup sugar, one-half cup butter (scant), one egg, one cup sweet milk, one teaspoon baking powder, three cups flour. Bake and serve with plain sauce containing one lemon cut in fine pieces.

HONEYCOMB PUDDING.

One-half cup sugar, one-half cup butter, one-half cup milk, four eggs well beaten, one pint molasses, one teaspoon soda, three cups flour. Mix, adding last the molasses with which the soda has been stirred until it foams. Bake in slow oven. Serve with plain sauce flavored with one tablespoon cinnamon.—Mrs. S. M. Robertson.

PRUNE PUDDING.

Thirty prunes, well soaked, (remove seeds), whites of three eggs well beaten, sugar to taste. Bake in oven twenty minutes; serve with cream.—Mrs. Exie Hill.

QUEEN OF PUDDINGS.

One scant pint grated bread crumbs, one quart milk, one cup sugar, one lemon, four eggs, butter size of walnut. Grate rind of lemon and put with butter; salt with the bread crumbs; pour on the milk boiling hot; when cold add yolks of eggs well beaten. Beat all thoroughly together and bake from one-half to three quarters hour. When cold make meringue of the whites of eggs, juice of the lemon, one-half cup sugar; beat until stiff, spread over top of pudding and set in oven until delicate brown. One-half cup raisins may be added to bread crumbs. Good warm or cold—Mrs. A. B. Elliott, Des Moines.

RICE PUDDING.

Two quarts milk, half cup rice, one cup sugar, one cup raisins, nutmeg or flavoring to taste. Bake in slow oven for two hours. Stir frequently for the first hour.—Lulu Dean.

TAPIOCA PUDDING.

Soak small cup tapioca in one quart water over night; add half cup sugar; bake until clear; pour over two oranges sliced. Beat whites of two eggs to a stiff froth, sweeten, put on top, and set in oven to brown.—Mrs. Exie Hill.

TAPIOCA PUDDING, OR DUCHESS CREAM.

Two-thirds cup tapioca soaked over night; drain and cover with juice from small can of pineapple, and cook until clear. Add little salt, juice of lemon, two cups sugar and

chopped or grated pineapple, and last whites of two eggs beaten stiff. Serve cold with cream.—Mrs. C. W. Sweet.

WOODFORD PUDDING.

Three eggs (leave out whites), one and one-half cups sugar, one cup raisins, one cup fruit, (must be tart and well cooked), one level teaspoon soda, one teaspoon baking powder, one tablespoon cream, one tablespoon butter, one-half teaspoon all kinds of spices. Whip whites of eggs and sweeten; whip one cup cream, beat eggs and cream together and serve over pudding. Eat while fresh. Good baked or steamed.

YORKSHIRE PUDDING.

Three eggs beaten rather light, one and one-half cups sweet milk, one and one-half cups pastry flour. Pour eggs and milk gradually into the flour; add one-half teaspoon salt. Bake about fifteen minutes in gem pans.—Mrs. Kerwin.

YORKSHIRE PUDDING.

Two eggs, three tablespoons flour, milk enough to make a thin batter, a little salt. Have the fat boiling in a baking pan; pour in batter and bake in a quick oven.—Mrs. W. L. Pearson.

BOILED PUDDINGS.

APPLE DUMPLINGS.

Take one pint flour, one teaspoon heaping full baking powder, one tablespoon heaping full lard, and a pinch salt, water to make up dough. Peel and core large tart apples, Duchess, Maiden Blush, or Roman Stems will be good, roll out little pieces of the dough and press round each apple so they will not come open when boiling; have enough boiling

water to cover; boil slowly an hour or till the apples are soft, try with fork. Serve with cream and sugar dip.

CHERRY PUDDING, BOILED OR STEAMED.

Two eggs well beaten, one cup sweet milk, sifted flour enough to make stiff batter, two large teaspoons baking powder, a pinch of salt, as many cherries as can be sifted in. Boil one hour or steam. Serve with pudding sauce. Cranberries, currants, peaches, or sliced tart apples are nice made with this recipe.

FRUIT ROLLS.

Make dough as for soda or baking powder biscuit. Roll one-fourth inch thick, cover with raspberries, blackberries, cherries or currants; roll up, sew in a loose cloth and drop in boiling water to cook one-half hour. Serve with sugar and cream, or with sweet sauce.

PLAIN BOILED PUDDING.

One cup sweet milk, one-half cup molasses, one-half cup melted butter, two and one-half cups flour, one teaspoon baking powder, little salt. Mix molasses and butter together and beat until very light, then the flour gradually until it is a smooth batter. Boil in buttered molds or baking pan two hours and a half. Serve with following sauce:

One pint boiling water, two tablespoons flour, one tablespoon butter, one cup sugar, one teaspoon lemon, one-half teaspoon vanilla, one quarter teaspoon nutmeg, one-eighth teaspoon salt.—Mrs. W. L. Pearson.

ENGLISH PLUM PUDDING.

One pound each of currants, raisins, candied orange and lemon peel, suet, sugar, bread crumbs; one-half pound flour,

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eight eggs, two nutmegs, two tablespoons cinnamon, two cups milk; boil four hours. Serve with following sauce:

Butter size walnut, two-thirds cup sugar, one cup weak coffee, a little lemon juice. Thicken with flour.—Mrs. Bessie Alexander.

MOCK SUET PUDDING.

One cup sorghum, one cup butter, one cup boiling water; dissolve one teaspoon soda in the cup of boiling water; thicken as for cake; boil three hours. Serve with plain sauce flavored with vanilla or with vinegar.—Mrs. Viola Catton, Marshalltown, Iowa.

CORNSTARCH AND CUSTARD PUDDINGS.

BOILED CHOCOLATE PUDDING.

One quart milk, two squares Baker's chocolate, two heaping tablespoons corn starch, one tablespoon vanilla, sugar to make very sweet. Add the sugar to the milk, put on to heat and when very hot add the chocolate grated. Moisten the corn starch with enough milk to make a moderately thick paste and when the milk comes to a boil stir in the corn starch gradually; add the vanilla and cook for three or four minutes stirring constantly. This same recipe may be used for chocolate ice cream by using only one tablespoon corn starch.—Pearl Dean.

CARAMEL CUSTARD.

One and one-half cups sugar melted; add one-half cup hot water and let boil until thoroughly mixed; remove from fire and cool. Boil two cups milk, cool, and add three well

beaten eggs and the above syrup; place in cups and steam until knife blade comes out smooth.—Mrs. Carrie Haskell Kemble, Marshalltown, Iowa.

CHOCOLATE PUDDING.

One quart milk, two eggs, one cup sugar, one-half square chocolate, two tablespoons flour, one teaspoon vanilla. Beat eggs, stir in sugar, flour, chocolate and vanilla; when milk boils add the mixture. Serve with lemon sauce.—Anna A. Maulsby, Marshalltown.

CHOCOLATE PUDDING.

Break two sections chocolate in half dozen pieces, put in a pan over boiling water with milk enough to barely cover, mash and stir smooth, add rest of one quart of milk, one cup sugar, yolks six eggs, heaping tablespoon corn starch. Beat the yolks, add sugar and corn starch (dissolved in milk in which the chocolate is dissolved), add a pinch salt and let cook several minutes, stirring constantly. Beat the whites of the eggs, put on top, place in an oven to brown. Serve cold.—Mrs. C. B. West.

CREAM OF CORN STARCH PUDDING.

One pint milk, four tablespoons corn starch, one and one-half cups sugar, whites four eggs. Heat the milk, moisten the starch and stir into the hot milk; add the sugar and whites of eggs beaten stiff. Mold in cups. Serve with following sauce:

One pint milk, yolks four eggs, four tablespoons sugar, one tablespoon vanilla; cook together stirring constantly.—Maud Stalker Lemley.

DAINTY PUDDING FOR SHERBET CUP.

Part One: Grated rind one-half lemon, juice one lemon,

yolks two eggs, one-half cup sugar, small lump butter, one pint water. Let come to boil and add a little thickening of flour and water. When thick enough remove from stove and cool. Place in sherbet cups. This quantity is for four cups.

Part Two: Whites of two eggs beaten until stiff enough to slice, beat into them four tablespoons sugar. Flour four tart pans and place in them the beaten whites, brown on grate in oven; when cool remove from pan and place one on top of each sherbet cup. Serve cold.—Mrs. Dosha C. W. Symons.

EGG PUDDING WITH SAUCE

Five eggs, five tablespoons flour, one pint milk, pinch salt; bake. To part of the batter reserved for sauce add one cup sugar, lump butter, nutmeg, one cup hot water.—Minette M. Murphy, Glenwood, Iowa.

LEMON PUDDING.

One pint boiling water; three tablespoons corn starch wet with cold water, juice of two lemons, one cup sugar; cook until thick; when cool stir in beaten whites of two eggs. Serve with custard made as follows:

Yolks two eggs, one teaspoon corn starch, three tablespoons sugar, one pint milk.

ORANGE PUDDING.

Four sweet oranges, one coffee cup white sugar, one pint milk, yolks three eggs, one tablespoon corn starch. Peel oranges and slice thin, removing seeds; pour over them the sugar and let stand while making the rest. Heat milk boiling hot in double boiler; add butter size of nutmeg, the corn starch made smooth with cold milk, the well beaten yolks, and a little flavoring. Stir well until cooked. When cool pour over the oranges. Beat the whites of eggs to stiff froth, add two tablespoons sugar and spread over top. Set in oven a few minutes to brown. Serve cold.—Miss Hattie Douglas.

TAPIOCA PUDDING.

Cover three tablespoons tapioca with water, let stand over night; add one quart milk, a small piece butter, a little salt, and boil. Beat the yolks of three eggs with one cup sugar, add, and boil the whole to a very thick custard; flavor with lemon; when cold cover with whites of the eggs beaten to stiff froth and brown.—Alsina Andrews, Jamaica, W. I.

STEAMED PUDDINGS.

BEST BROWN PUDDING.

One cup suet and one cup raisins chopped, one cup milk, one cup best molasses, three and one-half cups flour, one-half teaspoon each soda and salt, spice to taste. Steam three hours. Serve with the following sauce:

One-fourth cup butter, one cup powdered sugar, one teaspoon vanilla. Beat butter to cream; add sugar and beat frothy; add last beaten whites of two eggs. Set in cool place.

—Mrs. C. W. Sweet, Des Moines.

BLACK PUDDING.

One cup butter, one cup brown sugar, one cup molasses, one cup sour milk, three eggs, three cups flour, one teaspoon soda, nutmeg to flavor. Mix batter like cake; steam three hours. Serve with sauce. If a portion of this pudding is left it will be found good steamed over.—Mrs. Ella Holroyd, Marshalltown, Iowa.

BLACK PUDDING.

One pint grated bread crumbs soaked in one cup cold water, one cup syrup, one egg, one cup flour, one teaspoon

soda, one teaspoon salt. Steam two hours. Serve with any sauce.—Mrs. A. C. Cole, Marshalltown, Iowa.

COTTAGE PUDDING.

One cup milk, two cups flour, one cup sugar, one egg, three teaspoons baking powder, two tablespoons melted butter. Steam three quarters of an hour or bake. Serve with white sauce and slices of orange, or whipped cream, or sweetened and flavored cream.—Faye Rosebrook.

DATE PUDDING.

One cup sour milk, one cup sugar, one tablespoon butter, one teaspoon soda, spices to suit taste, one pound dates with stones removed, or full two cups; stir quite stiff with graham flour; steam two hours and serve with dip or cream and sugar.

FIG PUDDING.

One cup molasses, one cup chopped suet, one cup milk, three and one-fourth cups flour, two eggs, one teaspoon soda, one pint figs chopped fine. Mix molasses, suet, and figs. Dissolve soda in one tablespoon hot water, mix with milk and add to mixture. Beat eggs and stir into mixture; add flour, beat well. Turn into buttered mold and steam five hours.—Ozella A. Terrell.

GRAHAM PUDDING.

One-half cup milk, one cup Orleans molasses, one cup raisins, pinch salt, two cups Graham flour, one teaspoon soda. Steam two hours. Serve with sugar and cream.—Mrs. John Lloyd, Marshalltown, Iowa.

PLUM PUDDING.

One cup suet, one cup flour, one cup sugar, one cup milk, two teaspoons baking powder, one cup raisins, one-half cup

currants, one-half cup figs, one-half cup nuts, pinch of cinnamon and allspice. Chop suet, raisins, and nuts fine. Mix thoroughly and steam four to six hours. Serve with sauce.

STEAMED BERRY PUDDING.

One cup sugar, two eggs, one and one-half teaspoon baking powder, two cups flour, one cup sweet milk, two cups berries of kind preferred. Steam two hours. Serve with cream and sugar.—Mrs. Owen Kenworthy.

STEAM CHERRY PUDDING.

One-half pint sour cream, two tablespoons sugar, two eggs, one small teaspoon soda dissolved in cream, flour to make stiff batter. Beat the eggs, add sugar, cream, soda, flour. Carefully drain one pint cherries, canned or fresh, sweeten, dredge with flour, add to batter. Steam three quarters hour; serve hot with cream.—Mrs. George Cody, Marshalltown, Iowa.

STEAMED FRUIT PUDDING.

One cup suet, one cup molasses and one-half cup sugar mixed, two cups sweet milk, three cups flour, one cup raisins, one cup dates, one teaspoon each soda, salt, cinnamon and cloves. Steam four hours. Serve with sour sauce.—Mrs. C. D. Weldin.

STEAMED PUDDING.

Three cups flour, one-half cup butter or one cup suet chopped fine; one large cup brown sugar, one small cup molasses, one cup sweet milk, one cup raisins soaked over night, one-half teaspoon soda. Steam continuously three hours. Serve with cream.—Lillie Pearson.

STEAMED PUDDING.

One cup butter, one cup raisins, one cup molasses, one

cup sweet milk, three cups flour, two heaping teaspoons baking powder, one teaspoon nutmeg, one teaspoon cinnamon. Steam three hours. Serve with following sauce:

Two cups sugar, one-half cup butter, one large tablespoon flour, one teaspoon vanilla or any flavor, one pint boiling water. Stir flour and sugar, add water, butter and flavor.—Mrs. A. B. Elliott, Des Moines.

SUET PUDDING.

One cup suet chopped, one cup raisins, one-half cup figs chopped, one-half cup English walnuts chopped, one cup milk, one cup molasses, pinch salt, two eggs well beaten, two and one-half cups flour; one teaspoon soda. Steam two or three hours. Serve with foam sauce.

Foam Sauce: One and one-half cups sugar, one-half cup butter; two eggs beaten separately, juice of one orange and one lemon. Heat until it boils, adding whites of eggs when ready to serve.—Carrie Haskell Kemble, Marshalltown, Iowa.

SUET PUDDING.

One cup suet chopped fine, one cup raisins chopped, one cup syrup, one cup sour milk, one-half cup English currants, two level teaspoons soda. Mix suet, raisins and currants well into handful dry flour. Add other ingredients and stir until it begins to foam, add flour to form stiff batter and steam one and one-half hours. For large family double quantity and steam two hours. Serve with hard sauce or lemon sauce.—Mrs. Owen Kenworthy.

SUET PUDDING.

One cup suet chopped fine, one cup molasses; one cup sweet milk, three and one-half cups flour, one cup each raisins and currants, one teaspoon each soda and baking powder. Steam two hours. Serve with following sauce:

Four tablespoons sugar and two tablespoons butter stirred to cream; one teaspoon vanilla, yolk one egg, beat the white and add last.—Mrs. Albert Terrell, Beaver Dam, Wis.

Dr. R. P. Miller.

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MISCELLANEOUS PUDDINGS.

FRENCH BREAD PUDDING.

Butter and jelly two inch squares bread. Arrange in deep glass dish and pour over one quart boiled custard. Cover with meringue, brown slightly. Serve very cold.

"GRANDMA'S" PLUM PUDDING.

One half pound chopped suet, one and one-half cups brown sugar, one half cup sweet milk, one cup raisins one cup currants, one nutmeg, one-half teaspoon allspice, one-half teaspoon cinnamon. Boil two hours in a cloth—Mrs. John Nicholson.

ORANGE PUDDING.

One and one-half cup sugar, four eggs, six large sweet oranges, one-half package of gelatine, one quart milk; soak gelatine two hours in one cup of the milk, put remaining milk in double boiler; beat together eggs and sugar; when milk boils stir in gelatine, then add eggs and sugar; stir constantly five minutes, set aside to cool; pare oranges, free from seeds and tough parts; put in large glass dish; when custard is cold pour over, stand on ice eight hours.—Mrs. John Nicholson.

CHERRY PUDDING.

One-half pound stale bread, one and one half pints milk, four eggs, tablespoon butter, one-half pound sugar; heat milk to boiling point, stir in bread, beat up well, add yolks well beaten, add sugar and butter; flavor with almond; stone two pounds of cherries and add to mixture, lastly add beaten whites of eggs; bake one and one-half hours in a moderate oven.—Mrs. John Nicholson.

SAUCES.

CREAMY SAUCE.

Served either hot or cold on any hot pudding. One-fourth cup butter, one-half cup powdered sugar sifted, one-half cup cream, one teaspoon lemon or vanilla. Cream butter, add sugar slowly, then the cream. Beat well and just before serving place in a bowl over hot water and make smooth but do not melt butter. If to be a cold sauce, place in cold water.
—Alice G. Lewis, Cooking School.

HARD SAUCE.

One-half cup butter, two cups pulverized sugar, or enough to make a good cream, adding sugar gradually. Flavor with one-third teaspoon lemon extract, two-thirds teaspoon vanilla.
—Mrs. M. J. Fogg, Marshalltown, Iowa.

SAUCE.

One tablespoon flour stirred smooth with cold water, add one cup sugar, two tablespoons butter; pour this into one pint boiling water, stirring constantly; let boil two or three minutes. After removing from fire add one-half teaspoon lemon extract.—E. A. Johnson.

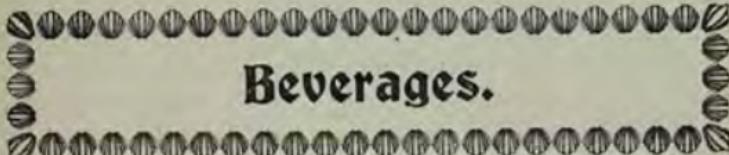
SWEET SAUCE.

One tablespoon corn starch or flour rubbed smooth with cold water and stirred into pint of boiling water. Add one cup sugar and one tablespoon vinegar. Cook well for three minutes. Remove from fire and add butter size of small egg.

When cool flavor with vanilla or lemon extract.—Mrs. Anna Williams, Marshalltown, Iowa.

TARTAR SAUCE—SERVE WITH MEATS, CUTLETS.

One tablespoon vinegar, one teaspoon lemon juice, one-fourth teaspoon salt, one tablespoon Worcestershire sauce, one-third cup butter. Mix vinegar, lemon juice, salt and Worcestershire sauce in small bowl. Heat over hot water. Brown butter and strain into other mixture.—Alice G. Lewis, Cooking School.



Beverages.

And while the bubbling and loud-hissing urn
That throws up a steamy column, and the cups
That cheer, but not inebriates, wait on each,
So let us welcome peaceful evening in.

—Cowper

CAFE AU LAIT.

Use strong filtered coffee or pour plain coffee off the grounds into a heated coffee pot. Have a pitcher of fresh, hot milk and serve with coffee in quantity desired, one-third milk or less, according to taste.—Mary A. Meredith.

CHOCOLATE.

Two squares Baker's chocolate, two tablespoons sugar, one quart new milk, two tablespoons water. Dissolve the chocolate in the water, stir into the milk when latter is boiling, add the sugar and beat with a Dover egg beater three or four minutes to make chocolate rich and frothy.—Adeline H. Hadley.

CHOCOLATE DRINK.

For six people. One pint milk, one pint water, three tablespoons sugar, one tablespoon corn starch, one square chocolate, or more to taste.—Hettie Thomas.

COCOA.

Six teaspoons cocoa, six teaspoons sugar, one and one-half cups water, three cups milk; mix the cocoa and sugar with one-half cup cold water. Pour over this one cup boiling water

and boil ten minutes. Add the heated milk, stir and serve hot.
M. L. E.

COFFEE.

One level tablespoon ground coffee will make one cup of good strong coffee. For a large company use one tea cup ground coffee to every twenty persons. The coffee should be put into small sacks, (empty salt sacks are very good.) Allow one gallon water to every fifteen persons.—Adeline H. Hadley.

COFFEE.

Use one tablespoon ground coffee for each person; one egg to a gallon or a little more; wet with cold water and stir well. Place in a well scalded coffee boiler, pour in about one-third the quantity boiling water needed and let steep ten minutes at boiling point, then add boiling water until it is the right strength. If not well settled pour in a little cold water. Serve with sugar and cream as desired.—Ruth W. Mills.

COFFEE.

Five tablespoons coffee for four persons, one-half the white or yolk of an egg; stir together with cold water, allow to come to a boil, and add the required amount of hot water.—Mrs. Salisbury.

COFFEE FOR ONE HUNDRED.

