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COOK BOOK

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THE FREE LIBRARY

COOK BOOK

COMPILED BY THE LADIES OF GRINNELL

FOR THE MAINTENANCE OF

The Grinnell Free Library

AND READING ROOM

*Over Five Hundred Tested and Tried and Specially Selected
Recipes, Contributed by the Best Cooks
among the Ladies of Grinnell.*

GRINNELL, IOWA:
RAY & MACDONALD, PRINTERS
1896

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THE FREE LIBRARY

COOK BOOK

EDITED BY THE LADIES OF GINNELL

The Ginnell Free Library

AND READING ROOM

WITHDRAWN
JAN 10 1892

TO THE PUBLIC.

In compiling the Free Library Cook Book, the ladies of Grinnell have endeavored to present to the public such a collection of tried and tested recipes, as will at once commend itself, thru its intrinsic merits, as one of the necessary articles in the kitchen of each and every one of the city's many happy homes. Their aim has not been so much at thoroughness or completeness of the material offered, but it has been their constant purpose to so choose and test each individual recipe as to make it a jewel in itself. In this effort the resources of a large number of the best cooks among the ladies of the town have been called into service and each has furnished that for which she is recognized pre-eminently famous. Under such a system, it is confidently claimed, that, in many cases, a single recipe is amply worth the amount asked for the whole collection.

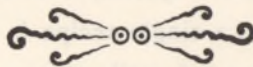
Cook books are not uncommon on the market, nor is the characteristic feature of this one an idea original with its present authors. On the other hand such publications are many and varied in their make-up, most of them good in their way, frequently however, sources of untold sorrow.

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All of them must necessarily be sectional in their composition, a grievous fault in most, but the strongest merit in this one, from the fact that its circulation will be confined to its own section. The co-operative plan of compiling a cook book as a benefit enterprise has been often used for various causes with more or less of success, but never was the co-operation more earnest, more extended, freer from sectional or denominational restrictions; never was a cause more worthy than in the present case. Due praise and many thanks are extended to Grinnell's loyal merchants who have made this undertaking possible, having contributed the original cost of the book.

It is with pleasure, altho with great sacrifice of time and labour and no little expense, that the ladies of Grinnell present this, the Free Library Cook Book.



**Our Studio is always
in "apple pie order."**

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"Take the cake."**

THE HERALD

OLDEST SEMI-WEEKLY IN IOWA

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Grinnell Free Library.

Many times during the forty years of Grinnell's existence as a community, the suggestion of a Public Library has been discussed in various forms. The agitation which culminated in the present movement was carried on for a year or more, the churches taking the initiative.

After several informal gatherings, a mass meeting of all interested citizens was called for Wednesday, Aug. 1, 1894, in the Methodist church. It was decided to go forward and open a free library and reading room. The following were appointed as a standing committee to carry out the desire of the citizens: Mayor E. W. Clark, Prof. J. Macy, Mr. J. C. Vigneaux, Rev. M. Bamford, Mrs. T. Brande, Miss Iowa Benson, Mr. A. F. Barnes.

This committee afterwards organized by choosing Mayor Clark for president, Rev. M. Bamford for vice-president, and J. C. Vigneaux for secretary and treasurer.

Rooms were secured and a reading room opened without delay in the Morse Block. A few weeks later, E. M. Vittum was made chairman of a committee to secure and arrange books for a circulating library. The beginning was small, consisting of some old books that had formerly belonged to the Y. M. C. A. library of Grinnell, and others donated by the Congregational church. These books were opened to the public about December 1.

Many valuable donations of books followed. The Priscillas, the Book Club, the Historical Club and the Drummond Club have made large contributions of the newest publications. We hope the other clubs and societies in Grinnell will soon follow their example. Generous individuals, too many to enumerate, have presented to the library treasures old and new. The latest important addition was about 250 volumes from the library of the late Dr. G. F. Magoun.

When the Reading Room was opened, committees from the Christian

Endeavor, Epworth League and Baptist Young People's Union kindly undertook to furnish gratuitous care of the rooms, periodicals and books. This arrangement continued until December 16, 1894, when a regular librarian was employed. While the young people gave thus generously and faithfully of their time and labor, it should be observed that they never had any control of funds or authority in management. From the very first, the whole management has been directed by mass meetings of citizens. Whatever praise or blame there may be connected with the work, it should be shared by all.

In January, 1895, the treasurer of the library left town suddenly, having, as near as could be calculated, about one hundred dollars of funds belonging to the library.

February 26, 1895, a mass meeting of citizens was called to consider the situation. The meeting resolved itself into an Association of which all who had contributed during the year were considered members. Officers were elected as follows: President, E. M. Vittum; vice-president, J. W. Hackley; secretary and treasurer, N. L. Towle; executive committee, Mrs. Thos. Brande, Mrs. Mary Proctor Knapp, Mrs. W. S. Robie, Mrs. G. M. Spooner, Mrs. L. F. Parker, Mrs. W. H. Newman, Mrs. D. W. Norris, Miss Iowa Benson.

At this point in its history, the financial affairs of the Library were much involved, and but for a generous appropriation from the Grinnell Board of Trade, its fate would have been very doubtful. Later on our citizens began to put faith in their enterprise and the officers feel that much gratitude is due *from* the public *to* the public for sustaining and strengthening our Free Library and Reading Room.

The undersigned, to whom the public has entrusted the care of this public institution, must still appeal to the public for funds with which to carry forward the work. Appended is a list of periodicals kept on file in the Reading Room, and a catalogue of 1200 volumes which constitute the circulating library.

Edmund M. Vittum, president; J. W. Hackley, vice-president; Mrs. D. W. Norris, treasurer; Mrs. Ed. Kemmerer, secretary; Miss Mary E. Wheelock, librarian; executive committee, Mrs. T. Brande, Mrs. Mary Proctor Knapp, Mrs. W. H. Newman, Mrs. D. W. Norris, Mrs. L. F. Parker, Mrs. W. S. Robie, Mrs. G. M. Spooner, W. P. Arthur, C. C. Keister, H. W. Spaulding and E. M. Vittum, chairman.

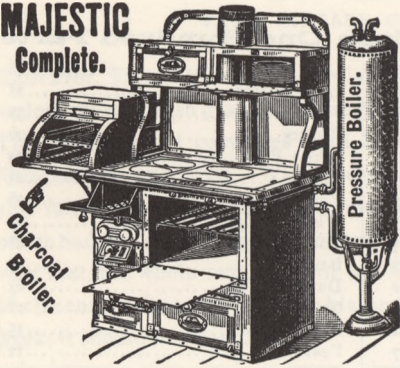
Nutritive Value to Each One Hundred Parts.

Bread.....	63	Lean Beef.....	28
Wheat Flour.....	85	Lean Mutton.....	28
Barley Meal.....	83	Veal.....	37
Oat Meal.....	85	Poultry.....	26
Rye Meal.....	85	White Fish.....	22
Indian Meal.....	85	Salmon.....	23
Rice.....	87	Entire Egg.....	26
Peas.....	85	White of Egg.....	22
Beans.....	85	Yolk of Egg.....	48
Lentils.....	77	Banana.....	27
Arrowroot.....	82	Dates.....	67
Potato.....	25	Grape.....	17.6
Sweet Potato.....	32	Apple.....	15.7
Carrot.....	17	Pear.....	12.8
Beet.....	16.5	Peach.....	3.1
Parsnip.....	18	Plum.....	4.8
Cabbage.....	5.6	Mulberry.....	12.1
Turnip.....	9	Blackberry.....	6.5
Sugar.....	95	Cherry.....	13.3
Treacle.....	77	Apricot.....	3.4
New Milk.....	14	Gooseberry.....	10.7
Cream.....	34	Strawberry.....	9.7
Skim Milk.....	12	Raspberry.....	8.8
Buttermilk.....	12	Currant.....	9.3

Periods of Digestion--Hours and Minutes.

Rice, boiled.....	1.00	Chicken, soup, boiled.....	3.00
Eggs, whipped, raw.....	1.30	Dumpling, apple, boiled.....	3.00
Trout, fresh, fried.....	1.30	Oysters, fresh, roasted.....	3.15
Soup, Barley, boiled.....	1.30	Pork, salted, broiled.....	3.15
Apples, sweet, raw.....	1.30	Pork Steak, broiled.....	3.15
Venison Steak, broiled.....	1.45	Mutton, fresh, roasted.....	3.15
Sago, boiled.....	1.45	Bread, corn, baked.....	3.15
Tapioca, boiled.....	2.00	Carrot, orange, boiled.....	3.15
Barley, boiled.....	2.00	Sausage, fresh, broiled.....	3.20
Milk, boiled.....	2.00	Oysters, fresh, stewed.....	3.30
Liver of Beef, fresh, broiled.....	2.00	Butter, melted.....	3.30
Eggs, fresh, raw.....	2.00	Cheese, old, raw.....	3.30
Apples, sour, raw.....	2.00	Oyster soup, boiled.....	3.30
Cabbage, in vinegar.....	2.00	Bread, fresh baked.....	3.30
Milk, raw.....	2.15	Turnips, flat, boiled.....	3.30
Eggs, fresh, roasted.....	2.15	Potatoes, Irish, boiled.....	3.30
Turkey, domestic, roasted.....	2.30	Eggs, fried or hard boiled.....	3.30
Goose, wild, roasted.....	2.30	Eggs, fresh, fried.....	3.30
Cake, sponge, baked.....	2.30	Green Corn and Beans.....	3.45
Hash, warmed.....	2.30	Beets, boiled.....	3.45
Beans, pod, boiled.....	2.30	Salmon, salted, boiled.....	4.00
Parsnip, boiled.....	2.30	Beef, fried.....	4.00
Potatoes, Irish, baked.....	2.30	Veal, fresh, boiled.....	4.00
Cabbage, head, raw.....	2.30	Fowls, domestic, boiled.....	4.00
Custard, baked.....	2.45	Beef, old salted, boiled.....	4.15
Apples, sour, hard, raw.....	2.50	Pork, salted, fried.....	4.15
Oysters, fresh, raw.....	2.55	Pork, salted, boiled.....	4.30
Eggs, fresh, soft boiled.....	3.00	Veal, fresh, fried.....	4.30
Beefsteak, broiled.....	3.00	Cabbage, boiled.....	4.30
Mutton, fresh, boiled.....	3.00	Pork, roasted.....	5.15
Soup, bean, boiled.....	3.00	Suet, Beef, boiled.....	5.30

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✦ ✦ SOUPS ✦ ✦

MRS. E. A. BENSON.

MRS. MYRA C. HIBBARD.

The basis of soup is the broth of meat. This may be made by boiling the cracked joints of beef, veal or mutton, and is best when cooked the day before it is to be eaten. After putting the meat into the kettle, cover it well with cold water and let it come to a boil, when it should be well skimmed. Let it simmer slowly four hours, keeping it closely covered. The next day when soup is cold, remove the fat which will harden on top of soup, strain through a colander and you have fine stock, suitable for Vermicelli, rice or barley and many other soups. The majority of soups are best made in a porcelain or granite kettle.

CREAMED OYSTERS.

One quart oysters, three pints milk. Scald oysters in one pint water, skimming frequently. Add the milk hot, salt, pepper, and two table-spoons flour rubbed with one-half cup butter.—MRS. RAYBURN.

CREAM TOMATO SOUP.

One pint water, one can tomatoes, three cloves, one slice onion; boil, add one teaspoon soda and strain; one quart milk thickened with one tablespoon cornstarch; piece of butter; add to the tomatoes; heat but do not boil. Serve.—MRS. H. C. SPENCER.

TOMATO SOUP.

One can or one quart of fresh tomatoes, one onion, four ounces butter, two ounces flour, two tablespoons sugar, two tablespoons salt, one-third teaspoonful pepper, one half-pint rich milk, three pints of water. If fresh tomatoes are used, peel and slice thin, boil the tomatoes and onion in the water for three-quarters of an hour; add the salt, sugar and pepper, and the butter and flour rubbed smoothly together, with a little of the soup to aid in mixing, and a little more to make it like thin cream; boil ten minutes, and when ready to serve, pour in the milk boiling hot, to prevent curdling. Serve with fried bread dice.—MRS. B. J. CARNEY.

TOMATO SOUP.

Boil soup bone three hours (salt well when put on to cook). Take meat out of the kettle, and to a quart and a half of stock add one-half bunch celery, two tablespoons sugar, one quart tomatoes. Boil fifteen minutes, strain, and thicken to the consistency of cream, with one large tablespoon of flour mixed with cold water. Place on the fire again and let the soup just come to a boil. Be sure and use granite or earthen kettle as tomato soup is spoiled if cooked and left standing in an iron one. Serve with small squares of bread.—MRS. E. KEMMERER.

CELERY SOUP.

Take two bunches of celery, wash and cut in pieces, add salt and boil until tender; when cooked, drain, add one ounce of butter, one ounce of flour, salt and pepper and two quarts of stock. Boil and serve.—MRS. J. W. SAWYER.

GREEN PEA SOUP

Take one quart green or dried peas; boil with salt until tender; press through a sieve, add one quart of stock and one-half teacup of cream; add butter, salt and pepper to taste. Use beans in the same way.—MRS. J. W. SAWYER.

TOMATO CREAM SOUP.

Place over the fire one quart of tomatoes. Stew them soft with a pinch of soda. Strain it so that no seeds remain, set it over the fire again and add one quart hot boiled milk, season with salt, pepper, a piece of butter size of an egg, add three tablespoonfuls of rolled crackers and serve hot.—CLARA HIBBARD.

CORN SOUP.

Grate four ears of green corn, put in one pint water and boil one-half hour, adding to it so there will be one pint liquid when done, add one pint hot milk or cream if you have it, butter size of an egg, salt and pepper to taste.—MRS. RAYBURN.

JULIENNE SOUP.

Shred two onions and fry brown in one-half spoonful of butter, add a little mace, salt and pepper, and a spoonful or two of stock, rub a tablespoonful of flour smoothly with a little butter and let fry with the onions. Strain through a colander, then add more stock as desired. Cut turnip, carrot, and celery in fillets, add a few green peas and boil tender in a little water, and add both water and vegetables to the soup. The flour

can be left out and it will make a clear, light colored soup. In that case the onions should be cut in fillets and boiled with the other vegetables.—MRS. J. H. MCMURRAY, SR.

WHITE SOUP (from Chicken).

Three or four pounds of fowl, three quarts cold water, one pint cream, one tablespoon butter, one tablespoon salt, six pepper-corns, one tablespoon cornstarch, one tablespoon chopped onion, two tablespoons celery (fresh or seed), two saltspoons white pepper and two eggs. Put the fowl on in cold water. Remove the meat when tender, and return the bones to boil. Add the salt and vegetables, simmer until reduced one-half. For one quart of stock allow one pint of cream or milk.—MRS. W. S. ROBIE.

CLAM SOUP.

Cut salt pork in very small squares and fry light brown, add one large or two small onions cut very fine and cook about ten minutes. Add two quarts water and one quart raw potatoes sliced. Let it boil, then add one can of clams. Mix one tablespoonful flour with water, put it with one pint milk and pour into the soup; let it boil about five minutes; butter, pepper, salt and Worcestershire sauce to taste.—MRS. J. H. McMURRAY, SR.

VEAL OR BEEF SOUP.

Put three pounds of lean beef or a soup bone over in cold water, allowing one pound of uncooked meat to one quart of water. Boil slowly three to five hours, covered. Skim frequently. The last hour add a small onion and two pinches of celery seed. The last half hour add three large spoons of canned tomatoes, pepper and salt to taste. Strain.—MRS. HENRIETTA L. HOLYOKE.

