



MONSIEUR TOURNEBROCHE



# MOFFATS COOK BOOK

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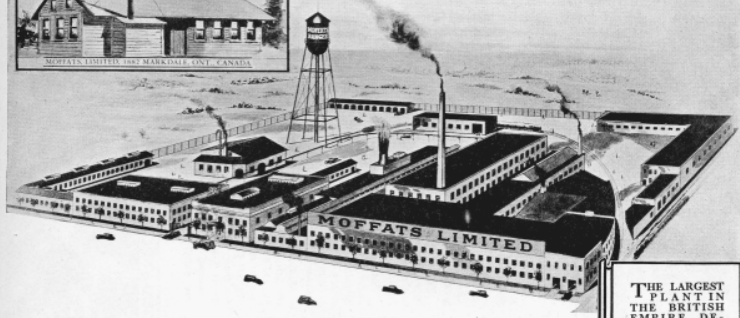
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THE LARGEST  
PLANT IN  
THE BRITISH  
EMPIRE DE-  
VOTED EXCLUS-  
IVELY TO THE  
MANUFACTURE  
OF ELECTRIC  
AND GAS RANGES

*We are indebted to International Silver Company of Hamilton, Ontario, Ryrie-Birks Limited, Toronto, and Swift Canadian Company, Limited, Toronto, for the use of illustrations on pages 8, 9, 10, 11, 20, 22 and 24.*



# MONSIEUR TOURNEBROCHE

A name affectionately applied by the old French families to their Chef. In these old times sides of beef, pork or chickens were roasted by being placed on a “spit” over the fireplace which was constantly turned, hence Tournebroche or—“turnspit”.

France, from the earliest days, has produced world famous chefs, and, so to our own times a house or great hotel takes on distinction by having some outstanding French chef.

French chefs have ever been picturesque characters, perhaps one of the most outstanding being Jules Cambarone, chef of Louis 16th and later of the great Napoleon, who boasted that he was the greatest cook in all Europe. Jules was a marvel at serving his erratic master his favorite dishes under the most unfavorable circumstances, for where Napoleon went, there went Jules and whether amid the burning sands of Egypt or the snows of Russia, Jules served dishes that might well have come from the kitchen of the royal palace in Paris.

Jules weighed nearly 300 lbs. but was never seen to sit down and eat a meal. He tasted everything he cooked many times before he allowed it to be served and drank great quantities of wine.

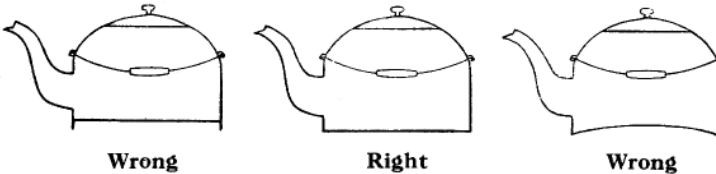
Jules spent the remaining years of his life, after Napoleon’s fall, at a small wayside inn on the outskirts of Toulon, cooking and tasting, always tasting but never eating, and no doubt entertaining his guests with tales of the days when he was the first cook in Europe and the “Monsieur Tournebroche” of the great Napoleon.

# START RIGHT

Important information for operating Moffats Electric Ranges

## OVEN

1. Before using, heat the oven by turning the Top and Bottom Elements on full until the temperature reached 400 degrees. Then turn both elements off and allow to cool. This will remove any odors that may be in a new oven.
2. If oven is heated above 600 degrees, it will destroy the thermometer.
3. The oven rack should always be on the bottom ledge when baking.
4. Oven ventilator must not be closed or connected with any pipe.
5. If there is steam from the oven when baking the temperature was too low when the baking was placed in the oven. Raise the temperature, using your own good judgment and the steam will gradually disappear.
6. Remove broiler pan from oven when not in use.
7. Do not keep food in oven when oven is not in use.