Take five pounds roasted coffee, grind and mix with six eggs. Make small muslin sacks and in each place a pint of coffee leaving room for it to swell. Put five gallons boiling water in a large coffee urn or boiler having faucet at bottom. Put in part of the sacks and boil two hours. Five or ten minutes before serving, raise the lid and add one or two more sacks, and if you continue serving, several times add fresh sacks at regu-

lar intervals, taking out from time to time those first put in and filling up with boiling water as needed. In this way the full strength of the coffee is secured and the fresh supplies impart that delicious flavor consequent on a few moments boiling. To make coffee for twenty persons use one and a half pints ground coffee and one gallon water.

HARVEST DRINK.

One quart water, tablespoon sifted ginger, three heaping tablespoons sugar, half pint vinegar.

HOT WEATHER DRINK.

Two ounces tartaric acid, two pounds sugar, one and a half pints water; boil; when cool flavor with lemon or whatever suits the taste. To use fill a glass to the depth of one inch, then two-thirds full of cold water, then stir in one-fourth teaspoon soda.—M. T. Thomas.

HYGIENIC COFFEE.

Make coffee according to above directions. Put new milk into a firina or double boiler to heat. When a skum forms over the top, indicating that the milk is hot, remove from the stove. In serving the coffee fill each cup half full of the hot milk and add coffee to fill the cup. Coffee served in this way will not cause indigestion.—Adeline H. Hadley.

ICE TEA.

Prepare tea in the morning making it stronger than usual, strain and pour into an earthen jug or glass bottle, set in ice chest until ready to use. Add sugar to taste. A few slices of pared lemon with some juice, gives it a pleasant flavor. Use ice as desired and serve in tumblers without cream.

LEMONADE.

For one gallon lemonade: Use five or six large lemons to a gallon of water, squeeze the juice from the lemons and put in two tea cups sugar, stir until the sugar is dissolved, add the water and lump or grated ice. Remove all seeds which makes it easier to drink.—Mrs. R. W. Mills.

ORANGEADE.

One lemon to three oranges. Make as lemonade.—Debbie Young.

PLAIN OR SIMPLE SYRUP.

Place one quart of pure cold water in a roomy earthen bowl and add to it three pounds of granulated sugar; stir this mixture for a few minutes, then let it stand for a while. Stir again for several minutes; after a few such treatments, however, every particle of sugar will dissolve, leaving a clear heavy syrup ready for use after being strained.

This formula will make a quart and three-fourths of crystal syrup of the right consistency. For a larger quantity of syrup use twenty-five pounds of granulated sugar in eight and one-half quarts of water. Paddle it in a tub or keg. This can be used for a table syrup, for pan cakes, puddings, etc.

PURE GRAPE JUICE SODA.

For this most delicate drink place one ounce or more of the simple syrup in a small thin glass and add about the same quantity of pure unfermented grape juice. Concord grape juice has the best flavor.—From the *Delineator*.

RASPBERRY SHERBET.

Four quarts red raspberries, cover with one quart vine-

gar and let stand over night, strain, then add one pound sugar to every pint of juice. Boil twenty minutes, bottle and keep in a dry place.—From the *Housewife*.

RUSSIAN TEA.

Make tea in the ordinary way. Into each cup place a thin slice of lemon and add the hot tea. Black tea is preferable. Mary A. Meredith.

STRAWBERRY SYRUP.

Take fine ripe strawberries, crush them in a cloth and press the juice from them. To each pint of it put a pint of simple syrup, boil gently for one hour, let it become cold and bottle it, cork and seal. When served reduce it to taste with water, set it on ice and serve in small tumblers.—Mabel Young.

Raspberry syrup made as directed for strawberry syrup.

STRONG COFFEE.

One quart boiling water, four heaping tablespoons coffee, mix coffee with white of egg and a little cold water, then stir in boiling water and boil three minutes.—Mrs. Dr. Burtchby

TEA, GREEN OR BLACK.

Pour boiling water from tea kettle into the tea pot, let stand a few minutes and then pour the water out. For each two persons put a teaspoon of tea into the teapot, pour on it a small quantity boiling water, let stand five minutes, then add enough boiling water to make the amount of tea wanted.

Candies.

*A perpetual feast of nectared sweets,
Where no crude surfeit reigns.*

—Milton.

CARMEL CANDY.

One and one-half cups sugar, granulated, one-half cup milk, one-half cup butter, one-half cup Peerless Drip syrup, stir while boiling and just before pouring in greased tins add one cup nuts and any desired flavoring.—Martha Clayton.

CHOCOLATE ALMONDS.

Use unsweetened chocolate or the regular confectioner's chocolate. Melt over hot water; when thoroughly melted dip the almonds into it and drop with a fork onto paraffine paper.

CHOCOLATE CREAMS.

Mix the fondant any way desired, then dip into melted chocolate.

CHOCOLATE FUDGE.

Two cups granulated sugar, one-half cup milk, one square Baker's chocolate, butter size of an egg. Boil sugar and milk until nearly done then add the chocolate, stirring constantly. After taking from the stove add the butter and beat until it

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creams, then pour into buttered tin. The excellency of this recipe depends upon the making.—Martha H. Clayton.

CHOCOLATE FUDGE.

Two cups granulated sugar, two-thirds cup new milk, two squares chocolate, butter the size of a walnut, vanilla to flavor. Put the sugar, milk and chocolate, grated, together in a granite sauce pan and when almost done add the butter; boil stirring constantly until when tested in cold water a soft ball may be formed, take from fire at once, add vanilla and stir until cool enough to retain its shade. Butter a shallow pan and spread the mixture in this to the depth of half an inch. Check in squares.—Mrs. Kate Wright Meredith, Newton, Iowa.

CREAM CANDY.

Two cups granulated sugar, one-half cup water, one quarter teaspoon cream of tartar dissolved in the above; boil about ten minutes without stirring. When it is done it will be brittle when dropped into cold water; add butter the size of an egg before taking from the stove; pour into buttered tins and pull as hot as possible.—Mary A. Meredith.

CREAM FUDGES.

Three cups granulated sugar, one cup milk, butter size of an egg; boil until it will form a soft ball in water; add one cup chopped nuts and beat until thick. Pour on buttered tins and mark in squares.—Mrs. Delia B. Meredith, Newton, Iowa.

PUNNUC.

Two cups C sugar, enough rich milk or cream to moisten well, stir constantly while cooking. When almost done, which may be known by its forming into a soft ball when dropped in cold water, stir in a tablespoon of butter, flavor with vanilla,

take off the stove, add a cup of finely chopped nuts, beat to a cream and pour into a buttered pan about an inch thick.—W. Faye West.

COCOANUT CANDY.

Two cups granulated sugar, one-half cup water, one cup shredded cocoanut, boil six minutes, beat till granulated, pour in a buttered pan and cut in squares. Add two squares of chocolate to make chocolate. Cocoanut if desired.—Edna Thornburg.

FONDANT.

Two cups granulated sugar, one cup hot water, one-third teaspoon cream of tartar or a little lemon juice. Place on the stove and stir until thoroughly dissolved. Wipe off the grains with a damp cloth. Boil over a quick fire until it will make a soft ball when tried in cold water. Remove from the fire and put aside to cool leaving it in the pan in which it was cooked. When cool, not cold, stir until it becomes a thick, creamy mass, and when it is too hard to stir take it into the hands and knead. Cannot be kneaded too much, it makes the fondant more creamy and light. Put into an earthen dish, cover with a slightly dampened cloth and let stand twenty-four hours; will keep for weeks if the cloth is kept damp. Do not jar either while cooking or cooling. For pink fondant use one-half tablespoon of pink sugar.—Elizabeth Hawkins.

FRENCH CREAMS, UNCOOKED.

Whites of two eggs beaten, add two tablespoons of cold water, flavor with any good extract or fruit juice. Work into this enough pulverized sugar to mould with fingers into shape. Put nut meats on top, or chop nuts or fruit and mix through.

FUDGE.

Three cups light brown sugar, one-half cup butter, one-half cup milk, two squares chocolate. Boil twenty minutes. Add one cup chopped nuts and beat five minutes before pouring into a buttered pan, then cut into squares when cool.—Edna Thornburg.

FUDGE.

Two cups grain sugar, three-fourths cup sweet milk, one and one-half squares sweet chocolate, butter size of walnut; boil until it forms soft ball when dropped in cold water, just before taking from fire; stir in nuts, turn in buttered pan, when partially cool cut in squares.—Mrs. C. W. Sweet.

GLAZED NUTS.

One cup sugar, one scant half cup water, one teaspoon vinegar. Cook until it hardens. Place nuts in buttered pan and pour candy over them.

KISSES.

Two eggs, two cups sugar, one cup milk, four of flour, two teaspoons cream of tartar, one teaspoon soda, flavor with lemon. Drop on tins and bake in quick oven.

MOLASSES SNAPS.

Two cups granulated sugar, one-half cup molasses, one-half tablespoon butter; cook all except butter to a hard crack, then add butter, remove from fire and drop from spoon onto a buttered platter into small round wafers.—Elizabeth Hawkins.

MOLASSES TAFFY.

Four cups granulated sugar, one cup molasses, one teaspoon cream of tartar or three tablespoons vinegar, one tablespoon butter.

MAPLE FONDANT.

Two cups light brown sugar, one cup maple syrup, one cup hot water, one-third teaspoon cream of tartar.

NUT BAR.

Work nut meats into fondant, put into an oblong pan to harden, then cut or make three layers of the different kinds of fondant, press together, cool and cut. Cocoanut bar may be made in the same way. This fondant should cook longer than that which is to be melted.

NUT WAFERS.

Use white fondant; put it in a small kettle and melt in water. Flavor with vanilla, stir in broken walnut meats and drop from a spoon onto paraffine paper. Any kind of nuts may be used.

PANOCHÉ.

Put three cups dark brown sugar and one cup rich, creamy milk in a sauce pan and boil till it forms a soft ball when dropped into cold water. Add one teaspoon vanilla, and beat till it thickens. Then stir in one pound English walnuts broken fine, not chopped. Turn into buttered pans to cool. Some add a pinch of salt. The recipe may be varied by using one cup maple syrup or two squares of Baker's chocolate. Chopped figs, dates or raisins may be added to the nuts.—Mrs. David Meredith, Lynnville, Iowa.

PEANUT BRITTLE.

Put three cups sugar into a sauce pan, stir it until it melts and turns a little brown. Have peanuts shelled, chopped and scattered over buttered plate. Pour the melted sugar quickly

onto the plate; cut in squares when cold.—Iva McLarnen, Jenison, Mich.

PEPPERMINT AND WINTERGREEN WAFERS.

Use white fondant for peppermint and pink for wintergreen; melt and flavor with two or three drops of oil which is better than essence, and drop into small round wafers. Drop maple wafers in same way.—Elizabeth Hawkins.

ROSE ALMONDS.

Use pink fondant; melt and flavor with rose and dip in whole almond meats, which are better not blanched. Cover them well with the fondant, then drop with a fork onto the paper.

STUFFED DATES.

Cut the dates open and remove the seeds; lay on plate ready for filling. Make the filling of well beaten white of one egg, one tablespoon cold water, pulverized sugar to make stiff enough to mould with fingers. Chop nuts or dates and mix with filling if desired.—Mabel H. Kenworthy.

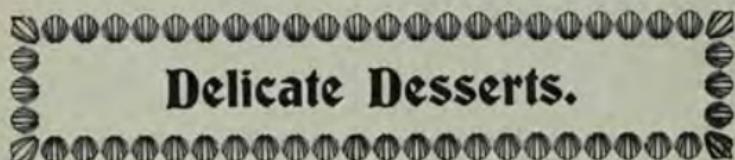
THE FONDANT FOR CANDY.

Use only the best granulated sugar for boiling and confectioner's xxx for kneading. To one pound sugar add one-half cup water, stir until dissolved and no longer, with wooden spoon. Wipe away all granules which form on the sides of pan. In about six minutes test it by placing four fingers in bowl of ice water, plunge them into syrup and instantly back into the ice water. Continue trying until a very soft ball can be formed in the water from syrup picked up. Then pour quickly on large meat platter or marble slab which has been oiled. Pour out carefully or it may granulate. When you

can dip finger in middle of mixture and it is simply warm, not hot, it is ready for stirring. Stir constantly with a wooden paddle until the whole is a thick, creamy mass, or until it begins to crumble. Take in hand and knead it as you would bread; in a moment it will become a soft, smooth mass. Put at once into a bowl, cover closely with a piece of damp cheese-cloth. Next morning this can be made into various forms and nuts placed on top, nuts chopped finely and mixed through it, dates and figs stuffed with it, the filling for chocolate creams, etc.—Lily McCune, taken from the Chicago Record-Herald.

WHITE FUDGE.

Two cups granulated sugar, one cup milk, butter size of a walnut, boil twenty minutes; add lemon flavoring just before taking up. Beat five minutes before pouring into a buttered pan. Cut in squares when cool.—A. E. T.



Delicate Desserts.

"Take the food that gods provide thee."

—Dryden.

A DAINTY PEACH MOUSSE

Is made by soaking one teaspoon of gelatine in cold water, dissolving it over hot water and straining it over the pulp of a dozen peaches; add the juice of half a lemon; whip a pint of cream; chill, stir the peach mixture in a pan of ice water until it begins to thicken, then fold into it the cream; pour into a mould, cover tightly and pack in ice and salt.

APPRICOT SOUFFLE.

Press one and one-half cooked apricots through a strainer. Season with one teaspoon butter, one tablespoon sugar, one teaspoon vanilla. If this is moist, place in a pan and cook till dry and firm. Add beaten whites of four eggs sweetened with three tablespoons powdered sugar. Mix the puree and meringue lightly together and turn all into a buttered pudding dish. Smooth the top into a mound shape. Sprinkle with powdered sugar and bake twenty minutes in a slow oven. Serve with a hard or a custard sauce.

APPLE CREAM.

Core large tart apples, fill holes with sugar and bake. Into a pint of boiling milk stir a half cup sugar and the beaten yolk of one egg. When cold flavor with vanilla and pour over apples.—Tested.

APPLE TAPIOCA.

Steam one cup tapioca in double boiler one hour; slice tart apples, place in bottom of baking dish, add sugar and nutmeg, add layer of tapioca and then apples till dish is full. Bake one hour.—Jessie Young.

APPLE CHARLOTTE.

Cook, stirring constantly, tart apples in butter until soft and dry, adding sugar; line mold with bread an inch wide, dipped in melted butter, one overlying the other; turn in apples, cover with buttered bread; bake half an hour and serve with lemon sauce.

APPLE SNOW.

To the whites of two well beaten eggs take one pint of stewed and sweetened apple sauce, flavor with one teaspoon lemon juice. Beat the apple with the eggs, a teaspoon full at a time. All will be as light as beaten whites of eggs. Eat cold with cream.—A. W. S.

BANBURY TARTS.

Chop a cup of seeded raisins, two ounces citron peel, add one cup sugar, grated rind and juice of one lemon, little salt and one beaten egg. Place on rounds of pastry, fold edges together and fasten with fork. Bake in moderate oven.—Martha Stanton.

BAKED BANANA.

Remove the skins from half a dozen bananas, place in baking dish, add half cup of water; when partly done turn and bake until soft, but not browned. Serve warm or cold. A hot oven is required.—Mrs. J. H. Green, Albia, Iowa.

BANANA CHARLOTTE.

Scald the pulp of several bananas; sweeten and strain some gelatine into the pulp, adding lemon juice; set the mixture into a pan of ice water, and before it begins to set, fold in the beaten whites of eggs; line a mould with slices of banana, pour the mixture into it, and, when it has become chilled, turn out and serve plain or with whipped cream.

BANANA COMPOTE.

Remove the skin from six or eight bananas, divide in quarters and cook until clear in a syrup made of one cup sugar, one cup water; serve when cold with whipped cream or whites of eggs beaten stiff and flavored.—Martha Stanton.

CITRON PIE.

For two pies: One cup brown sugar, one-half cup butter, yolks of six eggs, lemon flavor; beat till very light.—Mary Hawkins.

CREAM MERINGUE.

Beat whites of six eggs very stiff; add four drops of vanilla and nine ounces of pulverized sugar; sprinkle a platter with sugar, drop the mixture on it a tablespoon at a time, taking care they do not touch; place in a slow oven five minutes; when crust is formed, scrape out the soft center, let the shells cool, then fill them with whipped cream; fill the center of a

large dish with whipped cream and arrange meringue over and around it.—Selected.

CREME FRETE. (A THICK CUSTARD, CRUMBED AND FRIED.)

Boil one pint milk with one inch stick of cinnamon, beat together one-half cup sugar, four tablespoons corn starch, two tablespoons flour, yolks of three eggs, one-fourth cup cold milk, one-fourth teaspoon salt; pour boiling milk on mixture and stir well; strain into double boiler and cook fifteen minutes, stirring often; add one teaspoon butter and same of vanilla; pour into buttered bread pan and set to cool; when cold, turn out on crumbed table, cut in strips one inch wide, one thick and two long; crumb, egg, crumb again, and fry in hot lard till delicate brown.—Alice G. Lewis, Cooking School.

CHOCOLATE BAVARIOSE.

Melt two ounces chocolate over hot water, stir and cook till glossy with one-fourth cup each of sugar and water; add to it one cup scalded milk; beat yolks of three eggs, mix with one-fourth cup sugar and cook in the hot milk and chocolate until spoon coats, or to a custard; add one-fourth package gelatine, —or one tablespoon—softened in one fourth cup cold water; pour into dish standing in ice water; flavor with one teaspoon vanilla and stir frequently; fold in one cup whipped cream; pour into mold lined with paraffine paper and lady fingers, or into a glass dish from which it is served. Decorate with whipped cream, candied cherries or almonds. Fruit can be used instead of chocolate.—Alice G. Lewis, Cooking School.

CHARLOTTE RUSSE.

Take solid apples, pared and quartered, and make a thick syrup with cinnamon to taste. Drop the quartered apples into syrup and boil until tender. Take out of syrup with a fork

and arrange in a dish. When cold put whipped cream over the top. A little syrup may be poured over the apples before the cream is put on.—Mabel Kenworthy.

COCOANUT BLANC MANGE.

Eggs three, sweet milk one quart, cornstarch one cup, sugar one cup, salt one teaspoon; heat milk to a boil, stir in starch moistened, and salt and boil ten minutes, stirring constantly; three minutes before removing from fire stir in beaten yolks; remove from fire and add beaten whites, pour in one large or several small moulds and sprinkle thickly with cocoanut.—Carrie Roberts.

CHARLOTTE RUSSE.

Beat the white of one egg stiff, add a half pint sweet cream, the colder the cream, so not frozen, the easier it will whip. Whip until stiff, add three tablespoons sugar, a few drops of vanilla and one-fourth cup rich fruit juice. Strawberry juice espically good. Dip over any good plain cake which has been cut in squares and put in dishes for serving.—Tested.

CUSTARD SAUCE.

Yolks of three eggs, two tablespoons sugar, one and one-half cups milk, one teaspoon flavoring. Heat milk and sugar in double boiler. Beat yolks to a cream, add them to the mixture, remove to back of stove and cook till thickened, stirring constantly. Strain and add flavoring. Use hot or cold.—Tested.

FRUIT SALAD.

Four large oranges, one-half dozen bananas, one-half can shredded pine apple, one box jello; slice oranges and ba-

bananas fine. One pint boiling water to the jello, sweeten to taste. Place on ice and when jellied serve with cream.

FRUIT PUNCH.

Peel and slice six oranges, two bananas and one small pine apple, (the latter can be omitted if preferred.) To these add fresh strawberries or candied cherries. Sprinkle over all chopped citron and chopped English walnuts with powdered sugar and let set in cool place. Serve in sherbet glasses with chipped ice. Sprinkle over the top of each glass a few chopped nuts.—Mrs. R. W. Clayton, Oskaloosa, Iowa.

GELATINE SALAD.

One-half box gelatine soaked in one-half cup cold water for one-half hour, juice of three lemons, three oranges sliced, one cup chopped nuts, one-half cup powdered sugar. Prepare the fruit and nuts. Dissolve the gelatine in two cups boiling water, add sugar and cool until slightly thickened, then pour this over the fruits and nuts, which have been placed in layers in a mold or salad dish. Set away to become very cold. Serve with cream or fruit sauce.—Tested.

HARD SAUCE.

Cream two tablespoons butter and one-half cup pulverized sugar. Beat till smooth and creamy. Flavor with one-half teaspoon vanilla.

RUSSIAN JELLY.

Soak one box of gelatine for one hour in two tea cups of boiling water, stirring until the whole is dissolved. Now add three cups of sugar and two cups of lemon juice. Allow the preparation to cool and when it is almost stiffened beat it until frothy and turn into mold wet with cold water. Just before

serving ornament with preserved or candied cherries.—Tested, Elizabeth C. Hawkins.

MARGUERITES.

Over two dozen square crackers spread the beaten white of one egg and a cup chopped salted peanuts, or seeded raisins; place on the bottom of an upturned pan and brown lightly.

MARGUERITES.

Beat yolks of three eggs—flavor and sweeten; whip into this one cup chopped peanuts; spread on salted wafers and brown in oven. This will cover a dimes worth of wafers.—Mrs. Tom Carlin.

MARGUERITES.

One cup sugar, three tablespoons water. Boil till it will thread, then pour slowly into the whites of three eggs beaten to a stiff froth. To this add one cup chopped nuts; spread on wafers and brown in oven.—Martha Stanton.

