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LADIES' COOK BOOK

PUBLISHED BY
Methodist Ladies' Aid Society
Thornton, Iowa
1916



Merry Christmas

From Aunt Katie to Hazel

What is learned in the cradle lasts till the grave

Cultivate the saving habit in your children by opening a savings account in their name. Teach them to save their pennies—a child's pennies are a man's dollars.

A dollar or more starts an account and earns 5% interest, compounded semi-annually.

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of Thornton**

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"Some hae meat that canna eat,
Some hae no meat but want it;
But we hae meat and we can eat,
So let the Lord be thankit."

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Methodist Ladies' Aid Society
Thornton, Iowa
1916



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Secretary Kate Crapser
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Contributed by the Members of The M. E. Ladies' Aid Society
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Thornton, Iowa

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THORNTON, IOWA

Bread Sponge Spice Cake.

One cup light bread sponge
One cup sugar
One-half cup butter or lard
One cup raisins
One-half cup nuts
One teaspoon soda
One cup flour
Two eggs, well beaten
One teaspoon cinnamon
One teaspoon cloves

Cream butter and sugar. Add bread sponge, then remaining ingredients. Beat hard for two minutes. Pour into a well greased pan and allow to rise in a warm place for one-half hour. Place carefully in the oven and bake about 30 minutes.—Sent in by Mrs. Ida Updike, Coon Rapids.

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As

Bread. Three pint water, warmed, one tablespoon salt, one tablespoon lard, three tablespoons sugar, two yeast cakes, broken in small pieces, stir in flour enough to make a stiff dough. Let rise until there is two and one-half times the first amount of dough. Mix stiff and smooth and let rise until very light. Make into five loaves. Bake an hour. This sponge should be set at noon in winter, at night in summer.—A. B.

Corn Bread. Two eggs, one-half teaspoon salt, two tablespoons sugar. Beat well together, add one cup cornmeal, one and one-half cups wheat flour, three heaping teaspoons baking powder sifted in the flour. Stir in enough sweet milk to make a very thin batter and add one tablespoon hot lard. Bake in well greased hot gem pans.—A. B.

Corn Bread. Three cups sour milk, one-half cup sour cream, two and one-half cups sugar, one teaspoon soda, salt, part cornmeal and part wheat flour.—Julia Nealis.

French Corn Bread. Two tablespoons sugar, one-half teaspoon salt, one tablespoon butter, two eggs, one cup sweet milk, one cup corn meal, three teaspoons baking powder. Cream sugar, salt and butter together, add the eggs, well beaten, and then the milk. Stir in the corn meal, into which the baking powder has been sifted. Add enough white flour to thicken the batter. Bake either in pan or gem tins.—Mrs. Charles Elmer Chapler, Rockwell City, Iowa.

Steamed Brown Bread. One cup sour milk, one-half cup molasses, two cups graham flour, one cup corn meal, a little salt, one teaspoon soda. Pour into a two quart basin and place in a covered steamer and steam well, two and one-half hours, then set in oven and bake 20 minutes.—Mrs. Wells.

Rolls. Two eggs, beaten; one cup sweet milk, two-thirds cake compressed yeast, softened in one-half cup warm water; one teaspoon salt, one-half cup sugar, one cup mashed potatoes, six tablespoons melted lard. Mix all but the lard and let stand two hours, then add lard and flour to make as soft a dough as you can conveniently handle and let stand two hours, then roll out and cut and let rise one and one-half hours and bake thirty minutes. Dip one-half the biscuit in melted butter and fold over. Start six hours before wanted.—Mrs. J. L. James.

BREAD

—
"This world is so full of
A number of things;
I'm sure we should all be
As happy as kings."
—

Bread. Three pints of water, warmed; one tablespoon salt, one tablespoon lard, three tablespoons sugar, two yeast cakes, broken in small pieces, stir in flour enough to make a stiff dough. Let rise until there is two and one-half times the first amount of dough. Mix stiff and smooth and let rise until very light. Make into five loaves. Bake an hour. This sponge should be set at noon in winter, at night in summer.—A. B.

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French Corn Bread. Two tablespoons sugar, one-half teaspoon salt, one tablespoon butter, two eggs, one cup sweet milk, one cup corn meal, three teaspoons baking powder. Cream sugar, salt and butter together, add the eggs, well beaten, and then the milk. Stir in the corn meal, into which the baking powder has been sifted. Add enough white flour to thicken the batter. Bake either in pan or gem tins.—Mrs. Charles Elmer Chapler, Rockwell City, Iowa.

Steamed Brown Bread. One cup sour milk, one-half cup molasses, two cups graham flour, one cup corn meal, a little salt, one teaspoon soda. Pour into a two quart basin and place in a covered steamer and steam well, two and one-half hours, then set in oven and bake 20 minutes.—Mrs. Wells.

Rolls. Two eggs, beaten; one cup sweet milk, two-thirds cake compressed yeast, softened in one-half cup warm water; one teaspoon salt, one-half cup sugar, one cup mashed potatoes, six tablespoons melted lard. Mix all but the lard and let stand two hours, then add lard and flour to make as soft a dough as you can conveniently handle and let stand two hours, then roll out and cut and let rise one and one-half hours and bake thirty minutes. Dip one-half the biscuit in melted butter and fold over. Start six hours before wanted.—Mrs. J. L. James.

Bran Bread. One and one-half cups bran, one cup white flour, two and one-half teaspoons baking powder (level), one teaspoon salt, one-half cup "C" sugar, one cup milk. Mix and add milk last. Pour in buttered pan and let stand fifteen minutes. Bake in moderate oven forty minutes. Let cake stand in pan five minutes before using.—Mrs. Paul James.

Southern Corn Cake. One-third cup sugar, one egg, one and one-half teaspoons butter, one cup milk, one and one-fourth cups flour, three-fourths cup corn meal, four teaspoons baking powder, one teaspoon salt.—Mrs. Agnes Thada.

Graham Bread. Two cups sour milk, one cup sweet milk, one-half cup sugar, one and one-half cups flour, one-half cup cream, three and two-thirds cups graham flour, one rounding teaspoon soda, one teaspoon baking powder, salt.—Mrs. M. C. Rees.

Steamed Brown Bread. One cup corn meal, one cup graham flour, one cup wheat flour, one cup sweet milk, one cup sour milk, one cup molasses, one cup raisins, one teaspoon baking powder, one teaspoon soda. Steam three hours and keep water boiling constantly.—Ida M. Durin.

Graham Bread. One and one-fourth cups sour milk, two and one-fourth cups graham flour, one-fourth cup molasses, one-half teaspoon soda, salt. Let stand 40 minutes before baking.—Ida M. Durin.

Nut Bread. Two and one-half cups graham flour, one and one-half cups white flour, one cup brown sugar and one teaspoon soda, dissolved in two cups sour milk; one cup chopped nuts or raisins, and one teaspoon baking powder. Beat vigorously and add half a teaspoon salt. Bake fifty minutes, cool and keep twenty-four hours before using.—Mrs. A. C. Brogan.

Three Day Buns. First Day: One cup cold water, one yeast cake, stir very stiff. Second Day: Add two cups cold water, one cup shortening, one-half cup sugar, salt. Mix stiff, let stand all day and at night make out in small buns, let rise over night and the next morning bake.—Julia Nealis.

Buns. Seven cups sweet milk, scalded; two tablespoons lard, one cup sugar; let cool and add one yeast cake and flour enough for thick sponge. In the morning add salt and mix in loaf, softer than for bread, let get light, mix down, when light again roll out and cut with cookie cutter, when very light bake in quick oven. When baked take one-half cup sugar, moisten with water and brush over tops.—Mollie Skinner.

Popovers. One cup flour, one cup milk, one teaspoon

melted butter, one egg, one-half teaspoon baking powder, two and one-fourth teaspoons salt. Bake in muffin tins.—Ida M. Durin.

Baking Powder Biscuits. Two cups flour, one-half teaspoon salt, four level teaspoons baking powder. Sift all together. Work in well one heaping tablespoon cold lard, add water to make a stiff dough, roll, cut in biscuits and bake in a quick oven.—Alice Bentz.

Sandwiches. On a thin slice of buttered bread lay a lettuce leaf, spread with mayonnaise dressing and sprinkle lightly with grated cheese and finely minced English walnuts. Lay another slice of buttered bread over this mixture and trim into heart shapes.—Bertha Dahl.

Spanish Butter for Sandwiches. One pound cheese, one-half can of pimientos, one-half can olive oil, juice of four lemons, one level tablespoon salt, yolks of four eggs (raw), one-half dozen sprigs of parsley. Put cheese, parsley and pimientos through the meat grinder, then mix.—Mrs. Scott Clemons.

Scones. Two cups flour, two teaspoons sugar, four level teaspoons baking powder, one-half teaspoon salt, four level tablespoons lard, two eggs, well beaten; one-third cup milk. Roll like biscuit, cut any shape like "8", brush top with white of egg, serve with jam.—Mrs. J. L. James.

Spanish Bun. Two cups sugar, two-thirds cup butter, two cups flour, four eggs, one cup sour milk, one teaspoon soda, two teaspoons cinnamon, one teaspoon cloves, one cup chopped raisins. Bake in large square tin; leave in tin and frost while warm.—Mrs. E. N. Guldberg.

Rice Fritters. One cup boiled rice, one cup flour, one cup milk, three eggs, butter half the size of an egg. Stir well to make mixture complete. Place teaspoon of lard in skillet. Drop into it the mixture. Turn with griddle cake shovel. Serve with maple syrup.—Mrs. Henry Johnson.

Himmels Fritters. Two eggs, one-half cup sugar, three heaping teaspoons flour, one teaspoon baking powder, one-half pound dates, one-half cup walnuts. Beat eggs separately until very light; add sugar to the beaten yolks. Cut the dates and walnuts up fine, flour thoroughly, and add to the egg mixture. Fold in lightly the remainder of the flour, the stiffly beaten whites of the eggs, and the baking powder. This mixture will be quite stiff, and hard to handle. Bake in a moderate oven one-half hour, and serve hot with whipped cream. This amount will serve six people.—Mrs. W. G. Byerhoff.

Currant Muffins. Sift two scant cups flour, one-half cup sugar, two teaspoons baking powder, one teaspoon salt. Mix one-half cup of currants into this. Break two yolks of eggs into the mixture and add two tablespoons melted butter. Add gradually one cup of milk and beat well. Add last two stiffly beaten whites.—Leona Wilder, Casper, Wyo.

Graham Muffins. One cup rye or graham flour, one cup flour, two tablespoons sugar, one tablespoon melted butter, one teaspoon salt, one cup milk, one egg, four teaspoons baking powder. Mix and sift dry ingredients; add milk gradually, egg well beaten, and butter. Bake in muffin pans twenty-five minutes.—Henrietta James.

Nut Bread. Two cups white flour, two cups whole wheat flour, one cup sugar, one teaspoon salt, four teaspoons baking powder, one cup nuts, one egg, beaten in two cups of milk. Mix all together, then add the milk and egg, raise twenty minutes and bake.—Mrs. Chas. Elmer Chapler.

Feather Muffins. Four tablespoons butter, four tablespoons sugar, three-fourths cup milk, two cups flour, three teaspoons baking powder. This makes 12 muffins.—Mrs. Helen Timm.

One Egg Muffins. Two cups flour, three and one-half teaspoons baking powder, one-half teaspoon salt, two tablespoons sugar, one cup milk, one egg, two tablespoons melted butter. Add milk and egg, well beaten, to dry ingredients. Bake in greased muffin pans 25 minutes.—Mrs. Wm. Williamson.

Johnny Cake. Two cups sour milk, scant one-half cup sugar, one teaspoon soda, one cup flour, five tablespoons lard and butter, two cups corn meal, pinch salt.—Mrs. Helen Timm.

Penny Muffins. One yeast cake, soaked in one cup luke warm water. Take two cups boiling water. Add two large spoons lard, three-fourths cup sugar, one level tablespoon salt. When cold add soaked yeast and two well beaten eggs, one quart flour. Set this in the morning. Next morning mix moderately stiff. At noon put in gem tins and let raise until about 5 o'clock. Bake 20 minutes.—Mrs. L. King.

Waffles. Two eggs, well beaten; pinch of salt, one tablespoon sugar, two tablespoons butter, two cups flour, two teaspoons baking powder, sweet milk to make batter as for pancakes. Bake in greased irons, hot. Must be beaten well to be light.

Buttermilk or Sour Milk Pancakes. Two cups sour milk, buttermilk preferred; two eggs, well beaten; salt, one teaspoon soda, flour for right thickness. If desired use a little corn meal.

Another—Buttermilk for right amount, salt and soda, one teaspoon for every two cups of milk used. Thicken with half flour and half graham flour.—Lura Smith, Truman, Minn.

Day: Spiced Plums.

- 6# plums, cooked in water - drain
- 3# sugar
- 2 tablespoon whole cloves
- 2 " sticks cinnamon
- 1 qt vinegar

- Egg Laying Mash - Small.

- 100# - floured corn
- 100# - oat flour
- 100# - ground Alfalfa
- 100# - bran
- 100# - middlings
- 100# - Path - - - Dr. Weaver.
- 15# - dyed Buttermilk
- 10# - charcoal - fine
- 5# - Salt.

for winter add - 100# Alfalfa.

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SOUPS

—**“Never ask a man a favor until he has had his dinner”**—

Always use cold water in putting on soup meats to cook, and boil slowly for several hours. Add boiling water if more is needed. The meat of old animals contains more flavor than the meat of young ones, and brown meats more than white. By breaking the bones the substance is more readily extracted.—Brookhaven Cook Book.

Chicken Soup. Take one-half gallon of broth in which a chicken has been boiled, add one-half cup of rice, when done add one-half pint of sweet milk and a teaspoon of butter, and stir until it comes to a boil.—Mrs. L. H. Bowen.

Tomato Soup. Peel and cut fine, six good sized tomatoes and boil in one quart of water. After boiling a few minutes put in one-half teaspoon soda, one pint milk, add butter, salt and pepper to taste.—Mrs. Luring, Palmer House, Chicago.

Potato Soup. One pint milk or one pint milk and water, two teaspoons chopped onion, two potatoes, one tablespoon butter, one tablespoon flour, one teaspoon salt, one-fourth teaspoon pepper, celery, and two teaspoons of parsley. Heat the milk and onion in a double boiler. Cook the potatoes until soft and drain. Mash potatoes, add the hot milk slowly, strain and using this as liquid. Make a white sauce of remaining ingredients and cook all five minutes, adding parsley, chopped, just before serving. Serves four.—Northwood Cook Book.

Winter Soup. For six people. Round steak, 15 or 20 cents worth. Grind in a meat grinder, put in kettle and cook one hour or more with as much water as is needed for soup. Thirty minutes before needed add two medium sized onions, sliced; five medium sized potatoes, diced; one cup of broken macaroni, salt and pepper to taste. Ten minutes before taken from the stove, add five tablespoons tomatoes. This needs stirring for a few minutes after adding the macaroni, as it easily adheres to the bottom of kettle. Serve with crackers or wafers.—Mrs. J. L. James.

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MASON CITY, IOWA

MEATS

Frying Decker's Victor Pork Sausages. Place in boiling water for a minute or two, then drain and fry slowly, turning often. Decker's Victor Brand Pork Sausage is made of selected pure pork and pure spices, and has a most appetizing flavor when properly cooked.

Baked Ham. Cover your ham with cold water and simmer gently just long enough to loosen the skin so that it can be pulled off, this will probably be from two to three hours, according to the size of your ham. When skinned put in a dripping pan in the oven, pour over it a teacup of vinegar, and one of hot water in which dissolve a teaspoon of English mustard; bake slowly, basting with the liquid for two hours; then cover the ham all over to the depth of one-quarter inch of coarse brown sugar; press it down firmly and do not baste again until the sugar has formed a thick crust, which it will soon do in a very slow oven; let it remain a full hour after covering with the sugar until it becomes a rich golden brown. When done, drain from the liquid in the pan and put on a dish to cool; when it is cool, but not cold, press by turning another flat dish on top, with a weight over it; you will never want to eat ham cooked in any other way when you have tasted this, and the pressing makes it cut firmly for sandwiches or slicing. You will get best results by using Decker's Victor Brand Hams.