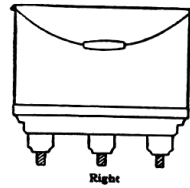
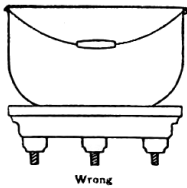


## COOKING TOP ELEMENTS

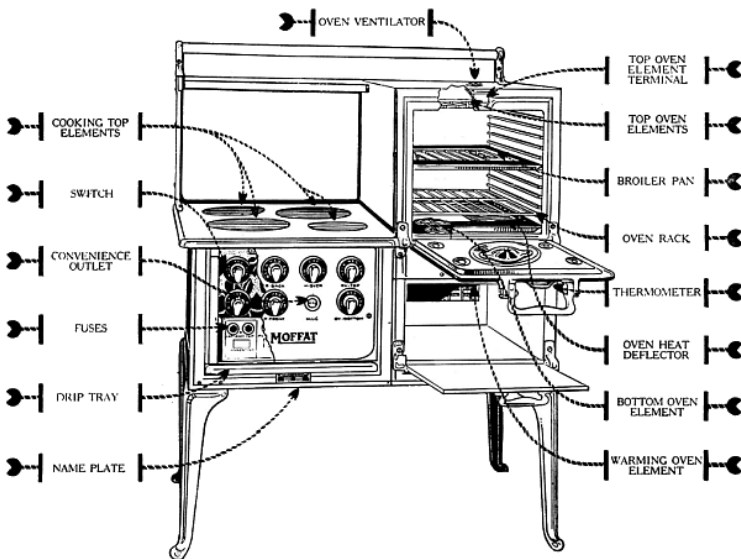
★ 1. Do not use kettles with legs on or a rim around the bottom, old toasters with loose wire, curling tongs, forks or spoons as anything metallic touching the element coils and the body of the range at the same time will cause a short circuit and will destroy the coils. We are not responsible for this and it is not covered in our guarantee. 2. Always use flat bottom cooking utensils on Top Elements.

3. Use pots and kettles that cover the elements.

4. Turn the elements to Low or simmering heat before contents have reached the boiling point. This saves electric current and prevents contents from boiling over, prolonging the life of the open type element.



★ 5. Common Salt which is sodium chloride, is very destructive to the coils and must be kept away from the element. A yellow stain on the porcelain disk of the element is a sign of salt.



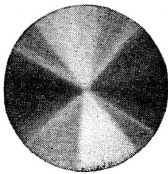
6. To remove cooking top elements, cut off the power and give the element a sharp turn or on some models it will be necessary instead to remove an element clip. Take out the element and turn it upside down. Use the two steel wrenches that go with each range, holding the bottom nut with one and loosen the top nut with the other. Do not allow terminal bolt to turn. When replacing burner, the red wire from the switch must be attached to centre terminal using a small washer and nut. Make the connections tight with the two wrenches.

7. Asbestos mats must not be used on the cooking top elements.

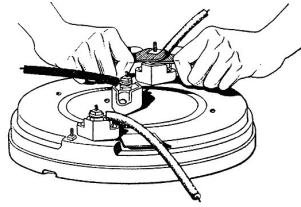




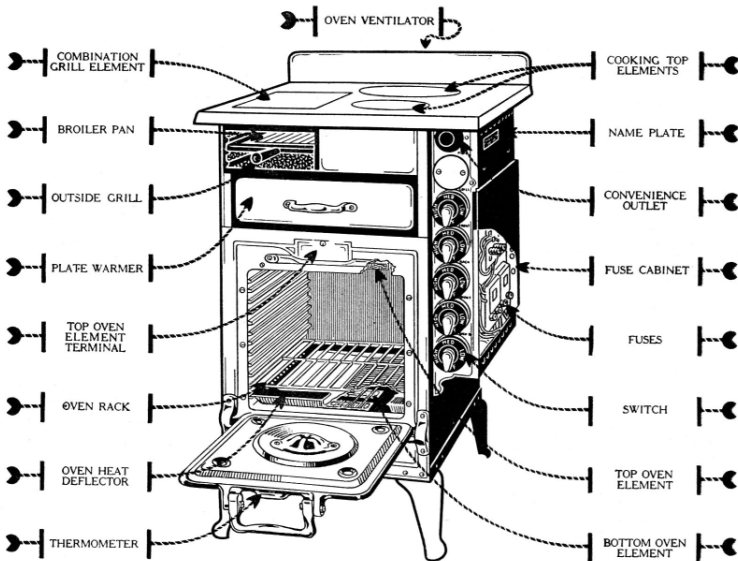
**Moffats Open Element**



**Moffats Protected Element**



★ Directions No. 1 and No. 5 apply only to the open type element.