ORANGE CHARLOTTE.

Line a mold with sections of orange. Soak one-third of a box of gelatine in one-third of a cup of water till soft. Pour on it one-third of a cup of boiling water. Add one cup of sugar and juice of a lemon. Strain and add a cup of orange juice, pulp and grated rind. Cool in the refrigerator or a pan of ice water. When the jelly begins to harden, beat till light, then add the whites of three eggs which have previously been beaten stiff. Then pour into the mold lined with orange sections, and put on the ice until serving time. In preparing the cup of juice and pulp, be careful to reject all tough tissues, using only the clear juice and pulp.

ORANGES IN JELLY.

Boil very small oranges in clear water until a straw will easily penetrate them, cut in halves; drop in syrup of one-half pound sugar to each pound fruit and boil until clear. Stir in one ounce dissolved gelatine, let boil five minutes. Arrange fruit in deep glass dish, pour jelly over and set on ice to harden.

ORANGE MARMALADE.

Five oranges and one lemon cut in very thin slices, weigh and add three pints of water; soak twenty-four hours; cook one hour and let stand twenty-four hours more; add weight of sugar and the juice of two lemons. Cook until thick to suit. This is very nice.

ORANGE BAVARIM.

One-fourth box gelatine soaked in one-third cup cold water; mix with one cup orange juice and juice of one-half lemon and three-fourths cup granulated sugar. Heat until dissolved; strain and cool. When it begins to thicken add it to one pint whipped cream. Put in mould rinsed in cold water and let stand until set. Serve on flat dish and garnish with orange carpels and whipped cream.

ORANGE KISSES.

Mix thoroughly a pound of powdered loaf sugar and the juice of three oranges; add this to the beaten whites of four eggs, and beat all well; drop on buttered paper in small mounds; put pan in moderate oven and bake a rich brown; when done take up carefully and press two bottoms together to give them the form of an egg.

PRUNE WHIP.

Twenty prunes, whites of five eggs well beaten, five tablespoons sugar. Stir prunes until there is no liquid; stone and chop or mash fine, mix with the other ingredients and bake until a delicate brown. Serve with whipped cream.—Tested.

PRUNE WHIP.

Take whites of five eggs, one-half teaspoon of cream of tartar, one-eighth teaspoon salt, ten tablespoons powdered sugar, one-fourth pound of cooked prunes; beat whites stiff; mix sugar, salt and cream of tartar together, then beat with the beater into the whites; chop prunes and cut and fold in, or lay in layers; bake in a greased pan, set in hot water. May use any kind of fruit or berries, chopped fine or put through the sieve. Serve with a sauce—boiled custard or other sauce.—Alice G. Lewis.

PEAR GELATINE.

Make gelatine as directed on box. Put quartered pears in the mold with juice of one lemon in the water before stirring in the gelatine. Put on ice and serve plain or with whipped cream.—Tested.

QUINCE HONEY.

Boil one-half pint sugar and one pint of water until it will drip. Then stir in one large quince grated. This will make one glass of quince honey.—Mrs. Harry Griest.

RASPBERRY BLANC MANGE.

Dissolve two ounces of gelatine in one pint of milk over the fire with one cup of sugar. When partly cold stir in one pint of cream whipping them well together. Have ready one quart of crushed and sweetened raspberries and stir them in;

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add also the strained juice of one lemon; beat well and pour into molds to harden.—Tested.

RICE CROQUETTES WITH RASPBERRIES.

Cook a cup of rice with salt in three cups milk until tender and dry; add three egg yolks, a quarter cup each of butter, sugar, whipped cream and candied orange peel shredded fine; when cool form in balls, egg and bread crumbs and fry in deep pan. Serve with raspberries and sugar.

SALTED PEANUTS.

Shell twenty cents worth of raw peanuts, cover with boiling water and let stand for twenty minutes; remove skins and place nuts in a long bread or dripping pan; add one large tablespoon olive oil and one scant tablespoon salt; roast in a hot oven until all are a rich light brown, stirring frequently in order to brown them evenly.—Adeline H. Hadley.

SNOW.

Grate a cocoanut and pile it in the center of a glass dish; beat the whites of five eggs to a stiff froth, add two large spoons of fine white sugar, a spoon of rosewater or pineapple; beat the whole well together, add a pint of thick cream and turn over the cocoanut.

STUFFED FIGS.

Wash figs and remove stems; fill center with almonds or English walnuts, blanched and chopped fine. To blanch nuts pour boiling water over the meats; let stand a few minutes till husk loosens and rub off with the fingers. Steam the stuffed figs until tender. Serve with whipped cream.—M. E.

SPICED FRUIT.

Four pounds fruit, one and one-half pounds sugar, one tablespoon cinnamon, one teaspoon salt, one teaspoon cloves, one teaspoon pepper, one pint vinegar.—Mrs. John Nicholson.

STRAWBERRY PATTIES.

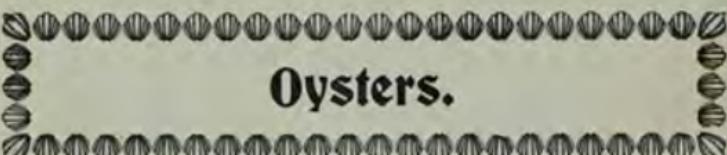
Line fluted patty tins with puff paste, fill with the berries, sweeten to taste; bake in hot oven, cool and pile whipped cream over patties

TWISTERS.

One and one-half cups sugar, two eggs, one teaspoon soda, one pint of butter milk, flour to roll not too stiff; fry in one part lard and one part suet.—Hannah Hart.

VIOLET GELATINE.

Soak one box of Knox's gelatine in one pint cold water two minutes; add one and one-half pints boiling water, one and one-half cups sugar; stir until dissolved. Color the gelatine with violet fruit coloring, a delicate shade. Strain and turn into a mold. When it begins to set put in live violets, stems and all. When hard turn on a white dish, garnish with violets and leaves and whipped cream.—Mrs. Egbert Alden Kizer, Des Moines, Iowa.



Oysters.

"The World's mine Oyster."—Shakespeare.

CELERIED OYSTERS.

One pint oysters, one-third cup melted butter, one-half cup fine cracker crumbs, one and one-half cups thin white sauce, two stalks celery chopped fine, salt and pepper; wash the oysters, drain and dry between towels; season with pepper and salt, dip in melted butter, then in fine cracker crumbs; cook in a hot buttered dish, arrange on toast, pour over white sauce and sprinkle with celery.

White sauce:—Melt two tablespoons butter, add two tablespoons flour, one-quarter teaspoon each of salt and pepper, then gradually one cup of scalded milk.

ESCALLOPED OYSTERS.

One quart solid oyster meat, one quart cracker crumbs, one cup melted butter, one pint milk, salt and pepper to taste; stir all together carefully, put in buttered pan, sprinkle cracker crumbs and bits of butter on top; bake three-quarters of an hour in a quick oven.—Mrs. John Nicholson.

FRIED OYSTERS.

Take nice large clean oysters, dip in beaten egg, sprinkle

on enough salt, and roll each in rolled cracker crumbs; fry in butter till a pretty brown. Serve hot on buttered toast with sliced lemon.—Mrs. Dosha C. W. Symons.

OYSTER PATTIES.

With sharp pointed knife cut an oblong cavity in top of six shredded biscuits, one-fourth inch from sides and ends; remove tops carefully, then all inside shreds, forming a shell; sprinkle each with a pinch of salt, dust lightly with pepper and put one-fourth teaspoon butter in the bottom; look over carefully a pint of oysters and fill the shells; season each with a very small pinch each of salt and pepper, and put in buttered pan; dip the oblong tops lightly in the oyster liquor, cover the oysters, put bit of butter on top, cover the pan and bake in quick oven twenty-five minutes. Serve with sauce: One cup milk, one-half cup liquor, thicken with two level tablespoons flour; season with two level teaspoons butter, salt and a little scraped onion.—Mrs. Seth Hawkins.

OYSTER PATTIES.

Make a rich paste, roll it out one-half inch thick, then turn a teacup down in the paste, and with the point of a sharp penknife, mark the paste lightly around the edge of the cup, then with the point of the knife make a circle about one-half inch from the edge; cut this circle half way through; place then on tins and bake in a quick oven; remove the center and fill with oysters seasoned and warmed over the fire.

OYSTER STUFFING. (FOR TURKEY, ETC.)

One pint of oysters, one cup of seasoned and buttered cracker crumbs; drain and roll each oyster in the crumbs; put in the oysters and sprinkle the remainder of the crumbs over the oysters.

OYSTER COCKTAIL.

For one quart of oysters take juice of one lemon, ten cent bottle of catsup, salt and pepper to taste, a tablespoon of Worcestershire sauce—beat together. Pour over oysters in cups.—Theresa Wolgamwood.

PIGS IN BLANKETS.

Salt and pepper large oysters, roll in beaten egg, then in cracker crumbs and wrap them in thin slices of bacon; fasten with toothpicks and place in hot oven a few mintues.—Nannie Wing.

SCALLOPED OYSTERS.

Put a layer of cracker crumbs in the bottom of a baking dish, pepper and salt, and cover with raw oysters, season them with bits of butter, pour on a few spoons of rich milk and oyster liquor, more crumbs, then more oysters till the dish is full, the top layer being crumbs dotted with butter, and moisten with milk. Do not use too many crackers; have enough oyster liquor and milk in pan so that when it is tilted to one side you can see the liquor; bake and brown lightly. Serve hot.—Nannie Wing.

Canned Fruits, Etc.

"Eat ye that which is good."—Is. 55:2.

 Eat the good of the land,
 But first understand
 How nice jellies and jams are prepared;
 The recipes here
 Will make the way clear,
 And are all of them tested and rare;

—E. J. P. Jonson.

APPLE JELLY.

Boil the apples in very little water, strain through a bag or fine sieve; take as much sugar as there is apple juice and boil fifteen minutes; add the juice of two lemons; pour into molds to cool.—Lydia S. Terrell.

CANNED GRAPE JUICE.

Pick good ripe grapes; put into kettle with a little water, let boil a few minutes, press out the juice, return to the kettle, add one quart of water to three of juice, and two pounds of sugar to each gallon of the mixture. Boil and can while hot. Mary Thomas.

CITRON PRESERVES.

Pare off rind, cut in thin slices two inches long, take out seeds. To one gallon of citron, after pared and sliced, take one gallon of sugar, put enough water on sugar to melt it good

and let it come to a boil, then put the citron in, boil until citron is good and done. Then the syrup will be thick enough. Take off and slice in thin slices one lemon, while the preserves are hot.—Mrs. W. T. Tandy.

CRANBERRY JELLY.

Place in a granite sauce pan one quart of cleaned cranberries and one cup of water, cook until soft and turn into a cheese cloth strainer and let drip over night, then measure the juice and allow an equal amount of sugar, boil juice fifteen minutes add sugar, skim, and when it thickens on the spoon turn at once into a pretty mold.—Mrs. J. C. Venable.

CRAB APPLE JELLY.

Put the apples into a kettle with just water enough to cover them and let them boil till they are very soft; mash them up and strain them through a very coarse hair sieve. Take a pound of apple to a pound of sugar, boil it twenty minutes and put into jars.—Lydia S. Terrell.

CRAB APPLE JELLY.

Wash and quarter large Siberian crabs, but do not core, cover to the depth of an inch or two with cold water, and cook to a mush; pour into a coarse cotton bag or strainer and when cool enough press or squeeze hard to extract all the juice. Take a piece of muslin and dip the juice slowly in, allowing plenty of time to run through; repeat this process twice. Allow the strained juice of four lemons to a peck of apples and three quarters of a pound of sugar to each pint of juice. Boil the juice from ten to twenty minutes; while boiling sift in the sugar slowly, stirring constantly and boil five minutes longer; this is generally sufficient but it is always safer to try it and ascertain whether it will jell. This makes a very clear, sparkling jelly.—Mrs. W. T. Tandy.

Currant Jelly.

After preparing your fruit put it in a kettle with enough water to cook; when soft strain the fruit through a cloth, something thin, then to one pint of juice put one pint of sugar. It makes it nicer to put one pint of juice in the vessel at one time; cook and skim well; when it does not drop readily from the spoon you may think it done, ready to can. Grapes take the same amount of sugar as juice, also crab apples. Apples and quinces but two-thirds sugar to a pint of juice.—Mrs. R. W. Mills.

Currant Jelly Uncooked.

Squeeze and strain the usual way but do not scald the fruit; put the juice in a stone jar, stir a few minutes, then add granulated sugar in the proportion of pound for pound with the juice, stirring constantly until the sugar is completely dissolved. Dip out or strain into tumblers, let stand until it stiffens and cover with egg paper.—Mrs. P. L. Kindig.

Currant Jam.

Pick from stems and wash thoroughly with the hands, put into a preserving kettle and boil fifteen or twenty minutes, stirring often, and skimming off any scum that may arise; then add sugar in the proportion of three-fourths pound sugar to one pound fruit, or, by measure, one coffee cup of sugar to one pint mashed fruit; boil thirty minutes longer, stirring almost constantly. When done pour in small jars or glasses and either seal or secure like jelly, by first pressing paper, cut to fit the glasses, down close on the fruit, and then larger papers brushed on the inside with white of egg, with the edges turned down over the outside of the glass.—Carrie Powell.

Four Fruit Jelly.

Take equal quantities of ripe strawberries, raspberries,

currants and red cherries; all should be fully ripe, and the cherries must be stoned, taking care to preserve the juice that escapes in stoning, and add to the rest. Mix the fruit together, put it into a linen bag and squeeze it thoroughly; when it has ceased to drip measure the juice and to every pint allow a pound and two ounces of granulated sugar. Mix the juice and sugar together; put them in a porcelain lined preserving kettle and boil for half an hour, skimming frequently. Try the jelly by dipping out a spoon and holding it in the open air; if it congeals readily it is sufficiently done. This jelly is very fine.—Mary F. Powell.

FRUIT JELLY.

Soak one-half box Pink Plymouth Rock gelatine in one-half cup cold water until soft, add one cup granulated sugar and pour over it a cup boiling water, squeeze juice of lemon into a cup, fill with cold water and stir into the gelatine and sugar; pour into a mold a layer of jelly an inch deep, let stand until firm, add a layer of sliced bananas, then more jelly, a layer of sliced oranges, and so on until all is used.—Mrs. J. C. Venable.

GRAPE CHEESE.

Put grapes over the fire in a preserving kettle, add a little water. Let scald until they can be put through a collander. Return the smooth pulp to the kettle, add three-fourths pound granulated sugar to one pound fruit pulp, boil down stiff, put in glasses and seal like jelly.—Mrs. P. L. Kindig.

LEMON JELLY.

Grated rind and juice of one lemon, one cup sugar, one egg, butter size of egg; stir over fire till thickens.—Mrs. John Nicholson.

LEMON BUTTER.

One cup white sugar, three eggs beaten separately, the whites and yolks, butter size of a walnut; add juice and grated rind of one large lemon. Place in a pan, set in a kettle of hot water, or double boiler, stir well until thick or about twenty minutes, stir in whites of eggs just before putting it on to cook. This may be made in large quantity and will keep a long time sealed in bottles or jars.—Mrs. Clara H. Hadley, Le Grand.

PICKLED CHERRIES OR GRAPES.

Stem the fruit carefully, being cautious not to break the skins. To every quart of fruit allow one pint of vinegar sweetened to taste with cinnamon and cloves added. Bring the vinegar to a boil and pour over the fruit which should be put into an earthern jar. Tie clean white cloth over the jar covering with plate. Let stand two days then carefully pour off the liquor and boil again. Repeat four times; the last time simmer the liquor until quite thick. Cover with thin coating of paraffine.—Mrs. F. D. Reid.

PLUM PRESERVES.

Allow equal weights sugar and plums; add sufficient water to the sugar to make a thick syrup, boil, skim, and pour over plums, previously washed, picked and placed in a stone jar, and cover with a plate. The next day drain off syrup, boil, skim and pour in over plums; repeat this for three or four days, place plums and syrup in a kettle and boil very slowly for half an hour. Put in stone jars and cover with papers like jelly or seal in cans.—Mrs. W. T. Tandy.

PRESERVED APPLES.

To six pounds of apples take four of sugar; if the apples

take a good deal of cooking cook some, adding the sugar; cook till clear looking.—Lydia Briggs.

PRESERVED CITRON MELON.

Peel and cut in small pieces an inch square. Allow one pound of sugar to two pounds of melon; put in piece of alum size of walnut in water, put in melon and boil until tender; drain, put in a jar of water, let stand over night. Cut up two lemons, removing the seed, boil with sugar until it begins to thicken then put in melon and boil slowly for twenty or twenty-five minutes.—E. M. D.

PRESERVED GRAPES.

Take ripe grapes, squeeze the inside out, cook and take the seeds out, add half as much sugar as grapes, heat the juice hot then put the skins in and cook them until the juice thickens some. Tried.—Lydia Briggs.

QUINCE HONEY.

To one pound sugar add one grated quince; cook until honeyed.—Mrs. O. L. Turner.

QUINCE BUTTER.

To one peck of apples add twelve quinces; stir well when well cooked. To this add sugar until quite sweet; cook until thick. To avoid sticking stir often and cook on the back of the stove. Boil the parings of both apples and quinces together, strain, add one cup sugar to one pint juice; make a fine jelly.—Mrs. Owen Kenworthy.

QUINCE JELLY.

Take the skins and cores of quinces; cover them with

water and let them boil about two hours, strain through a fine sieve, measure and to each pint allow a pound of sugar; boil it twenty minutes.—Lydia S. Terrell.

RED RASPBERRY JAM.

Wash berries in cold water and simmer on a slow fire until quite soft; rub through a fine colander; measure fruit and allow as much sugar as fruit. Cook slowly until the juice jellies. Fill glasses and cover with thin coating of paraffine.—Mrs. F. D. Reid.

STRAWBERRY PRESERVES.

Pick over berries, allow equal quantities berries and sugar. Place in crock alternate layers of equal amounts of berries and sugar; let stand twelve hours; drain off juice and place it on stove and boil five minutes; skim; add berries; boil twenty minutes and can.—Lizzie A. Mote, Le Grand.

SIBERIAN OR CRAB APPLES.

Wipe them, leave the stem on, weigh and allow a pound of sugar to a pound of fruit. Pick the apples with a large needle; this will prevent skin from cracking. Make a syrup of sugar, when clear put in the apples and boil them twenty minutes. Take them out and lay on a dish to cool; put them into jars and strain the hot syrup over them.—Lydia S. Terrell.

SIBERIAN CRAB APPLE JELLY.

Wash and core the apples, place in porcelain kettle, cover with water and boil slowly for an hour; drain through a colander, put equal parts of juice and sugar, boil fifteen or twenty minutes, flavor with lemon, then pour into jelly cups but do not put lids on until thoroughly cool.—S. A. McMillian.

To make a nice butter after the juice is drained off as above rub pulp through collander, add grape juice or pulp being rubbed through collander also, and sweetened sufficiently.

SYRUP GRAPES.

Fill cans with grapes carefully picked off stems; pour boiling water over, draining off and repeating the third time. Make a thick syrup of sugar. Fill cans with syrup while boiling hot. Very delicious.—Mrs. F. E. Gordon.

SPICED Currants.

Six pounds of currants, four pounds sugar, two table-spoons cloves, two tablespoons cinnamon, one pint vinegar. Boil two hours or till it is quite thick.—Mrs. Cooper.

SPICED APPLES.

Six pounds apples, three pounds brown sugar, three pints vinegar. Boil vinegar and sugar together fifteen minutes, then put in one tablespoon each of cloves, allspice and cinnamon, then the fruit and cook till apples are soft.—Anna Boswell.

SWEET PICKLED PEACHES.

Remove the skins by pouring boiling water over them, a few at a time. To each pound of fruit allow half a pound of sugar and one-half pint of vinegar. Tie up a few cloves in a cloth and put in syrup, skim well while boiling, put peaches in jar and pour over the liquor hot. Repeat for three or four mornings.—E. M. D.

TO PREPARE FRUIT FOR CANNING.

The following table, giving the length of time for boiling

fruit and the right proportion of sugar to the quart of fruit to be used, will be of value to housewives in canning fruit time:

		Min. Sugar, ozs.
Cherries	5	8
Raspberries	6	8
Blackberries	8	8
Strawberries	8	8
Whortleberries	5	6
Plums	10	8
Pie Plant (sliced)	10	10
Small Pears (whole)	30	6
Bartlett Pears (in halves)	20	8
Peaches (whole)	15	6
Peaches (in halves)	8	6
Pineapple (sliced)	15	8
Siberian crabapple (whole)	25	10
Sour apple (quartered)	10	8
Ripe currants	6	10
Grapes (sweet)	10	8
Grapes (sour)	10	10

Place the fruit in glass cans. Make a syrup of the required amount of sugar, putting in as little water as possible for the number of cans to be filled. After the syrup cools a little pour into the cans, filling them nearly full; if there is not enough syrup add water and place covers on without sealing. Then put the cans in a kettle of cold or warm water having some nails or other hard substance in the bottom. Be careful not to let water boil into cans. Boil the required time. After taking from the boiling water fill with hot syrup if there is any left or use hot water. Seal, place on the side and turn the can a moment; this allows the air to escape. Fill again and seal.