How to Roast Beef. The most delicious roast is had by putting the roaster on top of the range, heating it well, shave into it about a half cup fresh suet and when melted put in the roast and brown upon one side, turn and brown until browned all over. Have ready a cupful flour (for a 12-pound roast), into which has been thoroughly mixed a rounding tablespoon salt, a teaspoon black pepper, a teaspoon ground ginger, and just a pinch of cayenne. On the hot browned beef sprinkle this mixture liberally and a cup hot water. Cover and put in a moderate oven. Every 15 minutes open the oven and dip the liquid over it.—Mrs. Sarah A. Meyer.

Roast Pork. Wipe pork, sprinkle with salt and pepper, place in dripping pan and dredge meat and pan with flour. Bake in a medium oven three or four hours, basting every fifteen minutes with the fat in the pan. Add a little water if necessary. Make gravy as for roast beef.—Mrs. Fannie Mabb.

Beef Loaf. Two pounds of round steak, one-half cup of cracker crumbs, two eggs, two tablespoons butter, one-half cup milk, two teaspoons salt, one-fourth teaspoon pepper. Mix well and bake an hour.—Mrs. C. Mabb.

Beef Omelette. Four cups finely chopped meat, one and one-half cups cracker crumbs, three eggs, pepper and salt. Make into a round ball and fry in hot lard. Then put a little salt into water and boil two hours.—Mrs. Nettie Tabat.

Baked Ham. Select a piece of ham two or three pounds in weight. Soak several hours in cold water to draw out the salt. Place in baking pan and fill pan with milk to come two-thirds as high as ham. Cover and bake about three hours. When nearly done cover top with layer of brown sugar and stick cloves into ham. Very delicious, and is also very nice sliced and served cold.—Mrs. W. G. Byerhoff.

Scalloped Meat. Two cups meat, three tablespoons butter, one and one-half cups hot milk or stock, one and one-half teaspoons salt, three tablespoons flour, a few drops of onion juice or parsley, two cups bread crumbs, milk, butter. When it bubbles add flour and seasoning, then milk or stock. To this sauce add meat, either chopped or ground fine. Melt butter and stir in bread crumbs, put one-half crumbs in buttered baking dish, add meat and cover with remaining crumbs. Brown in oven.—Mrs. Carl Hammer, Lehigh, Iowa.

Mock Pigeon. Cut veal steak into strips six inches long and three inches wide. Sew up, filling with a good dressing. Roast as one would any bird, dredging meat with flour and using butter in hot water to baste.—Leona Wilder, Casper, Wyoming.

“The wing of a walker and the leg of a flyer are considered choice tidbits.”

Cream Chicken. One and one-half cups cold cooked chicken, cut in dice; one cup white sauce, one teaspoon lemon juice, one-eighth teaspoon celery salt, a few gratings nutmeg. Heat the chicken in the white sauce, to which add the celery salt, lemon juice and nutmeg.

White Sauce: Two tablespoons butter, three tablespoons flour, one cup milk, one-fourth teaspoon salt, one-eighth teaspoon pepper. Melt the butter, add flour, mixed with seasonings and stir until thoroughly mixed. Add the milk gradually adding one-third at a time, stirring while cooking, then beating until smooth and glossy.—Mrs. Ulrich.

Creamed Chicken. Boil till tender enough to pick from the bone, grind fine, then mix cracker crumbs, salt and pepper to suit taste, stir in two eggs and some of the broth, enough to cover, and bake about twenty or thirty minutes. This is a nice way to serve old chicken.—Nettie Abels.

Creamed Spring Chicken. Cut up chicken, add salt and pepper, dredge with flour, put in a dripping pan in the oven

and pour one cup sweet cream over each chicken. Cook until tender. If oven is too hot cover with a pan. Gravy to be made in pan after chicken is removed. Serve in separate dish or pour over chicken.—Carrie Belle Hemming.

Chicken Dumplings. One cup sweet milk, one teaspoon baking powder, one teaspoon salt, enough flour to make a thick dough. Drop over the chicken that has been well boiled, steam for 20 minutes.—Carrie Belle Hemming.

Salmon Timbales. One pound canned salmon, one tablespoon melted butter, four eggs, one cup soft bread crumbs, one tablespoon lemon juice, four grains cayenne. Remove the bones and skin and break salmon into small pieces, mix with other ingredients and pack closely into small buttered timbale molds or small cups. Set molds in pan of hot water and bake in a moderate oven until firm, which will be about 25 minutes.—Mrs. James Peter.

Potatoes au Gratin. Place a layer of cream potatoes in a buttered dish, sprinkle with grated cheese and buttered bread crumbs, alternate a layer of potatoes and layer of crumbs and cheese until dish is filled. Bake in center grate in moderate oven until crisp.—Mrs. Clyde Chase.

To Fry Liver. Slice as usual and just before time to cook pour boiling water over the slices and let remain a few minutes. Heat grease or butter in frying pan very hot. Dip slices of liver after draining all the water off, into flour, and lay in hot grease. Slice one or two onions over the meat and cook not too fast. Salt and pepper.—E. B. T.

Salmon Loaf. Two cups cracker crumbs, one well beaten egg. Moisten with a little milk, add one can salmon, pinch of salt. Stir thoroughly. Put in a small buttered bread pan and bake 30 minutes. Cut in slices and serve while warm.—Nina Partlow.

Dumplings. One egg, beaten light; a pinch of salt, one cup sweet milk, one pint flour, one tablespoon baking powder. Boil slowly fifteen minutes.—Mrs. A. C. Brogan.

Pickled Pork. Seven pounds salt, two pounds dark brown sugar, one ounce saltpeter, two ounces black pepper, one-half ounce red pepper, one ounce soda. Put all in boiler except the soda, with three pails of water, and boil ten minutes. After the mixture has cooled a little add the soda. When it is thoroughly cold pour over meat.—Mrs. J. L. James.

Curing and Smoking Hams. Hang the hams up for a week or ten days. If kept perfectly sweet, the longer they hang

the more tender they will be. For each large sized ham mix one teacup salt, one ounce saltpeter and one tablespoon molasses. Put the hams in a tub, heat the mixture and rub well into the hams. Repeat this until the mixture is all used, then let them stand two or three days, then put them for three weeks into a brine that is strong enough to float an egg. Take from brine, soak in cold water for eight hours and hang up for a week or longer; smoke from three to five days, but be careful not to heat the hams. Use apple tree wood for smoking. Smoke the hams with the hocks down. Tie the hams in bags until wanted for use.—Julia Nealis.

What to Serve with Different Meats, Game, Poultry, etc.

With Roast Beef: Potatoes, squash, macaroni and any vegetable you choose.

With Roast Mutton: Mashed potatoes, mashed turnips, boiled onions and currant jelly.

With Roast Lamb: Potatoes, green peas, corn, string beans, mint or caper sauce.

With Fresh Pork: Mashed potatoes, onions, sweet potatoes, tomatoes, apple sauce or fried apples.

With Roast Venison: Mashed potatoes, onions, mashed turnips, wine, grape or currant jelly.

Roast Goose: Potato snow, onions, squash, macaroni, cranberry sauce, celery, olives and salted almonds.

Roast Turkey: Whipped potatoes, any vegetables, cranberry sauce, celery, olives and salted almonds.

Corned Beef: Cabbage, carrots, turnips, onions, beet pickles and tomato salad.

Beefsteak: Potatoes, tomatoes, mashed turnips or carrots, celery, pickles, olives and spiced fruits.

Baked Fish: Potato snow, cucumber salad, cranberry jelly, celery, and any vegetable.

Boiled Veal: Potatoes, dandelion greens, pickles, crab-apple jelly, olives, lettuce, etc.

Boiled Mutton: Potatoes, tomato stew, turnips, plum jelly, spinach or beet greens.

Boiled Lamb: Potatoes, peas, string beans, asparagus, caper sauce and jelly.

Venison or Wild Fowl: Vegetables, cranberry sauce or currant jelly, potato croquettes.

Boiled Mackerel: Potatoes boiled with jackets on, cream sauce, stewed gooseberries and olives.

Pickles and olives are in order with all kinds of meat, game and fish.—Mrs. A. C. Brogan.

Coconut Cake.

$\frac{1}{2}$ cup butter.

$1\frac{1}{2}$ " sugar.

3 eggs.

$\frac{3}{4}$ cup milk

2 " flour

7 teaspoons B. powder

Pinch of salt - 1 teaspoon vanilla.

Beat butter and sugar to cream.
Break in one egg at a time,
beating each until light. Add
the milk. Gradually stir in the
flour and the baking powder
which have been sifted together
3 times. Add flavoring. Bake in
moderate oven about 25 min.

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VEGETABLES

*"The maid who is efficient in the culinary art,
Holds a passport into favor to any man's heart."*

Baked Beans with Tomatoes. Three cups beans, two teaspoons meat fryings, two teaspoons sugar, a little salt and baking soda, one cup cooked tomatoes. Soak beans over night. Parboil in morning, drain and put in bean pot with fryings, sugar, salt and soda. Add tomatoes and fill up with boiling water. Bake four hours. Use salt pork if desired.—Mrs. A. J. Mead.

Harvard Beets. Wash twelve small beets. Cook in boiling water until soft, remove skins and cut beets in cubes. Mix one-half cup sugar, one-half tablespoon cornstarch, add one-half cup vinegar and let boil five minutes. Pour over beets and let stand on back of range one-half hour. Just before serving add two tablespoons butter.—Mrs. R. W. Pepper, Karval, Colo.

Macaroni Loaf. Three-fourths cup macaroni, one cup cream, one cup soft bread crumbs, one-fourth cup butter, one tablespoon red or green peppers, three-fourths cup cooked and chopped meat or one cup grated cheese, one teaspoon onion juice, one tablespoon chopped parsley, three eggs, one teaspoon salt. Cook macaroni in boiling salted water until tender, drain and rinse in cold water, scald the cream, add bread crumbs, pepper, salt and meat or cheese, onion juice, beaten egg and macaroni. Line a quart baking dish with buttered paper, turn in mixture, set the pan on many folds of paper in a dish of hot water and bake in a moderate oven one-half to three-fourths hour. Serve with tomato sauce.

Tomato Sauce: One tablespoon butter, one-eighth teaspoon pepper, two tablespoons flour, one cup stewed strained tomatoes, one-half teaspoon salt, slice of onion.—Mrs. Ulrich.

Escalloped Tomatoes. Put a layer of fresh tomatoes, sliced fine, into a buttered dish, add salt and pepper and a number of lumps of butter. Over this put a layer of bread crumbs, alternate layers in this way till the dish is filled, the top layer to consist of bread crumbs and butter. Bake about one hour.—Mrs. O. P. Jacobson.

Cheese Balls. One egg, one-half cup grated cheese, one-half cup fine bread crumbs. Beat egg white stiff, add cheese and bread crumbs. Roll to one-half inch in diameter in balls. Roll balls in yolk of egg, then in fine bread crumbs. Fry in deep fat until light brown. Drain on paper.—Mrs. Clyde Chase.

Cheese Souffle. Bread, butter, one cup milk, two eggs. Alternate layers of bread crumbs with butter, pepper, salt and grated cheese. Pour over one cup milk with two beaten eggs in it. Bake 20 minutes.—M. Nattress.

Omelette. Six eggs, beat whites and yolks separately; one tablespoon flour, mixed smooth with milk; one cup sweet milk, salt. Beat together, adding whites last. Pour in well buttered spider. When done double over like a turnover.—Mrs. Helen Timm.

Soda Soap Solution

1 large bar soap
1 gal. hot water
1st washing soda.

Dissolve soap in hot water; add soda crystals and continue heating until perfectly clear. Use in proportion of 1 cup solution to each tub of clothes.

A. Wash — Clothes
Cincinnati, Ohio.

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Pure Cane Sugar. We handle “barrel sugar,” thereby eliminating dirt, disease germs and shrinkage to which “sack sugar” is often subject.

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Engebretson Cash Store

Thornton, Iowa

CAKES

Cake Without Butter. One cup white sugar, one-fourth teaspoon salt, one-half teaspoon flavoring, whites of two eggs and yolks of three eggs. Beat together, add one cup sweet cream testing at least 25 per cent, two cups flour, two heaping teaspoons baking powder, sifted in flour. Bake in three layers. Put together with any filling. Use white of one egg for frosting.—Alice Bentz.

Twentieth Century Cake. One and one-half cups sugar, one-half cup butter, yolk of two eggs. Beat to a cream then add one cup water, two cups flour, beat five minutes, then add the beaten whites of two eggs, one-half cup flour in which stir two teaspoons baking powder, one teaspoon vanilla, three teaspoons burnt sugar.—Mrs. Ada Diller.

Ginger Cake. One and one-half cups molasses, one-half cup sugar, one-half cup sweet milk, three and one-half cups flour, two eggs, one-half teaspoon ginger, one-half teaspoon cloves, one-half teaspoon cinnamon, one teaspoon soda.—Ida M. Durin.

One Egg Cake. One cup sugar, one cup creamy milk, one egg, well beaten; one cup flour, with two teaspoons baking powder sifted through it; then add sufficient flour to make a batter thick enough so it runs from the spoon slowly and forms ribbons or folds in the pan. Last, stir in one teaspoon vanilla and beat thoroughly for a few minutes. Bake rather slowly and frost as you please.—Lydia Zeiman.

Roll Jelly Cake. Four eggs, one cup sugar, one cup flour, one teaspoon cream of tartar, one-half teaspoon soda. Mix carefully, spread on long tins, and as soon as baked, turn out. Spread your jelly over the cake, and roll it up immediately. It will roll splendidly, providing there is the right quantity of flour in it. Lydia Zeiman.

Jelly Roll Cake. One cup sugar, one cup flour, four eggs, one tablespoon milk, one teaspoon baking powder, vanilla.—Mrs. Helen Timm.

Brownstone Front Cake. One cup sugar, two eggs, one-half cup butter, one-half cup milk, one-fourth cup sweet and one-fourth sour; one teaspoon baking powder, one teaspoon soda. Take one cup grated chocolate, one-half cup sweet milk, two-thirds cup sugar, yolk of one egg, teaspoon vanilla. Cook till it thickens and mix with other. Make batter quite stiff.—Mrs. W. V. Crapser.

Jelly Roll. Two eggs, one cup sugar, one cup flour, two level teaspoons baking powder, one-third cup hot milk, flavor-

ing. Beat the eggs until light, add sugar and flour, sifted with baking powder. Add the hot milk and flavor. Bake in buttered pan. Turn out on damp cloth, spread with jelly and roll.—Mrs. Paul James.

Roll Jelly Cake. Three eggs, one cup brown sugar (C), one cup flour, one heaping teaspoon baking powder.—Mrs. Farrell.

Hot Water Cake. Two cups sugar, two cups flour, two teaspoons baking powder. Put through sieve. Add one cup boiling water and one teaspoon vanilla. Beat well and add the whites of seven eggs, well beaten, and a pinch of salt. Bake in loaf in moderate oven.—Mrs. J. Moritz.

Potato Cake. Two cups sugar, two cups potatoes, four egg yolks, whites of two eggs, two-thirds cup butter, one teaspoon cloves, one teaspoon cinnamon, one teaspoon nutmeg, two squares Baker's chocolate, one-half cup milk, two teaspoons baking powder, two cups flour, one cup nuts. Mix the sugar with the freshly cooked and mashed potato, add the yolks and whites of eggs, unbeaten. Melt chocolate and pour into the butter. Use any filling desired.—Mrs. G. Wilder, Casper, Wyo.

Burnt Sugar Cake. One and one-half cups sugar, one-half cup butter, one tablespoon burnt sugar syrup, one cup cold water, yolks of three eggs, two teaspoons baking powder, two cups flour, whites of three eggs. Beat the egg whites stiff and add last.

Frosting: One-half cup sugar, boiled with one-fourth cup water, one tablespoon burnt sugar syrup, white of one egg, beaten stiff. Mix good and cool.—Mrs. J. Moritz.