## GENERAL DIRECTIONS

1. The wire coils in the elements must not be touched.

2. Do not leave kitchen with the elements going full. Turn them down to low.

3. If your elements fail to work, examine the wire coils with a piece of wood and if they are broken, a short has been made and a renewal is necessary. If the wire coils are not broken examine the fuse plugs in the range, the distribution box and switch box in the basement. If these are all right, there is probably a fuse blown out on the street poles. Notice if any of the wires are loose at the terminals, tighten by using the two steel wrenches

that go with each range. Have one hold the bottom nut and tighten the top nut with the other. If bottom nut turns, the wire will break.

4. In putting in a new fuse plug, be sure to put in one of the same number of amperes as that taken out. Fuse plugs are not guaranteed.

5. All directions in regard to baking are general. You must use your own good judgment. The temperature—given with each recipe—may be varied slightly, depending on the voltage at range and individual methods of baking.

6. We are not responsible for any kind of stains due from steam, fumes, intense heat from the elements and liquids such as tea, grease, vinegar, boil-overs. If not wiped off at once it will bake into the enamel and cannot be removed.

## **SWITCH—ELEMENT CONTROL**

Explaining what each abbreviation represents on the switch panel.

Ov-Top Oven-Top Top-Oven Oven-T	}	Top Oven Element
Ov-Bottom Bottom-Oven Oven-Bottom Oven-B	}	Bottom Oven Element
R-Front Front-Right Right-Front	}	Right Front Cooking Top Element
L-Front Front-Left Left-Front	}	Left Front Cooking Top Element
R-Back Back-Right	}	Right Back Cooking Top Element
L-Back Back-Left	}	Left Back Cooking Top Element
Back Back-Top	}	Back Cooking Top Element
Right Left Front Grill		Right Cooking Top Element Left Cooking Top Element Front Cooking Top Element Outside Grill Element

# ENTERTAINING



It is the mood of the occasion that must suggest to the hostess the setting of her table. Informal teas and breakfasts call for cheeriness and informality.

A maidless dinner may be as charmingly arranged and smoothly served as that at which the courses are brought from the kitchen, and that is made possible by adequate covered serving dishes, which keep meat and vegetables hot, and a convenient change of plates for the round of courses. Formality implies the silent, capable assistance of service—dignity must be exalted, but nevertheless, subordinated to ease of routine.

With these cardinal principles in mind, and her own inherent flair, it lies within the reach of each and every hostess to paint upon the canvas of the table a gleaming picture of loveliness.

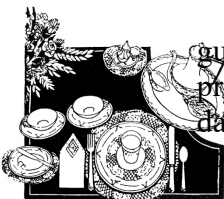


## AFTERNOON TEA

The hours of an informal tea are usually from four until six. A tea waggon, if pretty, may be trundled in for the daily tea, but for the invited party the small table is the best.

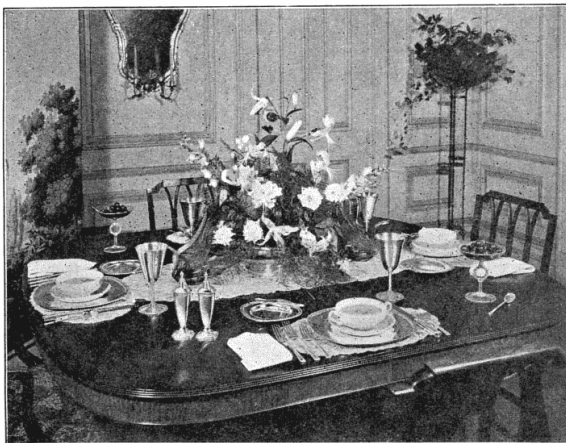
The appointments for the table should be the daintiest one can afford. A tray holder, hot water kettle, tea caddy, strainer or tea ball, slop bowl, cream pitcher, sugar bowl and a pretty dish on which there are slices of lemon and oranges should be set immediately in front of the one who is to serve.