In making jelly get your juice ready and strain. To every cup of juice add two-thirds of a cup of sugar. Boil till it thickens.—Lydia Briggs.

TO BAKE APPLES.

Peel and core nice large apples, put in a pan with a little piece of butter in center of each half and sprinkle a little sugar on each, a little water in the pan; bake till apples burst open or are soft. Serve cold or hot.—Mrs. S. E. Wing.

TOMATO PRESERVES.

Scald and peel carefully small perfectly formed tomatoes, not too ripe, (yellow pear shaped are best), prick with a needle to prevent bursting, add an equal amount of sugar by weight, let lie over night, then pour off all juice into a preserving kettle and boil till it is a thick syrup, clarifying with white of an egg; add tomatoes and boil carefully until they look transparent. A piece or two of root ginger or one lemon to a pound of fruit sliced thin and cooked with the fruit may be added.—Mary E. Morrison.

TOMATO JELLY.

Two cups tomatoes, three cloves, one bay leaf, one slice onion, one teaspoon salt, same of sugar, one-fourth teaspoon pepper, one tablespoon granulated gelatine (Knox's). Soak gelatine in one-half cup cold water. Boil tomatoes, spice and onion till soft; then add soaked gelatine, stir till dissolved. Strain into mold. Serve garnished with lettuce and celery.—Alice G. Lewis, Cooking School.

WILD PLUM JELLY.

Wash fruit and boil in water enough to cover until the plums are a pulp, strain, weigh the juice, add three-fourths of a pound of sugar to a pound of juice and boil until it will drop in two places from the spoon.—Mrs. P. L. Kindig.

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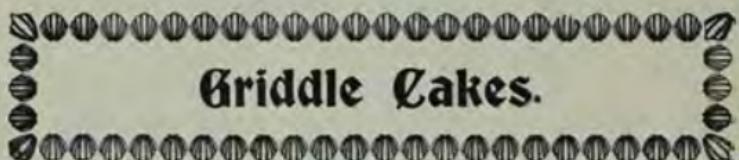
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Griddle Cakes.

"And then to breakfast with what appetite ye have."

—Shakespeare.

BREAD PAN CAKES.

Soak one quart of crumbs in milk. In the morning add three eggs, one-half cup flour. If sweet milk is used add two teaspoons baking powder, if sour milk one teaspoon soda. Good way to use dry bread.—Cynthia Crew, Oskaloosa, Iowa.

BUCKWHEAT CAKES.

For small family. Take one quart luke warm water, one teaspoon salt, one tea cup wheat flour and enough buckwheat flour to make a batter about the consistency of thick cream. Add one cake of yeast previously softened in a little warm water. Let rise over night. In the morning add a pinch of soda and enough sweet milk to thin batter sufficiently for baking. There should be at least a tea cup of batter left after baking to start with, if cakes are desired the following morning.—Mrs. Roberts.

GRAHAM GRIDDLE CAKES.

Two cups graham flour, one cup wheat flour, three well beaten eggs, one tablespoon lard, three cups sweet milk, two teaspoons baking powder, one-half teaspoon salt; cook at once. —M. T. Thomas.

GRIDDLE CAKES.

One cup flour, one cup corn meal, one and one-half cups sweet milk, two tablespoons melted butter, two teaspoons baking powder, a little salt. Bake on a greased griddle smoking hot. When light brown on one side turn it over.—M. T. Thomas.

PANCAKES.

Soak scraps of dry bread over night, then stir up fine. Add to the bread three cups of butter-milk or sour milk, salt, two teaspoons soda, two eggs and flour enough to thicken. Fry on a hot griddle.—Jennie Raymie.

PANCAKES.

One quart milk or buttermilk, one egg, teaspoon soda, pinch salt, half cup corn meal, and flour to make stiff batter. Beat hard until smooth.—Faye Rosebrook.

PANCAKES OR GRIDDLE CAKES.

Take three tea cups "Banner Pancake Flour," add sweet milk to make a batter. The addition of three or four tablespoons of rich cream makes perfect cakes, although this flour makes excellent cakes mixed simply with cold water. Add no salt nor leavening of any kind. Fry on hot griddle and keep covered in warm milk crock or other covered dish. This amount of flour makes a good breakfast for a family of six.
—M. Ella Rosenberger.

WHEAT GRIDDLE CAKES.

Two cups wheat flour into which has been sifted one slightly rounded teaspoon soda; sour milk to make a batter,

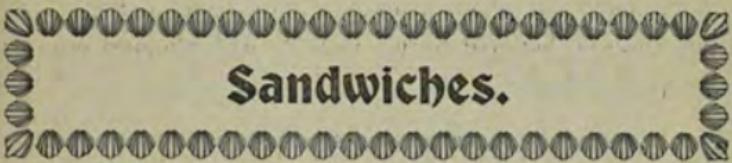
two tablespoons melted lard or a little rich cream; a little salt.
—Adeline H. Hadley.

WHEAT GRIDDLE CAKES.

One quart sour milk, two tablespoons of cream or melted butter, one and one-half teaspoons soda, two teaspoons baking powder; flour to make a thin batter.—Mrs. Salisbury.

WHEAT GRIDDLE CAKES.

One quart thick rich butter-milk, one egg, one teaspoon salt, one teaspoon (heaped) soda, one tablespoon sugar, flour to make a rather stiff batter; beat thoroughly; have the batter as cold as possible.—Tested.



Sandwiches.

"God sendeth and giveth both mouth and the meat."

—Thomas Tusser.

ALMOND SANDWICHES.

Grind together in a meat grinder cold boiled ham and almond meats; spread between thin slices of buttered bread and cut out with biscuit or cookie cutter.—Hattie Douglas.

CHICKEN SANDWICHES.

Bread sliced thin; between layers spread minced boiled chicken, mayonnaise dressing and thinly sliced Dill pickles.—Mabel Young.

DATE SANDWICHES.

Slice bread thin, butter lightly and spread between layers; dates chopped very fine.—Tested.

EGG SANDWICHES.

To one hard cooked yolk of egg add one-eighth teaspoon salt, one-eighth teaspoon sugar, one-half teaspoon lemon juice, sprinkle with pepper. Mix and spread thinly on bread.—Tested.

FRUIT SANDWICHES.

Remove stems and finely chop figs; add a small quantity of water; cook in double boiler until a paste is formed, then add a few drops of lemon juice. Cool mixture and spread on thin slices of buttered bread; sprinkle with chopped peanuts.
—Carrie Pickrell.

FRUIT SANDWICHES.

Chop dates and English walnuts together, add juice of lemon enough to spread between buttered bread, from which the crusts have been cut.—Mabel H. Kenworthy.

HAM SANDWICHES.

Chop boiled ham until fine, mix to a paste with salad dressing, then add a few chopped almonds.—Lizzie C. Hawkins.

LETTUCE SANDWICHES.

Cut bread thin, butter one slice and spread the other with mayonnaise dressing and place lettuce leaf between the slices.
—Esther Thomas.

LETTUCE SANDWICHES.

Cut bread in thin slices, remove the crust, butter lightly if desired and lay between slices two or three crisp lettuce leaves; add salt and pepper to taste.—Jessie Young.

LEMON SANDWICHES.

Take a cup of butter, a teaspoon mustard, make a paste by adding a little hot water; add a pinch of pepper; rub together with yolk of one egg and two tablespoons lemon juice. Then slice white and brown bread, spread the mixture between a slice of each, trim edges evenly and cut diagonally.—Tested.

MAYONNAISE DRESSING FOR SANDWICHES.

Add beaten yolks of five eggs to five tablespoons boiling vinegar; cook in an earthern bowl; stir clean from sides of bowl while cooking. Remove from fire, add four ounces butter and stir till cool, then add salt, pepper and mustard, red pepper preferred. Will keep several days.—Esther Thomas.

NUT SANDWICHES.

Spread entire wheat bread with butter, then with following: One cup almonds, peanuts, English walnuts and pecans chopped very fine and mixed with two tablespoons mayonnaise cream dressing.—Marie Ellyson.

OLIVE AND CHEESE SANDWICHES.

Grate cheese and add olives chopped fine. Cut bread round with biscuit cutter, butter very lightly and fill with the mixture.

PEANUT SANDWICHES.

Chop fine two cups peanuts, add to this one cup mayonnaise dressing or more if needed, so it will spread nicely. Place between thin slices of buttered bread.—Mrs. Rosenberger.

PINEAPPLE SANDWICHES.

Cut white bread in thin slices, remove crust and spread lightly with layer of mayonnaise dressing. Chop some nice pineapple very fine and draw off juice and sprinkle fruit on bread over the dressing. Cut them in strips and serve.—Tested.

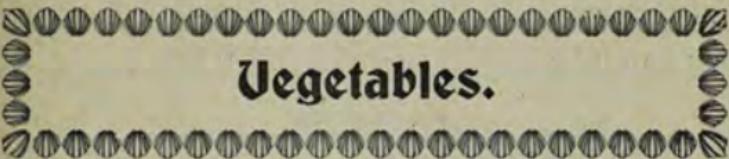
SALMON SANDWICHES.

Chop fine salmon and cucumber pickle, pour over a little

melted butter. Dust with salt and pepper and spread between thin slices of bread:—Alice Johns.

SARDINE SANDWICHES.

Cut bread thin, remove the crust and between slices spread the following: Take one box of sardines, one teaspoon melted butter, one-half teaspoon of made mustard, salt and pepper to taste; remove skin and bone from sardines, mince fine and mix with the dressing.—Tested.



Vegetables.

"The common growth of mother earth suffices me."

—Wordsworth.

GENERAL RULES.

Wash the vegetables thoroughly in cold water, keeping them in cold water until ready to cook; a tablespoon of vinegar added to the water helps to prevent discoloring.

Vegetables are usually cooked in boiling salted water. A pinch of soda aids in the cooking. Keep water boiling constantly. If vegetables are cooked with cover partially off, they keep their color better and have a more delicate flavor. Some vegetables are better parboiled five or ten minutes. To over cook vegetables gives them a dark color. From twenty to thirty minutes is sufficient in most cases. All dried vegetables should be put to cooking in cold or luke warm water.

ASPARAGUS.

Break in little pieces, cook in boiling salt water until soft; strain, season with salt and pepper. Pour over it a white sauce.
—Alice G. Lewis, Cooking School.

ASPARAGUS ON TOAST.

Cut into short pieces one bunch of asparagus and cook in salt water until tender. Mix one tablespoon flour and one of butter until smooth, stir into one pint of sweet cream or milk, add to the asparagus, and stir until thoroughly mixed. Pour over toast and serve while hot.—Margaret White.

BAKED BEANS.

Cover with water and let stand over night one pint of small dry white beans. In the morning drain, add two quarts of boiling water, boil ten minutes, add a pinch of soda, drain, and boil again till nearly tender. Then turn into a bean pot, add to each quart of cooked beans one level teaspoon each of salt and mustard, two tablespoons of molasses, one small onion and one-fourth pound of fat, salt pork. Add nearly one cup of hot water and bake three or four hours in a moderate oven.
—Mrs. I. W. Cook.

BAKED BEANS.

Amount for two quart bean pot. Two tablespoons vinegar, two tablespoons sorghum, one-half teaspoon mustard, salt and pepper to taste. Put the beans on in cold water to parboil; when they begin to get tender pour off the water. In the bottom of the bean pot put an onion the size of a walnut and a slice of pork. Add the beans and above ingredients, placing a slice of pork on top. Add fresh water and bake more than a half day if possible. Use a regular baking bean pot for baking.—Mrs. C. B. West.

BAKED BEETS.

Select and wash good sized beets without breaking the skin. Put in a pan without water and bake in hot oven for

two hours or until tender. Pare and slice for the table; season with salt and butter.—Esther Lewis.

BAKED SQUASH.

Cut open the squash, take out the seeds, and without paring cut it up into large pieces; put the pieces on tins or on dripping pan, place in a moderately hot oven, and bake about an hour. When done peel and mash like mashed potatoes, or serve the pieces hot on a dish, to be eaten warm with butter. It retains its sweetness much better baked this way than when boiled.—Cynthia H. Crew.

BAKED SWEET POTATOES.

Wash and scrape them; steam or boil them until nearly done; draw and put them in a baking dish, pour over them stock of fresh meat or chicken and bake in the oven to a nice brown or fry in frying pan on top of stove.—Cynthia H. Crew.

BAKED TOMATOES.

Take fresh, firm tomatoes and cut a slice from the top of each one, remove a portion of the inside and fill the space with bread crumbs that have been well seasoned with salt, pepper and melted butter. Place in a shallow pan with a little water to prevent burning, and bake until tender.—Margaret White.

BAKED ONIONS.

Wash large onions and place in pan with outside skin on, add a little water, and bake an hour or until soft, in hot oven. Remove outside skin, season with butter and salt and serve hot.—Mrs. J. H. Green, Albia, Iowa.

BAKED MACARONI WITH CHEESE.

Break macaroni into inch lengths and throw it into boiling

water, salted. Stir frequently and boil slowly for about forty-five minutes. When done turn it into a collander and drain well. Arrange a layer of macaroni in the bottom of a buttered pudding dish; upon it strew some rich cheese and scatter over this some bits of butter. Add a sprinkling of salt and pepper, then another layer of macaroni and cheese; fill the dish in this order, having macaroni at the top; butter but without cheese. Add a few spoons of milk and bake slowly until brown. Serve in baking dish.—Miss Hattie Douglas.

BAKED MACARONI.

Break into half inch pieces enough macaroni to fill a cup. Put it into rapidly boiling salted water and cook twenty minutes or until you can cut it easily against the side of the kettle. Turn into a strainer and let cold water run through it to rinse it, then turn it into a shallow baking dish. Cook one rounded tablespoon of flour in two of butter in a sauce pan, add gradually one cup hot milk and one-half cup strained tomato. Season with pepper and salt, pour it over the macaroni and add if you like, one-fourth cup of crumbled cheese. Moisten one-half cup of fine cracker crumbs with melted butter and cover the top. Bake until the crumbs are brown.—Mrs. I. W. Cook.

BOILED CAULIFLOWER.

Break apart the heads after removing outside leaves, and soak in salt water one hour. Put in boiling water, cook tender. Take up and season with melted butter or white sauce.—R. G. Lewis.

BOILED TURNIPS.

Wash, peel and chop four nice turnips, more than cover with water; a tablespoon salt; boil until almost done; pour off the water, add a very little more and let simmer until done.

Four over them a sauce made of a little flour, cream or milk, and butter. When this boils up they are ready for use.—Cynthia H. Crew.

BOSTON BAKED BEANS.

Pick over and soak one quart of beans in cold water over night. Put on to cook in fresh boiling water, a little soda and allow to simmer until slightly soft, but not broken, perhaps three quarters of an hour. Skim them out into the bean pot. Remove the rind of one-fourth pound fat and lean pork and imbed in the beans. Mix one teaspoon salt, two tablespoons molasses or sugar and pour over beans. Then fill the pot with boiling water, cover and bake in a moderate oven from five to ten hours.—Rosa E. Lewis.

CANNED CORN.

One and one quarter ounces tartaric acid dissolved in one-half pint water. Of this solution use one tablespoon to each pint of corn, after first bringing the corn to a boiling point. When opened for use put in one teaspoon soda for each three pints corn.—Alice Hanson, Mt. Vernon, S. Dak.

CREAMED TOMATOES.

Take half can tomatoes, let them get hot, put in one pint of cream and thicken a little, add salt last to keep from curdling. Pour over bread cut in dice.—Mrs. Z. Kirk.

CREAM OF CAULIFLOWER.

Separate the cauliflower into small bunches, removing the green leaves and woody stems, and soak in salt water one-half hour. Cook according to the general rules for vegetables. Drain and serve with white sauce. Pour the sauce over the cauliflower.

CORN OYSTERS.

Grate six roasting ears, add four well beaten eggs, cup rolled cracker crumbs, one-half teaspoon baking powder and salt. Drop from spoon on a hot griddle well buttered.—Mrs. E. H. Gifford.

CORN OYSTERS.

One pint grated corn, one egg, one gill cream, one cup flour; half a teaspoon baking powder; salt; bake on griddle like cakes. A little sugar improves them for some people.—Mrs. Caroline A. McMillen.

COOKED CABBAGE.

Slice the cabbage fine, sprinkle with salt and pepper, let stand one hour. Put on to cook with a little water and one tablespoon butter. When done add one-fourth cup cream and if liked a little vinegar.—Lillie Pearson.

CORN OYSTERS.

Mix well together one quart grated sweet corn, two tea cups sweet milk, one tea cup flour, one teaspoon butter, two eggs well beaten; season with salt and pepper and fry in butter like griddle cakes, making the cakes about the size of an oyster. "Left-over" flaked hominy makes a good substitute for the grated corn.—Mary H. Lewis.

ESCALLOPED GREEN CORN.

Cut green corn from the cob, place in baking dish, cover with milk, add butter, salt and pepper. Bake one hour.—Mary P. Michener.

ESCALLOPED CORN.

Butter the baking dish, sprinkle with a layer of rolled

crackers, then add a layer of canned corn seasoned with butter, pepper and salt. Continue adding layers of corn and crackers until the dish is full. Then cover with cream or sweet milk, enough to moisten the corn and crackers and bake in a moderate oven.

ESCALLOPED POTATOES.

Cut cold boiled potatoes in dice. Melt two tablespoons of butter in a skillet, add tablespoon of flour and two cups milk; season with salt and pepper. Stir until it boils. Put a layer of this sauce in the bottom of a baking dish, then a layer of potatoes, then a layer of sauce and so on till the dish is full. Sprinkle bread or cracker crumbs over the top, and put in the oven twenty minutes or until brown.—Mrs. Arthur Hammond.

ESCALLOPED POTATOES.

Pint of cold baked potatoes sliced very thin; same of rolled crackers. Butter a baking dish, place layer of crackers and potatoes alternately. Season with salt, pepper and butter and moisten with cream or milk. Bake until browned and serve hot.—Mrs. J. H. Green, Albia, Iowa.

ESCALLOPED POTATOES.

Cut into dice, boil till soft, drain, put in baking dish, pour on white sauce, cover with a layer of bread crumbs stirred in melted butter. Bake until brown. For cream potatoes cook as above and pour on white sauce.—Alice G. Lewis, Cooking School.

ESCALLOPED TOMATOES.

Prepare crackers as for escalloped oysters; arrange in a pan containing a little butter, a layer of ground crackers, then a layer of canned tomatoes, butter and seasoning, fill the pan in this order; bake.—Fay Rosebrook.

FRENCH POTATOES.

Cut cold boiled potatoes into slices one-fourth inch thick. Have frying pan hot and well greased with salt pork or bacon fat. Cook potatoes in fat until brown. Then turn and brown on the other side. Pour a white sauce on a hot platter and arrange the potatoes on the sauce.—Alice G. Lewis, Cooking School.

FRIED CARROTS.

Scrape well and if large cut in four pieces lengthwise. Put into boiling water and cook till tender. Drain and fry in hot butter till a nice brown.—Mrs. Hannah H. Hall.

FRIED TURNIPS.

Take large smooth turnips, wash and peel. Put in hot water and boil till tender. Take out and slice in thin pieces crosswise; fry in hot butter till a nice brown—Hannah H. Hall.

FRIED ONIONS.

Peel, slice thin, soak in salt water one-half hour; fry in meat fryings or butter sufficient to season well and cook until tender.—R. G. Lewis.

FRIED PARSNIPS.

Wash and scrape parsnips and slice rather thin. Put in frying pan with sufficient water to cook soft, adding at same time fryings or butter enough to fry when the water has evaporated. Fry light brown, stirring often. Season with salt and pepper.—R. G. Lewis.

FRIED PARSNIPS.

After washing and scraping the parsnips, slice them in



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**TOTAL FIRST MORTGAGE LOANS ON REAL ESTATE,
As Per Annual Statement, December 31, 1901.**

Number outstanding, 18,209.	Amount.....	\$23,276,477.66.
Sworn appraised value of lands securing same.....	\$71,786,927.00	
Sworn appraised value of buildings (additional security).....	12,272,598.00	
Total Security.....		\$84,059,525.00
Assets, December 31, 1901.....	\$50,048,592.48	
Outstanding Liabilities.....	25,648,281.24	
Surplus.....		5,440,311.24

34 34 34

Rate of Interest Earned in 1901..... 4.39 per cent | Result: The Union Central
Per cent of Death Losses to Insurance at Risk..... 0.77 per cent | Pays the Largest Dividends.

34 34 34

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rate as gentlemen. Provide a savings bank for old age or for depend-
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Good Block, Des Moines, or W. P. SANDUSKY, Oskaloosa, Iowa.

halves, boil in just water enough to cook them, add a little butter; make a nice batter as for pancakes when done; dip in batter and fry in any good grease; fry quite brown; serve hot.—Cynthia H. Crew.

GREEN PEAS.

To a quart of green peas add a half pint of boiling water, cover closely, and simmer gently until very tender, at which time the water should be nearly evaporated. Season lightly with salt and pepper, adding a little butter or cream. Asparagus, string beans and lima beans should be cooked in the same manner as green peas.

GREEN TOMATO SOY.

Two gallons tomatoes, six onions, one quart sugar, two tablespoons salt, two tablespoons black pepper, one tablespoon allspice, one tablespoon cloves. Chop and mix together, stew one hour.—Mrs. J. T. Thornburg.