Almond Cake: Ten eggs, one pound butter, one pound sugar, one and one-half pounds almonds, two teaspoons nutmeg, one teaspoon cinnamon, one teaspoon soda, dissolved in one cup sour cream; juice of four lemons, flour enough to make the right consistency. Bake in four layers.—Mrs. Cora Lucile Rogers.

Almond Cream Cake. One cup sugar, one-half cup butter, cream; whites of three eggs, two-thirds cup sweet milk, two cups flour, two teaspoons baking powder, lemon flavoring.

Filling: One-half pint of sweet cream, yolks of three eggs, tablespoon sugar, teaspoon corn starch, dissolved in a little milk. Beat the yolks and sugar together. With this beat the cream and stir these ingredients as for any cream filling, only making it a little thicker. Blanch and chop fine one-half pound of almonds and stir into the cream. Spread

the cream between the layers, ice the top and while the icing is still hot, stick in one-fourth pound almonds split in two.—Mrs. Geo. Benzler, Britt, Iowa.

Date Cake. One cup dates, one cup sugar, one and one-half cups flour, one cup boiling water, three tablespoons butter (rounding), one-fourth teaspoon salt, one-half cup nut meats, one teaspoon soda, one teaspoon vanilla. Dissolve the soda in the boiling water and pour over dates. Mix well the other ingredients, then add the dates and water and bake 25 minutes.

Date and Raisin Cake. Five cents worth of dates, one cup seedless raisins, one cup hot water, one teaspoon soda, one cup sugar, one-half cup butter, two eggs, two cups flour. Chop the dates and raisins very fine and cover with the hot water. Let stand while you cream the sugar, butter and eggs, add the dates and raisins, and lastly the flour and soda. Bake in three layers. Frost with boiled icing.—Mrs. H. O. Chase.

Fig and Raisin Cake. Five cents worth of figs and one cup raisins, chopped fine. Cover with one cup hot water and a teaspoon soda. Cream together one cup sugar, one-half cup butter, two eggs. Add fig and raisin mixture and one and one-half cups flour. This makes three layers. Frost with boiled icing.—Julia Nealis.

Dewey Cake. One-half cup sugar, one-half cup butter, one-half cup molasses, one-half cup sour milk, one-half teaspoon soda in milk, one-half teaspoon soda in molasses, one-half teaspoon each of cloves and cinnamon, yolks of three eggs, one and one-half cups flour. Bake in layers.

Frosting: One cup sugar and four tablespoons water. Boil five minutes and add to two beaten egg whites and beat.—Mrs. Geo. Benzler, Britt, Iowa.

Cake From Bread Sponge: Three cups bread sponge, two cups sugar, one cup shortening, two eggs, two teaspoons cinnamon, one teaspoon cloves, one teaspoon nutmeg, one cup raisins, one teaspoon soda, flour to make stiff as fruit cake. Let rise till light and bake about like fruit cake. This makes a large cake. I usually take just half the recipe.—Julia Nealis.

Graham Cracker Cake. One cup sugar, one-half cup butter, three eggs, one cup milk, one teaspoon vanilla, 28 graham crackers, one teaspoon baking powder. Roll the crackers very fine and mix baking powder thoroughly into the crackers. Stir milk and crackers gradually together. Bake in layers.

Icing: One-fourth cup butter, one teaspoon vanilla, four teaspoons water, one cup pulverized sugar. Mix well and spread on cake. M. Nattress.

Snowball Cake. One cup sugar, one-half cup butter, one-half cup sweet milk, two cups flour, whites of three eggs, one heaping teaspoon baking powder.—Mrs. C. Mabb.

Snow Cake (Never Fails). Three-fourths cup butter (scant), two cups white sugar, beaten to a cream; one cup milk, one cup corn starch, two cups flour, two heaping teaspoons baking powder. Mix corn starch, flour and baking powder together, add to the butter and sugar alternately with the milk, lastly add whites of seven eggs, beaten stiff.—Mrs. Nettie Tabat.

White Cake. Two small cups sugar, three-fourths cup milk, one-half cup butter, three cups flour, two heaping teaspoons baking powder, whites of five eggs. Cream butter, add sugar, and beat until creamy. Sift flour and baking powder, add gradually to butter and sugar, alternating with milk, flavor. Beat egg whites stiff and fold in last. Color some of the batter with fruit color or chocolate. It makes a pleasing touch. Keep shy of oven door while baking. Line tin if baked in loaf.—Mrs. J. Patterson.

White Cake. One cup sugar, one-third cup butter, one-half cup milk, one and three-fourths cups flour, two and one-half teaspoons baking powder, whites of three eggs, two-thirds teaspoon vanilla, one-third teaspoon lemon extract.—Mrs. Paul James.

White Cake. Two cups sugar, one-half cup butter, one cup cold water, three cups lightly sifted pastry flour, two teaspoons baking powder, sifted with flour. Cream butter, add sugar a little at a time and cream together, then add the other ingredients a little at a time and beat thoroughly. Lastly add the whites of six well beaten eggs. Cover with boiled frosting.—Mrs. Lafe King, Clear Lake, Iowa.

White Cake. One and one-fourth cups sugar, one-fourth cup butter, three-fourths cup cold water, two and one-half cups flour, two and one-half teaspoons baking powder, vanilla. Care should be taken in mixture. Cream the sugar and butter together. A little water, then a little flour, until the amount is used. This makes the cake moist. At the last fold in carefully the well beaten whites of four eggs.—Mrs. Charles Elmer Chapler, Rockwell City, Iowa.

White Cake. One and one-half cups white sugar, one cup sweet milk, one-half cup butter, one tablespoon lard, three cups flour. Add a little cornstarch, three teaspoons baking powder, whites of six eggs, flavor to taste. Cream butter and sugar together, add milk, then the flour with baking powder

sifted three times. Beat twenty minutes, then fold in the stiffly beaten whites of eggs. Bake in layers or loaf.

Filling: Over the well beaten yolks of three eggs pour one cup of sugar boiled with a little water till it threads. Then beat until like cream.—Ada Hopley.

White Cake. One cup sugar, one-half cup butter, whites of four eggs, one cup milk, two cups flour, two teaspoons baking powder, flavor.—Mrs. A. J. Mead.

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

Fig Filling: Three-fourths pound figs. Boil five minutes with one cup boiling water. Chop fine. Add one cup sugar and boil until thick enough to spread on cake. Use boiled frosting for top and sides.—Mrs. A. J. Mead.

Seafoam Cake Filling. One cup dark brown sugar, one-fourth cup white sugar, one-fourth cup water. Boil till it threads. Remove from fire and let cool a little, then beat in the whites of two eggs and beat till it will show trail of beater, add chopped English walnuts and spread on cake.—Mrs. R. W. Pepper, Karval, Colo.

Cream Filling: One cup granulated sugar, six tablespoons sweet cream, one teaspoon butter. Boil five minutes, then stir till cool and add flavoring.

Icing for Cake. One cup sugar, five tablespoons water, large. Boil till it threads. Pour over beaten whites of two eggs, beating till creamy, flavor. Spread.—Mrs. J. Patterson.

Boiled Frosting. One and one-half cups sugar, white of one large egg. Cover sugar with cold water and boil slowly. After it is melted do not stir. Boil until it will thread when dropped from tip of spoon. Cool in pan of cold water and when nearly cool pour slowly over white of egg, beating mixture constantly until of right consistency to spread. If too hard add a few drops of water. If not hard enough a little powdered sugar can be added. Flavor and spread with a silver knife.—Mrs. R. W. Pepper.

Cocoa Frosting. Two cups of best confectioner's sugar, six teaspoons cocoa, two tablespoons hot coffee, one teaspoon vanilla, one-half cup soft butter (not melted). Mix until smooth, if too thick, add a little water until it will spread easily. This frosting is also nice for white cake and will keep for weeks.—Tug Wilson.

Fallen Angel Cake. One and one-half cups sugar, one-half cup butter, one-half cup sour milk, two squares of chocolate, dissolved in one-half cup of hot water, a scant teaspoon soda, two eggs, two cups flour, one teaspoon vanilla and a pinch of salt. Warm butter and sugar a little, add the chocolate, thoroughly melted in the water, and then add the other ingredients. Beat very thoroughly and for several minutes. Bake in a loaf, or in two layers. Put together with any good white or chocolate filling.—Mrs. Brogan.

Two Egg Angel Food Cake. One cup milk, one cup flour, one cup sugar, three level teaspoons baking powder, pinch of salt, whites of two eggs. Heat milk to boiling point over hot water. Sift dry ingredients four times. Into this pour the cupful of boiling milk and stir until smooth. Put into this the whites of eggs, beaten dry. Do not stir or beat eggs into mixture, but fold in lightly. Do not flavor, or grease tin. Bake in moderate oven 35 to 40 minutes. Let cake cool before trying to remove from tin.—Hazel Skinner, Buffalo Gap, S. D.

Angel Cake. One and one-half cups sugar, two-thirds cup butter, whites of five small or four large eggs, one tablespoon cornstarch, one cup sweet milk, three small cups flour, two teaspoons baking powder, one teaspoon vanilla. Cream the butter and sugar, add the whites of eggs, beaten to a foam, and beat until light as froth. Then stir in the cornstarch, wet with a little milk, add the rest of the milk, then flour, sifted with the baking powder, add the extract, beat again and bake in layers. Boiled frosting with chopped nuts, sprinkled over the top make a nice looking cake, if baked in a loaf.—Mrs. Alberty.

Angel Food. One tumbler flour, one and one-half tumblers sugar, whites of eleven eggs, two teaspoons vanilla, one teaspoon cream of tartar. Sift sugar five times, sift flour five times with cream of tartar. Beat eggs to a stiff froth, add the sugar to the eggs, stirring gently, then add flour in same manner. Bake 50 minutes in ungreased pan.—Mrs. M. Guldberg.

Mock Angel Food. One cup milk, one cup sugar, one cup flour, three teaspoons baking powder, one-fourth teaspoon salt, two egg whites. Scald the milk over boiling water, then add the other ingredients, well mixed. Bake 45 minutes in angel food pans.—Mrs. B. Agler, Mrs. Amy Knappen.

Bride's Cake. One cup sugar, four tablespoons water, six eggs, one cup flour, one tablespoon vanilla. Beat whites and yolks of eggs separate, boil sugar and water together until it threads, pour into whites of eggs slowly and beat until cooled. Slowly add the yolks, sift flour four times, stir in slowly. Bake in angel food tin.—Mrs. B. Agler.

Bridal Cake. One cup granulated sugar, six eggs, one cup flour, one teaspoon vanilla, one-half cup water. Boil the sugar and water together until it threads. Beat the whites of the eggs good, pour in the hot syrup and beat ten minutes. Beat the yolks good and fold into the whites and sugar. Add the flour and flavoring. Bake in an ungreased pan.—Mrs. James Peter.

Quaker Cake. One cup white sugar, one-half cup butter, two eggs, one cup sour milk, one teaspoon soda, two cups flour, one teaspoon each cinnamon, cloves and allspice, one-half cup chopped raisins. Bake in three layers.

Filling and Frosting: One small cup white sugar, one small cup brown sugar. Boil together until it threads. Pour into whites of two eggs, beaten stiff and add one cup chopped raisins.

Mrs. Kohl's Devil's Food. Two eggs (saving white of one for frosting), one cup sugar, one-half cup sour milk, one-half cup sour cream, two cups flour, one-half cup cocoa or chocolate, one teaspoon cinnamon, one teaspoon soda. Spread with boiled frosting.—Neva Snowden, Buffalo Gap, S. D.

Devil's Food. Two cups sugar, one-half cup butter, one-half cup sour milk, one rounding teaspoon soda, two and one-half cups flour, nearly two squares of chocolate, dissolved in one cup boiling water.—Mrs. E. Lightbody.

Devil's Food Cake. Two and one-half cups flour, two cups sugar, one-half cup butter, one-half cup sour milk, one-half cup hot water, two eggs, one-half cake chocolate, one teaspoon soda. Grate chocolate and dissolve with the soda in the hot water.—Mrs. Fred Wagner.

Devil's Food Cake. One and one-half cups sugar, three eggs, well beaten; a large cup sour cream, one heaping teaspoon soda, dissolved in a little hot water, two and one-half cups flour, one teaspoon vanilla, one square Baker's chocolate. Shave in a saucer and put on a teakettle with hot water to dissolve it. Stir this in your batter. It is nice in either layer or loaf.—Ella Jennison.

Cocoa Cake. One cup sugar, one-fourth cup butter, two eggs, one-half cup milk, one and one-half cups flour, three teaspoons baking powder, one-half teaspoon salt, two and one-half tablespoons cocoa.

Pineapple Cake. One and one-half cups sugar, one-half cup butter, three-fourths cup liquid, two and one-half cups flour, three level teaspoons baking powder, whites of four eggs. Cream sugar and butter, sift flour and baking powder three

times, add flour and the liquid (which consists of pineapple juice and water mixed), alternately, and lastly the whites of eggs, well beaten. Bake in two layers in slow oven.

Frosting: Beat one-fourth grated pineapple, white of one egg and two cups powdered sugar till smooth.—Mrs. Geo. W. Myers.

Chocolate Cake. One cup sugar, one-half cup butter, one-half cup sweet milk, two eggs, two heaping cups flour, small teaspoon soda, one teaspoon vanilla. Grate one-fourth cake of chocolate, mix with one-half cup milk, one-half cup sugar, beaten yolk of one egg, boil until smooth, let cool, mix with light part and bake.—Mrs. Nettie Tabat.

Cocoa Cake. One cup sugar, one-half cup shortening, two and one-half tablespoons cocoa mixed with the sugar, two eggs, reserving white of one for frosting, one teaspoon soda, one cup sour milk, one teaspoon baking powder, flour as for other cakes.—Mrs. Jennie Harwood, Evanston, Ill.

Mahogany Cake. One and one-half cups sugar, one-half cup butter, one-half cup sweet milk, three eggs, two cups flour, one teaspoon soda, dissolved in the milk, flavor with vanilla, one-half cup cocoa, cooked in one-half cup sweet milk. Cook until very thick. When cool stir in cake.—Mrs. Mazie Race.

Fruit Cake. One cup white sugar, one-half cup brown sugar, one-half cup butter and lard, two eggs, one cup sour milk, one teaspoon soda, dissolved in three tablespoons cold coffee, one teaspoon cinnamon, cloves, nutmeg, two and one-half cups sifted flour, one-half cup chopped raisins, one cup chopped walnuts. Bake in three layers.—Mary Long.

Spice Cake. One cup sugar, one egg, one-half cup strong coffee, hot; one teaspoon soda, one-half teaspoon cinnamon, one-half teaspoon cloves, one-half cup sour milk, one-half cup sour cream, one tablespoon caramel syrup, one-half teaspoon lemon or vanilla, two cups flour. Dissolve the soda in the hot coffee.—Emma Kottman.

Spice Cake. One cup white sugar, one-half cup light brown sugar, two cups lard and butter, mixed; two eggs, one cup sour milk, one teaspoon soda, dissolved in two tablespoons coffee; one teaspoon cinnamon, cloves and nutmeg, two and one-half cups flour, one cup raisins, one-half cup walnut meats, chopped.—Henrietta James.

Apple Sauce Cake. One cup brown sugar, one scant cup butter, one and one-half cups apple sauce, two cups flour, one

cup raisins, one cup walnuts, chopped; two level teaspoons soda, spices to taste.—Mrs. Mell Bowen.

Chocolate Cake. Part I: Three-fourths cup chocolate, one-half cup brown sugar, one-half cup milk. Boil and let cool.

Part II: One-half cup butter, one cup brown sugar, one-half cup milk, two cups flour, one teaspoon soda, dissolved in milk; one teaspoon baking powder, two eggs, beating yolks and whites separately; one teaspoon vanilla. Add Part I and bake in layers.—Mrs. Helen Timm.

Buttermilk Doughnuts.

Beat 2 eggs to froth - add gradually
 1 cup sugar - 1 teaspoon melted butter -
 1 cup buttermilk in which has been
 dissolved 1 teaspoonful of soda, pinch
 of salt - flour to make stiff enough
 to roll.