POTATO SOUP.

Peel and slice two to five potatoes, boil in two quarts of water. When cooked pass the whole through a sieve. Replace upon the stove, add one cup of milk, pepper, salt and herbs to suit. Just before dishing for the table add one cup sweet cream, allowing it to get hot but not boil.—MRS. J. P. LYMAN.

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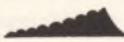
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THE CASH HOUSE 

❖ ✦ FISH ✦ ❖

Mrs. R. M. HAINES.

Mrs. D. W. NORRIS.

Mrs. J. P. LYMAN.

Fish should be dressed as soon as possible after being caught, but should not be left to stand in water as it spoils the flavor. Salt fish must be soaked eight or ten hours with the skin side up. Fish must not stand after being cooked.

BOILED FISH.

Sew a fish up in a floured cloth and plunge into a kettle of boiling hot water, to which a little salt has been added. Set the kettle to one side of the stove and let it cook slowly, allowing ten minutes to every pound of fish. Serve with egg sauce.—HOME QUEEN.

NO. 1.—SAUCE.

Rub together one-half cup butter, yolks two eggs, one and one-half tablespoons of flour, add to boiling milk one pint, have three eggs boiled hard, when ready to serve, slice the eggs in the sauce. A sprig of parsley helps.—MRS. D. W. NORRIS.

NO. 2.—SAUCE.

Yolks of two eggs, scant tablespoon sugar, one teaspoon flour, one teaspoon ground mustard, salt and pepper; beat all very light, and stir into a tea-cup milk, and let it come to a boil, stirring constantly, then add two tablespoons vinegar and butter the size of an egg.—HOME QUEEN.

STEAMED FISH.

Place tail of fish in its mouth and secure it; lay on a plate, pour over it half pint vinegar, season with pepper and salt, let stand an hour on ice, pour off vinegar, place fish in steamer, and steam twenty minutes, or longer if fish is large, drain well, serve in napkin, garnishee parsley. Serve drawn butter in a boat.—MRS. B. J. CARNEY.

CANNED SALMON.

For Breakfast Dish.

Heat Salmon after taken from the can, and serve on slices of toast with drawn butter dressing.—MRS. B. J. CARNEY.

SHAKER FISH AND EGG.

In a common saucepan heat one pint of milk or thin cream, season with salt, and let simmer a few minutes. Take out half of this and dissolve therein a piece of butter size of an egg. Into the saucepan, slice a layer of boiled potatoes, making the slices $\frac{3}{8}$ of an inch thick; then a little codfish picked fine, then a layer of hard boiled eggs, sliced-thin potatoes, fish and eggs, until the desired quantity is obtained. Then pour on the reserved gravy, cover and set back on the stove until ready to use. For four persons it requires about eight eggs, eight medium size potatoes and four tablespoonfuls of codfish after picked up fine.—
MRS. ROBIE.

BAKED FISH.

Clean and wash the fish and dry well. Stuff with a dressing made of bread crumbs, butter, salt, pepper and a little chopped onion or parsley. Lay in a bake pan with teacupful of water. Bake slowly, basting frequently with butter and water. When tender take it up on a hot dish, and stir up in the gravy a tablespoon of browned flour wet in cold water, one of catsup and the juice of half a lemon. Let it come to the boil, pour around the fish and serve hot.—MRS. R. M. HAINES.

BROWNEF FISH.

Clean, wash and dry the fish and cut in pieces large enough for serving. Sprinkle with salt and set aside for an hour, then dip in beaten egg, roll in cracker crumbs and fry quickly in hot lard or drippings.—
MRS. R. M. HAINES.

CODFISH.

Pick up fine and free from bones one cup of fish. Put in spider with one pint of cold water. Set on the stove and let scald a few minutes. Pour off the water, add a pint of sweet milk (a little cream is very nice), return to the fire and when it comes to the boiling point thicken with three tablespoons of flour wet with cold milk. As you serve if cream has not been used, add a bit of butter, and pepper if you like.—MRS. MARY S. SANDERS.

CODFISH BALLS.

Pick two cupfuls of codfish into pieces; cover with cold water and let stand one-half hour. Drain, pour over boiling water. Press dry. Mix with two cupfuls of mashed potatoes, a tablespoonful of butter, two of cream, and one saltspoonful of pepper. Form into balls; dip in beaten egg and then in stale bread crumbs, and fry brown in hot fat.—
Boston Herald.

STEAMED SALMON.

Remove the bones and fat from one can of salmon, add two table-
spoons butter, beat four eggs light, add one-half cup sifted bread crumbs,
salt and pepper to season. Mix all together and steam one hour.

SAUCE FOR SAME.

One cup milk boiled in double boiler, two tablespoons melted butter,
one tablespoon cornstarch. Cook a few minutes and just before serving
add one beaten egg. Pour sauce over the salmon and serve. Very
nice.—EMMA BEYER.

SALMON LOAF.

One can best salmon. Strain off the liquor and save it. Remove all
bones, skin, and fat and mash fine. Add one cup fine, stale bread
crumbs, mixing well. Beat three eggs which add to the mixture, with
four tablespoons melted butter, and salt, pepper and minced parsley to
taste. Put in buttered mould and bake an hour. Serve hot.—MRS. J. P.
LYMAN.

SAUCE FOR ABOVE.

One cup sweet milk, one tablespoon cornstarch. Add the liquor
saved from the fish, one tablespoon butter, one beaten egg, the juice of
one lemon, one teaspoon of sugar, a dash of cayenne pepper. Cook in
a double boiler until it thickens. Turn the loaf out on a platter and
pour around the hot sauce.—MRS. J. P. LYMAN.

In frying fish, first dry it on a towel. Then roll it in either corn meal,
wheat flour, rolled cracker or rolled dry bread. Have the lard very hot
and well salted. (Two teaspoons of salt to one pound of lard.) Keep
very hot till served.

BROILED SALMON OR TROUT.

Cut slices one inch thick, and season. Lay each slice in a sheet of
white paper, well buttered. Twist up the ends of the paper and broil
over a slow fire about eight minutes.

SALMON ROLLS.

Two cans salmon, pick out the bones, leave in the oil. Two eggs,
butter the size of an egg, one-fourth as much bread crumbs as salmon.
Squeeze all together, make into rolls, bake twenty minutes, then dip in
the beaten yolks of two eggs, and roll in rolled bread crumbs. Return
to the oven and brown. Serve with peas warmed with the liquor drained
off, and seasoned. Pour over all a Mayonnaise dressing.—WORLD'S
FAIR HOME QUEEN.

FRIED OYSTERS.

Put the oysters into a napkin to dry. Then dip each one into egg, then cracker-crumbs rolled fine and seasoned with a little salt and pepper. Fry in hot fat, enough to cover the oysters. Have the fat boiling; the smoke should rise from the center before the oysters are put in.—
MRS. L. F. PARKER.

FIGS IN A BLANKET.

Take one pint oysters, (large ones) slice as thin as possible nice breakfast bacon. Dip each oyster in egg and then roll in bread crumbs; lay the oyster on one half a slice of bacon and fold the other half over and secure with a splint of wood. Drop in hot fat; serve hot without removing the skewer.—MRS. J. P. LYMAN.

CREAMED OYSTERS.

Scald one pint of oysters in their own liquor. Add a teacupful of cream with tablespoon of butter. Add salt to taste. Turn over toasted crackers or bread. Serve hot.

OYSTER PATTIES.

Make a rich pie crust, using milk instead of water, also sifting three teaspoons of baking powder first with the flour, line small saucers with the crust, take five oysters, arrange them on the bottom crust, add a little salt, but no liquor of the oyster, cover with a top crust, bake about fifteen minutes. To the remaining oysters and liquor add one-half cup butter, a little salt in which one teaspoon of flour has been screened, when the oyster liquor comes to the boiling point.

ESCALLOPED OYSTERS.

Roll the crackers very fine. Butter a baking dish and put in a layer of cracker crumbs, oysters sufficient to cover this layer, season with pepper, salt and bits of butter, another layer of crumbs, then oysters, seasoning the same as before, and so on until the dish is two-thirds full. Then cut down with a knife and moisten well with milk and the liquor of the oysters. Put bits of butter over the last layer of crumbs. In baking cover with a tin until they are about half done. Then remove the tin so that they may brown.

WHITE SAUCE.

One cup of cold milk, one teaspoonful of butter, salt and pepper to taste. Put the butter into a small fry pan, when hot add the flour, stir until perfectly smooth, add gradually the cold milk, let boil up once, season to taste. This is nice for cold potatoes, fish, sweet breads, anything requiring a white sauce.

✧ ✧ MEATS ✧ ✧

MRS. GOODFELLOW.

MRS. BAILEY.

GENERAL REMARKS.

If we cut a piece of meat in thin strips and wash it in several waters, we shall discover that we have left a bundle of almost colorless fibres. Upon examining the water in which they were washed, you will find the extractive juices of the flesh, blood and all the materials soluble in cold water. Take now the bundle of fibres and plunge it into boiling water. It will contract and shrivel at the ends, and if left boiling long enough, will shrink and toughen the whole length. Heat now the water in which the meat was washed, and as it approaches the boiling point, a thick scum will be seen floating in the water, or gathering on the surface.

This is, chiefly, one form of albumen, a most valuable ingredient in the meat. By this simple experiment several things may be learned:—

1. The juices of the meat which give it flavor, and add so much to its nutritive power, as well as give it its peculiar color, a portion of the albumen, and such salts as are soluble in cold water, have been washed out. Meat, therefore, soaked in cold water loses a large portion of that which gives it value as food.

2. Upon heating the water containing the juices, etc., extracted from the beef, the albumen it contains is hardened or coagulated.

3. By applying heat to the fibres, they are made to contract, and become hard and tough, but by leaving them in water something lower in temperature than boiling, they are softened and made tender.

All this knowledge can be directly applied in the methods of cooking meats.

VEAL LOAF.

Chop fine three pounds uncooked veal and three-fourths of a pound of fresh or salt pork. Add one cup of crackers rolled fine, two eggs well beaten, one teaspoon sugar, four teaspoons salt, and one teaspoon pepper. Bake two hours. Better baked in a roaster.—MRS. JNO. GOODFELLOW.

◆ ◆ 2953 ◆ ◆

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of the Meats called
for in these recipes

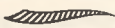


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POULTRY, GAME AND FISH IN SEASON

FRIED VEAL CUTLETS OR CHOPS.

The veal should not be over two or three months old. Cut in pieces ready for serving. Sprinkle with salt and pepper, then dip them in beaten egg, roll in cracker crumbs and fry in drippings or hot lard and butter mixed. When done stir in a tablespoonful of flour to the gravy they were fried in and thin with milk or cream, season with salt and pepper and serve in separate dish.—MRS. E. B. WILEY.

BAKED VEAL CUTLETS.

Dredge the cutlets thoroughly with flour. Salt and pepper. Place in a dripping pan in which there has been two tablespoonfuls of butter melted. Bake in a slow oven an hour and a quarter.—MRS. H. D. WORKS.

FRIED BEEFSTEAK.

A tenderloin cut rather thick, is preferred. The frying pan *must* be *hissing* hot before the meat is put in and no butter or grease of any kind is to be used. Turn often to prevent burning or the escape of the juices. Take up as soon as the blood is set and put on a hot platter and season with pepper, salt and butter. Pour a little cold water in the pan and pour over the steak.—MRS. E. B. WILEY.

ROAST BEEF.

It should be cut from the small end of loin with ribs left in, and put in the pan with rib side down. Rub with salt and put a little hot water in the pan and bake in a hot oven, basting occasionally, unless roasted in a roaster. A five pound roast requires two hours to roast.

YORKSHIRE PUDDING.

One large cup of sweet milk, one egg, one teaspoonful baking powder, two tablespoonfuls of the fat, salt. Flour to thicken so that batter will pour like sponge cake. Take out the meat and pour the gravy out into a frying pan. Butter the pan pour in the pudding, and pour a little fat over it. Lay a grate over the pan and place the meat on it and put back in the oven and bake one-half hour. Try with a splint to see if done. To be served with the meat and vegetables.—MRS. E. B. WILEY.

BEEFSTEAK ROLLS.

Prepare a good dressing, such as you like for turkey or duck, take a round steak, pound it, but not very hard, spread the dressing over it, sprinkle in a little salt, pepper and a few bits of butter, lap over the ends, roll the steak up tightly and tie closely; spread two great spoonfuls of

butter over the steak after rolling it up, then wash with a well-beaten egg, put water in the bake-pan, lay in the steak so as not to touch the water, and bake as you would a duck, basting often. A half hour in a brisk oven will bake. Make a brown gravy and send to the table hot.—MRS. I. S. BAILEY.

MEAT PIE.

Two pounds beef cut in pieces the size of dice, put in two quarts of boiling water and cook until tender. Season with salt and pepper and one tablespoon butter, flour to thicken slightly. Pour in a pan. Have ten medium sized potatoes boiled, mashed and seasoned. Spread over the top of the meat and beat one egg thoroughly and spread over the potatoes. Put in oven and brown. This amount enough for a family of six.—MRS. I. S. BAILEY.

MEAT SALAD.

One large chicken, equal amount of veal boiled until tender. Two large heads of celery, cut meat and celery in small pieces. In cooking meat let the water boil away until there is not more than two teacupfuls. Put this and the fat that is with it in the dressing. Place this on the stove with one-half pint vinegar, one gill mixed mustard, one-half teaspoon pepper, two teaspoons salt, and a very little cayenne pepper. When hot stir in the yolks of ten eggs well beaten, when thick, take from the fire and when cold add one-half pint thick cream, one-half pint oil, mix with celery and meat. When celery is not obtainable use half bottle celery sauce and omit pepper and mustard.—MRS. JAMES NEELY.

BROILED LIVER.

Calf's liver should be cut in very thin slices. Wash and cut into two-inch squares. Cut bacon of the same size and arrange them both alternately on a stewer, and broil over a hot coal or wood fire. Remove, and arrange on a platter with a border of parsley. Squeeze lemon juice over them and dust with salt and pepper.

BRAISED MEAT.

Five pounds lean beef, a thick piece, place meat in a very hot skillet, and turn until seared. Then put in double pan, rub in plenty of salt, and cover thickly with flour. Take a few slices of turnip, onion and pickled pork and brown in skillet put on top and around meat. Nearly cover with hot water, bake three hours, turn once add water if needed. The flour used should be sufficient to thicken gravy. Strain gravy, pour around meat, garnish with rice croquettes.—MRS. EDSON.

TOMATO SAUCE.

One quart can of tomatoes, two tablespoonfuls butter, two tablespoonfuls flour, eight whole cloves, one small slice of onion. Cook the tomatoes ten minutes with the onion and cloves; heat the butter in a fry pan add flour and stir until brown and smooth, then stir into the cooked tomato, season to taste with salt and pepper, rub through a strainer and serve. This sauce is nice for beefsteak, cutlets, fillet of beef, etc.

DUMPLINGS.

One pint of flour, one-half teaspoonful soda, one teaspoonful cream of tartar, one-half teaspoonful salt, one teaspoonful sugar, one small cup milk. Mix the dry ingredients with the flour and rub through a sieve, add the milk and mix very quickly, roll out half an inch thick, cut into small cakes, place on top of stew and boil *ten* minutes. Nice for all kinds of stews.

CHICKEN PIE.