HULLED CORN OR HOMINY.

Put one quart of whole corn into a kettle containing two quarts water and two heaping tablespoons soda. Boil briskly until the hulls loosen, wash and rub with the hands until free from hulls, the more water used the better. Boil again in clear water until soft. To be eaten with cream and sugar.—Avis Fairbrother.

MASHED SWEET POTATOES.

Take the quantity needed, pare off the skins, put them in a cooking vessel, cover with water and boil them until done. Draw off the water and mash them fine with a potato masher; put them into a vegetable dish, heap them up and smooth over the top with a piece of butter. Set in the oven and brown.—Cynthia H. Crew.

MACARONI.

Cover the bottom of a buttered baking dish with canned corn. Over this put a layer of grated cheese. Then add a layer of cheese: season with salt, pepper and butter. Cover with cracker crumbs. Moisten with milk and bake half an hour.—Mrs. Delia B. Meredith, Newton, Iowa.

MASHED CARROTS.

Scrape well and if large cut in pieces lengthwise. Put into boiling water and cook one-half hour, or till done. Drain and mash, season to taste with salt, pepper and butter.—Hannah H. Hall.

MASHED TURNIPS.

Pare and quarter turnips and put in boiling water with pinch salt. When tender pour off water; season with butter, salt and small quantity sugar. Mash smooth.—R. G. Lewis.

MACARONI.

Break in inch pieces, cook in water till tender, rinse in cold water in collander till it is not sticky. Cooked with cheese or tomato sauce. If the former, spread cooked macaroni with white sauce, grate over it cheese. Then sprinkle with buttered bread crumbs and brown in oven. Tomato sauce—one teaspoon butter, one teaspoon flour, little minced onion, salt, pepper, one-fourth cup tomato. (This is the proper proportion, vary quantity as needed.) Melt butter, fry onions in it, add flour, salt, pepper, tomato. Pour over macaroni, cover with buttered bread crumbs and brown in oven.—Alice G. Lewis, Cooking School.

PANNED TOMATOES.

Panned tomatoes are excellent served with roast meats.

Put in a pan with two ounces of butter, six firm tomatoes that have been cut and halved. Cook slowly on the top of the range for ten minutes, then brown quickly in the oven. Remove the tomatoes to a hot platter, and make a sauce by adding to the browned butter two tablespoons of flour, and after it is rubbed smooth, one pint of milk. Stir until boiling. Season well with salt and pepper and pour over the tomatoes; garnish with parsley and points of toast.—Mrs. I. W. Cook.

POTATO HILLOCKS.

Whip boiled potatoes light with butter and milk, season with salt. Beat in a raw egg to bind the mixture, shape into small conical heaps. Set in a greased pan, and as they brown glaze with butter. The oven must be very hot. Slip a cake turner under each hillock and transfer to the plates.—Nannie Wing.

POTATO BALLS.

Mashed potatoes, left from dinner, make an excellent supper dish by beating an egg well into the potatoes, make into balls and fry to a nice brown on both sides in butter or lard.

POTATO CHIPS.

Eight large potatoes sliced thin. Let stand in cold water over night, drain water off thoroughly. Drop large handful in two pounds hot lard; cook till as brown as desired. Lift with wire egg beater onto tray, spread thin and sprinkle with salt to taste. Will keep in open vessel for weeks. Use deep pan to fry in. Do not burn lard and it will be as good as new.—Francis Putnam Detwiler.

POTATO PIE.

Line baking dish with crust of good soda or baking pow-

der biscuit dough. Fill with alternate layers of raw potato sliced thin and bits of smoked ham. Season each layer of potatoes with salt and pepper. Fill with hot water, cover with crust, sprinkle with salt, pepper and small lumps of butter.—R. G. Lewis.

SUCCOTASH.

Take string beans and prepare by breaking off the ends, at the same time the string upon the edge; cut them with a knife or break them into pieces half an inch long. Put in the boiling kettle a nice slice of salt pork, add the beans with water enough to cover them; boil two hours. Prepare sweet corn by cutting from cob as much as you like and add to the beans one-half hour before taking from the fire.—Cynthia H. Crew.

SOUR CREAM CABBAGE.

Chop fine a small head of cabbage, add salt, pepper and butter the size of walnut. Cook half hour in half pint water, add half cup vinegar, tablespoon flour, one cup sour cream.—Mrs. Owen Kenworthy.

STUFFED BAKED POTATOES.

Bake as many potatoes as desired; when done remove from skin, cut small end off, scrape potato from skin, beat up with butter, cream and pepper, replace in shell, bake a few minutes longer.

STRING BEANS.

Shred and if very stringy cut the edge off. Boil uncovered in salted water and use one teaspoon nutmeg to quart of beans. As soon as tender, one to three hours, drain and dress with salt, pepper and butter, or cream.—Alice G. Lewis, Cooking School.

SNAP BEANS.

Snap the beans, breaking off each end and discarding. Boil in salt water with bits of bacon until tender. Drain and dress with pepper, salt and cream.—Alice G. Lewis, Cooking School.

TOMATO SOUP IN WINTER.

For tomato soup in winter, wash well and cook ripe tomatoes, run through collander to remove seeds. Put back on stove and boil. Can as other tomatoes.—Mrs. Owen Kenworthy.

PEA RAMIKINS.

Cook peas. When done add milk, thicken and season. Put in ramikin cups and cover with ground crackers. Set in a large pan containing a little water to keep from burning; brown in oven.

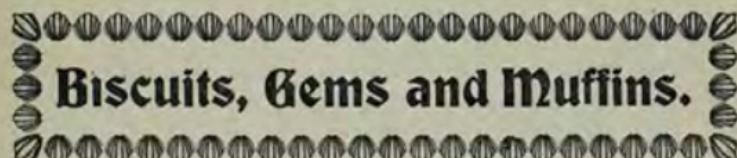
WILTED LETTUCE.

Add vinegar to hot meat fryings in sauce pan. Put into this crisp, fresh lettuce leaves; shift about and reverse the leaves until about half wilted. Season with salt and serve with the hot vinegar from the pan.—R. G. Lewis.

WHITE SAUCE.

One tablespoon flour, one tablespoon butter, one-half teaspoon salt, one-eighth teaspoon white pepper, one cup hot milk. Melt the butter until it foams, blend in flour and seasoning and add hot milk slowly; boil ten minutes stirring constantly. If it is lumpy it should be strained.

Cream of celery and cream of peas are made the same as cream of cauliflower.



Biscuits, Gems and Muffins.

"Be plain in your dress and sober in your diet."

BISCUIT.

Sift together two cups of flour, two heaping teaspoons of Weldin & Symon's baking powder and one-half teaspoon of salt. Mix with this large tablespoon of shortening; make into a soft dough with either milk or water; roll out, cut with cake cutter, butter the top side and fold over; bake in quick oven.

BISCUIT.

One quart flour, two teaspoons baking powder, one-half teaspoon salt, water enough to make soft dough; roll; cut into shape, and bake in a very hot oven.—Mrs. M. T. Thomas.

BISCUIT.

One quart flour, one pint sour milk, two tablespoons melted butter, one-half teaspoon soda, one-half teaspoon salt; mix quickly; cut in shape and bake in hot oven.—Mrs. M. T. Thomas.

BAKING POWDER BISCUIT.

Three pints flour, three heaping teaspoons baking powder, three heaping tablespoons butter, milk, or milk and water, one

pint or a little more. Bake in hot oven fifteen or twenty minutes.—Hannah T. Green, Albia, Iowa.

BREAD PUFFS.

On baking day take a lump of dough and roll one-half inch thick and cup out with a biscuit cutter. Let them stand in a warm place one hour and a half. Drop into a skillet of hot lard and fry the same as doughnuts. Eat while hot. These are a nice substitute for light bread.—Mrs. Arthur Hammond.

BREAKFAST GEMS.

One pint flour, one egg, one teacup milk, one teaspoon baking powder, one-half teaspoon salt; beat well together; bake in hot gem pans in hot oven.—Marianna Kenworthy.

CORN MUFFINS.

One cup sour milk, one level teaspoon soda, one tablespoon melted butter, two eggs, one-half cup sugar, one cup corn meal, one cup flour.—Tested.

CORN MUFFINS.

One teacup corn meal, one teacup flour, one egg, one scant cup milk, one small spoon of sugar, one heaping teaspoon baking powder, salt, one tablespoon butter; bake in muffin tins in quick oven twenty to twenty-five minutes.—Leoni McMillen.

EGG MUFFINS.

One quart flour, (sifted twice), three eggs, (the white and yolks beaten separately), three teacups sweet milk, one tablespoon salt, one tablespoon sugar, one large tablespoon lard or butter and two heaping teaspoons baking powder; sift

together flour, sugar, salt and baking powder; run in the lard cold, add the beaten eggs and milk; mix quickly into a smooth batter—a little firmer than for griddle cakes; grease well muffin pans, and fill two-thirds full; bake fifteen or twenty minutes in a hot oven.—Mrs. Kate Wright Meredith, Newton.

FOLDED BISCUITS.

One and one-half pints of flour, full measure, one large tablespoon of lard, three teaspoons baking powder, one teaspoon salt, one and one-half cups milk, small teacup. Roll thin, butter on top and fold over.—Mary Chawner.

GEMS.

To one pint of flour add one teaspoon baking powder, a little salt and one egg; mix with one pint sweet milk; beat well to a batter and bake quickly in greased gem pans already hot.—Elma Dixon.

GRAHAM GEMS.

Two cups graham flour, one white, half cup corn meal, half cup sugar, three cups milk, (or water part), salt, two teaspoons baking powder.—Beulah C. Andrews.

GRAHAM GEMS.

Sour milk two cups, sugar one-half cup, soda one-half teaspoon, enough graham flour to stir thick; bake in cups or iron gem pans in hot oven.—Mrs. Anna Pine.

GRAHAM GEMS.

One cup graham flour, one cup wheat flour, one cup sweet milk, one spoon butter, two teaspoons baking powder, one egg.—Mrs. Josepha Hambleton.

GRAHAM GEMS.

One pint butter-milk or sour milk, three spoons sugar, one heaping teaspoon soda, salt to taste; thicken with graham flour, and drop from spoon in gem pans one-half the size you want them when done.—Mrs. A. Fairbrother.

MUSH CAKES.

Boil some milk if plenty, if not water will do, put in a little butter or lard, thicken with corn meal, and with it scald some flour, and when cool enough add yeast; work it well and let it get light; work again, then set in a cool place, make out, let rise and bake as wanted; the more worked the better.—Benlah C. Andrews.

One quart flour, two teaspoons baking powder, sifted together, one heaping tablespoon butter, one scant pint milk, mix soft; bake in quick oven.—Mrs. Dr. Burchby.

MUFFINS.

Sweet milk one cup, flour two cups, baking powder one-half teaspoon; bake in cup tins in a hot oven.—Mrs. Anna Pine.

MUFFINS.

Two cups flour, two cups milk, two eggs, one tablespoon sugar, one teaspoon salt, one and one-fourth teaspoons baking powder; beat the eggs, add to them the milk; mix the flour, sugar, salt and baking powder; stir all well together and bake in gem tins twenty minutes.—Mrs. Arthur Hammond.

MUFFINS.

Make very thick mush; when cool add a cup good sponge a little sugar, salt and flour to make it so thick you can hardly

stir it; let it rise over night and it is ready for the skillet; always dip the spoon into water before putting it in the dough, to keep it from sticking; drop three muffins into a skillet an inch thick, cover until one side is brown and then turn; eat hot. They are fine when one has good success.—Elma Dixon.

MUFFINS.

One egg, one tablespoon butter, one tablespoon sugar, one teaspoon salt, one cup milk, three scant cups sifted flour, three teaspoons baking powder; beat all until very light; drop in well greased gem pans and bake twenty minutes in a rather quick oven.—Mrs. J. T. T.

MUFFINS.

Beat two eggs until light, add one pint sweet milk, flour to make thin batter, (about three cups); stir in two tablespoons melted butter, half cup granulated sugar; mix in two teaspoons baking powder and teaspoon salt; bake in muffin tins in a quick oven.—Tested.

NORTH CAROLINA BISCUIT.

Make a dough as for pie crust, only not as short, then work, work, work the dough; make into very small biscuits, put in pans so they will not touch; bake brown. They are fine when traveling.—Elma Dixon.

POTATO BISCUIT.

One cup of sponge, as for bread, one cup of sifted potato, one cup of new milk, one-half cup sugar, one-half cup butter or lard, one and one-half cups flour, salt. This makes a stiff batter, when light mix up into a soft dough and let rise again, then turn out on bread-board, roll and cut without working, let stand a half hour, or until light; then bake, not too quickly.—Beulah C. Andrews.

SODA BISCUIT.

Three tea cups buttermilk, three tablespoons sour cream, two teaspoons soda, flour to make a rather soft dough; roll about an inch thick, cut and bake in quick oven.—Avis Fair-brother.

TEA BISCUITS.

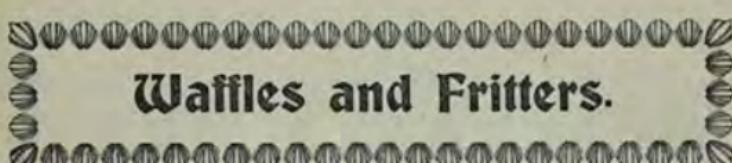
One quart flour, two heaping teaspoons Dr. Price's Cream baking powder, one level teaspoon salt, two tablespoons butter and lard. Mix all together thoroughly with sweet milk, mixing with a spoon, then roll and cut.—Mrs. Wm. Christie.

WHEAT GEMS.

Three cups flour with which has been sifted one rounded teaspoon soda; rub into the flour a piece of butter the size of an egg; stir in sour milk enough to make a batter; bake in gem pans in a hot oven about twenty minutes. Enough for a family of six.—Adeline H. Hadley.

WHEAT GEMS.

Two full cups thick sour milk, one egg, one teaspoon soda, one tablespoon sugar, one tablespoon butter, one teaspoon salt; add enough flour to make a rather stiff batter, beat thoroughly, drop into hot, well greased gem pans and bake quickly.—Tested.



Waffles and Fritters.

"The inglorious arts of peace."

APPLE FRITTERS.

Make batter of one cup sweet milk, two cups flour, one heaping teaspoon baking powder, two eggs beaten separately, one tablespoon sugar; throw in thin slices of tart apples, dipping batter over them; drop in boiling lard and fry to a light brown. Serve with lemon sauce.—Mabel Young.

BREAKFAST FRITTERS.

Six eggs, one quart sweet milk, three cups flour, two teaspoons baking powder, a little salt; beat all well together and fry immediately.—Mrs. M. T. Thomas.

CORN FRITTERS.

One quart corn meal, one tablespoon lard, two eggs, one teaspoon salt; scald the meal with the lard in it; cool with a little milk; add the eggs well beaten; make them thin enough to drip off the spoon and retain their shape in boiling lard. Serve hot with syrup.—Mrs. Anna Pine.

CORN FRITTERS.

One pint corn, one egg, one tablespoon flour, salt and

pepper; mix well and drop batter from spoon into hot lard; serve with tomato catsup.—Mabel Young.

FRITTERS.

Three eggs, three tablespoons sugar, one pint sour milk, or buttermilk, one large teaspoon soda, one teaspoon salt, spice to suit taste, flour enough to make a stiff batter; beat thoroughly; drop large spoonful into hot lard; fry brown and roll in powdered or granulated sugar.—Avis Fairbrother.

OATMEAL FRITTERS.

A nice way to use cold oatmeal left from breakfast, is to add one egg to about three cups cold oatmeal, beat well, add one-half teaspoon salt, one tablespoon flour, or more if too thin; drop by spoonfuls on a well buttered skillet; cook a good while before turning to insure a rich brown crust; add more butter in the skillet if needed. Cold boiled rice or any cereal, can be used and makes a dainty relish for supper.—Beatrice M. Hunt.

PINEAPPLE FRITTERS.

Use sliced pineapple with the core removed. Make a thick flour batter using a part of the juice from the apple and a pinch of salt; dip the slices in the batter and fry in butter until very brown; take the remaining juice and add the juice of one lemon, sweeten to taste and thicken with one tablespoon corn starch; cook in a double boiler until thickened. Serve over the fritters.—Mrs. Egbert Alden Kyser, Des Moines, Iowa.

RICE CROQUETTES.

Cook a small cup of rice tender, add one teaspoon salt and sugar; when cold dip large spoon of rice in a well beaten

egg, then in cracker crumbs; fry in butter or lard to a nice brown on both sides. This is enough for seven persons. Hominy made the same way is nice.

RICE FRITTERS.

Take the left over rice, add an egg and some sugar, and enough flour to make a thick batter; fry in hot greased skillet.—Elma Dixon.

SPANISH FRITTERS.

Cut baker's bread in slices about one-fourth inch thick, remove crust and slice in half; into a pint of rich milk, or cream and milk, stir three well beaten eggs, half teaspoon of any flavoring; pour this over bread; let the pieces absorb what they will without breaking, then remove and fry to a delicate brown in hot lard. Eat with hot sweet sauce or sugar and cream.—Tested.

WAFFLES.

Two teacups sweet milk, two teaspoons baking powder, two eggs, salt, one tablespoon melted butter, flour to make a thin batter.—Emma Gensz, St. Louis.

WAFFLES.

Sift one cup flour and two teaspoons baking powder, half a teaspoon salt; rub in one tablespoon butter; add two beaten eggs and one and one-half pints milk; mix whole in a smooth batter and pour into hot and well greased waffle iron. Serve hot.—M. L. E.

WAFFLES.

Sift one teaspoon soda with three cups flour, add two eggs, beaten, one teaspoon salt and sour milk enough to make a thin batter.—Tested.

Ices and Ice Cream.

"An't please your honor," quoth the peasant,
"This same dessert is very pleasant."

—Pope.

CAFE PARFAIT.

One pint cream, one cup sugar, one-half cup strong clear coffee; mix, chill, and whip; take froth off into freezer or mold; pack mold into salt and ice, and let stand two hours without stirring.—Alice G. Lewis Cooking school.

CAFE FRAPPE.

Pour one quart of boiling water over four tablespoons of finely ground Java or Mocha coffee; add to this a gill of good cream and enough sugar to make it a little over sweet; when cool turn it into the ice cream freezer and turn slowly until it is frozen. This can be made without the cream.—Tested.

CARAMEL ICE CREAM.

One quart cream, one and one-half cups sugar, five eggs, one and one-half pints milk, one-half cup Swinborn's gelatine; put gelatine in milk, let stand a few minutes then heat the milk and gelatine scalding hot and keep it hot; put sugar in a frying pan and stir constantly until a light brown color; pour into the

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hot milk and continue to stir until mixed; pour on the beaten yolks of eggs and beat for five minutes; when cool, add the whites of the five eggs well beaten, to the cream, and beat both together for a few minutes, then pour all together and strain through a fine sieve; then let stand an hour or two to ripen.—Mary Hawkins.

FRUIT ICE.

Peel twelve bananas and place whole in freezer; add unbeaten whites of five eggs, juice of five lemons, one and one-half pints sugar, dust of salt, one pint of water; freeze as for ice cream.—Mary P. Michener.

ICE CREAM.

Flavor and sweeten cream to taste, then put in freezer and turn until it begins to freeze; add the whites of four eggs beaten to stiff froth to each gallon and stir into the cream thoroughly and finish freezing.—Mrs. Joseph Kinley.

ICE CREAM EXCELLENT.

One quart cream, one-half pound powdered sugar; flavor and freeze.—Josepha Hambleton.

LEMON ORANGE SHERBET.

One quart milk, juice of two lemons, juice of one orange, whites of two eggs beaten well, one pint sugar; mix sugar, milk and eggs and partly freeze; then add juice of lemons and orange and freeze.—Nannie Wing.

LEMON ICE.

Juice of six lemons, two teaspoons lemon extract, one quart water, two cups sugar, one-half cup sweet cream; add all together and strain; freeze same as ice cream.—Tested.

LEMON SHERBET.

Into one quart water put one small teacup gelatine and let stand until softened, then add juice of three lemons, two and one-fourth cups sugar; place on stove until it boils; then add one quart grated pineapple, and strain through a fine sieve; when cool freeze; when half frozen add whites of three eggs well beaten; finish freezing, turning fast part of time to make fine and light.—Mary Hawkins.

LEMON SHERBET.

One quart milk, three lemons, whites of two eggs beaten stiff, one pint sugar; mix sugar, milk and eggs, and partly freeze, then add the juice of the lemons. Enough to serve eight people.—Mrs. J. T. Thornburg.

MAPLE ICE CREAM.

One pint cream, one cup maple syrup, add beaten yolks of four eggs; cook in granite dish until it boils, stirring constantly; strain through fine sieve and let cool; beat one pint cream with stiffly beaten whites of eggs; whip syrup until light; mix all together and freeze.—Mary Hawkins.

MAPLE OR COFFEE MOUSSE.

One cup (coffee) maple syrup and yolks of four eggs, made into a custard; cool, add one pint whipped cream and pack in ice until set.

Substitute: One and one-half cups strong coffee and one and one-half cups sugar for coffee mousse.—Mary B. Johnson.

MILK SHERBET.