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COOKIES

Good Cookies. One and one-half cups lard and butter mixed, two and one-half cups sugar, three eggs, one cup sour milk, one teaspoon soda, two teaspoons baking powder in flour, flavor with nutmeg, flour to make a soft dough.—Mrs. Jennie Harwood, Evanston, Ill.

Ginger Cookies. One cup sugar, one heaping cup lard, one cup dark syrup, two eggs, three level teaspoons soda in three large spoonfuls of water, two tablespoons ginger. Mix very stiff, bake fast. Good!—Mrs. W. V. Crapser.

Soft Ginger Cookies. One cup sugar, two eggs, one cup lard, two teaspoons ginger, one cup molasses, one teaspoon soda, one cup sour milk. Add enough flour to mix very soft. Bake in a quick hot oven.—Mrs. Fred Wagner.

Fruit Cookies. Two cups brown sugar, one cup raisins, two eggs, one cup shortening, one-half cup sour milk, one tablespoon soda, one tablespoon cinnamon and one of cloves, one-half teaspoon nutmeg, flour to roll.—Mrs. Nettie Tabat.

Sour Cream Cookies. Two eggs, two cups sugar, two cups sour cream, one small teaspoon soda, dissolved in warm water, salt, season to suit the taste and mix very soft. Roll thin or thick as you like best.

Frosting: Sugar boiled frosting.—Mrs. Julia Nealis.

White Cookies. One and one-half cups sugar, three eggs, one cup butter, four tablespoons sweet milk, one teaspoon baking powder, one teaspoon lemon, flour.—Mrs. Julia Nealis.

Oatmeal Cookies. One cup sugar, one-half cup butter, two eggs, one-half cup sweet milk, one teaspoon vanilla, one teaspoon cinnamon, one cup raisins, two cups flour, two cups oatmeal, one teaspoon baking powder. Drop from spoon and bake.—Carrie Belle Hemming.

Graham Cookies. One cup sugar, one-fourth cup butter, one-fourth cup sweet milk, one egg, one small teaspoon soda, a little nutmeg, add enough graham flour to make stiff. Bake in a quick oven.

Oatmeal Cookies. One cup butter, one and one-half cups sugar, two eggs, three-fourths cup sweet milk, one teaspoon (level) soda, one-fourth teaspoon grated nutmeg, two cups oatmeal, three cups flour, one cup chopped raisins. Drop from large spoon and bake slowly.—Mrs. Fred Wagner.

Frosted Creams (Cookies). One cup sugar, one cup shortening, one cup molasses, one-half cup sour milk or cream,

yolks of two eggs, two teaspoons soda in one tablespoon vinegar, spices to suit taste. Boil frosting for covering.—Lydia Zieman.

Soft Cookies. One cup butter, two tablespoons lard, four eggs, two cups sugar, one cup sweet milk, four teaspoons baking powder.—Mrs. Nettie Tabat.

Molasses Cookies. One cup sugar, one cup molasses, one cup lard, two eggs, one teaspoon cinnamon, one-half teaspoon cloves, one-half teaspoon soda, dissolved in cold coffee, salt.—Mrs. Julia Nealis.

Oatmeal Cookies. Three and one-half cups sugar, two cups lard, pint dark molasses, two teaspoons soda, dissolved in one-half cup hot water, one teaspoon cinnamon, one teaspoon nutmeg, one teaspoon cloves, eight cups oatmeal, ten cups flour, one teaspoon salt, one pound currants. This makes a large batch but will keep a long time, as they really improve with age.—Ella Jennison.

Black Cookies. One cup dark brown sugar, one cup lard, one cup dark molasses, two tablespoons boiling water. Put on stove and let boil two minutes. Let cool and then stir in one egg, one teaspoon soda, one-half teaspoon salt, flour to roll out.—Mrs. E. Lightbody.

Sugar Cookies. Two large cups sugar, one heaping cup lard or butter, one cup sour milk, two eggs, one teaspoon soda. Flavor with nutmeg or cinnamon. Flour to make soft.—Mrs. Birdie Miller.

Sugar Cookies. Two cups sugar, two eggs, one cup shortening, one pint sour cream, one heaping teaspoon soda, one scant teaspoon baking powder, two teaspoons flavoring, six cups flour.—Mrs. Mazie Race.

A Dark Molasses Cookie. One cup dark molasses, one cup lard, one and one-half cups sugar. Let this come to a boil. When cold put in three eggs, one teaspoon soda, one teaspoon salt, flour to make a soft dough. One may put in cinnamon if they wish. They are nice without.—Ella Jennison.

Rocks or Drop Cakes. Three eggs, one cup lard, one and one-half cup sugar, one cup sour milk, one teaspoon soda, one teaspoon nutmeg, one teaspoon cinnamon, two cups oatmeal, two cups flour, one cup raisins, one cup chopped walnuts.—Ella Jennison.

Ginger Snaps. One cup molasses, one cup butter, one cup sugar. Let come to a boil, cool and add one teaspoon soda, one tablespoon ginger. Mix in enough flour to roll out easily, roll out very thin and bake in a quick oven.—Mrs. Cora Lucile Rogers.

Peanut Cookies. Two cups sugar, one cup shortening, one cup sour milk, four eggs, three cups oatmeal, salt, two cups peanuts, one teaspoon soda, one cup raisins, four cups flour and more if needed, one teaspoon cinnamon. Drop from spoon into pan.—Mrs. A. J. Mead.

Frosted Creams. One cup sugar, one cup lard, one-half cup molasses, one cup boiling coffee, one teaspoon soda, one teaspoon cloves, one teaspoon cinnamon, one teaspoon ginger, one cup raisins, flour like cake dough. Put into pan one-half inch thick. Frost and mark into squares while warm.—Mrs. E. Lightbody.

Ginger Creams. One cup molasses, one cup sugar, one cup hot water, one-half cup lard, one level tablespoon soda, one tablespoon ginger, two eggs, a little salt. Mix flour until the dough is soft enough to roll. Bake in quick oven.—Nina Partlow.

Cookies. Two cups sugar, one cup lard and butter mixed, one cup buttermilk or sour milk, one teaspoon salt, flavor with nutmeg, add one egg, beaten, one teaspoon soda in flour. Mix as soft as can be handled and bake quickly.—Mrs. J. L. James.

Oatmeal Drop Cookies. One cup lard and butter, mixed; one cup sugar, two eggs, twelve teaspoons sweet milk, one-half teaspoon soda, dissolved in the milk, one teaspoon cinnamon, two heaping cups flour, two cups oatmeal, one cup raisins. Drop in spoonfuls on buttered pan.—Mrs. Paul James.

Frosted Creams. One cup molasses, one-half cup sugar, one-half cup lard or butter, one-half cup sour milk, yolks of two eggs, four cups flour, one teaspoon soda. Bake in thin sheets, cut and cover with icing.—Mrs. F. R. Hopley.

Filled Cookies. One cup sugar, one-half cup shortening, one-half cup sweet milk, one beaten egg, three and one-half cups flour, three teaspoons baking powder. Roll thin. For filling: Three-fourths cup sugar, one cup chopped raisins, one cup boiling water. Cook until thick, put one teaspoon filling between cookies before baking.—Mrs. Clemons.

Health Cookies. Two cups bran, one cup entire wheat flour, one and one-half cups sour milk, two tablespoons butter, three tablespoons molasses, one teaspoon soda and a little salt. Add flour enough to make a stiff dough and drop in spoonfuls in greased pan. Chopped raisins, dates or figs may be added or use sour cream instead of the milk and butter and add one egg.—Mrs. E. Harrington.

Filled Bran Cookies. One cup bran, four cups flour, two eggs, one and one-half cups sugar, two tablespoons butter, four teaspoons baking powder and enough flour to make dough which can be rolled thin. For the filling cook slowly one-half

cup each of finely chopped raisins and figs, moistened with one-half cup water, thicken with two teaspoons flour rubbed smooth in a little cold water. Cool and spread between rounds of the dough, put together in sandwich fashion. Bake in a moderate oven.—Mrs. E. Harrington.

Soft Gingerbread. One-half cup sugar, one cup molasses, one-half cup lard, one cup boiling water, two and one-half cups sifted flour, two teaspoons soda, large teaspoon ginger, one teaspoon cinnamon, two eggs. Add boiling water last. Sift sugar over top before baking.—Mrs. Wells.

Soft Cookies. One and one-half cups granulated sugar, one cup lard, one cup thick sour cream, two eggs, one teaspoon soda, two teaspoons baking powder, a little nutmeg. Put all the ingredients in a crock and add flour. Stir with a spoon. Add enough flour to make a soft dough. Then roll, cut, and bake in a quick oven.—Mrs. Farrell.

Molasses Creams. One cup molasses, one-half cup sugar, one cup sour cream, one teaspoon soda, one egg, three cups flour. Bake in square sheets and frost while warm. Cut in squares when cold.—Mrs. M. Bilderback.

Ginger Snaps. One cup molasses, one small cup butter, one cup sugar, one teaspoon soda, ginger to taste, a little ground cloves and cinnamon. Stir butter and sugar together, boil the molasses and stir in, then a few handfuls of flour and add soda, stirred in one-third cup boiling water. Work in flour to make it easy to roll out quite stiff and roll thin. If you wish them very crisp, shut up tight as soon as cool.—Mrs. F. N. Guldberg.

Cookies. One cup butter, one and one-half cups sugar, one-half cup molasses, three eggs, one cup each raisins and currants, chopped; one teaspoon each soda, cinnamon, one-half teaspoon cloves and ginger, flour to roll out as soft as can be cut. These will keep several months.—Mrs. J. C. Mortensen.

To change the flavoring of cookies and coffee cakes, sometimes use dill or caraway seed. It makes a delightful change.

Frosted Cookies. One and one-half cups molasses, one-half cup sugar, one cup shortening, three eggs, saving the white of one egg for frosting; one tablespoon vanilla or small tablespoon ginger, one level tablespoon soda, two-thirds cup water. Mix soft and bake quickly.—M. Nattress.

Brown Cookies. Two cups white sugar, one-half cup each of butter and lard, three eggs, one cup syrup, one cup butter-milk, three small teaspoons soda, flour. Mix butter, lard and

sugar together good, add eggs, well beaten, then syrup. dissolve soda in the buttermilk and add flour to roll soft.—Mrs. James Peter.

Brown Cookies. One cup brown sugar, three-fourths cup baking molasses, one-half cup strong, hot coffee, one cup lard or butter, one tablespoon cinnamon, one tablespoon cocoa or chocolate, one-half tablespoon allspice, little ginger, pinch of salt, one teaspoon soda, dissolved in molasses, flour enough to mix. Do not roll too thin.—Emma Kottman.

Oatmeal Cookies. Two cups rolled oats, two cups flour, one and one-fourth cups sugar, one cup chopped raisins, one cup melted butter, two eggs, five tablespoons sour milk, two teaspoons cinnamon, one teaspoon soda. Mix all together thoroughly and drop with spoon on greased pan.—Mrs. Clyde Chase.

Jordan Cookies

- 1 cup sugar
- 1 " sorghum
- 1 " lard scant
- 1 " cold water
- 1 tablespoon soda dissolve
in water.
- 1 teaspoon salt
- 2 " " B. powder.
- ginger + cinnamon
- flour -

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MASON CITY, IOWA

DOUGHNUTS

Doughnuts. Two cups sugar, two cups sour or rich buttermilk, one level teaspoon salt, two teaspoons cream of tartar, one cup flour, four eggs, seven tablespoons melted lard. Put the first three ingredients in a dish, then stir in the cream of tartar and flour, which have been well mixed. Stir in the eggs, well beaten, and the lard; add enough more flour to handle. Roll out and let stand awhile.—Mrs. H. O. Chase.

Doughnuts. One cup sugar, butter size of a walnut, two eggs, one cup sweet milk, two teaspoons baking powder, flour enough to make a stiff batter. Roll and cut. Then fry in hot grease.—Mrs. Clemons.

Doughnuts. Two eggs and one cup sugar, beat; one cup milk, one tablespoon melted butter, one tablespoon baking powder, nutmeg. Enough flour to make batter. Make as soft as possible.—Amy Knappen.

Doughnuts. One teacup white sugar, one coffee cup sour milk, three eggs, one-half teaspoon grated nutmeg, two tablespoons melted lard, one teaspoon soda, one saltspoon salt. Use enough flour to make dough as thin as can be handled.—Belle Engebretson.

Peanut Cookies. Two tablespoons butter or fat, one-fourth cup sugar, one teaspoon baking powder, one egg, one-half cup flour, one-fourth cup peanuts, chopped fine, one teaspoon lemon juice. Cream butter, add sugar and egg, well beaten. Mix and sift dry ingredients, add to first mixture, then add milk, peanuts and lemon juice. Drop from spoon in unbuttered baking sheet two inches apart. Place one-half. Bake from 12 to 15 minutes.—Mrs. Clyde Chase.

Oatmeal Cookies. Two cups rolled oats, two cups flour, one and one-fourth cups granulated sugar, one cup chopped raisins, one cup melted butter. Mix well and add two eggs, well beaten, five teaspoons cinnamon, one teaspoon soda. Drop with a spoon on a greased pan and bake.—Mrs. Clyde Chase.

Frosting

1 cup whipped cream (stiff)
1 " granulated sugar -
2 or 3 tablespoons cocoa
flavored with vanilla.

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PUDDINGS

Date Pudding. Two eggs, beat separately; three-fourths cup sugar, one cup walnuts, one cup dates, cut fine; add sugar to whites, then add yolks. Stir in two tablespoons flour and one tablespoon baking powder, sifted together. Add nuts and dates. Bake slowly 20 minutes. This will make two small pie pans full. Serve with whipped cream or lemon sauce.

Lemon Sauce: One tablespoon cornstarch, one tablespoon butter, three-fourths cup sugar, one egg, one pint boiling water. Beat starch, butter and egg in bowl, add boiling water. Stir over fire, add juice and rind of one lemon.—Amy Knappen.

Estelle Pudding. Three well beaten eggs, two and one-half tablespoons sugar, two tablespoons butter, three-fourths cup sweet milk, one cup raisins, chopped; one tablespoon baking powder, flour enough to make like cake batter. Steam 45 minutes. Serve with hot sauce or sugar and milk.—Mrs. C. F. Alberty.

Floating Island. Two cups milk, six teaspoons sugar, salt, three yolks of eggs, extract. Mix as for custard and cook in a double boiler, stirring constantly until it thickens. Strain and when cool, flavor.

Meringue: Three whites of eggs, six tablespoons powdered sugar. Beat whites stiff as desired, add sugar and beat until fine grained. Drop in by spoonfuls on custard when it is cool.—Mrs. Alberty.

Raspberry Pudding. One cup milk, two eggs, one tablespoon butter, one-half cup sugar, one teaspoon baking powder, flour. Bake the same as a cake, cutting it when done and put the berries in.

Sauce: One-half cup sugar, one cup water, one tablespoon vinegar, one tablespoon cornstarch.—Ada Diller.

Rhubarb Pudding. Boil rhubarb in a little water until tender. Strain off the juice and boil it. Add enough sugar to suit taste and thicken with cornstarch. Let cool and serve with or without whipped cream. Dissolve cornstarch in cold water.—Mrs. Fred Wagner.

German Christmas Pudding. Seed one cup raisins and mix them with a cup of currants. Mix half a cup of brown sugar with half a cup of molasses, add a half nutmeg, grated and then stir in a quarter of a pound of suet, chopped fine, and two cups flour, sifted with four level teaspoons baking powder; add the fruit and turn at once into a mould or bag. Steam for three hours and serve at once. Serve with hard sauce.—Mrs. Perry Bailey.

Hard Sauce. Beat a quarter of a pound of butter to a cream; add gradually one cup powdered sugar. Add four tablespoons boiling water, one at a time, beat for five minutes, add the beaten white of one egg and a teaspoonful of vanilla. Put the mixture at once into the serving dish and stand it in a cold place.—Hattie Bailey, Clear Lake, Iowa.