Plates of food are usually brought in separately by the maid and put on another table. Very convenient stands with a handle and three shelves are used in many houses. A small pile of plates, with doilies between each, usually occupies one shelf. Of course one uses the daintiest dishes and plates possible and the table wears its most delicate cloth.



The hostess herself cannot undertake to entertain her guests and pour tea too except where very few people are present. She can usually, however, depute the duty to a daughter of the house, or bespeak beforehand the services of some other friend.

If bread and butter are provided, the bread must be of wafer-like thinness, spread nicely with “the best of butter” and arranged sandwich fashion with the crusts trimmed off. In summer cooling drinks such as claret cup, fruit punch, orangeade or iced tea flavored with lemon are often offered as well as hot tea.



## LUNCHEON

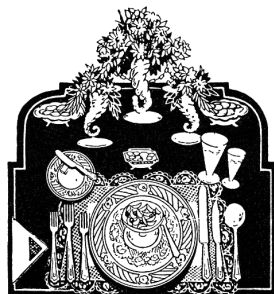
An embroidered luncheon cloth or runners or doilies are prettier for the luncheon table than a table cloth and are considered better form. The centerpiece should be an informal arrangement of flowers. Candles are never used on a luncheon table. When the first course is set in place before luncheon is announced, the napkin is laid at the left of the table. Otherwise it is folded on the service plate.

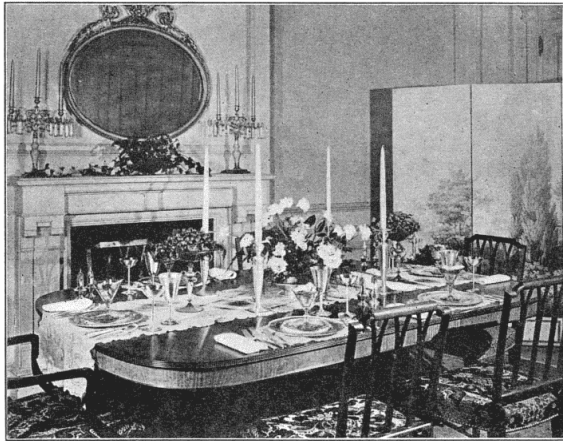
At the right of each plate is laid the MEAT KNIFE, and TEA SPOONS, if used, as at dinner. At the left, the MEAT and SALAD FORKS are placed in their proper sequence. If an entree is served, the fork for this is placed to the left of the meat fork.

The BOUILLON SPOON is placed either above the plate or on the right side, beside the knife.

Here again if fish is served the FISH FORK is placed to the left of the plate, outside the meat fork.

The bread-and-butter plate with the BUTTER SPREADER is always used for luncheon. It is placed to the left of the forks. The butter is usually passed after the guests are seated. Bread-and-butter plates are always removed with the salt and pepper shakers.

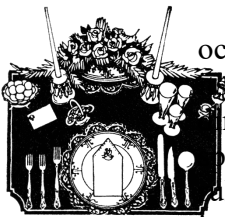




## DINNER

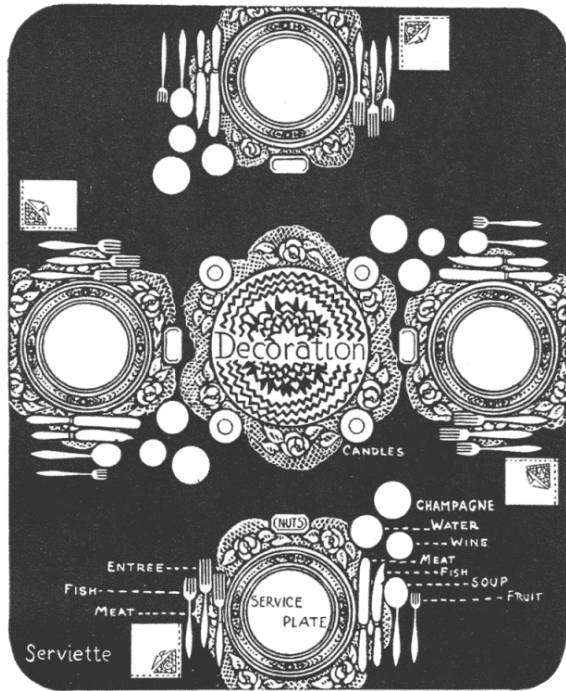
Whether guests are entertained or the family dine alone, the table is as charming as it can be made. A white damask cloth is used, with large dinner napkins to match. Even the centre runner and place squares, if of fine material and workmanship, are now accepted as adjuncts of the formal meal. Unshaded candles give a most delightful glow to the polished silver and sparkling glassware. The centrepiece is of flowers.