One quart sweet milk, one pint granulated sugar, juice

of three lemons; dissolve the sugar in the milk and partly freeze, then add the lemon juice and freeze until stiff.—Margaret Stalker.

PINEAPPLE FRAPPE.

Two cups water, one cup sugar, boil fifteen minutes, one can grated pineapple or one pineapple shredded, juice of three lemons; pour syrup over fruit juice while hot; let cool, strain, add two cups of ice water and freeze to mush with equal parts ice and salt; if fresh fruit is used more sugar will be required. Serve in frappe glasses.—Carrie Pickerell.

ORANGE SHERBET.

Soak two tablespoons gelatine in enough water to cover, half an hour; add a pint sugar and one quart boiling water, and stir over fire till it boils; set in cold place, and when cold, add juice of three oranges; strain through fine sieve and freeze; when nearly frozen beat whites of two eggs to a froth, add a tablespoon powdered sugar, and beat very stiff; stir these into sherbet and finish freezing.—Mary Hawkins.

PINEAPPLE ICE.

Soak three tablespoons gelatine in pint of water till dissolved; cut fine half pineapple, also take half syrup, juice of two large lemons, one quart of water, one pint of sugar that has been dissolved; stir together and freeze.—Theresa Wolgamood.

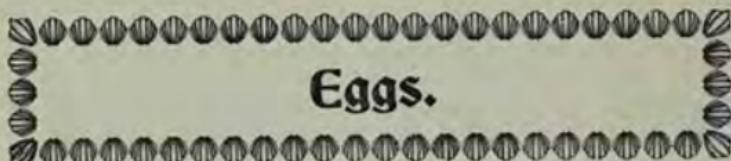
STRAWBERRY SUNDAY.

To one quart of nice fresh strawberries add one pint and a half of granulated sugar; place in a covered vessel; set in cool place twelve hours; stir gently once or twice; over each

individual dish of nice ice cream, pour over two tablespoons of the strawberries.—Mrs. W. J. Symons.

STRAWBERRY MOUSSE.

One quart thin cream, one quart strawberries, one cup granulated sugar, one-fourth box gelatine, two tablespoons cold water, three tablespoons boiling water; wash and hull berries, add sugar and let stand one hour; mash and run through fine sieve; add gelatine which has been soaked and dissolved in hot water; set in pan of chopped ice; stir until begins to thicken, then fold in froth made from beaten cream; pack in ice and salt and let stand for some time.—Alice G. Lewis, Cooking school.



Eggs.

"I am resolved to grow fat and look young till forty."

—Dryden.

BAKED EGGS.

Put eggs in gem pans; over each one pour a little cream; add pepper, salt and butter and bake in hot oven.—Selected.

BEAUREGARD EGGS.

Remove the shells from five hard boiled eggs; separate the whites from the yolks; put the yolks through a sieve; chop the whites very fine; rub a tablespoon of butter and one of flour together, add half pint milk and stir till boiling; add half teaspoon salt, a teaspoon pepper and whites of the eggs; keep this warm while you toast five slices of bread; arrange them neatly on a platter, and pour over the white mixture; dust over this the yolks and a little salt and pepper; put into the oven a moment or till the yolks are warm, and serve.—Mary P. Michener.

CREAMED EGGS.

Allow two tablespoons milk to each egg; place on stove, adding butter, salt and pepper; when at boiling point drop in the eggs one at a time; with a thin bladed knife or spoon gently cut the eggs and scrape the mixture up from the bottom

as it cooks; if it begins to cook dry at the bottom move the pan back instantly, for success depends on cooking gently and evenly, and mixture should be in large flakes of mingled white and yellow.—Mrs. J. T. T.

DEVILED EGGS.

1. Cut in halves the hard boiled eggs; remove the yolks, being careful not to break the whites; to the yolks add salt, pepper, mustard, vinegar, a touch of cayenne pepper; mix thoroughly and fill the eggs. Serve cold.

2. Cut hard boiled eggs lengthwise, place on lettuce leaf, and pour over a spoon of boiled dressing.—Esther Thomas.

DROPPED EGGS.

Boil eggs half hour, remove shell and drop into chicken gravy. Serve hot.—Mary Henly.

EGGS AUX FINES HERBES.

Roll an ounce of butter in a good teaspoon flour; season with a saltspoon of salt, two dashes of pepper, and a dust of nutmeg; add a coffee cup of fresh milk and two teaspoons of chopped parsley; stir and simmer for fifteen minutes; add two tablespoons thick cream and a little butter; halve five hard boiled eggs, pour the sauce over them and serve after heating thoroughly in hot oven.—Tested.

EGG OMELET.

One and one-half cups bread crumbs; let soak a few minutes in two cups milk, add a little salt and three eggs beaten very light; fry in butter over a hot fire.—Adeline H. Hadley.

EGG PUFF.

Separate the white and yolk of a fresh egg; beat the

white stiff; place in a wide top cup; make a shallow hollow in the center of the nest, and put into it the unbroken yolk; set the cup in a pan of boiling water; cover and cook, for three minutes. Remove carefully from the cup to a hot plate and serve with butter, pepper and salt.—Mrs. W. L. Pearson.

EGG SOUFFLE.

Rub together two tablespoons of butter and two tablespoons of flour; add slowly to one pint of hot milk; cook until thick; remove from fire and add the beaten yolks of three eggs, a tablespoon of grated cheese or minced meat; add the well-beaten whites of three eggs; put all in a hot baking dish, place in a moderate oven and bake twenty minutes.—Mrs. L. W. Cook.

EGGS ON TOAST.

Prepare French toast by dipping slices of bread in beaten egg, to which a little milk has been added, and fry a light brown in butter; turn and break an egg on each slice and set in a quick oven until eggs are cooked to suit taste. A nice breakfast dish.

ESCALLOPED EGGS.

For six people use eight hard boiled eggs; grease baking dish, put alternate layers of sliced eggs and cracker crumbs, butter, salt and pepper, and have crumbs on top; pour over this three-fourths cup sweet cream; cover and bake fifteen minutes; remove cover and brown.—Addie Watson Steddom.

ESCALLOPED CHEESE AND EGGS.

One cup grated cheese, six cold boiled eggs, sliced, arranged in baking dish in alternating layers; one and one-

half tablespoons flour, two tablespoons melted butter, pepper, and salt; when butter and flour are perfectly smooth, add gradually one and one-half cups rich milk, stirring constantly; finish with bread crumbs and bits of butter; bake twenty minutes.—Addie Watson Steddom.

HINDO RELISH.

Boil six eggs very hard, cut lengthwise, then take the yolks, without breaking the whites, and pass them through a sieve; mix with as much ham, and butter, a dash of pepper, and one-half teaspoon mustard; mix well together and fill the eggs; put them in the oven until brown. Serve very hot.—Elizabeth Hawkins.

HOW TO TELL GOOD EGGS.

Hold your hand around an egg and hold it between yourself and a bright light; if the yolk appears round, and the white around it looks clear, it is fresh. Another way is to put it in water; if it sinks it is fresh, and if it floats be careful.

HARD BOILED EGGS.

Place the eggs in boiling water and remove the vessel to the back of stove where water will keep hot but not boil; cook half an hour, then drop in cold water and remove shells.—Esther Thomas.

HAM OMELET.

Beat three eggs separately; to the yolks add one-half cup milk, in which has been smoothly rubbed one teaspoon flour and one teaspoonful salt; then stir this into the stiffly beaten whites; place all into a well buttered hot skillet; when well set

cover with chopped fried ham; fold the omelet carefully over and remove to a hot platter. Serve immediately.

OMELET ASPARAGUS.

Make creamed asparagus, then a light egg omelet, spread with the asparagus, fold over and serve on toast.—Elizabeth Hawkins.

OMELET.

One cup bread crumbs, one and one-half cups sweet milk, yolks of four eggs well beaten, salt and pepper, mix these, then stir in gently the whites of the eggs beaten to a stiff froth; have skillet or pan hot and well buttered; put quickly into heated oven. It will bake in only a few minutes; roll up and turn on a platter for table.—Beulah C. Andrews.

OMELET.

1. Foamy—One egg, one tablespoon milk, salt and pepper, one teaspoon butter; beat yolk, add milk and seasoning, cut and fold in the well beaten white; heat butter in the pan and see that sides are well greased; turn in omelet and spread smoothly; when light-brown underneath, set in oven a few moments to dry top; fold over and turn on heated platter.

2. Creamy omelet is made by heating yolks and whites together.

3. Meat omelets are made as above with the addition of chopped meats or oysters added to yolks or sprinkled on just before folding over.

4. Sweet omelet: Use egg as basis, add sugar or any fruit flavor or juice.—Alice G. Lewis, Cooking school.

PICKLED EGGS.

Boil hard as many eggs as you wish, when cold remove the shell and put them in vinegar where you have had pickled beets, or into vinegar with a bit of red coloring, to make them red.—Marianna Kenworthy.

POACHED EGGS.

Have ready over the fire a greased sauce pan of boiling water; select the number of eggs desired and break each egg into a saucer, one at a time, and slip into the boiling water; remove the pan from the stove, and baste the eggs with the hot water, being careful not to break the whites; have ready slices of toasted bread and place an egg on each slice, after trimming the edges off the egg. Salt and pepper and serve very hot.—Esther Thomas.

SOFT BOILED EGG.

Pour over the egg one pint of water almost boiling hot and let stand off the stove ten minutes; the white will be jelly-like; if the egg is boiled the white is tough and indigestible.—Alice G. Lewis, Cooking-school.

STEAMED EGGS AND CHEESE SAUCE.

Break eggs into patty pans and steam. Sauce: melt two tablespoons butter, two tablespoons flour; mix until smooth; add one pint milk, one-half teaspoon salt, two tablespoons grated cheese, two dashes pepper; lift eggs to hot platter; pour sauce over them. Serve very hot.—Mrs. Mary Hawkins.

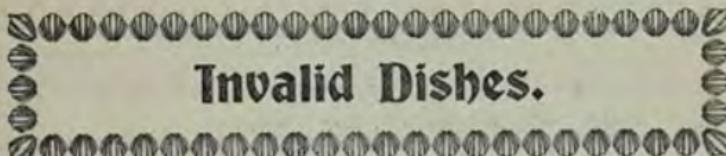
SHIRRED EGGS.

Sprinkle the bottom of individual dishes with bread

crumbs; drop one or two eggs in each dish; dust the edges lightly with crumbs; stand the dishes in a baking pan of hot water and bake in the oven until the eggs are just set; remove and dust lightly with pepper and salt, and a bit of butter in the center of each. Serve immediately.—Carrie Pickrell.

TO PRESERVE EGGS.

One way is to pack them in salt, the small end down, with a goodly amount of salt between each layer. Another way is to place them in a keg of lime water, which protects them from the air and acts as a germicide.



Invalid Dishes.

"Those that die by famine die by inches."

Matthew Henry.

BAKED APPLES.

Halves of two good baking apples; core and sprinkle little sugar over them and pour a little water over them and bake. When done have ready white of one egg and tablespoon sugar beaten to a stiff froth; place on apple and place in oven to brown.—Mrs. Tom Carlin.

BAKED MILK.

Put the milk in a jar covering the opening with white paper and bake in a moderate oven until thick as cream. May be taken by the most delicate stomach.—Mrs. O. W. Kenworthy.

BEEF TEA.

Take one-fourth teaspoon of Libbe's Beef Extract and dissolve in a little boiling water. When dissolved fill teacup half full of boiling water. Season to taste with salt and pepper.—Nannie Wing.

BIRD'S NEST FOR AN INVALID.

Beat white of an egg stiff; pile on a piece of toast and make a hole in the center of egg; drop in the yolk; pepper and salt; bake in a hot oven and when white is lightly browned; remove and add a little butter.—Beulah Bennett.

CHICKEN BROTH.

Stew one or two joints of chicken an hour or two in a pint of water, salt and pepper; serve hot.

EGG FOR INVALIDS.

Put one egg in a pint of boiling water, cover and leave on the back of stove for five minutes; this cooks the whole egg well.—Mrs. John P. Hiatt.

EGG ON TOAST.

Immerse a thick earthenware teacup in boiling water ten minutes; remove, wipe dry and butter inside well; drop an egg into the cup; cover with a napkin for a few minutes till the white is congealed; season with salt and pepper and serve on milk toast.—Mabel Young.

Toast bread to a light brown, break egg and separate yolk from white; put yolk into boiling hot water and set aside until white is salted and beaten to a stiff froth; dip toast into boiling water quickly, and put on hot plate; spread the beaten white over toast, leaving a hole in the center for the partially cooked yolk. Set the plate in hot oven just long enough to brown the white nicely and serve.—Flora A. Dixon.

EGGNOG

Beat an egg well, half teaspoon sugar; put in jelly glass;

and fill with new milk, put on ice. A teaspoon each hour is good for the typhoid fever patients.—Mrs. O. W. Kenworthy.

FLAXSEED LEMONADE.

Pour on four tablespoons of whole flaxseed, one quart boiling water and add juice of two lemons. Let it steep for three hours, keeping it closely covered. Sweeten to taste. Excellent for colds.—Mrs. T. C. Young.

JUNKET.

One quart sweet milk, four tablespoons sugar, one-half teaspoon vanilla, speck of salt, one junket tablet. Dissolve tablet in a tablespoon of cold water; warm milk to 100 degrees, add salt, sugar, extract and the dissolved tablet; set aside to thicken, then cool on ice.—Flora Dixon, M. E. Hospital, Philadelphia.

MUTTON BROTH.

Cut mutton up into bits; seal in a fruit jar and place in a kettle of cold water and keep at the boiling point for eight hours. Strain liquor off and salt to taste.

NOURISHING DRINK.

Albumen water; beat white of an egg just enough to break it up; add juice of 1 lemon, $2\frac{1}{2}$ teaspoons of sugar, and finish filling glass with plain soda water and ice.—Flora Dixon.

PANADA.

Crumb white bread; season with sugar, little butter, nutmeg; pour boiling water over.—Mrs. Henry D. Lane.

RAW BEEF TEA.

Cut up lean fresh meat, soak eight or ten hours in a

small quantity of cold water. This is good after severe cases of typhoid fever,

RICE WATER.

Three pints water and one tablespoon rice boiled down to one pint; salt to taste; good for sick people.—Mrs. Dr. Burtchby.

REMOVE GREASE FROM BROTH FOR SICK.

After pouring in dish pass clean white wrapping paper quickly over top of broth, using several pieces till all grease is used.

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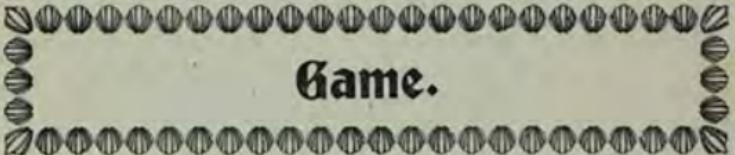
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Game.

*"Hunting was the labor of the savages of North America,
but the amusement of the gentlemen of England."*

—Samuel Johnson.

ROAST QUAIL.

Pluck and dress the same as chicken, a little soda rubbed over after singeing helps to cleanse them. Rinse with clean water without soaking and wipe dry. Rub both inside and out with salt and pepper. Fill with any good dressing, spread with butter, dust a little flour over, and bake with a good, steady heat until done. Baste often with hot water seasoned with butter, pepper and salt.—Margaret White.

ROAST WILD DUCK.

Canvas-backs, red-heads, blue-winged teal, black duck and wood duck are all good. Pick, singe and draw, wipe inside and out with a wet towel. Do not allow them to lie in water as it destroys the flavor. If they have a fishy odor, place a slice of onion inside when roasting. Tuck back the wings and truss the legs down close to the body, rub all over with a little salt, place in a baking pan, add half a cup of boiling water; place thin strips of bacon across the breast or else baste well with melted butter. Young ducks should roast half

an hour, old ones an hour. When done serve with the gravy from the pan. They may be stuffed with a good dressing if preferred. Serve currant jelly and green peas with them.

QUAIL ON TOAST NO. I.

Put a small piece of butter in each quail, dredge with flour, place in pan and about half cover with boiling water. Place in oven, turn and baste often. When tender place on rounds of toast and pour the dressing over it.—Mrs. D. J. Klyce, Henderson, Kentucky.

QUAIL ON TOAST NO. II.

Stew quails until tender in salt water, then brown in butter and place on rounds of buttered toast.—Mrs. D. J. Klyce, Henderson, Kentucky.

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For the Chafing Dish.

"A dinner lubricates business."

—Lord Stowell.

CHICKEN IN BROWN SAUCE.

The chicken should have been parboiled early in the morning and cut into small blocks and set aside with one pint of stock ready for use. When ready to prepare the chicken for serving use two tablespoons of butter and two of flour, mix thoroughly and add the pint of stock. When this boils add a teaspoon of onion juice, a teaspoon of lemon juice, salt and pepper; when the mixture is boiling add the chicken, cover the dish a moment and it will be ready to serve.

CREAMED POTATOES.

Put one cup sweet cream in blazer, (do not use water pan), when it begins to bubble add one pint of sliced, boiled potatoes. Season with salt and pepper and a little butter.—Mrs. H. E. Harrington.

CREAMED OYSTERS.

One pint oysters, one scant cup sweet milk, one tablespoon flour (heaping,) butter size of an egg; brown in blazer and while hot add oysters, salt and pepper; let cook a minute, then add milk thickened with flour. Cook until in a good gravy—about five minutes.—Mabel Hill.

COMPOTE OF BANANA.

A sweet dish may be prepared on the chafing dish as follows: Put four tablespoons of sugar, half a glass of strained orange juice and four tablespoons of cold boiled rice into the chafing dish; light the lamp; when boiling hot slice in four large bananas. Cover the dish for two minutes and the mixture is ready to serve.

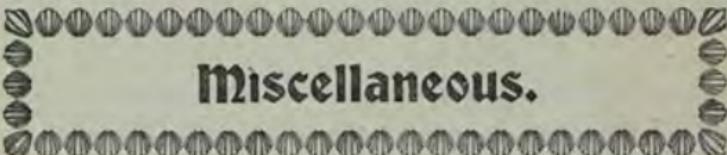
CURRY OF EGGS AND SALMON.

Free one can of salmon of oil and bones, add juice of one-half lemon, tablespoon onion juice, one-fourth cup cappers; let stand while preparing sauce.

Sauce: Melt one-fourth cup butter, add two tablespoons of flour, stir well over flames; two teaspoons of curry powder, one pint of milk cooked until thick. Soon as thickened put hot water pan over blaze and add salmon carefully so as to be mushy; add four hard boiled eggs which have been cut in quarters; let stand until salmon and egg have heated in the sauce. When ready to serve add a dash of pepper and one-half teaspoon salt. Serve on wafers or toast. This will serve ten people.—Mrs. H. L. Spencer.

TWO SAVORY WAYS OF COOKING OYSTERS.

If the oysters are to be panned a little butter may be put in the chafing dish, the lamp lighted and the oysters thrown in. As soon as they reach boiling point season with salt, red and black pepper and two tablespoons of cream. If creamed oysters are desired allow to each pint of oysters that have been drained and washed, a tablespoon of butter; melt the butter, throw in the oysters, mix thoroughly; moisten a tablespoon of flour in a little milk, then add half a pint; pour this over the oysters, bring to boiling point and season with salt and pepper. By adding the yolks of two eggs and a tablespoon of chopped parsley you may convert them into fricassee of oysters.



Miscellaneous.

"Mistress of herself though china fall."

—Pope

BAKED APPLES.

Take any apples that will bake well, remove the cores carefully, then fill the space with nut kernels chopped rather fine; sprinkle sugar and cinnamon over the top, place in pan and add water sufficient to cover bottom of pan; after the apples are baked, take the water left in the pan, add sugar and cook on top of stove until it commences to jelly; pour over apples and sieve.—Grace McMahan.

BAKING POWDER.

Half a pound of cream of tartar, one-fourth pound bicarbonate of soda, (baking soda), one-fourth pound corn starch. Mix thoroughly and put through a flour sifter four or five times, then place in cans for use. This formula was given by a government chemist and we have used it with success for over fifteen years. It is equal to the best brands sold and costs only half as much.—J. H. Green, Albia, Iowa.

BROWN OR BRAN BREAD.

Two eggs, two cups brown sugar, two cups butter-milk or sweet milk, one-half cup shortening, one-half teaspoon soda or

two teaspoons baking powder, one-half flour and one-half bran. Bake as hot gems or in one cake in dripping pan.—Mrs. Hannah H. Hall.

BUNS.

For sponge: One quart luke warm milk, stir in two tablespoons sugar, one teaspoon salt, flour to make a soft smooth batter, then add one tea cup of sponge taken from light bread sponge and set in warm place to rise.

For the dough: When yeast is very light take just flour enough to mix yeast up, work lump of butter size of an egg in flour, stir in yeast and have rather soft smooth dough; knead well, let rise very light, roll out, cut size and thickness of biscuit, place in pans so as not to touch; let rise very light; bake in quick oven; when done coat over with milk and sugar.—Mrs. M. E. Threlkeld, Albion, Nebraska.

CASSA ROLLS.

Boil some Irish potatoes, mash smooth, add cooked meat chopped fine; mix with beaten egg and a tablespoon of butter; season with pepper and salt, and fry in little cakes.