Plum Pudding. One pound best kidney beef suet, one and one-half cups white sugar, one pound bread crumbs, one pound flour, one pound currants, one pound seeded raisins, nine eggs, well beaten; one heaping teaspoon ginger, two ounces lemon peel, candied; one teaspoon salt, two rounding teaspoons baking powder. Mix well. Take a clean flour sack and dip into boiling water. Spread out on tin and sprinkle with flour. Pour batter onto center and gather up edges, leaving very little space for pudding to swell in. Tie tight. Put saucer or plate in bottom of kettle and cover with boiling water. Insert pudding and boil four or five hours. Serve with sauce. Will keep indefinitely.—Mrs. Wm. Crabb.

Jerusalem Pudding. Chop 12 dates. Cover one tablespoon gelatine with one-fourth cup cold water and soak one-half hour. Whip one cup cream and when stiff add the dates and one-half cup sugar. Dissolve the gelatine over hot water, add it with one-half teaspoon vanilla to the cream and stir the whole. Cool in a pan of cold water until it begins to thicken. Turn into a wet mould and chill.—Mrs. G. Wilder, Casper, Wyoming.

Fruit Camleons. Mix ground nuts and one teaspoon sugar into a baking powder biscuit dough. Cut into strips one inch wide and bake in a circle or cut as doughnuts. Fill with crushed fruit and serve with cream and sugar.—Mrs. G. Wilder, Casper, Wyoming.

Meringue. Whites of six eggs, two cups sugar, two tablespoons vinegar, one tablespoon vanilla. Mix and beat till stiff as boiled frosting. Bake in three layers in a very slow oven 45 minutes. Cut in pieces and serve with a spoonful of ice cream, crushed and sweetened strawberries or even whipped cream on each portion.—Mrs. Calvin Brewster, Britt, Iowa.

Chocolate Rice Pudding. Three-fourths cup rice, two cups milk, one teaspoon salt, two tablespoons butter, two-thirds cup sugar, one square melted chocolate, one cup seeded raisins, chopped; one teaspoon vanilla, one-half cup cream, beaten whites of two eggs. Soak rice in milk for twenty-five minutes. Add salt and cook till tender. Mix butter, sugar, chocolate, raisins and vanilla with rice mixture, add cream and eggs. Put in buttered baking dish and bake for 20 minutes. Serve

with hard sauce: One-third cup butter, one cup powdered sugar, one teaspoon lemon extract, a little nutmeg if desired.—Mrs. Henry Johnson.

Cottage Pudding. Two tablespoons butter, one cup sugar, one egg, three-fourths cup milk, one and one-half cups flour, one-fourth teaspoon salt, two teaspoons baking powder, one-half teaspoon vanilla flavoring. Serve with foamy pudding sauce.—Fannie Mabb.

Cottage Pudding. One cup sugar, one tablespoon butter, one egg, one cup sweet milk, two teaspoons baking powder, one and one-half cups flour. Bake in long or square pan and serve with the sauce.

Sauce for Cottage Pudding: Four level tablespoons flour, two tablespoons vinegar, one cup sugar, one cup boiling water, one teaspoon butter, one teaspoon lemon extract. Mix flour and sugar together, add boiling water slowly, then add vinegar and butter and cook until clear.

March Pudding. One cup dried apples (or green), one cup molasses, one and one-fourth cups flour, one-fourth cup butter or lard, one egg, one teaspoon soda, one teaspoon cinnamon, one-fourth teaspoon cloves. Wash and soak the dried apples over night, chop fine and mix with water they were soaked in, stir the soda in molasses, add to the apples, then add egg, flour, butter and spices, and bake. Serve with lemon sauce.—Mrs. Harrington.

Date Pudding. Two eggs, two cups milk, one cup fresh bread crumbs, one cup sugar, one cup chopped dates, one-fourth teaspoon salt. Beat eggs, add milk, sugar, bread crumbs, salt and chopped dates. Brush baking pan or individual dishes with butter, pour mixture in and bake in moderate oven 30 minutes.—Mrs. A. R. Ulrich.

Date Tarte. One cup chopped dates, one cup chopped nuts, one-half cup sugar, one-half cup flour, two eggs, one tablespoon melted butter, one teaspoon soda, one-half teaspoon baking powder. Dissolve the soda in two tablespoons milk, mix all thoroughly together and bake slowly. Serve with whipped cream. This pudding can be kept as long as any fruit cake.—Mrs. D. Simpson, Dows, Iowa.

Steamed Pudding. Three eggs, two and one-half tablespoons sugar, two tablespoons butter, three-fourths cup sweet milk, one cup chopped raisins, flour to make consistency of cake batter. Steam 40 minutes, serve hot with pudding sauce.—Mrs. Ada Hopley.

Pineapple Loaf. One box gelatine, three cups boiling water, one and one-half cups sugar, juice of one lemon, one-half can grated pineapple, one cup cream. Dissolve the gelatine in cold water, then add the boiling water, sugar and lemon

juice, let stand until it begins to thicken, then add the cream, whipped until fluffy, then the pineapple. Let stand until hard. Will cut in 12 pieces.—Anonymous.

Apple John. One cup sifted flour, one teaspoon baking powder, one-fourth teaspoon salt, one teaspoon butter, one egg, one-half cup milk, one pint sliced tart apples. Place the apples in a deep pan, pour the batter over them and bake. Turn on a hot plate and sprinkle with sugar, nutmeg and small bits of butter. Serve with cream.—Mrs. E. N. Guldberg.

Peach Whip. One-half package gelatine, one pint boiling water, one cup peach juice, one cup canned peaches, one pint whipped cream, one-half cup sugar. Dissolve the gelatine in cold water, then add the boiling water. When it is cool add the peaches, mashed to a pulp, the peach juice, sugar and whipped cream. Place on ice or in a cool place until firm. Serve with whipped cream.—Henrietta James.

Date Pudding. Two eggs, three-fourths cup sugar, one cup dates, one cup walnuts, one-fourth cup flour, one teaspoon baking powder, one-fourth teaspoon salt. Mix sugar and eggs, chop the dates and nuts, mix with dry ingredients, then add sugar and egg mixture. Stir well and bake in well greased pan. May be served with plain or whipped cream, or lemon or vanilla sauce.—Mrs. Geo. Benzler, Britt, Iowa, Mrs. Amy Knappen.

Short Cake. One pint flour, one-half cup sugar, one cup sweet milk, butter size of one egg, three teaspoons baking powder, one-half teaspoon salt.—Mrs. Geo. Farrell.

Apple Cake. One cup sliced apples, one cup sour cream, one cup sugar, two yolks and one whole egg, one teaspoon vanilla, one teaspoon cinnamon. Line a deep pie tin with pie crust, put in the apples, sprinkle with one-fourth of sugar and cinnamon, bake until nearly done, then add the cream, sugar, eggs and vanilla, well mixed, and bake until brown. Spread the two whites of eggs and two tablespoons of sugar on top and brown in oven.—Mrs. D. Simpson, Dows, Iowa.

Mock Charlotte. Moisten four level tablespoons of cornstarch with six tablespoons of cold water. Add hastily a half pint of boiling water. Cook five minutes. Take from the fire, add a half cup of sugar and pour while hot into the well beaten whites of four eggs. Add the grated yellow rind and juice of half a lemon and turn at once into a mold and stand in a cold place. For the sauce put a pint of milk into a double boiler, beat the yolks of the eggs until light, with a half cup of granulated sugar, add them to the hot milk, stir and cook just a moment. Take from the fire, add a teaspoon of vanilla and stand aside to cool.—Mrs. Perry Bailey, Clear Lake, Iowa.

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PIES

Prune Cream Pie. Stew, stone and mash through the colander enough prunes to make a cup of pulp. To this add one cup thin cream, thickened by a teaspoonful of cornstarch, rubbed smooth in a little cold milk; the yolks of two well beaten eggs and one-third cup of sugar. Put in a spoonful or two of apricot juice if you have it for flavor. Line a pie plate with pie crust, fill with mixture and bake as quickly as you can without burning. Beat the whites stiff and when pie is done stir into the beaten whites two tablespoons of powdered sugar. Spread over top of pie, brown lightly. Eat cold or hot as preferred.—Mrs. A. C. Brogan.

Raisin Pie. One cup raisins, one cup sour cream, one cup sugar, one egg, one teaspoon cinnamon, allspice and vinegar, one-half teaspoon lemon extract.—Emelia Williamson.

Chocolate Pie. One cup sugar, one-half cake grated sweet chocolate or one square of Baker's chocolate, one-half teaspoon vanilla, one cup milk. Beat all together. Line a pan with pastry, brush the bottom with white of an egg, pour in the mixture and bake in a moderate oven. When done cover with a meringue or when cold with sweetened whipped cream. A half cup of finely chopped pecans can be added to this pie for a change.—Mrs. Sarah A. Meyer.

Mock Cherry Pie. One cup seeded raisins, one and one-half cup cranberries, chopped fine; one cup sugar, one tablespoon water, one cup butter, one cup flour, one teaspoon vanilla. Put in pie raw and bake.—Mrs. Mazie Race.

Sour Cream Pie. One cup sour cream, one cup raisins, one cup sugar, yolks of four eggs, one teaspoon cinnamon, one teaspoon nutmeg. Bake in one crust and cover with whites of two eggs.—Mrs. Mell Bowen.

Butter Scotch Pie. Brown one tablespoon butter, two tablespoons sugar. Two-thirds cup sugar, one cup milk, two eggs, one white for frosting; two tablespoons flour, flavor with vanilla. Cook all together, put on baked crust.—Mrs. Henry Johnson.

Strawberry Shortcake. One egg, one tablespoon sugar, one tablespoon butter, three tablespoons milk, one teaspoon baking powder, flour to stiffen. Roll out thick, bake in cake pan. When done split, butter and fill with sweetened berries.

Short Cake. One-half cup sugar, one-half cup butter, two eggs, two-thirds cup milk, one-half teaspoon salt, four and one-half level teaspoons baking powder. Bake in two round cake pans. Place crushed sweetened strawberries between layers. Serve with whipped cream.—Mrs. Henry Johnson.

Prize Lemon Pie. Five tablespoons flour, one cup sugar, one cup boiling water, one-eighth teaspoon salt, two egg yolks, juice of one lemon, one tablespoon butter. Mix flour, salt and sugar together, add boiling water slowly, cook twenty minutes in double boiler, add well beaten yolks of eggs, cook one minute, add butter and lemon juice. When slightly cool pour in crust previously baked. Beat the two whites stiff and add three tablespoons sugar and teaspoon vanilla. Brown in oven.—Mrs. Madora Bilderback.

Butterscotch Pie. Bake a single crust. Filling: One cup brown sugar, one tablespoon butter and four tablespoons milk. Cook until it thickens. Mix together the yolks of one egg, one cup milk and one heaping tablespoon flour. Add to first part and cook until it thickens. Pour into shell and spread beaten white on top and brown in oven.

Vinegar Pie. One cup sugar, two eggs, one cup water, small piece butter, two tablespoons vinegar, one tablespoon cornstarch, one tablespoon lemon extract. Beat eggs well (reserving one egg white for meringue), add sugar, mix water, vinegar and butter, let come to a boil. When boiling add cornstarch mixed with water. When thick add lemon extract. Bake crust as for lemon pie, frost.—Emma Kottman.

Pumpkin Pie. One cup cooked sieved pumpkin, one cup sugar, one cup milk, one-half cup sweet cream, one egg, one teaspoon cornstarch, one-half teaspoon ginger, one-half teaspoon cinnamon.—Mrs. M. E. Agler.

Lemon Pie. Two eggs, one cup sugar, one cup sweet cream, two tablespoons melted butter, two level tablespoons cornstarch, juice and grated rind of one lemon. This makes one pie.—Mrs. G. Farrell.

Sour Cream Pie. One cup sour cream, one cup sugar, one-half cup seeded raisins, chopped fine; one-fourth teaspoon cloves, one-half teaspoon cinnamon, three egg yolks, one egg white. Bake like lemon pie, using the whites of two eggs with two tablespoons sugar for the meringue. Put on pie after it is baked and brown in oven.—Henrietta James and Mayme Peter.

Yankee Pie, One Crust. One cup sour milk, one cup sugar, one cup raisins, ground coarsely; one tablespoon vinegar, one tablespoon cinnamon, one teaspoon cloves, two eggs, using yolks in pie and whites on top.—Mrs. R. W. Pepper, Karval, Colo.

French Pie. Butter a pie tin and fill with sliced apples. Spread with sugar and nutmeg. Pour over this a batter consisting of yolks of two eggs, one-half cup sugar, one table-

spoon butter, one cup flour, one teaspoon baking powder, one-fourth cup sweet milk, bake till apples are soft and turn upside down. Beat whites of two eggs and thicken with sugar and brown in oven.—Mrs. Lafe King, Clear Lake, Iowa.

Hickory Nut Pie. Three eggs, leave two whites for frosting, one tablespoon flour, one cup sugar. Beat eggs, sugar and flour together, add one pint milk and cook. When cool add one cup nutmeats. This makes two pies.—Mildred Randall.

Banana Cream Pie. Line a pie pan with crust and bake in a hot oven. When done, cover the bottom with slices of banana cut lengthwise, very thin. (Two small bananas are enough for one pie.) Then fill the pan with a custard made in the following manner: Two glasses of milk, two tablespoons cornstarch, dissolved in a little milk; yolk of two eggs and one teaspoon vanilla extract. Boil in a double boiler until it thickens, then pour in the pie crust. Cover the top with the whites of the eggs, beaten stiff and slightly sweetened. Place in the oven just long enough to give it a rich brown color.—Mrs. Bertha Henning, Rockwell, Iowa.

Cream Puffs. One cup boiling water, one-half cup butter, one cup bread flour, three eggs. Put water and butter in saucepan. Heat to boiling point, then add flour all at once, cook until paste cleaves from sides of pan. When cool add unbeaten eggs one at a time and beat thoroughly. Drop by tablespoons on buttered sheet. Bake in a hot oven 25 to 30 minutes.

Cream Filling for Puffs: One cup milk, one-half cup sugar, one-eighth teaspoon salt, one-fourth cup flour, one egg, one teaspoon butter, one-half teaspoon vanilla. Heat milk; mix thoroughly salt, sugar and flour. Add to hot milk. Cook in double boiler, stirring occasionally for 15 minutes. Beat eggs slightly, add to mixture, add butter, cook until it thickens. Flavor.—Mrs. Wm. Williamson.

Cream Puffs. Boil together one cup water and one-half cup butter. While boiling add one cup flour and stir until smooth and comes away from the side of the pan. Cool, then add three eggs, not beaten, one at a time, stir smooth, drop with a spoon in greased tin and bake 25 minutes in a slow oven. For the filling use one-half cup sugar, two teaspoons flour, one egg and one-half cup boiling milk. Boil until thick and flavor with vanilla. Cut open and fill cavity with filling or whipped cream may be used instead.—Mildred Hopley.

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SALADS

Salad Dressing. One teaspoon sugar, one teaspoon mustard, one teaspoon salt, one teaspoon flour, one teaspoon butter. Make smooth paste, add three eggs, well beaten; one cup milk, one cup vinegar, cook in double boiler and stir until smooth.—Mrs. Chris Mortensen.

Economical Salad Dressing. Yolks of one or more eggs, one teaspoon mustard, one-half cup vinegar, one-half cup water, one-fourth teaspoon salt, three teaspoons sugar. Mix these together in the order given. Then make a white sauce of one tablespoon each of butter and flour and one cup milk. Cook until thick, then add the first part and cook until it thickens slightly.—Mrs. W. G. Byerhoff.

Salad Dressing. Four eggs, one cup vinegar, one-half cup water, one-half cup sugar, pepper, salt and butter the size of an egg. Put on the stove and when boiling add one tablespoon mustard and one of flour, beaten smooth in one-half cup water, four eggs, beaten very light.—Mrs. Amy Knappen.

Cabbage Salad. Cut cabbage and put in dish, sprinkle with salt and pepper. Just before serving pour over it a dressing made of yolk of one egg, butter the size of a walnut, one heaping teaspoon flour, one-half cup sugar, one-half cup vinegar. Beat together and boil until thick. Take off the stove and stir in one cup of sweet cream.—A. B.