Take a nice chicken, singe it, and moisten it with warm water. Then take a good handful of cooking soda, and rub thoroughly over every part of the chicken and with a little warm water wash it, rubbing hard with the hands to remove all impurities from the skin, rinse in several waters, cut it up but do not put in water except the blood portions. Put it on to cook in two quarts of boiling water, and boil slowly till the meat slips from the bones. Remove all the larger bones, also all the fat from the broth. Season well with salt and pepper, add a piece of butter the size of an egg. Thicken the broth, of which there must be a quart, with a large tablespoonful of flour rubbed in butter or sweet cream. Put the meat in a pan with half of the broth, reserving the rest to serve with the pie. Make a crust using one quart of flour, three teaspoonfuls of baking powder, a little salt, one-half cup of butter and the same of lard. Rub the butter and lard in the flour, after sifting with the baking powder. Moisten with sweet milk, making as soft as can be handled, roll out and cut with a small biscuit cutter a circle from the center. Place over the meat and bake a half hour.—MRS. WADSWORTH.

FRIED CHICKEN.

Wash and cut up a tender chicken, cover with salted water for an hour or two. Wipe dry on a clean towel, then roll in flour that has been salted and a little pepper added, fry in hot fat as you would doughnuts. Cover while frying.—MRS. PARKER CAMPBELL.

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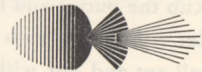
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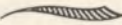
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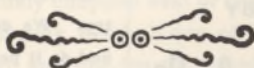
Draw and thoroughly wash, and take the liver and fat and cut into small pieces; put into sauce-pan with one quart of water, let boil 15 minutes. Prepare one quart of bread crumbs and one pint of rolled crackers, tablespoonful of sage, two-thirds of a cup of butter, season with salt and pepper to taste. Pour on the boiled liver and sauce, stir well, add water, if needed. Tie skin over end of neck, fill the turkey with the dressing and sew up opening. Tie legs and wings close to the body, put into baking pan, bake three hours for a 12-pound turkey. Baste often.—MRS. JOEL STEWART.

BOSTON TRIPE.

One pound of honeycomb tripe, one egg, two tablespoons of milk, one tablespoon of flour, one-half teaspoon salt, one-quarter of pepper. Beat egg, add flour, salt, pepper and milk. If the tripe has not been soaked over night in cold water, pour boiling water upon it. Let cool and dry with towel. Lay the smooth side of it into the batter then place it in spider in hot pork fat. Cook slowly until a delicate brown. Dip the remainder of batter on honey comb side, turn and cook in same way. Put on platter smooth side down. Serve immediately.—MRS. ADA SAMPSON.

SCALLOPED TURKEY.

Take cold roast turkey, cut in small slices or in dice shape. Line a pudding dish with cracker or bread crumbs. Place a layer of meat or crumbs, sprinkle with salt and pepper, add small pieces of butter. Alternate layers and cover with crust of crackers moistened with milk. Pour over all a cup of nice gravy or milk. Bake forty-five minutes.—MRS. ADA SAMPSON.



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⇒ Croquettes and Cheese Relishes ⇐

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MRS. GIFFORD.

NO. 1. CHICKEN CROQUETTES.

Boil one chicken until quite tender. When cold cut in small dice. Mince one-half of large onion or one small one and two sprigs of parsley together. Put in a sauce-pan a piece of butter the size of a small egg. When hot add the minced onion and parsley and one-half cup flour, stir until it is well cooked and of a light brown color, then add one and one-half cupful of stock. Stir it in a smooth paste. Add pepper and salt when it is well stirred. Add the pieces of chicken and set away to cool. When cold mold in shape, roll in egg and bread crumbs and fry in boiling hot lard and serve at once.—MRS. GAYLORD.

NO. 2. CHICKEN CROQUETTES.

Have the chicken finely minced, add a handful of bread crumbs or a little rice or a hard-boiled egg. Moisten with some of the white gravy. Season rather highly, may add a little lemon juice and a little chopped celery. Make as soft as can be handled in egg shaped balls. Let stand a few hours, all night if convenient, then dip in beaten egg and roll in cracker or bread crumbs. Fry in smoking hot lard.—MRS. GEORGE GRINNELL.

NO. 3. CHICKEN OR MUTTON CROQUETTES.

Mince the meat fine and season to taste and moisten sufficient with gravy or water to make in rolls. Then roll in cracker crumbs, then in the yolks of three well beaten eggs, then in cracker crumbs again. Fry a light brown in hot lard.—MRS. W. O. WILLARD.

NO. 4. VEAL CROQUETTES.

Two coffee cups of finely chopped veal or chicken, one cup of bread crumbs, one-half pint of milk, one-half cup of butter, one egg, season with red pepper and salt and one-fourth grated nutmeg, one-half teaspoon of grated onion. Scald the milk and bread crumbs, stir in veal, butter, all but the egg, beat the egg and add when the mixture is cool. Set this away until quite cold, then shape them and roll in egg and cracker crumbs and fry in hot lard.—MRS. AMOS MACK.

NO. 5. RICE CROQUETTES.

One pint of boiled rice, yolks of two eggs, large pinch of salt, pinch of nutmeg. Make in any shape preferred, roll in cracker crumbs and fry in hot lard.—MRS. A. B. MACK.

NO. 6. POTATO CROQUETTES.

One pint of cold mashed potato, break in one egg and beat light with a fork. Add melted butter size of egg. Season highly, shape in pyramid form, dip in beaten egg, roll in cracker crumbs and fry.—MRS. GEO. GRINNELL.

NO. 7. POTATO CROQUETTES.

Cold mashed potatoes, well seasoned, and moisten with hot milk to make in cakes or rolls. Then roll in fine cracker crumbs, then in well beaten egg, then in cracker crumbs again and fry in hot lard until a light brown.—MRS. WILLARD.

COTTAGE CHEESE.

"And e'en if the moon be not made of cheese,
There are some good things that are, if you please."

Take a pan of clabbered sour milk and pour in boiling water, stirring the milk rapidly with a spoon. As soon as it begins to separate, stop and let it stand a few minutes, when, with a little care, you can pour off the whey. Be careful and not get it too hot or the curd will be tough; if not hot enough a little more hot water can be added after the first whey is turned off. Work well with the hands, salt to taste and add rich cream to make it soft or butter and a little milk will do.—MRS. E. B. WILEY.

No. 1. CHEESE RELISH.

One cup of grated cheese two tablespoons of melted butter poured over the cheese, three tablespoons of ice water, a pinch of pepper, one saltspoon of salt, add flour enough to make a pie crust.—MRS. A. B. MACK.

No. 2. CHEESE STRAWS.

Mix four ounces of sifted flour, two ounces grated cheese, one teaspoon white pepper, one-half teaspoon salt, a liberal dust of cayenne, juice of one lemon, yolks of two raw eggs, enough melted butter to form a paste which can be rolled to the thickness of one inch. Cut in strips like straws, then put in a moderate oven until crisp, laid in a floured tin.—MRS. HENRIETTA HOLYOKE.

No. 3. CHEESE STRAWS.

One cup grated cheese, one cup flour, one-half cup butter. Rub butter into flour, add cheese and salt, wet with just enough water to roll. Roll very thin, cut in strips and bake in a quick oven.—MRS. GAYLORD.

No. 4. CHEESE PUFFS.

Two tablespoons of butter, four tablespoons of flour, two tablespoons of grated cheese (dairy cheese), two tablespoons Parmesan cheese, one cup water, one teaspoon salt, one-fifth teaspoon Cayenne, two eggs. Put butter and water on the stove in sauce pan; mix the flour, cheese, salt, and pepper and stir the mixture in the boiling liquid in the sauce pan and cook for three minutes, beating all the time; then remove from the fire and set away to cool. When the mixture becomes cold add the eggs unbeaten one at a time. Beat the batter one-quarter of an hour. Butter baking pan lightly and drop the mixture into it, using a heaping teaspoonful for each puff. Leave a considerable space between them as they increase in size. Bake in a moderate oven for twenty minutes. Serve hot.—MRS. GAYLORD.

No. 5. CHEESE BALLS.

Beat the white of one egg very stiff, add three tablespoons of grated cheese and stir. Season with salt and cayenne. Form in small balls and put in the ice chest until just before using. Drop in hot lard; serve hot.—MRS. GAYLORD.

MACARONI AND CHEESE.

One-quarter package of macaroni, one large cup of grated cheese, one cup rolled cracker crumbs, one cup sweet milk, one-third cup butter, salt to taste. Break the macaroni in small pieces, salt and cover with boiling water; boil until tender. Butter a baking dish and make a layer of macaroni, then one of cheese and one of cracker crumbs until the dish is full. Cut the butter in small bits and scatter it in as you make the layers, then pour over the milk and bake in a moderate oven for three-quarters of an hour or till a nice brown.—MRS. HANNAH PARKER.


One half package of macaroni, one pint of tomatoes, one cup of grated cheese. Break the macaroni in short pieces, put in a sauce pan, salt, and cover with boiling water and boil until soft. Then butter a baking dish and make a layer of macaroni, a layer of tomatoes, a layer of cheese and so on till all is used, putting little pieces of butter on top. Bake in a moderate oven for about three-quarters of an hour or till it is done.—MRS. H. B. GIFFORD.

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❖ † GRAINS † ❖

MRS. SNOW.

MRS. DOUGLASS.

MRS. BEARD.

Cracked wheat, oats, hominy and cornmeal should be cooked from two to three hours, though less time will do if previously soaked for some hours in water. In cooking cracked wheat and oatmeal use three or four times their bulk of water. For cornmeal a little over twice its bulk of water. One teaspoon of salt to each cup of grain. Steaming is the preferable mode of cooking as thus is avoided danger of burfing, and of making the mush pasty by stirring. Put the grain with the proper amount of water into a double boiler, or other covered dish set into a kettle of boiling water and cook thoroughly. Oatmeal and corn cannot be overcooked.

Cold mushes of any of the grains may be utilized by making into porridges thus: Stir smooth with half water and half milk to the proper consistency, season and boil a moment, then serve.

In cooking rice, the aim should be to have the grains distinct from each other, soft, dry and mealy. This may be secured in two ways:

1. *Steaming.* Add to the rice three times its bulk of water. Salt well, put into a covered dish in a steamer and steam one-half hour. If soaked in water over night it will steam soft in 20 minutes.

2. *Boiling.* Put the rice into a *large quantity* of boiling water. Add one teaspoon of salt to a cup of rice. Boil fast, stirring occasionally. When done, drain off the water, dry out a little and serve. If it is to stand before serving cover with a cloth to keep warm. The water in which the rice was cooked may be used in making soup.

Rice may be served as a vegetable with meats, or made into dessert dishes with milk, sugar, eggs, &c.

❖ † VEGETABLES † ❖

MRS. DOUGLASS.

MRS. SNOW.

MRS. BEARD.

"Cheerful looks make every dish a feast."—*Massinger*.

For boiling vegetables the same general rule may be observed. Put into boiling water and keep boiling until tender and *no longer*. The length of time will vary somewhat with different vegetables, also according to freshness, size, and degree of maturity of the same vegetable. When done, or nearly so, season. Serve as soon as possible after they are done. In cooking beets never cut off all the top or scrape them, for they lose their sweetness.

Perhaps no other vegetable requires such care in cooking as the potato. To boil, peel and put into boiling water, *as soon as tender*, drain, dry out a moment, then sprinkle with salt. Cover the kettle with a towel until they are to be served. Potatoes are made sodden by being allowed to remain in water, or to absorb steam *after they are done*. Great care should be taken in baking potatoes, to serve as soon as done.

In the use of vegetables, a pleasing variety can be secured by mixing different kinds. Thus—green corn and shelled beans, green corn and stewed potatoes, green peas with a fourth of the quantity of carrots cut fine, etc.

CHOICE RECIPE FOR POTATO CHIPS.

Pare twelve large, sound potatoes and slice very thin, with potato or cabbage slicer. Drop in cold water in which a small piece of alum has been placed. Dry thoroughly with soft towels and fry in very hot fat until a deep brown. Take out in a sieve to drain. Always turn while frying. When perfectly dry gently place in another vessel and sprinkle with fine salt and a very little granulated sugar.—MRS. EDITH SPOONER.

BROWND POTATOES.

Pare six or eight potatoes of medium size. Leave them whole and place in cold water for an hour, then boil until done. Drain and dry by shaking kettle over a hot stove, then drop in hot fat and brown. Serve at once well sprinkled with salt. This is an excellent way to prepare potatoes late in the season.—Contributed by MRS. SNOW.

CORN OYSTERS.

Grate young sweet corn, and to a pint add one egg well-beaten, small cup flour, one-fourth cup cream, salt. Drop into hot fat by spoonfuls.

ESCALLOPED POTATOES.

Pare and slice potatoes thin, butter a nappy, put in a layer of potatoes, a little salt, pepper, pieces of butter, dredge with flour, then potatoes, salt, etc., until you fill the dish. Turn in milk enough to cover and bake until done.

COLD SLAW.

Cut cabbage with a slaw cutter, turn over it vinegar which has salt, pepper and a little sugar in it. Let it stand for ten minutes. Drain off the vinegar and add sour cream.—MRS. MEHLIN.

CABBAGE SALAD.

Half of a medium size cabbage chopped coarsely. Then chop two sticks of celery, tablespoonful sugar, salt and pepper to taste.

DRESSING.

One-half cup of vinegar, a suspicion of onion, butter size of a walnut, yolks of two eggs, teaspoonful of cornstarch. Put the butter and onion into a pint tin when hot, add vinegar, then when this is hot, add the beaten egg and corn starch. When cold turn over the cabbage and add a cup of cream. A dainty way to serve this is to use tomato cases made by cutting off a small slice of the top, and taking out the inside, putting the salad inside.

PARSNIP CROQUETTES.

Boil parsnips till tender, while warm mash fine. Having one pint, add a tablespoonful of butter, a dash of cayenne pepper and salt and set away to cool. When cold break into the mixture one egg and three or four tablespoonfuls thick cream. Mix thoroughly, then form into croquettes. Roll in fine cracker crumbs, then beaten egg, and again in crumbs. Fry in hot fat.

BAKED BEANS.

Pick over and soak a quart of beans in cold water. Put on to cook in fresh boiling water and simmer till the skins will crack by blowing on them. Skim them out into a bean pot, add a teaspoonful of mustard, one-fourth cup of molasses and one-half pound of salt pork, scoring the rind, then fill up the pot with boiling water and bake eight or ten hours in a moderate oven, adding water if needed.

CREAMED ONIONS.

Boil onions in salted water, pour off the first water, add more and cook until tender. Have in a saucepan a gill of hot cream, thickened with a teaspoonful flour, drain and lay in the onions, season with salt and pepper.

ESCALLOPED TOMATOES.

Cook macaroni soft, place in an earthen dish first a layer of macaroni, then tomatoes, seasoning the tomatoes with pepper, salt and butter. Make the last layer tomatoes and bake until this layer is brown.



❖ † FRUITS † ❖

The dietetic value of fruit consists not so much in its nutritive elements which are comparatively limited, as in its medicinal qualities, if we may use the term in connection with an article of food. Like all other articles of diet fruit should be eaten judiciously. Some stomachs can bear it only in small quantities. Some cannot dispose of it raw, while it is very acceptable to them cooked. Small fruits, under which head may be reckoned strawberries, raspberries, blackberries, whortleberries, blueberries, currants, gooseberries, etc., are becoming more and more highly esteemed, and the grape, one of the most wholesome of all fruits, has come to be recognized as possessing medicinal virtue of great value, while peaches and plums, and other varieties of fruit, which were formerly luxuries, are now to be found in the dietary of all classes.—
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❖ ❖ EGGS, OMELETS, ETC. ❖ ❖

FOAM OMELET.