CREAM PUFFS.

One cup water, one-half cup butter, boil together; stir in while boiling one cup flour and allow it to cool. Add three eggs not beaten. Mix well and drop on buttered tins. Bake twenty-five minutes. Avoid opening the oven.

Filling: One cup milk, one egg, one-half cup sugar, three tablespoons flour. Beat the eggs and sugar together; add flour and stir them in the milk. While boiling flavor with vanilla. When cold open and fill.—Mrs. Rosenberger.

CREAM PUFFS.

One cup hot water, one-fourth cup butter; pour the water over the butter in a suitable pan and let it come to the boiling point, then stir in one cup of flour stirring until smooth and the mixture will not adhere to the pan. Let it cool. Break in three eggs without beating, then beat five minutes; drop a spoon full in a place in a large pan and bake twenty-five or thirty minutes; when done cut the top partly off and fill with custard, replace top and put in a dry place.

Custard: One pint milk, one egg, one-half cup sugar, one teaspoon corn starch; flavor and cook until it thickens,—
Mrs. J. T. T.

CREAM PUFFS.

Half pint cold water, one and one-half cups flour, four eggs well beaten, small cup butter. Stir the flour smoothly into the cold water, pour into a sauce pan with the butter and cook, stirring all the time until well done. When cool stir in the eggs, beat well, drop the dough in small round balls on a tin so they will not touch each other, and bake. They will be hollow when done. Cool on a paper as soon as possible so they will sweat, and with a sharp knife remove the top and fill.

For Filling: Half pint milk, two beaten eggs, two tablespoons flour or corn starch, one cup white sugar, lemon or vanilla flavor. Beat eggs, milk and flour together, add sugar and cook in a double boiler or tin pan set in a kettle of hot water. When done add flavoring.

CHOPPED PICKLE.

One-half peck green tomatoes, one-half large cabbage head, one-half cauliflower, fifteen onions, twelve large cucumbers. Chop fine separately, put in salt, not strong, over

night; next morning drain and scald in weak vinegar, drain again, add one-half pint grated horse radish, two ounces white mustard seed, one-half ounce celery seed, six red peppers chopped. Boil three quarts vinegar, three pounds brown sugar; let pickle come to boil in it; add one-fourth pound ground mustard; bottle hot.—Mrs. John M. Nicholson.

CHILI SAUCE.

Twelve ripe tomatoes, three ripe mango peppers, three onions, three cups of vinegar, two medium tablespoons cinnamon, two tablespoons salt, chop onions and peppers together and cook all at once until done, then bottle and seal tight.—Mrs. M. E. Threlkeld, Albion, Nebraska.

CHEESE FONDUE.

Two cups cheese, one cup bread crumbs, one cup milk, three eggs, one tablespoon butter, one saltspoon salt, one saltspoon soda, a little red pepper. Break the cheese in small pieces and stir it into the melted butter. Mix the beaten eggs, milk and bread crumbs and gradually add them to the melted cheese.—M. Ilma Harrington.

CHICKEN SALAD.

For three chickens: Eight yolks of eggs, one pint cream; cook this in double cooker until it thickens; add one teaspoon mustard, one teaspoon pepper, one teaspoon salt, one teaspoon sugar and one teaspoon celery seed if you like, juice of one lemon and add good vinegar until right consistency and pour over chicken prepared and cut; (chop white and dark meat separate and it can be arranged to look very pretty.) This may be prepared the day before using if kept on ice.—Mabel Hill.

CHICKEN A LA NEWBURG.

Put two tablespoons butter in blazer; when melted add

one tablespoon flour, stir until blended; add two-thirds cup milk or cream; cook until thick; have ready the yolks of three hard boiled eggs; put a little sauce with yolks and stir to a smooth paste; add until you have a paste. Add to sauce one-half teaspoon salt and dash of pepper, then add one cup chopped chicken. Serve on wafers or buttered bread.—Mrs. H. E. Harrington.

COLD CABBAGE SLAW.

Shave cabbage very fine, add a little salt; put two tablespoons of sugar in a teacup, then add four tablespoons of sweet cream, last two tablespoons vinegar; stir and pour over slaw.—Jennie Raymie.

COOKIES.

Two eggs, two cups sugar, one cup butter, one cup sweet milk, three teaspoons baking powder, flavor to suit taste, flour enough to make soft dough; roll thin, bake in quick oven.—Mrs. Chas. George, Ames, Iowa.

CORN FRITTERS.

Six ears of corn grated, two eggs beaten light, salt and pepper, one-half teaspoon baking powder sifted with flour to make batter. Fry in hot lard.—Mabel Hill.

CUSTARD PIE WITH WATER.

Four eggs for three pies, tablespoon corn starch or flour; beat with the egg then put in two-thirds cup of sugar and three cups of water, little salt; beat well.—Mrs. N. E. Oliverson.

CUSTARD PIE.

One and one-half quarts sweet milk, two-thirds cup sugar

and four tablespoons flour sifted together. Yolks of five eggs beaten well. Let milk come to a boil then sift sugar and flour in and stir constantly; add beaten eggs then let boil till rather stiff and flavor to taste.

Frosting: Beat whites of five eggs to stiff froth and spread on top of pie when done and sift on a little sugar. Bake crust before filling.—Elsie Threlkeld, Albion, Nebraska.

DEVIL'S FOOD.

Three-fourths cup chocolate, one cup brown sugar, one-half cup milk; place the above in pan on back of stove to melt. One cup brown sugar, one-half cup butter, yolks of three eggs, one-half cup milk. After mixing this well add the chocolate part that was on the stove and then add two cups flour and one scant spoon of soda sifted with the flour.

Filling: One cup sugar, one-half cup milk, chocolate to taste. Boil all together till it will harden in water.—Laura H. Pemberton.

ENGLISH PUDDING.

Two cups raisins, two cups currants, cup of suet chopped fine, four cups flour, pinch of salt, one cup sugar, two cups sweet milk; beat to a stiff batter, place in sack tied tight. Boil two hours in kettle of boiling water; serve with any kind of sauce.—Mrs. N. E. Oliverson.

EGG VERMICELLI.

Three hard cooked eggs, one-half teaspoon salt, one-eighth teaspoon pepper, one cup hot milk, one teaspoon butter, one teaspoon flour, three pieces of toasted bread cut in triangles; soak bread in one cup hot water to which one-fourth teaspoon salt has been added; chop whites of eggs fine

and add to dressing made as follows: Melt butter, add flour and slowly stir in the hot milk; add the seasonings and boil sauce five minutes; pour sauce and whites over toast and sprinkle the pulverized yolks over as a garnish.—Mabel Young.

FRENCH CREAM PIE.

For one pie: Yolks of two eggs, one tablespoon flour, one-third cup sugar, two-thirds cup milk. Beat eggs and sugar together and add flour mixed with little of milk; put rest of milk on stove and let come to a boil; add the mixture and let come to a boil. As soon as it thickens remove from fire and flavor with lemon. Pour this in the crust which is baked and cover. Beat the whites and add a little sugar and pour it on the pie; brown slightly in oven.—Laura H. Pemberton.

GINGER BREAD.

One cup sugar, one cup molasses, two spoons lard, one tablespoon soda boiled; ginger. Cut in squares and frost the same as frosted creams.—Mrs. C. A. Woodworth, Albion, Nebraska.

GINGER SNAPS.

One egg, one pint molasses, one cup sugar, one cup butter or lard, one tablespoon ginger, one teaspoon cinnamon, one teaspoon soda, one tablespoon hot water. Dissolve soda in hot water; pinch of salt; flour enough to make a dough; roll thin and bake in hot oven.—Laura H. Pemberton.

GINGER COOKIES.

Boil one cup molasses, then put in one tablespoon soda and stir and let cool a short time; then one cup brown sugar; then add two-thirds cup of shortening, two-thirds cup cold

water, one egg, cloves and cinnamon, ginger, a little salt. Make stiff and bake in quick oven. Very good.—Hannah Hart.

GINGER BREAD.

One-half cup sugar, one-half cup butter, one cup molasses, one teaspoon ginger, two teaspoons soda in a cup of buttermilk, two and one-half cups flour, add two well beaten eggs.—Kate R. Barnes.

GRAHAM GEMS.

One cup sour milk, one tablespoon sugar, one egg, one scant teaspoon soda, one and one-half teaspoons salt, enough graham flour to drop from spoon. Bake in gem pans in hot oven.—Mrs. D. J. Klyce, Henderson, Kentucky.

HASH TOAST.

Chop cold boiled beef fine, place in frying pan, cover with water and boil one-half hour or longer, till all juice is extracted from meat, leaving plenty of gravy. Season with salt and pepper, and small piece of butter. Have ready pieces of bread nicely toasted and arranged on platter. Pour over it the meat prepared as above.—Hannah Hoag Hall.

ICE CREAM.

For one gallon of ice cream take one-half gallon pure cream and one-third gallon rich milk; add sugar and extract to make it too sweet and too strong and it will be right when frozen.—Nida Kellogg.

JELLIED CHICKEN.

Cook two chickens in a small quantity of water until the meat will part from the bone easily; season to taste with salt and pepper; just as soon as cold enough to handle remove the

bones and skin; place meat in a deep pan or mold, just as it comes from the bone, using gizzard, liver and heart, until the mold is nearly full. To the water left in the kettle add one-fourth box of gelatine dissolved in a little warm water, pour over the chicken in the mold, leave to cool, cut with a very sharp knife and serve.—Kate R. Barnes.

LEMON CREAM PIE.

Yolks of three eggs, one-half cup of sugar, two pints of milk, four tablespoons of flour; boil until thick; fill crusts; use whites for top; flavor with lemon.—Hannah Hart.

LEMON CRACKERS.

Five cents worth lemon oil, five cents worth baking ammonia, two and one-half cups sugar, one cup lard, one pint sweet milk; flour enough to make a soft dough. Pound the dough with potato masher, then roll and bake.—Mrs. F. M. Henness.

MEXICAN MACARONI.

Bend the macaroni in boiling water using one bunch. As it limbers coil in chafer. Sprinkle with salt. Cover and cook twenty minutes or until tender and water absorbed.

Sauce: One cup tomato soup, one saltspoon paparika, one-eighth teaspoon cayenne pepper, one saltspoon salt, one tablespoon butter, one cup chopped olives, one-half cup French mushrooms.—Mrs. H. E. Harrington.

MARSHMALLOW FILLING FOR CAKE.

One cup sugar, one-half cup water, five marshmallows; let boil until thick as ordinary icing.

ORANGE FLOAT.

One quart water, juice and pulp of two lemons, one cup

sugar; when boiling add four tablespoons corn starch; boil fifteen minutes, stir all the time. When cold pour this over four or five peeled and sliced oranges and over top spread beaten whites of three eggs.—Miss Ida Baxter.

POTATO SALAD.

Small dish cold potatoes cut fine, from four to eight hard boiled eggs, four small onions, two tablespoons cream, sweet or sour, one teaspoon mustard, one stock celery, one-half teaspoon salt, little pepper, one-third cup vinegar. Pulverize yolk of two eggs; chop whites fine; mix all together.—Laura H. Pemberton.

PICKLED SWEET CUCUMBERS.

Pare and slice nice cucumbers, take out seeds, leave in weak brine over night; make pickle of two pounds sugar, to a quart of vinegar; let boil, then drop in cucumbers; let boil till tender, then add spices for seasoning.

RICE PATTIES.

When the boiled rice is cold make out into patties and fry in butter same as potato patties.—Esther Lewis.

RAILROAD PUDDING.

Beat one egg, add one cup of sugar, one teaspoon melted butter, one and one-half cups flour, one teaspoon baking powder, one-half cup milk, one teaspoon extract of lemon; bake and serve with foaming sauce.

Sauce: Beat whites of two eggs to stiff froth, sweeten with three tablespoons of sugar, flour to taste.—N. E. Oliver-son.

SALMON SALAD.

One teaspoon sugar, little pepper, pinch salt and mustard, one teacup vinegar; boil till thickens to a very thick cream. Prepare cabbage and salmon half and half when ready to serve, then dressing with a little whipped cream, pour over salad and serve.—Mable Emerick.

SALT RISING BREAD.

Put a half cup of fresh milk into a half gallon pitcher, add a heaping teaspoon of salt into which pour one quart of boiling water; let cool until just moderately warm, then put a cup of graham with the flour and thicken to a stiff batter; put folded cloth over the pitcher and the pitcher into a kettle of warm water covering with tight lid and keep in warm place. In two or three hours stir in a little more flour with a little grain of soda, size of grain of corn. Still keep it warm and when light or the pitcher is full knead it, adding a quart more warm water or milk; mould into loaves and cover the bread and keep in warm place until light enough to bake. It does not need to bake quite as long as yeast bread.—S. A. McMillan.

SALAD DRESSING.

Beat together the yolks of two eggs, one-half cup sugar, one-half cup vinegar, a little salt, pepper, mustard and ginger to taste. Put in sauce pan and cook until thick, then stir in butter size of egg. Will keep in the refrigerator for some time. When ready to use mix with thick cream, either sweet or sour. Very nice to serve on sliced tomatoes.—Laura H. Pemberton.

SALAD DRESSING.

Place one-half pint of vinegar with one teaspoon of butter over fire; stir together one teaspoon each of mustard, sugar

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and corn starch and one-half teaspoon salt; add water to stir smooth and stir into boiling vinegar; let cook until thickens. Pour in slowly two well beaten eggs beating all the time, lastly add one-half cup of thick sweet cream, pouring it in slowly and beating smooth. Will keep for several days in cool place. Serve with many kinds of salads.—Maude Kellogg.

SARDINES ON TOAST.

One tablespoon butter, one tablespoon flour, blend together, add one-half cup stock. Brown butter and flour, add small one-half teaspoon salt. When thick add one cup sardines broken in pieces and bones removed; toss lightly through the sauce. Serve on toast cut into some pretty shape.—Mrs. H. E. Harrington.

SHRIMPS A LA NEWBURG.

Empty a quart of shrimps in one-fourth pound melted butter, add one pint of cream. Let simmer. Sprinkle a little salt, one-half teaspoon cayenne pepper, one tablespoon flour, one-half tablespoon water. Serve on hot plate.—Mrs. H. E. Harrington.

SPICED PLUMS.

Wash and prick with darning needle seven pounds of plums. Take one pint vinegar, four pounds sugar, two tablespoons cinnamon bark, half as much of cloves and a broken nutmeg; simmer in a little vinegar and water for half an hour. Then add it all to the vinegar and sugar and bring it to a boil. Pour the boiling liquid over the plums in a covered earthen jar. Next morning pour liquid off and bring to boil and pour over the plums as before and cover. Do this nine mornings. The last morning put the plums in and let boil about three minutes.—Mrs. W. C. Pierce, Boise City, Idaho.

SLICED GREEN PICKLES.

The syrup which remains from the above may be utilized for sliced pickles after being prepared as follows: Slice and sprinkle salt over them and let stand over night then drain, place in a kettle over the stove and let stand for two hours but do not boil.—Martha H. Farr, Oskaloosa, Iowa.

SPICED PEACHES.

To spice three quarts: One quart sugar, one pint vinegar; one tablespoon each of cloves, cinnamon, and allspice; ground spices can be used but if not tied in cloth will make peaches dark. First, wash peaches then dry each one separately by rubbing with coarse towel, then prick with fork. Have the syrup boiling, drop in and just keep to the boiling point; when tender place in jars. They are delicious and will keep for years.—Mrs. D. M. Edwards.

SPICED GREEN TOMATO PICKLE.

Slice one-half peck of green tomatoes; cover with one quart of water in which has been dissolved one cup of salt, and then let it stand two hours; drain through a collander, pressing out all the brine, then add one quart of best cider vinegar, one tablespoon each of ground cloves, pepper, allspice, mustard and cinnamon and one pound of best brown sugar. Boil all together ten minutes, then simmer about an hour. It is ready for table when cold and will keep indefinitely.—Mrs. C. A. Woodward, Albion, Nebraska.

SMOTHERED OYSTERS.

Cook one pint oysters and a tablespoon butter in a closely

covered chafing dish six minutes; then add salt and pepper and serve on rounds of well buttered toast.—Mabel Young.

SOFT GINGER BREAD.

Three-fourths cup of molasses filled up with sugar, one teaspoon each of ginger, cinnamon and vanilla, four tablespoons of butter, two eggs, one and one-half cups flour; mix and stir thoroughly then add one cup of boiling water and one teaspoon soda.—Hannah Hart.

SOFT GINGER BREAD.

Two eggs, two-thirds cup shoring, one-half cup sugar, one tablespoon ginger, little nutmeg, one cup molasses, pinch of salt, one cup sour milk, one teaspoon soda, three cups white flour.—L. H. P.

STEAMED CORN BREAD.

Four cups corn meal, two cups flour, two cups sweet milk, two cups sour milk, one cup molasses to sweeten to your taste, one teaspoon soda and one of salt. All these combined make a good paste. Steam three and one-half hours and bake one hour. Eaten hot or cold.—Avis Fairbrother.

SUGAR COOKIES.

One and one-half cups sugar, one egg, one-half cup butter with one nut-meg grated in it, one-half saucer flour, one-half cup sweet milk, one teaspoon soda. Stir all together, add enough flour to make smooth dough. Roll very thin; bake in hot oven.—Turah Threlkeld, Albion, Nebraska.

SUET PUDDING.

One cup suet chopped fine, two eggs, one cup sweet milk, one cup raisins, seedless preferred, one cup dried currants,

one teaspoon each of cinnamon, cloves, nutmeg, allspice, three teaspoons baking powder, flour enough to make stiff batter. Tie in pudding bag and boil from six to eight hours; serve with sauce made as follows:

Sauce: One cup sugar, one tablespoon flour or corn starch, lump of butter size of walnut, flavor with lemon or to suit taste; serve warm. Will keep for several days.—Mrs. D. M. Edwards.

SUET PUDDING.

One cup beef suet, one cup raisins, one cup molasses, one cup milk, one-half teaspoon salt, flour enough to make rather thick batter. Steam three hours.—Marianna Kenworthy.

TAPIOCA FRUIT PUDDING.

Take one cup tapioca and one quart of cold water; put together in double boiler and let come to a boil. Cover bottom of dish with fruit, fresh or canned. Sprinkle over this one-half cup sugar and pinch of salt, flavor to taste and pour tapioca over fruit. Bake one hour. Serve cold with cream and sugar.—Miss Ida Baxter.

TOMATO SAUCE.

Put one can of tomatoes to cook and add one-half bay leaf, five whole pepper-corns, four allspice, one onion, one teaspoon salt and a dash of red pepper. Cook fifteen minutes and strain. Rub one tablespoon corn starch and one tablespoon butter together. Add to the strained tomatoes and cook until thickened.—Mrs. Harry Harrington.

TO CAN CORN.

Cut corn off cob and pack in jar tight, so as juice runs out at top, press down with one of the cobs; screw lid on tight

and place in cold water and let come to a boil; let water come up to neck of jar; boil four hours; keep in cool dark place. Beans may be canned in same way.—Mrs. Ira Kellogg.

TOMATO PICKLE.

Two gallons green tomatoes, five large onions, three peppers cut with a knife in coarse pieces; salt over night, then drain and fix vinegar and spices, any kind that suits one's taste and bring to a boil, then put in tomatoes and onions; let scald ten minutes and eat. These are fine.—Hannah Hart.

TO MAKE WHOLE GREEN TOMATO PICKLES.

Select medium sized tomatoes, clear not ripe, scald them until the skin can be peeled. To two cups of granulated sugar add one cup of good cider vinegar and let it come to a boil, then drop in the tomatoes and boil for five minutes. Take them out and put them in the jar where they are to remain. To the vinegar and sugar in the kettle add more in the same proportion. Continue this until enough tomatoes are pickled to fill a one gallon jar. After this if more pickles are to be made pour out the mixture and make a fresh one. When the jar is nearly full heat together three cups of vinegar to one cup of sugar, spice with cinnamon, and pour enough of this over to cover the tomatoes. Seal by pasting over the top a piece of tough paper which must be free from holes, and set in a cool place. These will be ready for use in about two weeks.

VINEGAR FROM FRAGMENTS.

Place in stone jar parings from sound apples, or apples that would otherwise be thrown away, sweet corn cooked and cut from cob, rinsing from honey and molasses drippings; cover and let stand several days or two weeks; drain; place juice in jug, cover but not to exclude the air. This will not

eat pickles or have a white scum. If you wish to use in a few weeks set in warm place. It can be replenished from time to time by using sweetened water.—Phebe Raley, St. Anthony, Iowa.

WELSH RAREBIT.

Three cups cheese, one-half cup cream, one-half saltspoon of salt, mustard, one-fourth saltspoon cayenne pepper, one teaspoon Worcestershire sauce, one egg, one teaspoon butter. Put the butter in the blazer over boiling water; break the cheese into small pieces and stir it in the melted butter; season; stir constantly as the cheese begins to melt. Serve on toast or crackers. —M. Ilma Harrington.

WELSH RAREBIT.

One-fourth pound of rich cream cheese, one-fourth cup of cream or milk, one scant teaspoon mustard, little salt and cayenne pepper, one egg and one teaspoon butter; break cheese into small pieces, put with milk in double boiler, mix mustard, salt, pepper, add the egg and beat well as soon as cheese is melted, add to milk, cook until thick, pour over hot toast or wafers.—Tested.