Egg Salad. Hard boiled eggs, cut fine; celery, cut fine; arrange on lettuce leaves; mayonnaise dressing poured over all.—Mrs. J. E. Patterson.

Corn Salad. Nineteen ears of corn, four onions, three green peppers, one large head of cabbage, one-fourth cup salt, two quarts vinegar, one-fourth pound mustard, one and one-fourth pounds sugar.

Lettuce Salad. Boil four eggs until hard and slice. Place on lettuce leaves, cut rather fine. Pour salad dressing over this.—Mrs. Clemons.

Perfection Salad. Two envelopes gelatine, soaked in one-half cup of cold water 15 or 20 minutes. Then add one pint boiling water. When cool add one-half cup mild vinegar, one teaspoon salt, one cup finely shredded cabbage, juice of one lemon, one-half cup sugar, two cups celery, chopped fine; one-half can pimientos, cubed. Set on ice to chill. May use all celery and no cabbage if desired.—Mrs. Lafe King.

Fruit Salad. One 25c can pineapple, 10c worth of shelled almonds, blanched and cut fine; two tablespoons sugar, five

tablespoons vinegar, two eggs, butter size of walnut, one-half teaspoon salt, pinch of mustard. Cook and when cool, add nuts and pineapple, let stand over night. Add whipped cream before serving. Will serve eight or ten people.—Mrs. R. L. James.

Dainty Salad. One pound white grapes, one pound walnut meats, one pint pineapple, two oranges, three apples, three dozen marshmallows, one pint whipped cream. Cut marshmallows in small squares and let stand over night to dry. Seed grapes, cut walnuts, pineapples and apples in small pieces. Just before serving put all together with whipped cream and serve on lettuce leaves.—Henrietta James.

Potato Salad. One cup of weak vinegar, one-half cup sweet cream, one-fourth cup sugar, two tablespoons butter, yolks of two or two whole eggs, one teaspoon pepper, one teaspoon salt, a pinch of mustard. Beat all hard together and boil till it thickens. Pour over sliced potatoes and onions.—Mrs. Emma Rees.

Cabbage Salad. Boil cabbage till it is tender in salt and water, then drain the water off and make a dressing for it of one cup vinegar, two-thirds cup sugar, one teaspoon mustard, three eggs, well beaten. Boil vinegar and add eggs, stir till thick.—Carrie Belle Hemming.

Delicious Salad. One cup red kidney beans, one cup walnuts, one cup chopped celery, six olives, chopped fine. Boil the beans, drain, add other ingredients and pour over salad dressing.—Mrs. A. J. Mead.

Tomato and Cucumber Salad. Six fresh tomatoes, two cucumbers, one onion, three hard boiled eggs. Slice thin and place in layers in a salad bowl, add a dash of red pepper and salt and vinegar to taste.—Mrs. O. P. Jacobson.

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One quart

2 eggs - beaten.

$\frac{1}{2}$ vinegar.

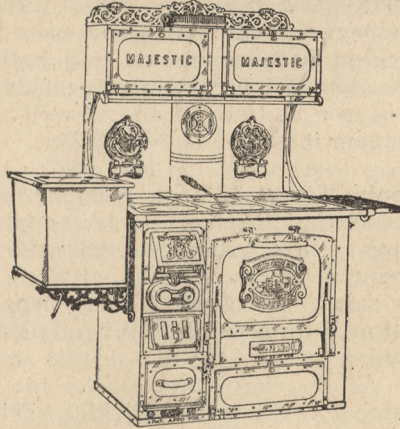
$\frac{1}{3}$ turpentine.

$\frac{1}{3}$ ammonia.

Beat eggs - fill bottle - then vinegar - turpentine - shake - Last ammonia.

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PICKLES

"He that banquets every day, has no relish for his meat"

Mustard Pickles. Two cups flour, sifted; three cups sugar, 10c worth of mustard, 3c worth of turmeric powder, two-thirds quart vinegar; mix. Boil two quarts vinegar. Have one gallon pickles, half cucumbers and half onions, and one good sized head cauliflower. Put the pickles in hot vinegar. When it comes to a boil stir in above, well mixed, when it comes to a boil again it is done.—Ada Diller.

Green Tomato Mince Meat. One peck green tomatoes, chopped fine with juice, one peck apples, six pounds or twelve cups sugar, three pounds seeded raisins, two tablespoons each of cinnamon, cloves, nutmeg, allspice, one and one-half tablespoons salt, one teaspoon black pepper, one teacup vinegar. Cook slowly three hours. When half done put in the spice.—Ada Diller.

Brine for Cucumber Pickles. Three gallons water, one gallon vinegar, one-half pound alum, three quarts salt. Cover top with grape leaves. Put a weight on to keep under brine.—Alta McBride.

Melon Mangoes. Select firm, sound green cantaloupe. With a sharp knife remove one slice, take out the seed, soak over night in salt water, then fill with chopped cabbage and green tomatoes, seasoned with salt, mustard seed and red pepper, chopped. Replace the top and tie. Boil enough vinegar to cover, adding a cup of brown sugar and pour over the mangoes. Repeat three mornings.

Pepper Mangoes. Same as for melon mangoes, using both red and green peppers and sewing on tops, leaving out, of course, the coarsely chopped peppers and substituting ground cloves.—Bertha Hemming.

Cucumber Pickles. Take small, firm gherkins, put in a jar, and cover with a strong brine, and stir up from the bottom every two days, until the end of two weeks. At that time drain off the brine and cover with fresh water. Let stand 24 hours and change the water and stand another day. Take fresh grape leaves; with them line the kettle, drain the cucumbers and place in kettle, sprinkling each layer with a tiny bit of alum. Cover with cold water, spread a layer of leaves over the top, place on stove and let simmer gently for three hours, then throw them into very cold water. Measure vinegar enough to cover them; for every gallon allow two cups of

sugar and spices to suit the taste. Pour the prepared vinegar over them and let stand 24 hours, then drain and repeat again putting them in fruit jars.—Mary Long.

Indian Pickle. One dozen green tomatoes, one dozen small onions, one large cucumber. Slice all together, put in salt water over night. Drain well. Boil three pints of vinegar, two cups of white sugar and one of brown sugar, and one tablespoon of salad oil, one tablespoon turmeric, two tablespoons mixed spices. Pour this mixture over pickles and let stand a few hours, then scald all together and bottle for use.—Jennie Andrews.

Indian Pickle No. 2. Take one gallon or more green cucumbers from one to four inches long, slicing the larger ones. Cucumbers still larger can be used by peeling and then slicing them. Use the same mixture as above and treat in the same way.—Jennie Andrews.

Favorite Pickle. One quart raw cabbage, one quart boiled beets, two cups sugar, one tablespoon salt, one teaspoon black pepper, one red pepper, one teacup grated horseradish. Chop the cabbage and beets fine, add the rest of the ingredients, mixed well, cover with cold vinegar and seal.—Mrs. H. O. Chase.

Cucumber Pickles. One gallon vinegar, one cup mustard, one cup salt. Wash cucumbers, drain and put in above mixture. Do not heat vinegar.—Mrs. F. R. Hopley.

Cucumber Pickles. Put in salt water over night. Take out in the morning and with cloth wipe dry. Make liquid as follows: Vinegar, sugar and spices to taste. Put pickles and liquid over fire and let come to boil, then can.—Mrs. Caroline Wells.

Pickles. One gallon white vinegar, one cup ground mustard, two cups sugar, one cup salt, one handful horseradish roots, cut into cubes. Mix all together in stone jar. Wash small cucumbers each day as gathered and drop into the above mixture until jar is filled. They can be put into glass jars and sealed or cover in stone jar with grape leaves. Place a light weight on top. Will be ready for use in three days and will keep indefinitely.—Mrs. M. Bilderback.

Mustard Pickles. One quart small onions, one quart small cucumbers, one quart sliced cucumbers, one quart string beans, two large cauliflowers, divided; one ripe pepper. Soak over night in brine made of two quarts water and one pint salt.

Dressing: One cup flour, six tablespoons mustard, one

scant tablespoon turmeric. Make paste with vinegar, add one cup sugar and vinegar enough to make two quarts. Boil until tender and seal airtight.—Mrs. James Peter.

Dill Pickles. Take medium large cucumbers and wash them well. Wrap each in grape leaf, put in jar. Then a layer of cherry leaves, then a sprinkle of dill, then a layer of cucumbers, cherry leaves, dill, etc., until jar is filled. Do not add more cucumbers after making them. Finish with layer of grape leaves on top. Pour over this warm water with a little salt, enough to taste salty. Put on weight and keep in warm place until made.—Ada Hopley.

Open Jar Pickles. One gallon vinegar, one pint water, one cup mustard, one cup sugar, one cup salt. Bring vinegar and water to a boil and when cool add sugar, salt and mustard. Wash and drain cucumbers, and put them in mixture. Will keep indefinitely.—Ada Hopley.

Dill Pickles. Pick small cucumbers, wash and wipe dry. Pack in fruit jars. Then make a brine of three cups water, one quart vinegar, three-fourths cup salt. Let this come to a boil and pour over them hot. Then seal.—Mrs. Ella Jennison.

Chopped Pickles. Four quarts chopped green tomatoes, three-fourths cup salt, two quarts vinegar, two teaspoons pepper, three teaspoons mustard, two chopped onions, three teaspoons cinnamon, three teaspoons allspice, three teaspoons cloves, one-half cup white mustard seed, four green peppers, sliced. Add salt to tomatoes, let stand 24 hours, then drain, add spices to vinegar, heat to boiling point, then add tomatoes, peppers and onion, cook 15 minutes, store in stone jar and keep in cool place.—Mrs. Wm. Williamson.

Ground Cherry Preserves with Apples. Two pounds of apples, five pounds cherries. Take a pound of sugar to a pound of fruit, put just enough water on it to dissolve it, let it boil till quite thick, then put apples in, cut the apples quite fine, put cherries on top of the apples, covering all of the apples with cherries, then put a cover on the kettle and when the apples begin to look clear take cover off and boil till quite thick.—Mrs. Ada Diller.

Canned Strawberries. Take ripe strawberries, crush, and to each cup of berries, take two cups sugar, put on stove and cook three minutes. Put in cans and seal.—Mrs. Caroline Wells.

Grape Conserve. Three pints of grapes, stewed and seeded; one-half pint water, one-half pound raisins, eight cups sugar. Boil this mixture 20 or 25 minutes and add one cup nut meats.

Plum Conserve. Six pounds seeded plums, six pounds sugar, four oranges, chopped fine; two pounds raisins, seeded; one pound English walnuts, broken up and put in after cooking till done.—Caroline Wells.

Heavenly Jam. Two and one-half quarts seeded cherries, one-half pound seeded raisins, five pounds granulated sugar, four oranges, rind and pulp, chopped. Boil 40 minutes and can.—Mrs. B. Agler.

Homemade Wall Paper Cleaner

1 heaping cup of flour.
 1 tablespoon salt.
 1 " " kerosene
 2 " " ammonia
 1/2 cup hot water. Boil
 thoroughly till flour is
 cooked and smooth. Knead.

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DESSERTS

Pineapple Bavarian Cream. One-half box Knox's gelatine or two tablespoons granulated gelatine, one-half cup cold water, one can grated pineapple, one-half cup sugar, one tablespoon lemon juice. Whip three cups cream. Soak gelatine in cold water. Heat pineapple, add sugar, lemon juice and soaked gelatine. Chill in pan of ice water, stirring constantly. When it begins to thicken fold in cream, mould and chill.—Mrs. J. L. James.

Fruit Salad. One cup chopped nuts, five large apples, two large oranges, one can pineapple, cut small. Take one-half juice of pineapple, three well beaten eggs, two-thirds cup sugar, juice of one lemon and cook till thick. Mix with fruit.—Mrs. Lafa King, Clear Lake, Iowa.

Mint Cocktail. Cut one can of pineapple into small pieces. Do same with three oranges. Crush ten mints and add enough sugar with the mints to sweeten them sufficiently. Set on ice for an hour and serve very cold in sherbet glasses.—Mrs. John Lewis, Fort Collins, Colo.

Orange Baskets. Cut two pieces from each orange, leaving what remains in shape of baskets with handle. Remove pulp from baskets and pieces and keep baskets in ice water until ready to fill. From orange juice make orange jelly as follows: Two tablespoons granulated gelatine, one-half cup cold water, one and one-half cups boiling water, one cup sugar, one and one-half cups orange juice, three tablespoons lemon juice. Soak gelatine in cold water, dissolve in hot water, strain and add to sugar, orange and lemon juice. Turn into a wet mould and chill. Cut in small squares and fill baskets.—Mrs. C. Hammer, Lehigh, Iowa.

Fruit Whip. Whites of two eggs, one-fourth cup powdered sugar, one cup fruit, chopped in fine pieces. Beat whites of eggs with Dover egg beater until dry, add the sugar and then the fruit and beat until very light. Arrange in individual serving dishes, chill before serving. Served with whipped cream, plain cream or soft custard, grated or stewed apples, ripe peaches or strawberries, stewed prunes, apricots or canned fruit may be used.

Ambrosia. One pineapple, chopped fine; half a box of strawberries, six bananas, sliced; six oranges, sliced, and the slices quartered; one lemon, cut fine; sweeten to taste. Chill in refrigerator.—Bertha Dahl.

Apricot Sherbet. One quart boiling water, one tablespoon gelatine, soaked in one-fourth cup cold water, two and one-half cups sugar. Let this cool, then add juice of two lemons,

one can apricots, minced, and beaten whites of three eggs.—Mrs. G. Benzler, Britt, Iowa.

Orange Sherbet. Take juice of nine large oranges and three lemons, one tablespoon gelatine, whites of four eggs. Dissolve the gelatine in one-half pint of cold water, then add one-half pint of boiling water, let cool, add eggs and freeze.—Mrs. B. Agler.

Pineapple Sherbet. Juice one pineapple, juice two oranges, juice one lemon, one cup sugar, whites four eggs; beat stiff, add one quart water, freeze.—Alta McBride.

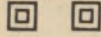
A Substitute for Frozen Dessert. One rounded tablespoon granulated gelatine, one-fourth cup cold water, one-fourth cup boiling water, one cup sugar, one pint cream (whipped), one-fourth pound nut meats, one dozen marshmallows, one cup drained and diced pineapple. Dissolve the gelatine in the cold water, add hot water and sugar. Stir until both sugar and gelatine are dissolved, then set away to cool. Whip with an egg beater until very light and fold in the whipped cream. Add to this the nut meats, marshmallows, cut in small pieces, and pineapple. Chill on ice. In a few hours it may be turned out and cut in slices.—Mrs. Mell Bowen.

Milk Sherbet. One quart milk, one-half cup lemon juice, two cups sugar. Add milk slowly to lemon juice. Freeze, using three times as much salt as ice.—Mrs. Williamson.

Frozen Pudding. Soak one tablespoon granulated gelatine in two tablespoons cold water. Scald one pint milk. Beat two eggs lightly, add one cup sugar, one-fourth teaspoon salt and the hot milk, slowly stirring all the time. Return to the double boiler and cook until the mixture coats the spoon. Add the soaked gelatine. Remove from fire, add one-fourth pound figs, chopped fine, and one quart thin cream. Cool and add two tablespoons vanilla, one-fourth cup of orange juice, one-fourth pound English walnuts, chopped fine. Freeze.—Mrs. George Wilder, Casper, Wyoming.

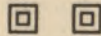
Rummage Pickles

6 qts green tomatoes ground
 2 " ripe
 1 large head cabbage
 6 green peppers - 6 ripe peppers
 6 stalks celery, 6 onions
 4# brown sugar, 6 pts vinegar, 1 cup
 salt, 1 1/2 teas black pepper. Grind
 all ingredients, let stand over night
 with salt - drain - add sugar vinegar
 etc. boil 'til done tender - seal bot -



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CANDY

Special Fudge Recipe. Two cups granulated sugar, two-thirds cup milk, three-fourths cup walnuts, butter the size of a large egg, two-thirds square chocolate, two tablespoons cocoa, one teaspoon vanilla. Mix all ingredients except vanilla and place on fire. Allow to boil slowly until a soft ball can be formed in cold water. Turn out the fire but do not remove the pan. Allow to stand about ten minutes until it is of the consistency of thick syrup. Place in a pan of cold water and stir vigorously, about ten minutes, stirring but not beating. Add vanilla. Continue stirring until candy is nearly hard. Knead in the nuts and mould into buttered pans. Cut in cubes and allow to cool.—Mrs. Alberty.