Beat the yolks of two eggs till light colored, add two tablespoonfuls of milk, a little salt and pepper. Beat the whites of the eggs stiff and dry. Cut and fold one-half of the whites into the beaten yolks. Cook in a hot fry pan, in which a small piece of butter has been heated, when nearly cooked spread the remainder of the white of the egg over the top, heat through in the oven, fold over and the white will burst out around the edge like foam.

ORANGE OMELET.

The thinly grated rind of one orange and three tablespoonfuls of juice, three eggs and three tablespoonfuls powdered sugar. Beat the yolks, add sugar, rine and juice, fold in the beaten whites of the eggs and cook as any omelet. Fold, turn out on a hot platter, sprinkle powdered sugar thickly over the top and score in diagonal lines with a red hot poker. The burnt sugar gives the omelet a delicious flavor.

STUFFED EGGS.

Cut six hard-boiled eggs in two, remove the yolks, mash them fine, add two teaspoonfuls butter, one of cream, two drops onion juice, salt and pepper. Fill the eggs and put them together. Take the filling left, add one well beaten egg, cover the eggs with this, roll in cracker crumbs, fry a light brown in hot fat.

SHIRRED EGGS.

Whip the whites of eggs to a stiff froth, put in patty pans, drop the unbroken yolks, one in the center of each patty, sprinkle with salt and bake.—MRS. COTTON.

SPANISH EGGS.

One cupful rice, one tablespoonful butter, one-half teaspoonful beef extract, one tablespoonful salt. Wash the rice and boil in three quarts of water half an hour. When it has cooked fifteen minutes add the salt and at the end of the half hour turn the rice into a colander and drain. Dissolve the extract and butter in four tablespoonfuls of boiling water. Pour this over the rice, stirring gently with a fork. Heap this on a hot platter and arrange one dozen poached eggs on the rice and put a bit of butter on each egg.—MISS PARLOA.

BOILED EGGS.

1st. Pour boiling hot water over them. Set where they will keep just below the boiling point, and cook eight minutes for soft and 20 minutes for hard boiled eggs.

2d. Put on in cold water, over a quick fire. When the water comes to a boil they are done, i. e., for soft boiled eggs. This is the most delicate way to cook eggs as the white does not become hard but a mass like jelly.—MRS. D. W. NORRIS.

POACHED EGGS.

Grease the pan or skillet, fill half full of water salted. When scalding hot carefully drop into it the eggs, one at a time, so as not to break them; remove while soft, with a skimmer. Place on hot buttered toast; a very attractive dish. "Eggs poached in hot milk instead of water, can often be eaten when eggs cooked any other way cause distress."—DR. J. R. LEWIS.

OMELETS. (Plain.)

One tablespoonful of milk to one egg. Delicate seasoning, hard beating, even cooking, quick serving are the secrets of a perfect omelet. Turn out and serve when quite soft to insure its delicacy.

HAM OMELET.

Make a plain omelet, one egg at a time in a saucer, butter a moderately hot skillet, pour in the omelet, then cover with fine chopped ham, insert a case knife under the omelet and roll it up, serve hot. Very fine, much nicer than to mix ham first, with egg before cooking.

EGG CHOWDER.

Fry slices of salt pork, slice one large onion, six potatoes, one quart of water, put all in a kettle and cook till tender. Just before serving break into it as many eggs as eaters, boil for a minute and serve.

FAIRY OMELET.

Beat six eggs (whites and yolks separately), to the yolks add six tablespoonfuls of milk, season. Heat a pan, grease with a bit of butter. Pour in yolks, then slip on the beaten whites. Cover a minute, lap over one-half. Serve when done on a platter, the white and yellow alternating with a garnish of green.

CUSTARD SOUFFLE.

Flour two tablespoonfuls, milk one cup, sugar two tablespoonfuls, eggs four, butter two scanty tablespoonfuls. Let the milk come to a boil, beat the flour and butter together, add to them gradually the boiling milk and cook eight minutes, stirring often. Beat the sugar and the yolks of the eggs together, add to the cooked mixture and set away to cool. When cool beat the whites of the egg to a stiff froth and add to the mixture. Bake in a buttered nappy twenty minutes in a moderate oven. It should be eaten as soon as done.

CREAMY SAUCE TO BE EATEN WITH SOUFFLE.

Butter one-half cup, four tablespoons wine, four tablespoons milk, one cup powdered sugar, or one teaspoonful of vanilla with additional three teaspoonfuls of milk. Beat the butter to a cream, add sugar gradually, wine gradually, and milk gradually, beating all the time. Place bowl in a basin of boiling water, stir until it looks smooth, and it is ready to serve.—MRS. W. S. ROBIE.



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❖ ✦ SALADS ✦ ❖

"To make it one must have a spark of genius."

MRS. C. W. H. BEYER.

MISS CLARA HIBBARD.

BOILED SALAD DRESSING.

Three eggs, one tablespoonful each of sugar, oil and salt, a scant tablespoonful of mustard, a cupful of milk and one of vinegar. Stir oil, salt, mustard and sugar in a bowl until perfectly smooth. Add the eggs and beat well; then add the vinegar and finally the milk. Place the bowl in a basin of boiling water, and stir the dressing until it thickens like soft custard. If a common white bowl is used, and it is placed in water that is boiling at the time and is kept constantly boiling, from eight to ten minutes will suffice; but if the bowl is very thick from twelve to fifteen minutes will be needed. This dressing will keep two weeks if bottled tightly and kept in a cool place.—MISS PARLOA.

SALAD DRESSING.

Put one cupful vinegar, one cupful sugar, small lump butter and salt to taste on stove; meanwhile take one tablespoonful flour in bowl, break in three yolks of eggs, beat smooth with a little milk (or cream is better), then add rest of milk, in all one cupful. When former ingredients have come to a boil add the milk and eggs. Stir until it boils.—MRS. N. B. ROSS.

SHRIMP SALAD.

Take one cup of shrimps, wash, drain and salt. Prepare two heads of lettuce and slice three hard boiled eggs. Mix all together and cover with the Mayonnaise made as follows: Take the uncooked yolk of one egg, beat it well with a silver fork, add two saltspoonfuls of salt and one of mustard. Stir and gradually add one-half cup of oil, or more if desired. Last, add one and one-half teaspoonfuls of vinegar and a dash of cayenne pepper. Pour over the shrimp and serve at once.—MRS. SPENCER.

SALMON SALAD.

One can best salmon. Carefully remove all bones and bits of skin or fat, add six stalks of crisp celery chopped not too fine and stir in the dressing. Serve very cold on lettuce leaves or parsley.

DRESSING:—Two beaten eggs, one-half cup sugar, one quarter cup

butter, one quarter teaspoon mustard, one quarter teaspoon pepper, one-half teaspoon salt. Cook about fifteen minutes in double cooker, stirring well, add eight tablespoons vinegar and let it get thoroughly hot. The dressing must be cool before mixing it with the salmon.—L. L. LYMAN.

ORANGE SALAD.

Peel and slice six bananas. Peel four oranges, cutting close to the pulp; pick out the seeds and slice them across in thin slices. Put into a deep dish a layer of each, with banana on top, and serve with a dressing made as follows: Beat yolks of four eggs until very thick, then beat into them gradually, one cupful of sifted, powdered sugar, and half a teaspoon of salt, and beat until sugar is dissolved. Next add juice of two lemons and beat again. Serve at once and very cold.

SALAD DRESSING.

One teaspoon mustard, one teaspoon flour, one teaspoon salt, one small teaspoon sugar, pinch cayenne, three eggs or five yolks, one cup sweet milk, juice of one lemon, one-fourth cup vinegar, butter size of small egg. Mix dry ingredients thoroughly with one egg; then the other two and beat until very light. Add milk, lemon juice, vinegar and butter. Cook in double boiler and stir well all the time. Remove from range and beat with egg beater until cold.

CELERY SALAD.

Six bunches of celery, one and one-half pounds of English walnuts. Cut celery into rather large pieces. Break the nuts into quarters. Stir celery, nuts and Mayonnaise dressing together and serve on lettuce leaves.

TOMATOES A LA MAYONNAISE.

Select large fine tomatoes and place them in the ice chest; skin them without the use of hot water, and slice them, still retaining the form of the whole tomato. Place each tomato on a lettuce leaf and put Mayonnaise dressing thick as jelly on the top.—MRS. GAYLORD.

ASPARAGUS SALAD.

Boil asparagus until it is tender, in salt and water. Moisten in vinegar and let stand until cool. Cover with a French dressing and serve.

FRENCH DRESSING.

To three tablespoonfuls salad oil add half a teaspoonful salt and about half as much pepper. After mixing well, add one tablespoonful vinegar and mix again.

EGG SALAD.

Chop the whites of hard boiled eggs very fine. Mash the yolks through a strainer. Mix yolks and whites with enough Mayonnaise dressing to make them quite soft, and serve on lettuce.

POTATO SALAD.

Chop together cold boiled potatoes and sliced cucumbers. Grate over it a little onion. Cover with a dressing made as follows:

DRESSING FOR POTATO SALAD.

Two eggs well beaten, one small teaspoonful salt, one-third teaspoonful mustard, one-fourth teaspoon pepper, one tablespoonful butter, one and one-half tablespoonful powdered sugar, six tablespoonfuls vinegar, four tablespoonfuls cream. Beat all except cream, and put in a bowl over a boiling kettle. Heat cream separately, and stir into the other gradually. Stir the whole until it thickens. Let it cool.—MRS. SLAUGHTER.

VEGETABLE SALAD.

Take cold vegetables left from dinner, such as potato, peas, string beans, shell beans, etc., and chill them on ice. Cover with Mayonnaise and serve. You may use for this any salad dressing.—CLARA HIBBARD.

CHICKEN SALAD.

Three chickens chopped fine, both light and dark meat, the juice of two lemons, eight or ten eggs boiled hard, the whites chopped fine and the yolks mashed fine, moisten with six teaspoons melted butter, two of sweet oil, to which add one tablespoon of mustard, one of pepper, one of salt, one of sugar, three of cream, and last, add six large bunches of celery chopped fine, with sufficient vinegar to moisten the whole.—CLARA HIBBARD.

BEAN SALAD.

Cook until very tender two quarts of string beans, put into a colander to drain, and when cold pour over it dressing. Two eggs, six table-spoons vinegar, four tablespoons cream, two scant tablespoons sugar, one-half teaspoon salt, one-half teaspoon mustard, butter size walnut, pinch cayenne pepper. Set dish in boiling water and cook until thickness of rich cream.—CLARA HIBBARD.

TOMATO SALAD.

Slice twelve large tomatoes thin into glass dish and set on ice until very cold, and just before serving pour over this dressing: Two raw

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WAVE STATE

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eggs, one tablespoon butter, eight tablespoons vinegar, one-half teaspoon mustard. Put into a bowl over boiling water and stir until it becomes like cream. Salt and pepper to your taste.—MISS HIBBARD.

CHESTNUT SALAD.

Blanch one quart of chestnuts, and pour over the following: Two raw eggs, one tablespoon butter, eight tablespoons lemon juice, one-half teaspoon mustard. Put in a bowl over boiling water, and stir until it becomes like cream. Pepper and salt to your taste.—CLARA HIBBARD.

EGG SALAD.

Cut hard boiled eggs into thick slices or into quarters. Use a sharp knife so the cuts will be clean. Arrange each portion on a leaf of lettuce partly covered with Mayonnaise, and arrange the lettuce in a circle on a flat dish, the stem of the leaf toward the center of the dish. Place a bunch of nasturtium flowers or a bunch of white chicory leaves in the middle.—Century Cook Book.—MRS. SIMMONS.

CELERY SALAD.

Use one part hickory nut meats to three parts celery. Wash the celery, cut with a sharp knife into one-half inch pieces, add nuts and dressing and let it stand for an hour before using.

DRESSING.

Yolks of ten eggs, oil or butter one tablespoonful, sugar one tablespoonful, mustard one scanty tablespoonful, salt one teaspoonful, one cup cream, one cup vinegar. Put the oil (or butter melted), salt, mustard and sugar into a bowl, stir until smooth, add the eggs, beat well, then add the vinegar, and then the cream. Place the bowl in a basin of water and stir until it begins to thicken. If bottled tightly after it is cold, and kept in a cool place it will keep two weeks.—MRS. W. S. ROBIE.

POTATO SALAD.

Take six large potatoes that have been boiled with jackets on, four hard boiled eggs, one onion. Chop onion very fine and potato and egg medium. Moisten with one-half cup vinegar and one-half cup water, add one tablespoon sugar, salt and pepper to taste.—MRS. E. KEMMERER.

POTATO SALAD.

Cut boiled potatoes in small squares, moisten with the ordinary Mayonnaise dressing to which one-third whipped cream has been added; flavor with onion chopped very fine, salt to taste.—MRS. TRACY.

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❖ † BREAD † ❖

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MRS. COX.

MRS. SWISHER.

The old saying, "Bread is the staff of life," has sound reason in it. Good bread makes the homeliest meal acceptable and the coarsest fare appetizing, while the most luxurious table is not even tolerable without it. Light, crisp rolls for breakfast, spongy sweet bread for dinner and flakey biscuit for supper cover a multitude of culinary sins; and there is no one thing on which the health and comfort of a family so much depends as the quality of its home-made loaves.

BREAD.

For five loaves of bread dissolve one cake of yeast in luke-warm water. Put in a bowl four cups of warm (not scalding) water, add a cake, dissolved as before; make a stiff sponge, and set to raise over night. In the morning take what flour and water you need, and mix well in it your sponge. When light mix again and let raise, then shape into loaves for baking. It is much improved by adding two or three boiled potatoes to the sponge at night.

GRINNELL BROWN BREAD.

Coffee cup of cornmeal, coffee cup of rye, coffee cup of graham, one teacup of New Orleans molasses, one pint of sour milk, one pint of sweet milk or water, one dessert spoon of soda, one dessert spoon of salt. Steam four hours.—MRS. JULIA HYATT.

FOR THREE LOAVES OF BREAD.

Cook three medium sized potatoes in one quart of water and then mash through a colander. At noon soak yeast cake and at night make a small sponge of it and stir into the potato sponge. Add one and one-half quart of water. Thicken to a batter. Add one teaspoon salt, one teaspoon sugar, one-half teaspoon ginger. In the morning mix up stiff, Add one-half cup lard, one-half teacup sugar. Let raise and knead down once. Let raise second time. Make out in loaves, let raise and bake.—MRS. DUFFIN.

PARKER HOUSE ROLLS.

At night take two quarts flour, rub in two tablespoons of lard. Make a hole in the middle, put in one pint of cold boiled milk, one cup of

yeast, three tablespoons sugar and a little salt. Let this stand till morning without mixing, then beat well and let it stand until noon, roll and cut round, spread on small piece of butter, fold over, put in a pan and raise and bake.

BAKING POWDER BISCUIT.

Three tablespoons butter, salt, two cups milk, two teaspoons baking powder, flour to make a soft batter. Roll, cut and bake.

ROLLS.

Boil one pint sweet milk, then put in a tablespoonful of lard, one-half cup sugar. Stir them well together. When luke-warm add one-half cake compressed yeast; then take two quarts of flour, make a hole in the center and pour in the mixture. Do not stir. In the morning knead well. Let it raise, then knead down. Let it raise again, then roll out and butter. Cut in three-inch squares and roll.—MRS. J. E. BAYER.