HOME-MADE SODA WATER.

Take two pounds of granulated sugar, two ounces tarteric acid, (powdered), one-half ounce of essence of wintergreen, three pints of water, and the whites of three eggs. Mix the sugar with the acid and water, let it come to a boil, then boil hard for two minutes. When cool stir in the wintergreen and the eggs beaten to a stiff froth. Put into jars and set in a cool place. Put two tablespoons or a little less of the syrup in a glass of cold water, and foam it with one-half teaspoon of soda. Drink while foams.—J. H. H.

STEAMED RICE.

Wash a cup of rice and put into a double boiler with just water enough to cover. When rice is nearly done pour off the water, if any remains, and add one cup milk and little salt; cook until thoroughly done, then beat an egg well and add before taking the rice from the fire; stir the egg in as lightly as possible, and serve hot with sugar and cream.—Jessie H. Hynes, Grand Junction, Colorado.

OATMEAL SHRUB FOR INVALIDS.

Four ounces of fine, fresh oatmeal, six ounces of sugar and juice of one lemon. Place these ingredients in a jar, and moisten with luke warm water enough to mix, then pour over one gallon of boiling water, stirring constantly; let it settle and cool; drink cold.—J. H. H.

RASPBERRY OR STRAWBERRY NECTAR.

Cover two quarts of fresh raspberries with one quart of good vinegar. Set aside for forty-eight hours in a closely covered crock. Drain the liquid at the end of this time and pour it over a third quart raspberries and set aside another forty-eight hours. Then strain through a muslin bag and add one pound of sugar to every pint of liquor. Boil slowly for five minutes, remove the skum, let cool fifteen minutes, then bottle. A tablespoon or two in a glass of iced water.—J. H. H.

TO FRY.

1. Fat should be deep enough to cover articles.
2. Articles to be breaded may be done some time in advance, but if floured must be done just before frying.

3. Never pile fried articles on top of each other.
4. Drain on brown paper.
5. Strain fat through cloth or fine sieve.
6. If used several times clarify by frying in it a few pieces of raw potato.
7. For uncooked articles fat should be hot enough to brown piece of bread while you count 60. For cooked articles while you count 40.—Alice G. Lewis, Cooking School.

CEREALS.

Should be thoroughly cooked and chewed.

To one cup rolled oats, Farina, or Pettijohn take two and one-fourth cups water; cook one hour.

To one cup Germia, Rice Wheatena or Wheat Germ take four cups water; cook one hour.

To one cup corn meal or Vitas take four cups water; cook three to four hours.

To one cup hominy or oatmeal take five cups water; cook five hours.—Alice G. Lewis, Cooking School.

TABLE OF MEASURES.

Two saltspoonfuls make one coffeespoonful.

Two coffeespoonfuls make one teaspoonful.

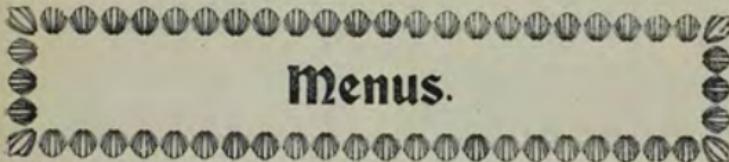
Four teaspoonfuls (liquid) make one tablespoonful.

Three teaspoonfuls (dry) make one tablespoonful.

Four tablespoonfuls (liquid) make one wineglassful.
 Two wineglassfuls make one gill.
 Two gills (1-2 pint) make one cup.
 Two cups make one pint.
 Four cups make one quart.
 One cup butter (solid) makes one-half pound.
 One cup granulated sugar makes one-half pound.
 One round tablespoonful butter makes one ounce.

TIME TABLE FOR COOKING.

Loaf bread.....	40 to 60 minutes.
Rolls and Biscuit	10 to 20 minutes.
Graham Gems	30 minutes.
Gingerbread	20 to 30 minutes.
Sponge Cake	45 to 60 minutes.
Plain Cake	30 to 40 minutes.
Fruit Cake	2 to 3 hours.
Cookies	10 to 15 minutes.
Bread Pudding	1 hour.
Rice and Tapioca	1 hour.
Indian Pudding	2 to 3 hours.
Steamed Pudding	1 to 3 hours.
Steamed Brown Bread.....	3 hours.
Custards	15 to 20 minutes.
Pie Crust, about	30 minutes.
Plum Pudding	2 to 3 hours.



Menus.

"Appetite comes with eating."

—Rabelais.

Tomato Bouillon, Biscuit.
Chicken Alabama, Pickles
Jelly
Salad Bread and Butter Sandwiches.
Cafe Mousse, Wafers.
Coffee. Cake,

Veal Salad, Escalloped Potatoes,
Pickles, Olives, Lemon Jelly.
Bread and Butter Sandwiches.
Iced Pineapples Chocolate Cake,
Coffee,
Salted Peanuts.
(Mrs. Hadley.)

Ham Chicken Salad Pickles Olives Jelly
Bread and Butter Sandwiches
Ice Cream Cake
Coffee

Salmon Ramicon			Wafers
Chicken Salad			Ham
Jelly	Biscuit		Coffee
	Almonds.		
Ice Cream			Angel Food
	Fruit cake		

Oyster Cocktail	Bread	Radishes	Olives
Ramicon			Wafers
Ham	Veal Loaf		Bread
	Potatoes au Gratin		
Jelly		Creamed Peas	
Nut Salad			Biscuit
Ice Cream	Cake		Bonbons
Black Coffee			Water Thins
Salted Nuts			Cheese
			(Mrs. Hadley.)

Veal Loaf		Ham
	Bread and Butter Sandwiches	
	Coffee	
Ice Cream With Strawberries		Three varieties of Cake
	Bonbons	

Ham	Escalloped Oysters	Chicken Salad
	Creamed Potatoes	Pickles
	Olives	Rolls
	Coffee	
Ice Cream		Cake
Salted Almonds	Grapes	Raisins
	Bananas	

Oyster Patties	Pickles	Olives
	Salted Nuts	
Ham	Turkey	Dressing
	Escalloped Corn	Nut Salad
	Cranberry Jelly	Rolls
	Ice Cream	Cake
Raisin		Bananas
	Coffee	

	Puree Tomato	
	Baked White Fish With Fresh Fried Potatoes	
Olives		Radishes
	Prime Roast Beef	Mallard Duck
	Browned Potatoes	Lima Beans
	Spinach	Sweet Potatoes
		Pineapple Ice
	Edam Cheese	Wafers
		Coffee

Chicken Ramicon		Cheese Straws
	Pickles	Olives
Roast Stuffed Foul		Salad
	Bread and Butter Sandwiches	
	Ice Cream	Cake
	Coffee	Salted Nuts

Salmon Creams	Holland Sauce	Pickles
Escalloped Oysters	Roasted Chicken	
Jelly	Green Peas	
Cabbage Salad	Wafers	Cheese
Ice Cream		Cake
	Coffee	Chocolate

	Rice Soup	
	Baked Shad au Gratin	
Celery		Sliced Tomatoes
Prime Roast Beef	Roast Turkey With Dressing	
Peas	Mashed Potatoes	
Compote Cherries	Buttered Beets	
Brown Betty	Nuts	Ice Cream
Cheese		Wafers
	Coffee	

	Raw Oysters	
Olives	Baked White Fish	Celery
Roast Veal With Dressing	Prime Roast Beef	
Browned Potatoes	Squash	
— Sliced Pineapple	Sweet Potatoes	
German Lettuce Salad	Plum Pudding With Hard Sauce	
Ice	Coffee	

THREE MENUS FOR INFORMAL SOCIAL AFFAIRS.

	Chicken Salad	
Fried Oysters	Brown Bread Sandwiches	
	Coffee	
Ice Cream	Cake	

	Tongue and Nut Salad	
Bread and Butter Sandwiches		Coffee
Lemon Jelly With Whipped Cream		
Angel Food		

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MENU FOR A CHURCH SUPPER.

Chicken Croquettes	Creamed Peas
Celery Salad	
Brown and White Bread, Butter	
Coffee	
Baked Apples	Sauce
Gingerbread	

DAILY MENUS

Breakfast—Stewed prunes, a cereal, hashed meats on toast, coffee.

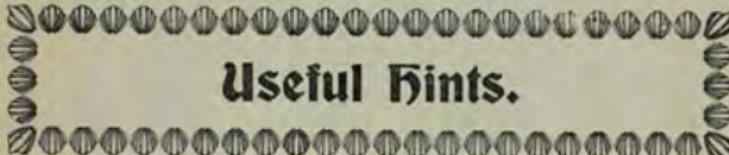
Dinner—Tomato soup, boiled beef, brown sauce, mashed potatoes, creamed celery, apple tapioca.

Supper—Rice omelet, tomato sauce, whole wheat gems, almond wafers, cocoa.

Breakfast—Fruit, oatmeal, milk, poached eggs, toast, coffee.

Luncheon—Bouillon, mutton chops, creamed potatoes, cold slaw, cocoa, ginger wafers.

Dinner—Clear soup, bread, roasted chicken, jelly, boiled rice, creamed onions, lettuce salad, toast, butter, cheese, coffee.



Useful Hints.

"A word to the wise is sufficient."

A pod of red pepper put into a kettle of boiling meat prevents the unpleasant odor from filling the house.

Place greased paper over a roast of meat to prevent its cooking too fast.

To tender tough meat add a tablespoon of vinegar while boiling.

Salt will curdle new milk, hence in preparing milk porridge, gravies, etc., the salt should not be added until the dish is prepared.

Vegetables cook quicker in soft water.

If tea be ground like coffee immediately before pouring on hot water it will yield nearly double the amount of its exhilarating qualities.

To beat the white of eggs quickly put in a pinch of salt. Salt cools and also freshens them.

To preserve milk: A spoonful of grated horseradish will keep a pan of milk sweet for days.

Corn starch is a good substitute for eggs in cookies and doughnuts. One tablespoon of starch is equal to one egg.

Before using lemons for any purpose roll them a while with your hand on a table. This will cause them to yield a large quantity of juice.

RED ANTS. A small bag of sulphur kept in a drawer or cupboard will drive away red ants.

To destroy cockroaches sprinkle the floor with hellebore at night. They eat it and are poisoned.

To clear the premises of rats place freshly slacked lime in their runways.

Newspapers soaked in a solution made of cayenne pepper and water, and thrust into mice holes, will free the house from mice.

Ink stains may be removed from white goods by rubbing promptly with a slice of lemon.

TO SOFTEN CISTERN WATER—Cistern water that has become hard can be softened by adding a little borax.

Silver ware when set away keeps best wrapped in blue tissue paper.

ONION ODORS—When cooking onions set a tin cup of vinegar on the stove and let it boil and it is said you will smell no disagreeable odors.

CLEANSE A SPONGE—By rubbing a fresh lemon thoroughly into a soured sponge and rinsing it several times in luke warm water it will become as sweet as when new.

ICY WINDOWS—Windows may be kept free from ice and polished by rubbing the glass with a sponge dipped in alcohol.

TO FRESHEN STALE BREAD—Dip in cold water, place in oven and bake half hour; good as new.

GUM-ARABIC AND STARCH FOR DARK MATERIALS—Soak one ounce of gum-arabic and a pint of water over night. In the morning put in a saucepan, surround with cold water and place on the range. When the gum is dissolved strain through cheese cloth and add to a thin starch, made with half a cupful of dry starch, one cupful of cold water and three quarts of boiling water.—Carrie Pickerell.

In case an explosion occurs from a gasoline stove, flour should be thrown on the blazing fluid to smother it; water is worse than nothing.

RECIPES—French chalk will remove grease spots from the most delicate fabric or colors without injury to the goods. Scrape a little of the chalk over the soiled place and hang away. When ready to use the garment brush off the chalk and it is right. I never use that which is pulverized.—A Reader.

SURE CURE FOR INSECT AND SNAKE BITES—Take the yellow of an egg; equal parts of salt and gum powder; mix into a salve and apply to the part bitten.—Mrs. S. J. Danielson.

When eggs are to be boiled hard, in order that they may be made digestible, they should be allowed to boil for twenty minutes.

TO SELECT A HAM—Pierce through the thick part with a meat knife. If the blade draws out clean, the ham is a good

one; but if the fatty substance sticks to it, another selection should be made. It should also have a sweet rich smell.

When cream is once ripened it should be churned without delay. The more it sours the more it deteriorates.

To prevent a bruise from discoloring apply immediately hot water, or, if that is not at hand, moisten some dry starch with cold water and cover the bruised place.

Chemists say it takes more than twice as much sugar to sweeten preserves and sauces if put in when they begin to cook as it does if the sugar is added after the cooking is done.

When baking cake on removing it from the oven place the tin containing the cake on a damp towel for a moment, and the cake may readily be taken from the tin without sticking.

TO GET RID OF MITES—To get rid of mites whitewash the premises, adding salt so it will stick and crude carbolic acid so it will kill.

Dish of hot water set in oven prevents cakes from scorching.

GLASS—Clean with a quart of water mixed with a tablespoon of ammonia.

INK STAINS—Wet with spirits of turpentine; after three hours, rub well.

Love lightens labor.

NUTMEGS—Prick with a pin; if good, oil will run out.

Youth is best preserved by a cheerful temper.

BREAD—Keep bread or cake in tin box or stone jar.

Stain on spoons from boiled eggs is removed by rubbing with salt or washing in water in which potatoes have been boiled.

TO MAKE MEATS TENDER—A tablespoon vinegar put into the water in which meats or foods are boiled make them tender.

To get rid of bedbugs wash bedsteads thoroughly with strong alum water.

To prevent old potatoes from turning black after they are boiled, add a small quantity of milk to the water in which they are boiled.

Use chamois skin for washing and drying windows and avoid lint.

To mend broken china use white lead on the edges and bind the dish together until well dried.

Use Sapolio to clean the rubber rollers of the clothes wringer.

To remove ink stains from fingers moisten the head of a match and apply.

MISCELLANEOUS.

Dress burns with a strong solution of alum.

Treat bee stings with a common cooking soda.

To prevent the development of a boil, cauterize the spot when first discovered with nitrate of silver.

WALDORF SALAD.

Cut equal parts of apple and celery into dice. To each pint of this add one cupful of Grape-Nuts, and mix carefully; then pour over it any good salad-dressing. Let stand for a little while and serve on fresh lettuce leaves. Use moderately sour apples, but never mealy ones.

GRAPE-NUTS DROP CAKES.

One tablespoonful butter, three tablespoonfuls sugar, two tablespoonfuls water, one egg, one-half cupful flour, one rounded teaspoonful baking powder, a pinch of salt, one teaspoonful vanilla extract, and one-half cupful of Grape-Nuts. Cream, butter and sugar, add water and yolk of large egg. Sift together two or three times the flour and salt; add baking powder, sift once; then add to the mixture. Flavor, add the white of an egg beaten to a stiff froth and the Grape-Nuts. Drop by spoonfuls on an unbuttered tin, one-half inch apart; sprinkle with a little sugar and Grape-Nuts and bake in a rather slow oven. Flour the tin slightly before dropping on the mixture.

GRAPE-NUTS GRIDDLE CAKES.

Two cups of sour milk, eight teaspoonfuls of Grape-Nuts, half a teaspoon salt, two scant teaspoonfuls soda, flour enough to make a thin batter. Let the Grape-Nuts soak for half an hour in sour milk, then add the salt and soda, lastly the flour. Fry a trial cake and if the batter is too thin, add more flour.

GRAPE-NUTS MACAROONS.

One cup of Grape-Nuts, one cup of powdered sugar, four teaspoonfuls of almond extract, whites of eggs.

Place Grape-Nuts in a mortar and reduce to powder. Then add the sugar and mix. Sprinkle the almond extract over the whole and thoroughly blend. To this mixture add the stiffly beaten white of egg sufficient to form a paste. It will require between one and two eggs, depending upon the size of the eggs. Add a tablespoonful at a time, until you have enough.

Mould into small cakes and place upon buttered paper in a shallow pan. Dust with powdered sugar and bake a few moments in a moderate oven, or until a crisp, macaroonlike crust has formed on top.

PUZZLED.

Hard Work Sometimes to Raise Children.

Children's taste is oftentimes more accurate in selecting the right kind of food to fit the body than that of adults. Nature works more accurately through the children.

A Brooklyn lady says, "Our little boy has long been troubled with weak digestion. We could never persuade him to take more than one taste of any kind of cereal food. He was a weak little chap and we were puzzled to know what to feed him on. One lucky day we tried Grape-Nuts. Well you never saw a child eat with such a relish, and it did me good to see him. From that day on it seemed as though we could almost see him grow. He would eat Grape-Nuts for breakfast and supper and I think he would have liked the food for dinner.

The difference in his appearance is something wonderful.

My husband has never been known to fancy cereal foods of any kind, but he became very fond of Grape-Nuts and has been much improved in health since using it.

A friend has two children who were formerly afflicted with the rickets. I was satisfied that the disease was caused by lack of proper nourishment. They showed it. So I urged her to use Grape-Nuts as an experiment and the result was almost magical. They continued the food and today both children are well and strong as any children in this city, and, of course, my friend is a firm believer in the right kind of food, for she has the evidence before her eyes every day.

When I have some task to perform about the house and don't feel very strong, a saucer of Grape-Nuts and cream stimulates me and I am able to do the task at hand with ease.

We are now a healthy family and naturally believe in Grape-Nuts." Name given by Postum Co., Battle Creek Michigan.

AN HONEST FRIEND.

Cleared Away the Family Troubles.

There is not one thing on earth that could enter a family and do as much honest good and bring as much happiness as in certain cases where coffee drinking is left off and Postum Food Coffee used in its place.

A family in Iowa Park, Texas, furnishes a good illustration. The mother says, "I want to tell you what happened in our family when we left off coffee and took up Postum. About eight months ago we made the change. I had been, for quite a while, troubled with rheumatism in my right hip and shoulder, swimming of the head, and fluttering of the heart, so I thought I had heart trouble.

Sometimes in walking my head would swim so that I would be obliged to sit down. I had other disagreeable feelings I cannot describe but they will be readily understood by coffee drinkers if they will confess it.

My family were also more or less ill and were all coffee drinkers. Well we gave up the coffee and started in on Postum Food Coffee; husband, myself and four children. Even the two year old baby (she had been puny since having the grip) had her coffee along with the rest of the family. When we made the change to Postum she began to fatten and now is perfectly healthy and fat as a pig.

My boys, ten and twelve years of age, are so stout and muscular that people remark about them and ask what makes them so. I do not have any more trouble with rheumatism or with my head, neither does my husband, who was troubled much in the same way. We are all in better health every way than we have been before in years and we are always glad of an opportunity to recommend Postum. I hope what I have said will lead others to make the change." Name given by Postum Co., Battle Creek, Michigan.

DIRECTIONS for preparing limewater to add to the milk of infants suffering from summer complaints—Slake fresh lime with hot water and stir until the consistency of milk; let settle until the water is perfectly clear; bottle the water. Add to the child's milk until it can be detected by the taste. By the use of this preparation the milk is prevented from curdling in large clots.—E. Lewis, M. D.

To clean a stove pipe, place a piece of zinc on live coals in the stove.

Salt in water is the best thing to clean willow ware and matting.

Amonia takes off finger marks on paint.

Egg stains may be removed from silver by rubbing with table salt and wet cloth.

COLD CREAM, FOR EXTERNAL USE—One half ounce of pure white wax, three ounces of spermaceti, five ounces of almond oil; melt all together in a shallow dish over hot water and when quite dissolved strain through a piece of cheese cloth; as the oil begins to cool beat with a silver fork until it is quite cold and of a snowy whiteness; the secret of making fine cold cream lies in stirring and beating it well all the time it is cooling. If desired add ten cents worth of white rose perfume.—Adeline H. Hadley.

FILLING FOR SOFA PILLOWS—Take cheapest quality of cotton batting, pull apart in small pieces and brown to a deep color in the oven. This makes a very light fluffy pillow and one that will not crush down easily.—Mrs. Joseph Wells.

CLEAN CARPET AND RUG—Ivory soap three bars, cut

fine, powdered borax one-half pound, glycerine one ounce; put all into three gallons soft water, let heat until thoroughly dissolved, then add three gallons soft water and stand till thoroughly cooled and it is ready for use.

DIRECTIONS: Stretch carpet tight on floor; spread on preparation lightly and scrub with brush till all is lather; scrape off with brush and wipe with clean cloths. If carpet is still dirty, apply again. The rice root brush is best except for velvet and moquette, then the palmetto brush is best. To wash clothes, soak in preparation over night.

FEW THINGS FOR INVALIDS—A puree of oatmeal: Have a pint of clear chicken broth, free from fat and not too strong; boil it and into it shake slowly a cup of oatmeal; let it cook for half an hour or so, pass it through a wire sieve and add to it a little more broth, so that it can be drunk easily from a cup, without using a spoon.

CHICKEN CUSTARD—Have a cup of good, clear chicken stock, and add an equal quantity of cream; cook for a few minutes, then put in a double boiler and add to it the beaten yolks of three eggs and a little salt; cook until the mixture thickens a little, then pour into custard cups to be served cold.
—Jessie H. Hynes, Grand Junction, Colorado.



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