Marshmallows. One envelope Knox sparkling gelatine, two cups granulated sugar, few grains salt and flavoring to taste. Soak the gelatine in ten tablespoons cold water. Boil the sugar with ten tablespoons water until it threads. Add gelatine to syrup and let it stand until partially cooled. Add salt and flavoring, beat with a whip until too stiff, then with a large spoon until only soft enough to settle into a sheet. Dust granite pan thickly with powdered sugar, pour in the candy about half inch deep and set in cool place until thoroughly chilled. Turn out, cut in cubes and roll in powdered sugar.—Bertha Hemming.

Brown Sugar Fudge. Two cups brown sugar, one-half cup sweet milk, vanilla flavoring. Let cool, then beat to a cream, adding chopped nuts.—C. B. Hemming.

Turkish Delights. One-half cup water, three cups sugar, one box Knox's gelatine in one-half cup water. Boil sugar and water until it hairs, or about twenty minutes. Add gelatine and juice of one lemon, also juice and rind of one orange, boiling to a boil and pour in buttered pan. Let stand and cut in squares. Roll in granulated sugar.—Ruby Mead.

Persian Sweets. One pound figs, one pound dates, one pound English walnuts (in shell), when shelled they should weigh one-third or one-fourth pound. Put a layer of figs, layer of dates and layer of nuts in food grinder. Continue until all is ground, then mould into small balls and roll in granulated sugar.—Claribel Griffith, Mason City.

Chocolate Saramole. Two cups sugar, four cups molasses, one cup milk, six ounces chocolate (six squares), two teaspoons vanilla, four tablespoons butter. Melt butter, add molasses, sugar and milk. When it boils add chocolate and stir until it melts. Boil until it forms soft ball when a little is dropped into cold water. Add vanilla, remove from fire, pour into buttered pan, cool and mark in squares.—Mellicent Griffith.

Divinity. Three cups sugar, one cup white syrup, three-fourths cup water, one egg white, five drops vanilla. Nuts, candied cherries, or raisins may be added just before it is put on the plate. Cook sugar, water and syrup until it forms a soft ball in cold water. Add gradually stiffly beaten egg white. Beat till quite hard. Add vanilla before turning out.—Claribel Griffith.

Chocolate Creams. Beat the whites of two eggs to a stiff froth. Gradually beat into this two cups of confectioner's sugar. If the eggs be large, it may take more sugar. Flavor with one-half teaspoon vanilla and work well. Now roll into little balls and drop on a slightly buttered platter. Let the balls stand for an hour or more. Shave five ounces of unsweetened chocolate and put into a small bowl, place on the fire in a saucepan containing boiling water. When the chocolate is melted, take the saucepan to the table and drop the creams into the chocolate one at a time, taking them out with a fork and dropping them gently on the buttered dish. It will take a half hour or more to harden the chocolate.—Mrs. Mary Ulrich.

Taffy Candy. One cup sugar, one cup molasses, one large tablespoon butter, one tablespoon vinegar. Cook without stirring until it threads briskly. Take from stove and flavor, then pour into a pan and when cool enough pull.—Mrs. Mazie Race.

Sea Foam. Two cups light brown sugar, one-half cup water, two teaspoons vinegar, whites of two eggs, one cup chopped nuts, flavor to taste. Boil sugar, vinegar and water until it hardens in cold water. Add very slowly the well beaten whites of eggs, beat well until very stiff, add nuts and drop on buttered plates.

Pop Corn Balls. Three large ears pop corn, one cup molasses, one cup sugar, one-half cup butter. Pop the corn and place in buttered pan. Boil the molasses, sugar and butter together until it will harden in cold water. Pour on corn. Stir until thoroughly mixed, then mould into balls with the hands.—Mrs. Mell Bowen.

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BEVERAGES

Lemonade. One-half cup lemon juice, one cup sugar, one quart water. Add sugar to lemon juice and stir until sugar is dissolved. Add cold water, stir well, strain and add more water if desired. Serve very cold. The juice of one lemon equals three tablespoons. Allow one and one-half tablespoon juice to each glass. Put candied twin cherries, one pair, over edge of glass just before serving.—M. F. J.

Pleasant Drink. One-half tumbler of currant jelly, one-half pint boiling water, juice of one lemon, one-half cup sugar, one quart cold water. Whip currant jelly to a froth. Add gradually boiling water, then pour in slowly cold water. Fill glass one-fourth full cracked ice, pour mixture over this and serve.—Meyersdale Cook Book.

Ideal Lemonade. Four lemons, one pint sugar, one quart boiling water. Shave off the peel from two lemons in thin, waferlike parings, being careful to take none of the lighter-colored rinds below the oil cells. Put the parings into a bowl, add the boiling water and let it stand ten minutes, closely covered. Cut the lemons in halves, remove the seeds, squeeze out the juice and add it with the sugar to the water; add more sugar if needed.—Mrs. Perry Bailey.

Ice Tea. Use black tea, making a little stronger than when served hot. Add juice of half lemon and sugar to slightly sweeten and ice to cool.

Fruit Punch. Boil one cup water with two cups sugar, ten minutes. Take one and one-half cups strawberry syrup, one can pineapple, cubed; juice of six oranges and the juice of six lemons. Mix the fruit juices with the syrups and pour over crushed ice. Of course some water may be added to this, being careful to leave it strong enough to make a delicious drink.—Mrs. William Scantleberry, Des Moines, Iowa.

Soup - Beck's -
1 gallon cabbage - chopped
4 large carrots - "
2 bunches celery - "
6 large onions - "
4 red peppers - "
2 teaspoon salt - water to cover - boil 1 hr
then add -
1 gal. peeled tomatoes - boil 30 min
sauté hot.

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MISCELLANEOUS

Foods and Suggestions for the Sick. Proper serving adds much to the attractiveness of food for the well, but it is a necessity in the case of the sick. Color plays an important part in serving food. An invalid's tray should be a picture.

The whites of two eggs, beaten stiff, with two spoonfuls sugar and a few drops of lemon or vanilla extract, poured in a tin and lightly browned, makes a very palatable change for a sick person. Sometimes pour it over a half of a ripe peach with the stone cavity and cut surface filled with sugar and lightly brown it in oven.

Poultices made of cooked cranberries, applied hot, are useful in sever cases of inflammation of the bowels, also good for erysipelas.

For Nausea. Put the hands in warm water until the bone of the wrist is covered, and keep there from fifteen to thirty minutes.

For a Severe Headache a towel wrung out of hot water and applied to the back of the neck will often give instant relief.

Apples form a good laxative when eaten on an empty stomach.

Boils. If you wish to draw a boil to a head quickly, peel the skin off from a boiled egg, wet and apply at once.

Burns. Butter is excellent for a burn; if the spot is covered instantly with butter the skin will not blister.

Bleeding at the Nose. Plug the nose with cotton. Apply hot cloths at back of neck. Powdered alum dissolved in ice water may be applied.

Croup. Use hot water applications beneath the chin. Give syrup of ipecac or a teaspoonful of alum with two of sugar.

Hiccough. A teaspoonful of vinegar in one-half cup of water. Drink all at once.

Earache. A drop of sweet oil and a drop of laudanum mixed may be put into the ear.

Stings and Bites. Apply sugar or soda to stings of wasps. Take stimulants for snake-bite, liquor ammonia being the best.

To remove paint from glass, rub with hot vinegar.

To remove rust spots from white goods, take lemon juice and salt, rub on and bleach in sun.

To remove mildew wash in buttermilk and spread in sun.

For Burns. Apply ammonia at once.

For Earache. Use sweet oil and laudanum on a piece of cotton.

For Toothache. Saturate a tiny bit of cotton with ammonia. Apply it to the tooth and in many cases it will stop aching at once.

To keep your cook book clean, open to the recipe required, then place a pane of glass over the book, to avoid all soil from flour, etc.

Cooking Vegetables. Always put on vegetables to cook in cold water. They will be more tender than if put on in boiling water.

To Cook Rhubarb. The best way to cook rhubarb is to put it on the stove in cold water. Let it come to a boil, then drain. Next make your syrup as you would any other sauce. You will need only half the sugar if cooked this way.

A Good Pie Crust for one pie is: one cup flour and a heap-
tablespoon lard. Mix and moisten with cold water.

To remove grass stains, make a solution of ammonia and cold water. Soak stained article and wash in the usual way.

To mend torn or ripped seams in leather chairs, cushions or davenports, go to a well equipped furniture store and get a piece of leather to match the piece to be mended, and some furniture glue. Adjust the patch under the rent and spread glue an inch underneath on edges. Press into place and let stand twenty-four hours. It will hold indefinitely.

A white silk waist or dress, or any other garment, can be tinted a beautiful shade of pink by adding red ink to the rinse water till the desired shade is obtained. Try a small piece of goods first.

To Fry Eggs. If a sprinkling of flour is put into the grease before eggs are fried, the grease will not pop or spatter.

Apron Pockets. Sew short pieces of tape on the underside of your apron at the upper corners of the pockets to keep them from tearing.

To insert Curtain Rods. Slip your thimble over the end of a curtain rod to run it through the casing of curtains. The thimble is easier to get than the "finger of an old glove."

To Clean Silver. Fill an aluminum kettle half full of hot water, add one tablespoon baking soda and two tablespoons salt. Insert the silver so that it is covered with water and boil for a few minutes, after which wash them in warm, soapy water. This method will remove frost and gold from spoons.

How to Measure. Before measuring, stir salt and similar articles, to free them from lumps.

Always measure a cupful level, using a case knife to level off the top. Put the article in by spoonfuls to be sure every part of the cup is full. It is particularly necessary to do this with butter. Glass measuring cups are excellent, as one can see perfectly if the butter has filled every part of the cup.

Rub potato juice on a water pitcher that has become corroded from letting water stand in it, and the stains will disappear.

A Cooking Suggestion. You may keep your creamed potatoes hot and fresh by placing a pan of boiling water on the stove, and setting in it the vessel containing potatoes. They will neither burn nor thicken.

Roasting. Always lower the temperature of the oven some fifteen or twenty minutes after a roast has been placed in it. This will insure that the juices will be retained.

To Clean Woodwork. Clean white enameled wood work with whiting on a moist cloth.

Mildew. An excellent remedy for mildew is to saturate the article with kerosene. Roll it up and let stand for 24 hours and then wash in very hot soapsuds.

Brown boots and shoes should be rubbed over with a raw potato before the polish is applied. This will clean and remove the stains.

Never sun feather beds or pillows. Air them on a windy day in a cool place. The sun draws the oil.

A slice of lemon stewed with prunes, gives a most delightful flavor.

To Wash White Goods. A little peroxide put into the water in which white wool skirts, white silk gloves or white wash silk waists are washed, will keep them from turning yellow.

Cleaning Silverware. Put silverware in a deep dish and cover with sour milk or buttermilk. Let set overnight or a few hours. Wash and scald and silver will be clean and bright.

Before boiling milk, rinse out the saucepan with a little hot water. It will prevent the milk sticking to the bottom of the pan.

Glassware that has been used for milk should never be put into hot water until it has first been rinsed in cold water. The heat gives the glass a cloudy appearance which cannot be removed.

To clean mica in stoves, wash with vinegar and water.

Sweeping Carpets. Scatter dry salt on carpets before sweeping. It brightens the colors and checks the ravages of moth.

To Wash White Doeskin Gloves. Put a teaspoon of olive oil into the water. This will keep the gloves soft and pliable and prevent their becoming hard and stiff, as they otherwise would do about washing.

Cleaning Stairs. A medium sized paint brush is much better for cleaning out the corners of the stairs than a dust brush. It will remove the dust from the corners of carpeted stairs, and also reach between the supports of the railing.

To Whip Cream. Try whipping cream in the upper part of a double boiler with fine ice or cold water placed in the lower part. The cream will not spatter so much and will be kept cool and will whip more quickly.

Ammonia will remove machine oil.

Melted tallow will remove ink stains.

Glass Dishes Sticking. If two glass dishes or tumblers stick together very tightly, try filling the inner one with cold water and holding the outer one in warm water. They will separate at once.

Meat. Tough meat may be made tender by laying it a few minutes in vinegar water before cooking.

Salt. To keep salt so that it can be easily shaken from the box, mix one teaspoon of cornstarch with each cup of salt.

Stains. To take berry stains out of linen, pour boiling water through the stain before being wet with soapy water.

To Get Rid of Ants. Place lumps of camphor gum in their runways, and near sweets infested by them.

Icing Cakes. A little flour sprinkled lightly over the top of a cake will aid in preventing the icing from running off.

Removing Cakes. After baking a cake, stand the tin directly you take it from the oven on a cloth which has been wrung out of hot water. Leave a few minutes and then turn out. The cake will come out without any trouble.

To Wash All Wool White Flannels. Put flannels through the wash in the usual way into water not too hot or too soiled, wringing real dry. Put into a porcelain or earthen dish and pour boiling water over them to cover (water must be boiling), let stand till cool enough to wring by hand (occasionally sousing them up and down while cooling). After wringing, shake out and dry quickly. Flannels shrink very little and stay white indefinitely when washed this way.

Cleaning Goods. Use salt with gasoline when cleaning goods. Lay goods on blotting paper. This will prevent a line showing where cleaned.

Boiled Frosting. When your boiled frosting fails to harden add powdered sugar and beat it till it will stay put.

Substitute for Whipped Cream. A good substitute for whipped cream is the white of an egg and a good banana, beaten together.

Fudge. To make fudge smooth and creamy, add to it while cooking one level teaspoonful cornstarch.

To Take Out Mildew. Take a teaspoon of chloride of lime and dissolve in boiling water. Strain through a piece of muslin to be sure all lumps are out, as they rot the goods. Add hot water enough to cover the garment, which should be wet in cold water before placing in the bleach. Stir slowly for several minutes (leaving it on the stove) so the bleach will be all through. Then rinse well in several waters. Wash as usual and all mildew will be gone.

Ironing. When ironing waists for the boy or aprons for the girl, put a clean handkerchief into the pocket of each before you hang it up, and they will never start to school without this essential article.

A snap clothespin has untold possibilities if kept near the kitchen stove. It may be used to lift hot kettlelids, pull saucepans from the fire and will assist without burning fingers in turning pies or cakes in the oven.

Painted Walls. If painted walls are streaked after being washed, dip a woolen rag lightly into turpentine and rub well into the wall. The walls will look like they were newly painted.

Gem Pans. If one of the gem pans is filled with water, the muffins will never scorch.

Measuring Flour. Always measure flour after sifting once.

To Keep Tomatoes. Before a heavy frost pull the vines which have tomatoes on and hang them up by the roots in the cellar. Many of the tomatoes will ripen there.

Ironing. A little table salt added to the starch helps in the ironing. To prevent scorching when ironing, rub the iron on a cloth saturated with kerosene.

To keep celery bury it in dry sand.

Should your soup be too salty, add a sliced raw potato and cook a few moments longer, as the potato will absorb the surplus salt.

When making gravy remove the pan from the fire while thickening is being stirred in, and when smooth return to the fire to cook. This method prevents lumps forming.

Pie Crust. To give a pie a brown, flaky appearance, when pie is ready to bake, put about one and one-half teaspoons of sweet milk on the top and spread it over all the surface. No more white crusts if this is done.

Sunday Sickness. On Sunday morning rise at seven, use plenty of cold water on the face, eat a plain, hearty breakfast. Then mix up and take internally a dose composed of equal parts of the following ingredients, namely: will, energy, push, determination, self-respect, respect for God's day, respect for God's Book, respect for God's House, a desire to be somebody. Stir well, add a little spirits of love to insure sweetness. Repeat the dose every three minutes until church time, if relief does not come sooner. If the day is stormy an external application of umbrellas, rubber coats and rubbers will be beneficial.