GRAHAM PUFFS.

One pint sweet milk, one pint graham flour, one egg, one-half teaspoon salt.

CORN BREAD.

One and one-half cups corn meal, one and one-half cups sour milk, one egg, salt, a little sugar, one tablespoon butter, one-half cup flour, one-half teaspoon soda.

BROWN BREAD.

One cup molasses, one cup milk, one cup hot water, one-half cup sugar, one teaspoon soda. Mix soft with equal cups of corn meal and graham.

STRAWBERRY SHORTCAKE.

One quart flour, three teaspoons baking powder and a little salt, mixed in flour, one-half cup butter or lard rubbed in flour, make into two cakes. Bake and spread with butter and mashed strawberries. Sweeten and serve with thick sweetened cream and strawberries.

SOUR MILK BISCUIT.

Two quarts flour, one teaspoon soda. Mix in flour two large spoons of lard or butter rubbed in the flour. Mix soft with sour milk, a little salt. Roll thin and bake quickly.

BROWN BREAD.

One and one-half pints sour milk, one-half cup cream, one cup molasses, one and one-half teaspoons soda, one teaspoon salt, two cups flour, one cup corn meal. Stir soda, salt, milk and molasses together; then stir flour and meal in. Steam three hours and bake three-quarters of an hour in a slow oven.—MRS. C. A. SWISHER.

BISCUITS.

To one quart flour add four teaspoonfuls baking powder, a little salt. Sift all together. Butter size of an egg. Mix very soft with sweet milk. Roll out, cut, and bake in hot oven.—MRS. E. RICKER.

SOFT GINGERBREAD.

One cup molasses, one-half cup shortening, cup filled up with boiling water, one small teaspoon soda, one teaspoon ginger, one teaspoon cinnamon, two small teacups of flour.—MRS. C. B. WHEELER.

BUNS.

At noon put in a pan one cup new milk, one cake yeast, one cup sugar, flour for thin batter. Let it rise until night. Add another cup of milk, one cup butter, one cup currants, one-fourth teaspoon soda, one-fourth teaspoon cinnamon, flour to make quite thick. Let it rise until morning in a warm place. Make out into small cakes size of an egg. Raise light and bake.—MRS. G. F. M.

CORN BREAD.

Sift together one pint cornmeal, one-half pint flour, one-half teaspoon salt, two heaping teaspoons baking powder. Beat one egg, add one teaspoon sugar and one pint sweet milk. Add these to the flour and meal and add one tablespoon melted butter. Mix the batter well, pour into deep pie tins and bake twelve minutes.—MRS. ELLA RICKER.

BUTTER SPONGE.

Two eggs, one cup sugar, one-half cup milk, one and one-half cups flour, two teaspoons baking powder, one tablespoon butter. To mix:—Beat butter and sugar to a cream, add beaten yolks, then milk, flour with baking powder, and lastly the beaten whites of the eggs.—MRS. FANNIE C. MORSE.

BOSTON BROWN BREAD.

Four cups hot water, one cup of molasses, three cups of rye meal, two cups of corn meal, one teaspoonful of soda, one teaspoonful salt. Steam four hours. Turn the hot water over the molasses, and let stand until cold. Add soda, salt and meal. Steam.—MRS. W. S. ROBIE.

JOHNNIE CAKE.

One even cup of corn meal, one even cup of flour, one and one-fourth cups sweet milk, one egg, two tablespoonfuls sugar, a little salt, one and one-half teaspoonfuls baking powder. Sift meal, flour, baking powder, sugar and salt together, beat egg up light, add milk, then meal, etc. Bake in a long tin in a quick oven.

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MRS. E. B. BRANDE.

MRS. NELLIE MORSE RUGEE.

PEELED WHEAT GEMS, NO. 1.

One coffee cup sour milk, one and a quarter cup flour, two eggs, one level teaspoonful salt, one teaspoonful soda, two heaping tablespoons sugar, quarter cup butter. Stir well and bake in hot gem irons, quick oven.—MRS. H. B. GIFFORD.

PEELED WHEAT GEMS, NO. 2.

One tablespoon butter and lard mixed, one cup sour milk, one-half teaspoon soda, one scant spoon salt, one scant half-cup sugar, two cups peeled wheat flour, sifted. Bake in hot gem irons.—MRS. N. M. RUGEE.

RYE GEMS.

One-half cup molasses, one and half cup sweet milk, two cups rye meal, one teaspoonful soda, pinch of salt. Bake at once in muffin rings.—MRS. S. ROBBE.

GRAHAM GEMS—WITHOUT EGGS OR BAKING POWDER.

Two cups graham flour, two cups rich milk, one teaspoonful salt. Beat well; place gem pans, well buttered, on top of stove, and when thoroughly heated fill with batter, and bake in hot oven until nicely browned. The matter of proper heat is quite important to success.—MRS. J. B. GRINNELL.

PLAIN GRAHAM GEMS, NO. 1.

One cup milk and two cups water, two large cups graham flour, one cup white flour, two teaspoonfuls baking powder, one teaspoonful salt. Mix thoroughly and bake in hot gem irons, in hot oven twenty minutes.—MRS. THOS. BRANDE.

PLAIN GRAHAM GEMS, NO. 2.

Two cups best graham meal, two cups water, fresh and cold, or milk and water, pinch of salt. Stir briskly for a minute or two. Have gem pans hot and well-greased on top of stove, while pouring in the batter. Then place in a very hot oven and bake 40 minutes. Check the heat a little when they are nearly done. As the best prepared gems are spoiled when the heat is not sufficient, care and judgment must be used in order to secure this most healthful as well as most delicious gem.—MRS. E. B. BRANDE.

WHITE FLOUR GEMS.

One egg, two tablespoons sugar, two tablespoons melted butter, one pint sweet milk, two teaspoons baking powder mixed thoroughly in a

pint of flour, one-half teaspoon salt. Put first on upper slide of hot oven, and when top is lightly browned put in lower oven and bake twenty minutes.—MRS. L. F. PARKER.

CORN GEMS.

One cup white cornmeal, two cups flour, one-half cup sugar, one tablespoon melted butter, two teaspoons cream of tartar, one teaspoon soda, one egg. Make stiff as sponge cake and bake quickly in hot oven.—MRS. A. B. MACK.

GRAHAM GEMS.

Makes one dozen ordinary sized gems. One egg, two tablespoons sugar, beaten well with the egg; two tablespoons melted butter, one coffee cup sour milk, one-half teaspoon soda, pinch of salt. Thicken with graham flour, so as to have it drop instead of run from the spoon. Bake in hot gem irons.—MRS. J. A. STONE.

One cup sour milk, quarter spoon of soda, pinch of salt, butter size of walnut, one tablespoon sugar; graham flour enough to make a good, stiff batter. Have the irons hot when you drop the batter in them. Bake in hot oven twenty minutes.—MRS. E. M. HATHAWAY.

Three cups sour milk, one teaspoon soda, one teaspoon salt, one tablespoon brown sugar, one tablespoon melted butter, two well beaten eggs. To the eggs add the milk, then the sugar and salt, then the graham flour with the soda mixed in. Together with the lard or butter make a stiff batter so that it will drop—not pour—from the spoon. Have the gem pans very hot. Fill and bake fifteen minutes in a hot oven.—MRS. E. B. BRANDE.

One egg and one-half cup sugar, beaten together; one cup sour milk, one teaspoon soda, one heaping cup of graham flour, one tablespoon melted butter, pinch of salt. Bake in hot gem pans.—MRS. E. B. C.

HUCKLEBERRY BREAKFAST CAKE.

Take one quart of flour, three teaspoons baking powder, two teaspoons sugar; butter, size of an egg, rubbed in flour; one egg, one pint berries. Add milk until as stiff as shortcake dough. Stir with a spoon and bake.—MRS. HENRIETTA HOLYOKE.

MUFFINS.

One cup milk, two eggs, melted butter, size of a walnut; add pinch of salt, one tablespoon sugar, one teaspoon baking powder. Make into a thick batter, drop in very hot gem pans and bake quickly.—MRS. KEMMERER.

❖ ❖ COOKIES AND FRIED-CAKES ❖ ❖

MRS. J. W. SAWYER.

MRS. MARIA HIBBARD.

RULES.

Always mix dough as soft as it can be worked.

Be sure and have lard hot enough so that the doughnuts will rise immediately after dropping in lard.

DOUGHNUTS.

One and half cups sugar, one and half cups milk, four eggs, five tablespoons lard, one teaspoon salt, three teaspoons baking powder. Flour to mix soft. Fry in hot lard.—MRS. MARIA HIBBARD.

Sift one and a half quarts flour and one teaspoon soda into a mixing bowl; in the middle of the flour put one cup sugar and two eggs; beat together. Add one teaspoon salt and one teaspoon ginger, one cup sour cream, one cup buttermilk or milk, slightly soured. Mix in flour with fork, making a dough just stiff enough to roll. Cut in shapes and fry in hot lard.—MRS. L. L. VIETS.

Cream one cup sugar and three tablespoons melted butter. Add three eggs well-beaten, one and third cups sweet cream or milk, a pinch of salt and flavor with nutmeg. Sift two cups of flour with two teaspoons baking-powder; stir it in the batter; cut into shapes and fry in hot lard.—MRS. C. E. RICKER.

One and half cups milk, one and half cups sugar, two eggs, one scant teaspoon soda, one tablespoon butter, one teaspoon salt, one-half teaspoon nutmeg. Flour to roll and cut in shapes and fry in hot lard.—MRS. C. N. PERRY.

One egg, one cup sour milk, one-half teaspoon salt, two tablespoons butter, one teaspoon soda, flour.—MRS. G. M. C. HATCH.

One teacup sugar, one teacup sweet milk, one teacup thick sour cream, one teaspoon soda beaten, light with cream; one egg well beaten; flavor with nutmeg. Flour to mix soft. Fry quickly.—MRS. GEO. HAMLIN.

RAISED DOUGHNUTS.

One medium-sized bowl bread sponge. Three tablespoons melted butter, one teaspoon salt and flour to mould soft; let it stand until very light, cut and twist and fry brown.—MRS. J. W. SAWYER.

CREAM DOUGHNUTS.

Two cups buttermilk or sour milk, one cup sour cream, two teaspoons soda, one and half cups sugar, one teaspoon salt, two eggs; spice as you please. Mix soft as for soda biscuit and fry in hot lard.—MRS. CHAS. NOBLE.

WAFFLES.

One pint sour milk, one large pint flour, two eggs beaten separately, one-half cup butter, salt. Fry on hot waffle irons.—MRS. WM. MILES.



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One cup milk, one cup sour cream, one teaspoon salt, two eggs, one-half teaspoon soda, one teaspoon baking powder; flour to make a batter, stiffer than pancakes. Fry on very hot irons.—MRS. J. W. SAWYER.

GREEN CORN GRIDDLE CAKES.

Split each row of corn and scrape with back of a knife. Allow three eggs to two cups of corn, the yolks and whites beaten separately. Add three tablespoons milk or cream, one tablespoon butter, salt to taste, and one teaspoon sugar. Have a thin batter using just enough flour and one spoon of baking powder. Test a little, as too much flour ruins the mixture. Canned corn must be put through a sieve.—MRS. J. P. LYMAN.

FRITTERS.

One egg, one cup sour milk, two tablespoons of butter, one-half teaspoon soda, a little salt; flour to make a soft dough. Drop from the spoon into hot lard.—MRS. G. M. C. HATCH.

Three eggs well-beaten, three cups of sweet milk, one tablespoon of sugar, two teaspoons baking-powder, a little salt; flour enough to make a very stiff batter. Drop it from the spoon into hot lard.—MRS. JOSIAH MILLER.

Two eggs, one cup sweet milk, one tablespoonful sugar, a little salt, one teaspoonful of baking-powder; flour to make a batter that will drop from a spoon. Drop in spoonfuls into hot lard.

APPLE FRITTERS.

Two cups sour milk, one teaspoon soda, a little salt—flour to make a batter like griddle cakes. Pare and core the apples, slice them around the apple. Stir in the batter and fry in hot lard.—MRS. CONNELLY.

FLANNEL CAKES.

One quart sour milk, a little salt, a teaspoon soda. Let it stand a few minutes; add flour until right for griddle cakes, and four beaten yolks eggs, whites of five well-beaten eggs. Stir in lightly.—MRS. HENRIETTA HOLYOKE.

CORN FRITTERS.

One pint canned corn, two eggs, one-half cup milk, pinch of salt, one tablespoon baking-powder. Make a very thick batter, separate into small cakes and drop into hot lard one-half in depth.—MRS. ED. KEMMERER.

One can of grated corn, three eggs, one-half cup of flour, a little salt; add the beaten whites of the eggs last, one teaspoonful baking-powder. Drop into hot lard.

CRULLERS.

Four eggs, two cups of sugar, one cup of sweet milk, one heaping tablespoon of butter, three teaspoons baking-powder, six cups of flour, a little salt. Roll very thin; cut into fancy shapes. Fry in hot lard. Flavor with nutmeg if you wish.—MRS. S. W. BELDEN.

COOKIES.

Half cup butter, one cup sugar, two eggs, a little nutmeg, grated rind of one lemon, four tablespoonfuls sour milk, one even teaspoonful soda, one teaspoonful baking-powder, flour. Cream the butter and sugar together; then add the beaten eggs, spice, milk with soda dissolved in it. Flour with baking-powder sifted in it. Use flour enough to roll out thin and make and bake as quickly as possible.—MRS. L. F. PARKER.

GINGER CAKE.

One cup of molasses, one cup of sugar, one cup of sour milk, one cup of lard, two eggs, one teaspoon of ginger, one teaspoon of soda.

SOFT MOLASSES COOKIES.

One cup of molasses, one cup of brown sugar, one cup of butter or half, butter and lard, one cup of sour milk, one heaping teaspoonful soda dissolved in the milk, one tablespoonful ginger. Mix as soft as you can roll out and roll out quite thick. Bake slowly.—MRS. L. W. GIFFORD.

GINGER COOKIES WITH ALUM.

Two cups of Orleans molasses with two teaspoonfuls soda, one cup of shortening, half butter or lard, one cup of boiling water; one teaspoonful alum, dissolved in the cup of water, one teaspoonful ginger, one of cinnamon. Mix soft with flour and roll thick.—MRS. L. W. GIFFORD.

SOFT SUGAR COOKIES.

Two cups of A sugar, one cup of butter beaten well; then beat in three eggs; three tablespoonfuls of sour cream with one-half teaspoonful of soda mixed with it in a cup. Fill this cup with the cream in it half full with milk (sweet or sour). A little nutmeg or cinnamon. Vanilla is a good flavoring. Some sprinkle cocoanut on the top of cookies with granulated sugar. Mix with flour as soft as you can well roll out.

SOFT GINGER COOKIES.

One cup of lard or cottoline, one cup of sugar (brown), one cup of molasses, one-fourth cup vinegar, one-fourth cup water; two teaspoonfuls soda mixed with the vinegar and water in a cup; one teaspoonful ginger, one teaspoonful cinnamon, one-half teaspoonful salt. Mix with flour as soft as you can well roll out.

❖ ✦ CAKE ✦ ❖

MRS. HOLYOKE.

MRS. ROBESON.

MRS. GEORGE McMURRAY.

With weights and measures just and true,
Oven of even heat,
With buttered tins and quiet nerves,
Success will be complete.

GENERAL RULES.

Use none but the best materials.

Prepare all ingredients before mixing them.

Have eggs fresh and cool. A pinch of salt causes them to beat sooner.

Baking-powder should be sifted in flour.

Raisins and currants should be washed clean, thoroughly dried and dredged with flour before adding to cake dough.

Avoid too hot an oven and the too frequent opening of the oven door.

Don't let cake batter stand before baking.

Any good white cake rule, if baked in layers, can be varied by using different fillings like chocolate, cocoanut. &c.

ICING:—Plain.

Beat white of one egg stiff. Make a paste of two tablespoons hot water and confectioner's sugar and add white of egg. Beat until smooth.

BOILED CHOCOLATE ICING.

One tablespoon of cocoa or grated chocolate, three tablespoons hot water, five tablespoons granulated sugar. Cook until smooth.

CITRIC ACID FROSTING.

Whites of two eggs, two cups of sugar, and add one-fourth pint of water and boil until it hairs. Pour boiling syrup over the beaten whites and beat until cool. Then add one-fourth teaspoon citric acid. Flavor with lemon.

GELATINE FROSTING.

Dissolve one tablespoon gelatine in as little warm water as possible. When cool stir in sugar until it is stiff.

MAPLE SUGAR FROSTING.

Three-fourth cup sugar, one-fourth cup water; boil till it hairs. Beat the white of one egg stiff. Turn the hot syrup over it, and beat until smooth, and will spread.

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MARSHMALLOW FILLING.

Two tablespoons of gelatine dissolved in eight tablespoons of hot water. When thoroughly dissolved pour into this one pound of confectioner's sugar. Beat half an hour. Flavor with vanilla and spread between the cake which must be cold. Pulverized sugar on top.—MISS CAROLYN JONES.

ALMOND, OR HICKORY NUT CAKE.

One cup white sugar, one cup sweet milk, one-half cup butter, two cups flour (use angel cake flour), two heaping teaspoons baking-powder, whites of three eggs beaten stiff, one cup hickory nut meats. Bake in layers. Use boiled icing for filling.

HARLEQUIN.

One cup of butter creamed, two cups of sugar, three eggs (yolks), one cup milk, three cups flour, one teaspoon cream tartar, one-half teaspoon soda and whites of three eggs.—MRS. C. W. H. BEYER.

IMPERIAL.

One pound sugar, one pound butter. Stir to a cream. Add beaten yolks of ten eggs, one lemon grated rind and juice, one pound flour, ten whites of eggs beaten stiff. Have prepared before one pound blanched almonds, one-half pound seeded raisins, one-half pound citron. Dredge well with two tablespoons flour (extra), one teaspoon nectarine in two teaspoons water, two tablespoons rose water.—MRS. J. P. LYMAN.

ANGEL.

Whites of twelve fresh eggs, one and one-fourth tumblers granulated sugar, one tumbler angel cake flour, one-half teaspoon cream tartar, small pinch salt, flavor. Beat whites of eggs about half, add cream tartar and beat until very stiff. Sift the sugar in this and stir very lightly. After sifting the flour four or five times stir in very lightly. Bake from 35 to 50 minutes in moderate oven.—MRS. S. W. BELDEN.

BLACK CHOCOLATE.

One cup sugar, one cup butter, two eggs, two cups flour, one-half cup sweet milk, one-half teaspoon soda or one teaspoon baking powder. Take three-fourths cup sugar, one-half cup sweet milk, one-half cake Baker's chocolate and yolk of one egg. Cook until smooth, stirring constantly. Then add while warm to cake batter and bake in loaf.—MRS. CLARA REW.

COCOANUT LAYER.

Two-thirds cup butter, two cups sugar, whites of eight eggs, one cup milk, three cups flour, two teaspoons baking powder. Bake in layers with frosting between and sprinkle with grated cocoanut.—MRS. H. W. NORRIS.

NEAPOLITAN.

Dark part: One cup butter, two cups brown sugar, one cup molasses, one cup strong coffee, four and one-half teacups flour, four eggs, two small teaspoons soda, two teaspoons or less of cinnamon, one teaspoon or less of cloves, one pound stoned raisins, one pound currants, one-fourth pound citron. White part: One cup butter, four cups powdered sugar, two cups sweet milk, two cups cornstarch mixed with the flour, four and one-half cups sifted flour, six teaspoons baking powder, whites of eight eggs, flavor. The loaves should be one and one-half inches in thickness after baking. Put the two loaves together with white frosting.—MRS. HENRIETTA HOLYOKE.

FRUIT.

Three-fourths cup butter, one cup brown sugar, two cups flour, one-half cup cold coffee, two eggs, one-half cup molasses, one-half nutmeg, one tablespoon cinnamon, one-half teaspoon cloves, one-half teaspoon soda mixed with the flour, one pound raisins (seeded), one pound currants, one-fourth pound citron, one glass thin jelly.—MRS. N. B. ROSS.

DELICATE.

Two cups sugar, one-half cup butter, one cup sweet milk, three scant cups flour, three small teaspoons baking powder sifted with the last cup of flour, whites five eggs. Beat the sugar and butter to a cream, then stir in the milk and flour a little at a time. Add whites last. All cake should be well stirred before the whites are added. Never fails.—MRS. J. H. McMURRAY, SR.

One-half cup butter (creamed), one cup sugar, three-fourths cup milk, one and one-half cups flour, one and one-half teaspoons baking powder, whites of four eggs beaten to a stiff froth, flavor to taste.—MRS. EDITH SPOONER.

CHOCOLATE.

One cup sugar, one-half cup butter, one-half cup milk, two cups flour, two eggs, two scant teaspoons baking powder. Grate one-half cake chocolate and mix with one-half cup milk, two-thirds cup sugar, yolk of one egg, one teaspoon vanilla. Boil until thick as cream and mix

with the cake batter. Bake in layers and use white frosting to put it together.—MRS. WORKS.

BLACK FRUIT.

One pound brown sugar, one pound butter, one and one-third pounds citron, two pounds currants, two pounds raisins, one quart flour, ten eggs, one-fourth pound figs, one teaspoon cloves, one teaspoon allspice, one cup molasses, one wineglass brandy, one tablespoon walnuts, one tablespoon chocolate, one tablespoon cocoanut, one teaspoon vanilla, one teaspoon soda, one teaspoon lemon juice, one teaspoon cinnamon, one dozen almonds, a few drops of extract of rose and almond. Mix very dark brown sugar and the butter together; stir in the molasses (with the soda in it), the eggs, then the brandy, vanilla and rose. Put in another dish the chopped figs, raisins, currants, citron, nuts, chocolate, cocoanut, lemon and spices in flour. Mix well. Stir all this into the first dish. This makes a four-quart pan full. Bake very slowly three hours.—MRS. D. W. NORRIS.

CARAMEL.

Two-thirds cup butter, one and one-third cups sugar, two cups flour, two-thirds cup sweet milk, whites six eggs, two teaspoons baking powder. Bake in thin layers.

ICING.

Two cups brown sugar, two-thirds cup cream, large lump butter, one teaspoon vanilla. Boil until it thickens. Beat until cool. Put on cake. Add chopped nut meats if desired.—MRS. ELLA RICKER.

VELVET SPONGE.

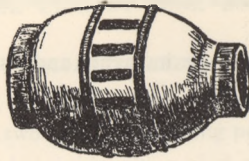
Whites of three eggs and yolks of six, two cups sugar, one cup boiling water, one tablespoon baking powder in two and one-half cups flour. After beating the yolks add beaten whites and sugar. Beat fifteen minutes. Flavor with vanilla.

ICE WATER SPONGE.

Three eggs, beaten separately, then add together and beat until very light, gradually adding one and one-half cups sugar and one-half cup ice water. One and one-half cups of flour with one-half teaspoonful of baking powder mixed in thoroughly. Flavor to suit and bake in long dripping pan. Cut in two pieces and put together with boiled icing.—MRS. GEO. H. McMURRAY.

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WHITE.

Two cups sugar, three-fourths cup butter, one cup milk, three cups flour, three small teaspoons baking powder sifted in flour, whites of seven eggs. At the last add the whites of eggs and flour alternately. Flavor to suit taste.—MRS. GEO. H. MCMURRAY.

Two-thirds cup butter pressed down in the cup, two cups sugar, one cup cold water, three cups angel cake flour, three small teaspoons baking powder, two-thirds cup of white of egg. Measure before beating. Flavor. Cream the butter. Add sugar slowly, cream thoroughly. Add water, flour with the baking powder, (sift sugar and flour before measuring), then the eggs.—MRS. H. D. WORKS.

ICE CREAM.

Bake two layers of any nice white cake. Take one rounding tablespoon Cox's gelatine and one and one-half of cold water. Let it stand one-half hour or longer, then stir in three tablespoons boiling water, stir and strain through a fine tea strainer, then add twelve tablespoons pulverized sugar (sifted). Beat until very white. Flavor with lemon. Butter the same pan used to bake the cake in. Mould over night. When cakes are cold put filling in between with frosting.—MRS. T. WORTHINGTON.

YELLOW.

Yolks of ten eggs, one cup sugar, one-half cup butter, one-half cup sweet milk, one-half cup corn starch, one and one-half cups flour, two teaspoons baking powder. Flavor with vanilla and frost with chocolate.—MRS. J. M. CHAMBERLAIN.

MOLASSES.

One whole egg and one yolk, one tablespoon butter, one cup molasses, one-half cup sour milk, one teaspoon soda, two cups flour. Bake in layers.

FILLING.

Two cups sugar, whites of two eggs. Boil sugar and add beaten whites of eggs and one teaspoon cinnamon.—KATE HIBBARD.

SUNSHINE.

Whites of eleven eggs beaten stiff. Add gradually one and one-half cups granulated sugar. Beat the yolks of six eggs with the peel of half an orange grated, and three teaspoons of juice. Add to the whites one cup of flour sifted three times in which is put one teaspoon of cream

tartar. Add to the above. Sift flour and sugar three times. Measure each one after once sifting. Sift cream of tartar with flour. Beat quickly and well. Bake in moderate oven fifty minutes. Do not grease the pan. Turn upside down on a sieve when baked.

POTATO FLOUR.

One and three-fourths tumblers pulverized sugar, four heaping table-spoons potato flour, nine eggs beaten separately and whites added last. Grated rind of one lemon and juice of one-half of it. Handful grated almonds.—MRS. J. H. P. ROBISON.

CREAM PUFFS.

One cup milk, one cup water (a little over), one-half cup (or four oz.) butter. Put water, milk and butter on the stove and let it come to boiling heat. Add three cups (or 10 oz.) flour stirred into the boiling mixture; while boiling, stir on the stove a little while; as soon as taken off the stove, add two teaspoonsful of carbonate ammonia well stirred in, then put in nine or ten eggs, without beating them, and stir until a smooth batter. Drop in small drops the size of a walnut in a buttered pan. Bake in a very hot oven. Cream for the filling: Two cups milk (sweetened), one-third cup cornstarch, two eggs; flavor with lemon. Let it come to a boil. Open the puff; fill with the cream; close, then sprinkle the top with powdered sugar.



❖ ✦ PIE ✦ ❖

MRS. GEORGE GRINNELL.

MRS. J. A. STONE.

MISS NELLIE M. PERRY.

Who'll dare deny the truth there's poetry in pie.—*Longfellow.*

The best of materials should be used in making pies,—good flour, good butter and good lard. Always use very cold water. A quick oven is essential. Nearly all pies should be eaten the day baked, mince pie being about the only exception. White of egg brushed over the bottom of a crust will prevent the juice from soaking. Egg will bind the edges of a pie better than water.

In making juicy pies put the sugar in the bottom of the pie, and sift some flour over it, or mix the sugar and flour well together first and stir into the fruit. An egg beaten with a cup of sugar and stirred into the fruit is nice. To prevent the juice from running out, put a little tube of stiff paper upright in the middle of the pie; the juice will collect in the tube, which must rest on the under crust.

Pie-crust may be mixed in a quantity, placed in the ice-box and used as desired. Do not add water till wanted for use. Do not grease a pie-tin.

PIE-CRUST.

A good general rule for pie-crust is,—one-third lard or butter, two-thirds flour, salt according to quantity, ice water or very cold water. Sift the flour and salt into a mixing bowl and chop the shortening into it with a knife; when the shortening is chopped into small bits, pour in gradually enough ice-water to make the mixture stick together, though it should not be soft. Have a well floured board; put enough dough on the board for one crust, heaping it in the middle of the board; then roll. It will refuse to stick together till folded and rolled several times, each time gathering the edges in. Handle as little as possible.

CRUST FOR ONE PIE.

One and one third cups flour, one-half cup butter or lard, three table-spoonfuls ice-water, pinch of salt. Make as directed above. If one is in a hurry the shortening may be rubbed into the flour rather than chopped.

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MINCE-MEAT.

Three bowls finely chopped meat, five bowls finely chopped apples, one bowl finely chopped suet or butter, one bowl vinegar, one bowl cider, two bowls raisins, one bowl molasses, four bowls sugar, three lemons chopped fine, two tablespoons each of cinnamon, nutmeg, cloves, one tablespoon each of salt and pepper. Put ingredients together, except spices, and cook till the apple is done. If it seems too thick add water and vinegar. Take from the fire and add spices.—MRS. M. J. HIBBARD.

MOCK MINCE PIE.

Three soda crackers, one cup hot water, one cup cold water, one-half cup butter, one cup sugar, one cup raisins, one cup vinegar or cider, spices to taste.—MRS. A. B. MACK.

One cup cracker crumbs, one cup molasses, one-half cup vinegar, one cup raisins, one cup sugar, one-half cup butter, one-half cup jelly (any kind), one cup currants, two cups hot water. Cook all a few minutes and add one scant teaspoonful each, allspice, cinnamon and cloves. This makes three pies.—MRS. GEORGE GRINNELL.

LEMON.—NO. 1. (Everybody's Pie.)

Make crust, roll out and put in tin, pinching the edges up highly; prick the bottom full of holes with a fork, to prevent blisters, and bake. While baking make the filling: Grated rind and the juice of one lemon, one cup sugar, one cup hot water, one tablespoon cornstarch, or two of flour, yolks of two eggs, well beaten, wet the cornstarch or flour with a little cold water; mix all together and cook in a double boiler; when thick put into the crust; make a meringue of the two whites, beating them and adding two tablespoons of sugar. Put beaten whites on top of pie and set the pie on the grate in the oven to brown slightly.

LEMON.—NO. 2.

Grated rind and the juice of one lemon, one cup sugar, one egg, one-half slice bread (crumbed), one great spoon water, one great spoon of butter. Mix and bake in two crusts.—MRS. M. J. HIBBARD.

LEMON.—NO. 3.

Grate the yellow rind from one lemon. Over one cup of white sugar squeeze the juice. Let the lemon and sugar stand while you make a rich crust; put in pie plate, prick closely with a fork and bake. Beat the yolks and whites of three eggs separately. To the sugar, grated rind and juice add a large spoonful of flour and butter the size of a

hickory nut, one small cup of milk and the beaten eggs, the whites last. Stir all together thoroughly. By this time the crust should be baked. Draw it to the front of the oven, pour in the filling and bake slowly till firm.—MRS. L. L. VIETS.

ORANGE.

One orange, grated rind and juice, one cup water, yolk one egg, one cup sugar, two tablespoons cornstarch. Bake with one crust, frost with the beaten white of egg and one tablespoon of sugar. Make in same manner as Lemon Pie, No. 1.—MRS. GEO. GRINNELL.