To All Wives. How to cook a husband (to make him tender and good). A great many husbands are spoiled by mismanagement. Some go about as if their husbands were bladders and blow them up. Others keep them constantly in hot water. Others freeze them by indifference. Some keep them in a stew by irritating ways and words. Others roast them. Some keep them in a pickle all their lives. It cannot be supposed that any husband will be tender and good managed in this way, but they are really delightful when managed in a proper way. In selecting a husband you should not be guided by his silvery appearance as in buying mackerel, nor by the golden tint as if you wanted a salmon. Be sure to select for yourself, as tastes differ. Do not go to the market for him, the best is always brought to your door. It is far better to have none unless you patiently learn to cook (for) one. As to cooking, a preserving kettle is best. Keep him as near this as it seems to agree with him. If he sputters do not be anxious; some husbands do this until they are quite done. Add a little sugar in the shape of kisses, but no pepper or vinegar on any account. A little spice, if used with judgment, will improve him. Never add tongue sauce, as it will sour him. Do not stick any sharp instruments into him to see if he is becoming tender. Stir him gently, lest he lie too close to the bottom of the kettle and become useless. You cannot fail of knowing when he is done. If thus treated you will find him digestible, agreeing nicely with you. He will keep as long as you want unless you carelessly set him in too cool a place.—Anonymous.

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RULES FOR TABLE SERVICE

Whether the meal is simple or elaborate, one of the chief elements of success is the care in which the dishes are placed on the table. In teaching a child I should give definite instructions first, with regard to the placing of the silver. The same principles hold true whether the meal be a simple home meal or an elaborate party affair.

Place each piece of silver so that the end is one inch from the edge of the table. Let the different pieces be absolutely parallel with each other. Place the knives and spoons at the right of the plate and the forks at the left. Place the articles in the order in which they are to be used. There is just one case where the fork may be placed at the right. If raw oysters are to be served with an oyster fork, place that fork at the extreme right, because it is the first piece of silver to be used.

Remember to place all pieces of silver in the order in which they are to be used, beginning with the extreme right or the extreme left. The knife blade should be turned toward the plate and the tines of the fork should be turned upward. The glass should be placed at the tip of the knife. If two glasses are used they are placed side by side in a line that is parallel with the edge of the table. The napkin is placed at the left of the fork, one inch from the edge of the table. The open corner of the napkin should be the lower right hand corner when lying in position beside the fork.

The bread and butter plate or the butter chip should occupy the space just above the napkin.

If coffee is to be served at the table the coffee pot and coffee cups are placed at the right of the hostess. The creamer and sugar are placed in front of the hostess.

Potters Soap
6th crackling
2 qt water
Peaw eye
boil 20 min.

RULES FOR TABLE ETIQUETTE

Closely allied with the subject of table service is that of table etiquette. It is universally recognized in all parts of the world that in order to enjoy social intercourse, we must conform to the usages and customs of those among whom we live. Our conduct at table is one of the most trying of social situations—special regard for others must be observed in order to make a meal at all a social function: and the rules for table etiquette which are formulated as a means of producing universal comfort must be understood and practiced at the home table as well as by the experienced diner-out.

Rule 1. Promptness. The announcement of a meal should be promptly answered. An invitation to a meal should always be acknowledged with acceptance or regret. If accepted one should arrive at least five minutes before the stated dinner hour.

Rule 2. Position at Table. One should never be seated at the table until the hostess gives the signal. The men should remain standing until all the ladies have taken their seats. One should take an erect position in the chair with the feet on the floor directly in front of the chair. The chair must not be too near the table. One should not lounge or rest elbows or hands on the table. Elbows should be kept close to the sides while using knife, fork or spoon. One should not finger or touch anything on the table, thus exposing it to view. At formal dinners it is not necessary to refold the napkin at the close of the meal.

Rule 3. Use of Napkin. The napkin is used for the fingers and lips only. It should be placed across the lap at the beginning of the meal. At the close of the meal it should be folded as inconspicuously as possible.

Rule 4. The plate should never be upside-down at the beginning of the meal. It should never be moved around during the meal. The soup plate should never be tipped while eating from it.

Rule 5. Position of the Side Dish. The small side dish or sauce dish should be used only for semi-liquid foods. All of the dry foods are served directly on the dinner plate. The side dish is placed at the left of the plate and should never be lifted after food has been served on them.

Rule 6. Use of the Knife. The knife is used for cutting and should be held only by the handle. It should never be carried to the mouth with food. Only that portion of food which is to be eaten immediately should be cut off at one time. After the knife has been used it should be kept on the upper right hand side of the plate for the remainder of the meal, never left resting on the tablecloth or against the edge of the plate.

Rule 7. Use of the Fork. The fork is used for carrying all dry foods and many semi-liquid foods (desserts, ice creams, etc.,) to the mouth; also cutting lettuce, omelette, etc. The fork should never be carried to the mouth with the prongs turned down. One kind of food only should be taken on the fork at a time. When not in use the fork should be laid on the upper right hand side of the plate beside the knife.

Rule 8. Use of the Spoon. The spoon is used only for liquid foods. It should be turned to the side when carried to the mouth and the contents taken from the side; the spoon should never be turned to point into the mouth. Liquids should be taken noiselessly from the spoon. In putting the spoon in the soup plate it should always be dipped from one in order to avoid the drip. After a spoon has been used with a beverage it should not be left in the cup or glass or laid on the tablecloth, but should be placed on the saucer.

Rule 9. Use of Butter. Butter should not be added to foods which have been already dressed or seasoned. Only a small portion of bread should be buttered at one time; never an entire slice.

Rule 10. Use of Bread. Bread should be placed on the bread and butter plate or on the large plate, never on the tablecloth. Bread should be broken before buttering and carrying to the mouth. A small piece of bread is often kept in the left hand as an aid in placing food on the fork.

Rule 11. When eating pickles, olives, etc., a fork is unnecessary.

Rule 12. Conversation. Thorough mastication requires time, therefore to pass the time while eating, engage in pleasant, bright conversation, but never about the food eaten, even to praise it. Do not talk to the waitress, but when asked what you wish make your decisions quickly and state your choice in a low, distinct voice. Refuse food with thanks, never say, "I do not like that," but, "Thanks, I do not care for any."

Rule 13. Courtesy at Table. Learn to time your manner of eating, so that you finish with the others at the table. Do not excuse yourself from the table before the others are ready to leave, except in cases of necessity.

Rule 14. Use of Toothpicks. The toothpick has no place at the table or in the dining room, but should be used in the privacy of one's own apartments.

Rule 15. Use of Finger Bowls. When the finger bowl is used, only the tips of the fingers should be dipped into it and they should be dried on the napkin. If the finger bowl is brought in on a dessert plate at the beginning of a course and set in front of a guest it should be removed (by the guest) to the upper left hand corner of the cover.

SERVING COURSES

TWELVE POINTS TO BE REMEMBERED IN SERVING MEALS

1. Be sure everything is in readiness before the meal is announced. Glasses and finger bowls filled, butter served and side board and side table in order as well as table.
2. Serve hot foods very hot and cold foods very cold. Have all dishes for hot foods warmed, placing them in warming oven 30 minutes before meal is announced. Chill all dishes for cold foods in refrigerator.
3. A tray is used to carry silver, small dishes on which the fingers are apt to come in contact with food.
4. Dishes which admit of choice should be passed to the left.
5. Dishes which do not admit of choice and contain only an individual portion, should be passed from the right with the right hand.
6. In passing a course the handles of the serving spoons and forks should be so placed so that the handles are on the side toward the guest.
7. When a course is to be removed, all large dishes containing food should first be taken, then all soured china, glass and silver, then clean glass, silver and china and all those things pertaining only to that course, and then the crumbs.
8. Plates should be removed from the right with the left hand. All other things should be removed from the side on which the waitress can reach them most easily. The waitress must never reach across a cover at table.
9. Dishes should never be piled one on another. One may be removed with each hand or small dishes may be set side by side on a tray but never on top of one another.
10. When a course has been removed the additional may be placed from a tray for the following courses.
11. The waitress must see that the glasses are kept filled. Butter, bread and rolls always supplied without being asked for.
12. Crumbs may be removed when necessary between courses. This should be done quietly and neatly. A clean napkin and plate are the best things for the purpose.

—Household Science Dept., Iowa and Illinois.

Lemon Pie Filling.

Three egg yolks.
One cup sugar.
One-third cup flour.
One-eighth teaspoon salt.
One and one-third cups water.
Four tablespoons lemon juice.
One-fourth teaspoon grated lemon rind.

Place the egg yolks in the upper part of a double boiler. Beat until very light and lemon colored; add slowly the sugar and beat for two minutes. Mix the sugar and salt, add a small amount of water and beat until a smooth paste is formed and then add the rest of the water, the lemon juice and rind to the egg mixture. Cook in a double boiler until very thick, beat for one minute.

Pour the cooked lemon mixture into a baked pie shell. Cover with the meringue and bake in a moderate oven for ten minutes or until the meringue is a delicate brown color.

Meringue.

Three egg whites.
Five tablespoons powdered sugar.

Beat the egg whites very stiff slowly add the sugar and continue beating for two minutes. Pipe lightly on top of pie.

Bake in a moderate oven until a light brown color.

NAL RECIPES

FIRST PRIZE

Christmas Pork Cake

1 lb. fat salt pork
1 pt. strong coffee
4 cups brown sugar
1 lb. stoned raisins
1-2 lb. citron or English currants
9 cups flour
1 tbsp. soda
1 nutmeg
1 tbsp. cinnamon

Method—Chop the pork very fine; pour the boiling coffee over it and set on the stove a few minutes. Mix spices with the flour and if citron is to be used, chop it fine. The raisins and other fruit are to be dredged with flour to prevent settling. Fit a piece of heavy wax paper in the bottom of the pan and cover the top with paper also, to prevent burning. Bake in a moderate oven until a splinter can be thrust into it and pulled out with out the cake sticking to it.

This cake will keep a long time, so make your Christmas cake early.—Mrs. L. R. Bushnell, Dysart, Iowa.

ous. But it's wonderful and a profession for any woman to be proud of. I loved it and worked at it until my health gave way.

A NURSE.

For the benefit of many who report lost and lent papers before Candid's remedy for obesity was put away for safe keeping and to meet the demands of others, her first letter is reproduced in part, giving the "cure" and necessary instructions, as follows.

The ingredients are 3 large or 6 medium sized cakes of ivory soap and 1 pound of Epsom salts.

Directions for making follow:

Shave the soap into a granite kettle. Pour 3 quarts of hot soft water over the soap and put on back of stove until melted. Do not let it boil. Set aside until cold.

Dissolve the salts in $\frac{1}{2}$ pint of hot soft water, and when both are cold stir the salts into the soap, stirring until smooth and velvety.

Apply the soap directly to the skin, rubbing it in well, and then bathe it off in twelve hours.

If one is situated so as to apply at night and morning the reduction will be more rapid—but if one can only use it once per day, let it be at bedtime.

I have presented this formula to a dozen or more friends and all give splendid reports.

This is my own formula, without "copyright" or any "red tape" attachments.

CANDID.

Once more, in answer to many requests, I am printing Candid's obesity cure just as she sent it to the Chaperon years ago. I have her address no longer. Please *be sure* to clip and save it *now*, all you who wish to try it:

Dear Chaperon: In answer to inquiry regarding obesity cure I will state that from careful observation I have learned that if the "cure" is faithfully applied the reduction will be about one-half pound per application.

If used twice dally the reduction, in my own case, is one pound per day.

Keep track of your weight and you will find this to be true. If one is troubled with fat upon one part of the body, but having proper proportions otherwise, the cure may be applied to the needed parts with the same results.

It will remove that double chin in a short time, leaving no wrinkles.

When the cure has been used a week or ten days, that tight, "stuffy" feeling begins to leave, and soon one can walk or stoop or bend with the utmost freedom.

CANDID.

Wondering: At a very quiet home wedding in August, the bridegroom may wear anything he pleases, though a dark suit is perhaps in a bit better taste than anything else.

THE CHAPERON.

Bread Sponge Spice Cake

This is an unusual cake to make, never is a failure and is especially fine to make on bread-baking day. To 1 cup lightbread sponge add a cup of sugar, creamed with $\frac{1}{2}$ cup butter, 1 cup raisins, 1 teaspoon soda, 1 cup flour, 2 well beaten eggs, a level teaspoon cinnamon, and 1 level teaspoon ground cloves. Beat hard for 2 minutes. Put into a well greased pan, and allow to rise, in a warm place, for half an hour. Place carefully in the oven and bake until done—about 30 minutes.

Mrs. Nelle Davis.

Kiowa County, Colorado.

Upside Down Cake

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup milk
1 cup sugar	$\frac{1}{2}$ cups flour
2 eggs beaten light	3 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	

Cream butter, beat in sugar and eggs, then milk and sifted flour to which baking powder and salt have been added.

In the bottom of the skillet in which this cake is to be baked place 1 cup brown sugar and 2 tablespoons butter. Caramelize this and then place a layer of pineapple or sliced peaches over it. Make a ring in the center with red cherries. Pour cake batter over this and bake for 45 minutes at 350 degrees. Turn out as soon as it is removed from the oven.

Mrs. Mattie Jennings.

Bernalillo County, New Mexico.

Chocolate Angel Food

$1\frac{1}{4}$ cups granulated sugar	$1\frac{1}{4}$ cups egg whites
1 cup pastry flour	1 level teaspoon cream of tartar
$\frac{1}{8}$ cup cocoa	$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla	

Sift sugar 5 times and set aside. Sift flour and cocoa together 5 times. Beat the egg whites until creamy and add cream of tartar, then beat until stiff. Gradually fold in the sugar, then the flour mixture and last the flavoring. Pour into an ungreased tube pan and bake 60 minutes. The first 15 minutes it should bake very slowly, gradually increasing the heat until it browns during the last few minutes.

Mrs. G. J. Klassen.

Garfield County, Oklahoma.

Raspberry Cake

Cream $\frac{1}{2}$ cup butter with 1 cup sugar. Add the beaten yolks of 3 eggs and $\frac{1}{2}$ cup each raspberry or other fruit juice and pulp. Sift 1 teaspoon soda with $1\frac{1}{2}$ cups flour and add to the mixture then fold in the stiffly beaten whites of 2 eggs. Bake in a moderately hot oven.

When cold ice with fruit icing made by boiling $\frac{1}{2}$ cup fruit juice with $1\frac{1}{2}$ cups sugar until it cracks when dropped into cold water. Pour this sirup over the stiffly beaten white of an egg, beating until it is very stiff. Spread on the cake and allow it to harden.

Mrs. G. L. Bethel.

Shelby County, Missouri.

Green Pepper Relish.

Three cups chopped green peppers.

Three cups chopped red peppers.

One cup chopped onions.

Eight cups boiling water.

Two cups sugar.

One tablespoon cinnamon.

Four tablespoons salt.

One-fourth teaspoon cloves.

Two cups vinegar.

Carefully wash and remove the seeds from the peppers. When chopped, combine with the onions and add the boiling water. Let stand for five minutes and then drain off the water; add the rest of the ingredients and cook slowly until the mixture thickens. Pour into sterilized jars and when cool seal. Stir frequently during the cooking.

Fruit Cake

POUR two cupfuls of boiling water over two cupfuls of solid fat pork, chopped fine. To this add two cupfuls of sugar, one cupful of molasses, two teaspoonfuls of soda, one pound of raisins, one pound of currants, one pound of citron, cinnamon and cloves, to taste, and four and one-half cupfuls of flour. This recipe makes three good-sized cakes. It is most delicious and will keep for a long time. Wrap each loaf in tissue or waxed paper and put it away in a covered box or pan—I use a boiler. Look at it often and if it seems a little moist on top, put it in the oven, heat through, wrap it up and put away again. I have kept this cake for two years in this way.

MRS. M. OVERTON, *Michigan.*

Editor's Note : This recipe is most timely, as fruit cake for Christmas is best made in October or November.