JELLY.

Three eggs, whites and yolks beaten separately, one tablespoon butter, five tablespoons jelly, three tablespoons water, sweeten to taste. Bake in one crust.—MRS. OWEN.

RHUBARB.—(Two Crusts.)

Line tin with a crust. Peel and cut in small pieces enough rhubarb to fill crust. Mix with it one and one-half cups sugar and one beaten egg. Place in crust, put on top crust and bake.—MRS. E. B. WILEY.

ICE CREAM.

Make and bake a good pie crust, filling it with the following mixture when done: one pint of milk, pinch of salt, yolks two eggs or one whole egg, two tablespoons cornstarch or three of flour, two-thirds cup sugar. Wet the cornstarch or flour with a little cold water or milk, mix all together and cook in a double boiler, flavor with vanilla and pour into the crust, cover with beaten whites of two eggs and two tablespoons sugar, set in the oven to brown.—MRS. H. K. EDSON.

MARLBOROUGH.

Line a tin with paste, pinching up high around the edge. Fill with the following: cook six apples and run through a jelly squeezer, add one tablespoon of butter and the yolks of two eggs, the juice and rind of one lemon, one cup sugar, one cup cream. Put into the crust and bake. When done frost with the whites of two eggs, beaten, with two tablespoons of sugar.

WASHINGTON.

Six eggs, two cups sugar, two cups flour, two teaspoons milk, two teaspoons baking powder. Bake and split with a knife. Put this cream between the two parts: one pint milk, one cup sugar, one-half cup flour, two eggs. Wet the flour in a little cold milk, mix all and cook in a double boiler. When done flavor with vanilla.

CURRANT.

One cup ripe currants, one tablespoon flour, yolks two eggs, two table-
spoons water, one cup or more of sugar. Bake in one crust. Cover the
top with beaten whites of two eggs and two tablespoons sugar, and
brown.—MRS. H. K. EDSON.

CRANBERRY.

One and one-half cups cranberries chopped, one cup sugar, one table-
spoonful cornstarch, dissolved in cold water, then fill the cup with boil-
ing water, bake in a plate lined with crust, when cold, beat up the whites
of two eggs, add two tablespoonfuls powdered sugar, brown in the oven.

APPLE.

Cover a plate with crust, then pare and quarter tart apples, fill the
pie, cover with crust, but don't press the edges. Bake, run a knife
around the upper crust and carefully remove it. Add sugar, butter and
a little nutmeg to the apple, mix, and put the crust on again.—MRS. J.
F. WRIGHT.

CHOCOLATE.

Two tablespoons grated chocolate, one cup milk, let it come to a boil.
When cold add the yolks of three eggs, three-fourths cup sugar beaten
to a cream, flavor with vanilla and bake with under crust. Beat the
whites of the eggs for the top and brown.—MRS. T. H. BUCHANAN.

PAN DOWDY.

Fill a deep dish with apples pared and quartered, add coffee C sugar,
butter and cinnamon or nutmeg, cover with a good pie crust. Bake and
serve with cream.—NEW ENGLANDER.

RHUBARB TART.

Stew rhubarb till soft, pour off the juice, add a piece of butter the size
of a hickory nut, a pinch of salt, a trifle nutmeg and the yolk of one egg.
Sweeten to taste, add the white of one egg beaten to a froth, beat all to-
gether and pour into a pie-tin lined with paste. Wet the edges with
milk and cover with strips of paste, forming diamonds, finish with strip
of paste around the edge.—MRS. C. E. WYATT.

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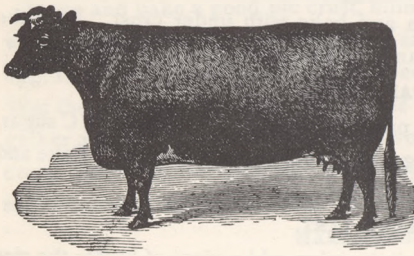
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MRS. J. H. McMURRAY, JR.

MRS. ROBIE.

MRS. GAYLORD.

The essential points in freezing ice cream are to have the ice finely crushed, to use coarse salt and to beat the mixture thoroughly during the freezing. Use one part salt to three parts ice, and do not draw off the water from the melted ice during the process of freezing. Turn slowly at first, then rapidly till you can turn no longer. Remove the beater, scrape the cream from the sides and pack down closely in the can. If the cream is to be eaten within an hour no more ice will be needed, but if to be kept longer draw off the water and add more ice and salt.

ICE CREAM.

Three tablespoonfuls flake tapioca, one pint milk, one cup sugar, one quart of cream. Soak the tapioca in water over night, in the morning drain off the water, and cook in the milk, strain, add the sugar, and when cold the cream, and flavor, freeze. This makes two quarts when frozen.—MRS. MANLY.

FRUIT ICE CREAM.

Five eggs, one pint of sugar, two quarts of cream, one-half pound of English walnuts, one pound of dates, one-half pound figs. Beat the eggs separately; cook the milk, yolks of eggs and sugar together. Add the whites of the eggs and let it cool. Then add the cream, and the fruit and nuts having been chopped fine. Freeze.—CLARA HIBBARD.

STRAWBERRY ICE CREAM.

One quart of strawberries, one pint of sugar, one quart of cream. Mash the berries and sugar together, add the cream and rub through a fine strainer into the freezer. Then freeze.—MRS. McMURRAY, JR.

PEACH CREAM.

Mash peaches and put through a sieve. To each cup of pulp add a cup of powdered sugar. Whip a cup of thick sweet cream to each cup of pulp. Whip all together and freeze.—MRS. SPENCER.

CHOCOLATE CREAM.

One quart of milk, two ounces of chocolate, one teaspoonful of butter, two eggs, three cups of sugar, one pint of cream. Cook the milk, chocolate, butter eggs and sugar like a custard. Strain, and when cold add the cream and freeze.—MRS. SPENCER.

PEACH MOUSSE.

The fruit must be very ripe. Peel and slice enough to make a quart. Rub through a sieve, and after adding a pint of sugar, and mixing well, add two quarts of cream whipped. Heap the mousse lightly into a mould or the can in an ice cream freezer, and pack in ice and salt. Let the mousse stand for four hours. At serving time turn out on a flat dish.—MRS. GAYLORD.

CAFE PARFAIT.

One pint of cream, one cup of sugar, one-half cup of coffee. Make very strong coffee. Whip the cream, which should be thick; add the sugar and the coffee, cold. Pack in ice and salt for several hours. Serve the same as mousse.—MRS. ROBIE.

RED RASPBERRY SHERBET.

Two quarts of red raspberries, one quart of water, one pint of sugar, two lemons. Boil water and sugar for fifteen minutes. When cold add the strained juice of the berries and lemons and freeze.—MRS. GAYLORD.

FROZEN MACEDOINE.

One pint of canned pears, one pint of canned cherries, one pint of canned pineapple, one pint of canned plums. Drain off all the syrup from the fruit, mix, and if not sweet enough, add sugar. Mash the pears and plums until smooth, mix with the syrup and freeze. When partly frozen, stir in the cherries and pine apple with one pint of cream. Finish freezing and pack the freezer for an hour or two. The pineapple should be cut into small pieces and the stones removed from the cherries.—MRS. McMURRAY, JR.

ORANGE SHERBET.

One tablespoonful gelatine, one pint cold water, one cup sugar, six oranges or one pint orange juice, one-half cup boiling water. Soak gelatine in one-half cup of cold water for an hour or two, then add boiling water. Put the sugar into the remainder of the water, add the juice of the oranges, and the gelatine dissolved. Strain and freeze.—MRS. CARNEY.

LEMON CREAM SHERBET.

Six lemons, one and one-half pints sugar, one quart water, two table-spoonfuls gelatine, one quart of cream. Boil the sugar and one pint of water for ten minutes. When cold add the juice of the lemons and the gelatine, having been soaked for an hour or two in cold water, and then dissolved in hot water, using the pint of water remaining. Strain and freeze. When partly frozen, add the cream and finish freezing.—MRS. ROBIE.

LEMON SHERBET.

Eight lemons, two quarts milk, one pint sugar. Strain the juice of the lemon over the sugar, stir until dissolved. When ready to freeze, add milk.—MRS. BENSON.

PINEAPPLE SHERBET.

One can grated pineapple, one can water, one and one-half cups sugar, white of one egg. Strain the pineapple, measure water in the pineapple can. Boil sugar and water for fifteen minutes. Set away to cool. When cold add pineapple juice and put into freezer. When half frozen stir in thoroughly the white of the egg beaten very stiff; then finish freezing.

BISQUE GLACE.

Pound one and one-half dozen macaroons which must be stale or dried in the oven. Pour a little cream over them and allow to stand until they soften. Beat until very fine, add two quarts of cream and freeze.

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PINEAPPLE JELLY.

One-half box gelatine soaked in cold water, add one cup sugar, one pint boiling water. Strain through a cloth, then add the juice and pineapple cut in small pieces. Put in a mould to cool.—*CARRIE GRINNELL JONES*.

MOLASSES PUDDING.

One cup molasses, one cup water, one half cup butter, one teaspoonful salt, three cups flour, one teaspoonful soda, one cup raisins. Steam three hours.

SAUCE.

Two eggs beaten light, one-half cup butter creamed, one cup sugar. Just before serving, stir in one cup of boiling water. Do not let boil. One teaspoon vanilla.—*MRS. MYRA HIBBARD*.

CALIFORNIA ORANGE MARMALADE.

Wash and wipe dry one dozen oranges, slice very fine in small pieces. To one pound of fruit put one quart of water and let stand all night. In the morning boil three-quarters of an hour and let stand over night again. Then to one pound of mixture add one and one-fourth pounds of sugar. Boil one hour, pour into glasses and cover with tissue paper. [Very nice to flavor cake and puddings.]—*KATE HIBBARD*.

PEACH PUFF PUDDING.

Batter: One cup milk, two tablespoons butter (melted), one egg, one-half cup sugar, two teaspoons baking powder, mixed in one and one-half cups flour. Fill pudding dish with fruit, cover with batter and bake.

SAUCE.

One cup sugar, one tablespoon flour, one tablespoon butter, one pint boiling water, flavor to taste. Boil till it thickens.—*MRS. E. B. COX*.

SUET PUDDING.

One cup molasses, one cup sour milk, one cup suet chopped fine, one cup raisins, one-half cup English walnuts chopped, one-half teaspoon each of salt, cloves, cinnamon and nutmeg, one teaspoon soda, three and a half or four cups of flour. Steam three hours. Serve with sour sauce.—MRS. F. O. PROCTOR.

MACARON DESSERT.

Take one-half pound macarons, soak in one-half cup sweet wine. Make a rich custard of one pint milk, yolks of three eggs, small piece of butter, and one-half cup sugar. When cooked pour over macarons. Make a meringue of whites and drop in spoonfuls over top. Brown.

WHIPS.

Fill custard glasses half full of strawberry or other preserves and sweeten. Take one half pint cream, whip stiff and sweeten and heap the glasses with it. Serve with angel food.

ALMOND CUSTARD.

One-quarter pound almonds blanched and pounded, one quart sweet milk, two pounds white sugar, six eggs, one tablespoon vanilla or rose flavoring. Pour in custard glasses and pile up with soft frosting of three whites of eggs and one-half cup powdered sugar.—MRS. H. C. SPENCER.

PEACH FLOAT.

Put into double boiler one pint sweet milk, one-half cup sugar, small piece of butter, pinch of salt. When nearly at boiling point, stir into this the yolks of four and whites of two eggs, one-half teaspoon cornstarch moistened with cold milk and beaten together. When it boils turn at once into dish or custard cups and set to cool. When ice cold slice (very thinly) into it fresh or preserved peaches, dipping each slice into pulverized sugar first. Make a meringue of whites of two eggs and two tablespoons of pulverized sugar. Drop this from a large spoon into a dripping pan of boiling water and set into oven and brown slightly. Lift with fork onto top of custard and serve.—L. R. HAMLIN.

NEW ENGLAND RICE PUDDING.

Four tablespoonfuls rice soaked in warm water awhile, two quarts of milk, pinch of salt, sugar and flavoring to taste. Cover and bake in a slow oven four hours, stirring several times when it begins to bake. Can be eaten cold or warm with cream. Take off the cover for the last half-hour to brown.—MRS. L. F. PARKER.

PLUM PUDDING.

One heaping cup of bread crumbs, one cup of suet chopped fine, one cup of molasses, one cup of sweet milk, two cups of flour, one teaspoonful of soda, one teaspoonful of salt, one teaspoonful of cloves, two teaspoonfuls of cinnamon, one cup of raisins, one-half cup of currants, one-fourth cup citron. Steam three hours.—MRS. H. B. GIFFORD.

PUFF PUDDING.

Sift with one pint of flour one teaspoon of baking powder and a little salt. Add enough sweet milk to make a soft batter. Grease a half-dozen cups, put a spoonful of batter in each. On top of this place a layer of berries of any kind, or preserved fruit or jam. Place another spoonful of batter on top of this. Steam twenty minutes. Eat with sweetened cream.—MRS. McCLANAHAN.

SNOW PUDDING.

One-half box of gelatine, two cups of sugar, four eggs, juice of three lemons, one quart of milk, one teaspoonful of vanilla, one pint of boiling water. Cover the gelatine with cold water, let it soak a half-hour, then pour over it boiling water, add the sugar and stir until it is dissolved, then add the lemon juice, and strain the whole into a tin basin. Place this in a pan of ice water, and let stand until cold. When cold beat with an egg beater until as white as snow. Beat the whites of the eggs to a stiff froth, and stir them into the pudding. Dip fancy mould into cold water, turn pudding into it and let stand in a cold place to harden.

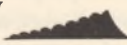
SAUCE.


Put the milk on to boil, beat the yolks of the eggs and a half cup of sugar together until light and stir them into the boiling milk. Stir and cook two minutes. Take from the fire, add vanilla and turn out to cool. Serve the pudding with the sauce poured over it.—MRS. C. E. MILLER.

PINEAPPLE BAVARIAN CREAM.

One pint canned pineapple, one small cup sugar, one pint cream, one-half package gelatine, one-half cup cold water. Soak the gelatine two hours in the water. Chop the pineapple and simmer twenty minutes with the sugar. Add gelatine and strain into a tin basin, rub as much pineapple as possible through the sieve, beat until it begins to thicken. Add the cream, which has been whipped. When well mixed pour into the mould. Serve with whipped cream.—HOME QUEEN.



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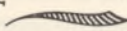
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RAISIN PUFF.

Two eggs, one-half cup butter, one cup raisins (seeded), two table-
spoons sugar, one cup sweet milk, two teaspoons baking powder, two
cups flour. Beat the eggs lightly, melt the butter, add sugar, milk and
flour with the baking powder sifted with it. Sprinkle a little of the flour
over the raisins. Steam one and one-half hours. Serve with whipped
cream, sweetened.

CORNSTARCH PUDDING.

One quart milk, one-half cup sugar, two tablespoonfuls cornstarch,
whites of three eggs, salt. Cook the milk and sugar together, when hot
put in the cornstarch dissolved in a little cold milk. When cooked add
the whites of the eggs beaten stiff. Cool in cups. Heat a pint of milk,
with three tablespoonfuls of sugar. When hot turn over the yolks of
three eggs beaten till light and add vanilla. When cold turn around
the pudding.—MRS. MEHLIN.

DATE MERINGUE.

Beat the whites of five eggs to a stiff froth, add three tablespoonfuls
sugar and one-half pound of dates, stoned and cut up fine. Bake fifteen
minutes in a moderate oven. Serve with whipped cream. Prunes can
be used, instead of dates, by cooking and removing the stones.



❖ † SUMMER DRINKS † ❖

MRS. A. MCINTOSH.

MRS. L. CASS.

MRS. S. H. HERRICK.

POWDERED LEMONADE.

One pound white sugar, one ounce tartaric acid, one-half ounce essence lemon. Mix and dry. One tablespoonful in a glass of water makes a very good substitute for fresh lemonade.—MRS. A. MCINTOSH.

HARVEST DRINK.

One cup vinegar, one tablespoon ginger, three tablespoons sugar, one quart water.—MRS. A. MCINTOSH.

CHERRY WATER.

Two pounds of cherries, one lemon, eight ounces of sugar. Press the juice from the fruit into a porcelain vessel with the lemon; let it stand two hours; pound the stones and add. Strain and filter and put on the ice.—L. B. FRISBIE.

CREAM SODA.

Two ounces tartaric acid, two pounds white sugar, juice one lemon, three pints water. Boil together five minutes; when nearly cold, add, after beating together, the whites of three eggs, one-half cup flour and one-half ounce essence of wintergreen. Use other essence, if preferred. After being well mixed, bottle and keep in a cool place. For a drink of this, take two tablespoons of the syrup to one tumbler of water and add one-fourth teaspoon of bicarbonate of soda, which you should buy of a druggist.

ICED TEA.

To two tablespoonfuls of good tea, add one quart of cold water. Let it stand several hours in the ice chest, and when ready to use add chipped ice.

ICED COFFEE.

Make in the usual way only stronger. When cold serve with cracked ice.

FOR A SUMMER DRAUGHT.

The juice from half a large lemon, three teaspoonfuls of sugar, added to two-thirds of a tumbler of cold water. Stir into this one-fourth of a teaspoonful of carbonate of soda. Drink while effervescing.—H. D. WADSWORTH.

A REFRESHING DRINK.

One gallon water, one pound sugar, one lemon, one ounce ginger, one teaspoonful cream tartar.—H. D. WADSWORTH.

EGG LEMONADE.

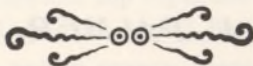
Separate four eggs, beat first the whites, then add the yolks and beat lightly. Dissolve one cupful sugar in a pint of cold water, add to it the juice of four lemons, then a little cracked ice. Stir the eggs carefully into this and use at once.

BEST LEMONADE.

To every quart water, use three lemons and the rind of one, taking care to peel very thin, using nothing but the yellow outside. Cut this into pieces and put with the juice and powdered sugar in a covered vessel (a jug is best), using two ounces of sugar to every quart of water. Boil the water, then pour over lemon and sugar. Cover, let cool, add ice and serve. The beaten white of an egg added is very nice.

GRAPE JUICE.

Ten pounds grapes, one pound sugar. First cook the grapes slightly in a preserving kettle. Press out all the juice; return to a clean kettle, add sugar, boil five minutes, strain into fruit jars. The same care should be taken in canning this, as with any fruit. A fine drink.





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MRS. HORACE CLARKE.

"Sweetmeats, messengers of strong prevailment in unhardened youth."—*Shakespeare*.

FRENCH CANDY.

Take one-half as much water as white of egg. Beat to a stiff froth and thicken with XXXX sugar. When thick enough to roll, flavor to taste, roll into balls, use with nuts or cocoanut.—M. LOMBARD.

DATE CREAMS.

Make a filling as above; remove seed from date and insert a small piece of the cream.

CHOCOLATE CARAMELS.

One cup chocolate shaved fine, one cup molasses, one-half cup milk, one cup sugar. When nearly done stir in butter size of a walnut. Stir until perfectly dissolved, but not after it begins to boil, as that will make it grain. It is done when it hardens in water. Grease plate with butter pour on about half an inch thick. When nearly cold cut with greased knife into squares.—MRS. E. B. BRANDE.

CREAM TARTAR CANDY.

One cup sugar, one-half cup water, one-half teaspoon cream tartar. Add nuts, cocoanut, or lemon flavor, and pour in pans to cool. Pull like molasses candy.—MRS. J. B. GRINNELL.

MOLASSES CANDY.

One cup molasses, one-half cup sugar, one teaspoon vinegar, butter size of a walnut. Cool and pull.—MRS. J. B. GRINNELL.

BOILED FRENCH CANDY.

Two cups sugar, one-half cup water. Boil until it hairs. Let stand until partly cool, then stir rapidly until stiff enough to form into shape. Then use with almonds, pecans, walnuts, or with melted chocolate for chocolate creams.—M. LOMBARD.

CREAM CANDY.

One pint sugar, one-half pint water, wine glass vinegar, butter size of an egg. Boil until it hairs, but do not stir. Pull as molasses candy.—MARY MANLY.

COCOANUT DROPS.

One pound cocoanut, half pound powdered sugar and the white of an egg. Work all together, and roll into small balls and bake on buttered tins.—MRS. RUGEE.

PEANUT CANDY.

Two cups molasses, one cup brown sugar, one tablespoon butter, one tablespoon vinegar. Boil until brittle in water. Grease pan and spread on nuts, and pour on candy; or use cocoanut in same way.—M. LOMBARD.

MAPLE SUGAR CREAMS.

One-half as much water as maple sugar; cook without stirring; when nearly done add small piece of butter; when it begins to harden in water take off and stir rapidly until it will form into balls.—M. LOMBARD.

BUTTER SCOTCH.

One cup sugar, one-half cup butter, three table spoons water. Boil until brittle.—CLARA HIBBARD.



❖ † THE TOILET † ❖

MRS. MARSH.

MRS. MANLY.

MRS. POWELL.

The Skin and Complexion.

Washing in cool but not excessive cold water and general cleanliness keeps the skin healthy and the complexion clear.—*Housekeeper*.

Teeth.

A few drops of listerine in the water you clean your teeth with is very fine.—MRS. MANLY.

The Hands.

The use of gloves, especially kid, helps to preserve the softness of the hands and sprinkled with powdered orris root takes up excessive perspiration.

Chapped Hands.

Glycerine and lemon juice, equal parts.—MRS. GEO. GRINNELL.

Glycerine and camphor, equal parts, is fine for chapped hands.—MRS. E. A. BENSON.

Cleaning Hair Brushes.

Rub the bristles with corn meal, as it absorbs the grease and dirt. Shake it out and use fresh meal until the brush is thoroughly cleaned. Some prefer this as there is no water to injure the back of the brush.

Borax and soap dissolved with hot water are very nice for cleansing hair brushes, being very careful to keep the water off the backs.—MRS. E. A. MARSH.

For Cleaning Hair, and Dandruff.

Borax (pure), one-half ounce; gum camphor, 2 drachms; boiling water, one pint. Mix and strain after one-half hour. Wash the scalp once in two weeks. Every day moisten the hair.—MRS. E. A. MARSH.

For Cleaning Hair.

Make a thick suds with castile soap and one pint of soft water. Add one egg well beaten, two tablespoons of ammonia and two teaspoons of pulverized borax. Bottle it and keep for cleaning the hair. Rinse thoroughly with clean water after use.

Bath Bag.

For a bath bag take one-half yard of cheese cloth and make a bag to be filled with the following preparation: two quarts bran, one ounce powdered orris root, one ounce almond meal, one small cake of white castile soap shaved in tiny strips. This makes a creamy lather, and leaves the skin soft as velvet.—*Ladies' Home Journal*.

To Remove Tan.

One-half pint new milk, one-quarter ounce lemon juice, one-half ounce white brandy. Boil the whole and skim clear from scum. Use night and morning.

Wash for Complexion.

One teaspoonful of flour of sulphur, one wine glass of lime water, thoroughly shaken and mixed, one-half wine-glass of glycerine, one wine glass of rose water. Shake well before using and apply every night before retiring.

Toilet Wash.

Glycerine, two and one-half ounces; bay rum, one and one-half ounces; tincture benzoin, one-half ounce; aqua ammonia, two drachms; rose water, enough to make six ounces.

Baby Powder.

Lycopodium, talcum powder, equal parts.

Almond Cream.

One ounce white wax, one ounce spermacite, three ounces sweet almond oil, one-half pint rose water melted together and beat to a cream. To remove wrinkles apply freely at night.—MRS. H. W. WILLIAMS.

Recipe for a Mild Toilet Soap.

Four pounds of white castile soap, four pounds of cocoanut oil soap, one pound of vaseline, one and one-half ounces of tincture of musk, one and one-half ounces of tincture of ambergris, one ounce of oil of sweet orange, eight ounces powdered orris root, two and one-half ounces rose, one and one-half ounces ylang ylang. Cut the soaps into thin shavings and melt in a large vessel. When it is of the consistency of mush add the powdered orris root. Mix the other ingredients in a bottle and add before the soap gets too cold to work it well. The longer you can keep them out the better will be the result, as a certain percentage of the essential oils will evaporate in the steam, and the less steam the less loss in this way. This is considered a very nice soap and of course not a cheap one.—HOUSEHOLD.

❖ ❖ MISCELLANEOUS ❖ ❖

MRS. DR. E. W. CLARK.

MRS. DR. E. B. WILEY.

MRS. DR. W. H. NEWMAN.

Some Uses of Camphor.

One of the simplest remedies for a scratch is to bathe the afflicted part in spirits of camphor, a bottle of which should be always at hand. A drop or two in half a glass of cold water, and drunken will often dislodge a headache that comes from a disordered stomach. To make spirits of camphor, break into a clean bottle some camphor gum, and add proof spirit of alcohol enough to take up all the gum.—*Harper's Bazar*.

A Good Disinfectant.

Dissolve half a drachm of nitrate of lead in a pint of boiling water; now dissolve two drachms of common salt in a pail of water; when both are dissolved, pour the two mixtures together, and you have a saturated solution of the chloride of lead. A cloth saturated with the liquid and hung up in a room will at once sweeten a fetid atmosphere. Poured down a sink, drain, etc., it will produce the same result.—*An Eastern Disinfectant*.

Eggs in Emergencies.

Will stamp or seal letters, will seal the papers over jelly glasses, will render corrosive sublimate harmless if half a dozen be given after an emetic, will soothe a burn if several applications of the whites be put on to exclude the air, will not permit a plaster to blister if the mustard be mixed with egg instead of water, will remove a fish-bone from the throat if the white be beaten and given at once.

To Keep Flowers Fresh.

Cut flowers will keep very fresh if a small pinch of common saltpeter is put in the water in which they stand. The ends of the stems should be cut off a little every day to keep open the absorbing pores.

Treatment of Uncarpeted Floors.

Parquetry is the handsomest, most serviceable and most expensive of hard wood floors. A painted floor is the most economical and convenient, and staining ranks next in value. Stain comes in cans all ready for

use. If too heavy it can be lightened by thinning to the consistency of cream with crude linseed oil. To obtain a greater brilliance add beeswax to the stain, in the proportion of wax the size of a hickory nut to every quart of stain. Heat over a slow fire and when partly cooled remove, stir well and thin with spirits of turpentine. The heating of such inflammable materials must be very cautiously done and is not to be recommended. But there are floors in old houses built out of unseasoned wood. The boards often show yawning chasms and bulging surfaces. The unevenness in surface can be partly remedied by the carpenter's hammer and plane, and for the cracks an excellent filling is made in this wise: Boil together a pound of flour and a dessertspoonful of alum in three quarts of water. While still hot thicken this paste with shredded newspapers, making a pulp that when cold will be of the consistency of putty. This paste, which is simply a crude papier mache, will stand an immense amount of wear and tear. It should be inserted in the crevices before it is quite cold and can then be painted to match the flooring or woodwork, but a better way is to mix the required dry color in the paste before applying it. Then, as the surface wears away, the color is the same all through the mass.

The Best Bread Board.

A marble bread board is the best to use because it can be kept perfectly clean—something which cannot be done easily with wooden boards.

Soapsuds in Starch.

Try stirring your starch smooth in a little soapsuds, then pour boiling water over it until it becomes of the proper consistency; add a teaspoonful of white sugar and let it boil ten minutes. This will produce a fine gloss and will not stick to the irons.

Javelle Water.

For removing grass and fruit stains, also mildew from white cotton or linen goods: Put two pounds of salsoda in a two-gallon stone crock and pour on two quarts of boiling water; stir with a stick until dissolved. When cold add one-half pound chloride lime free from lumps. Let this mixture stand three or four days to dissolve, stirring occasionally. Strain through a cloth and bottle. Use in proportion of two tablespoons to one cup of clear, cold water. Soak the stains until they disappear, then *rinse thoroughly* in clear water before drying. A stronger solution or the clear fluid may be used for obstinate stains, but care must be taken to rinse well to prevent yellowing the cloth.

How to Cleanse a Chamois.

Make a weak solution of soda and warm water. Rub in plenty of soft soap into the leather and allow it to remain in soak for two hours, then rub it well till quite clean. Afterward rinse it well in a weak solution composed of warm water, soda and common washing soap. It must not be rinsed in clear water finally, for then it would be so hard when dry as to be unfit for use. It is the small quantity of soap left in the leather that allows the finer particles of the leather to separate and become soft like silk. After rinsing, wring it well in a rough towel and dry quickly, then pull it well and it will become softer and better than most new leather.

To Clean Light Kids.

Put the glove on the hand and rub thoroughly with white corn meal, using a piece of cotton flannel.

To Drive Nails.

Nails or tacks dipped in soap will drive easily into hard wood.

To clean the rollers of a wringer, rub with gasoline.

To stone raisins easily, soak them for a few minutes in hot water before seeding them.

To remove stains from the hands, rub a slice of raw potato upon the stain or wash the hands in lemon juice.

To remove discolorations from bruises, apply a cloth wrung out in very hot water and renew frequently until the pain ceases, or apply raw beef steak.

Mix a little corn starch with your table salt if you wish to prevent its caking in the salt shakers.

Flowers will keep fresh a much longer time if the ends of the stems are cut off a little each day and the water renewed.

Ice can be quietly and easily chipped in the sick room with a darning needle and thimble.

Lemon juice and salt will remove ordinary iron rust.

Fine salt will remove the stain from silver, when caused by eggs, if applied dry with a soft cloth.

Pumpkin seeds are very attractive to mice and traps baited with them will soon destroy this little pest.

To remove finger ring, hold the hand in very cold water.

Try scattering damp corn meal or coarse sawdust, dampened, over the carpet before sweeping. It will make the carpet look fresh and clean and prevent the dust from flying.

A poultice of corn meal hops thoroughly cooked is excellent for oak or ivy poisoning.

Hartshorn is good for stings and bites.

To clean inside of jars, Gold-dust, warm water, a dozen and a half of large tacks. Shake well.

Always cut flowers to be worn in the evening some hours before wanted and place in rain water. They will keep fresh much longer if you do.

If vinegar be used instead of water in plaster paris it will not harden so quickly.

Gum arabic and plaster of paris paste make a very strong cement for china.

A teaspoonful of ginger in a kettle of fat, for doughnuts, will prevent them from being so greasy and fat soaked.

Books of delicate-hued binding may be cleaned with a piece of chamois skin dipped in pumice stone. Rub gently and thoroughly.

Use gasoline freely for moths, Buffalo bugs. If you are careful about a lighted lamp or match, when using it, there will be no danger from fire. For furs it is invaluable.

Burning sulphur is excellent for ridding walls of any sort of vermin.



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