If oysters are served, the OYSTER FORK is generally placed at the extreme right. Then follow the SOUP SPOON, FISH KNIFE, and, nearest the plate, the KNIFE for the roast, with the cutting edge towards the plate. TEA SPOONS, when used, are placed to the right of the plate—just outside the knife. The glass for water stands just above the knife. On the left is the MEAT FORK and, next to the plate the salad fork. If fish is served the FISH FORK is placed to the left of the MEAT FORK. If additional forks and knives are needed they are put on the table during the dinner.



The bread-and-butter plate, when used at dinner, occupies its customary place at the left of the forks. Across its right side is placed the BUTTER SPREADER. At formal dinners butter is not served and, consequently, the plate and spreader are omitted. But as few families care to observe this rule except on ceremonious occasions, the butter plate with its spreader is found on most dinner tables.

When after dinner coffee is served, the AFTER DINNER COFFEE SPOON is used.



## SETTING THE TABLE

According to accepted usage, the pieces at each plate are laid in the order in which they are to be used; that is, those to be used first are on the outside, right or left, as the case may be. It is customary not to use more than three forks and three knives in addition to the OYSTER FORK and INDIVIDUAL BUTTER SPREADER. Other courses are provided for as required. Sometimes only the fork is placed on the table for salad and entrees. It may be added that variations of these rules are permissible, as for instance, in the servantless home, when to expedite the service, all the necessary pieces may be placed beforehand. Reference to the illustrations will show the position of the different pieces.

Forks are always laid with the tines upward, spoons with the bowl upwards, and the knives with the cutting edge toward the plate. They are placed with the handles half an inch from the edge of the table and equally distant from one another, as precision of arrangement is one of the chief features of a well set table.



# APPETIZERS



Appetizers, because of their flavors and high seasonings stimulate digestion to wait on the appetite. This is the reason they are always served at the beginning of a meal.

## *Cheese Canapes*

1 cup grated Cheese  
1 teaspoon Salt

Dash of Red Pepper  
6 Slices of Buttered Bread

CUT the bread into circles, diamonds or squares. Butter them lightly and brown by placing in oven. Cover each with thick layer of grated cheese to which the seasoning has been added. Bake in the oven until the cheese is thoroughly melted and serve at once.

## *Grape Fruit Cocktail*

CUT the grape fruit into halves, crosswise, and scoop out the pulp, rejecting the whiter inner skin as well as the seeds. Clean the shells, cut the edges with a sharp knife into scallops and throw them into cold water. Set the pulp on the ice. At serving time put a teaspoon of cracked ice in the bottom of each shell; fill with the pulp mixed thoroughly with powdered sugar and white grapes. Place a maraschino cherry or a bit of bright colored jelly in the centre of each. Lay on paper doilies or surround with bits of asparagus fern.

## *Ham Canapes*

½ cup of minced Ham  
2 tablespoons of Butter

1 teaspoon chopped Parsley  
6 slices of Buttered bread

MIX the ham, butter and parsley to a smooth paste. Prepare the bread as for cheese canapes. Spread with the mixture and serve.

### *Lobster Cocktail*

CUT the lobster in small pieces, mix well with tomato catsup, lemon juice and salt. Serve in cocktail glasses.

### *Mixed Fruit Cocktail*

CUT into small pieces as many different kinds of fruit as you have in the house. Sweeten to taste and set on the ice to chill. At serving time fill the cocktail glasses and place a maraschino cherry on each. Fresh or canned pineapple is one of the most refreshing fruits for a cocktail.

### *Oyster Cocktail*

12 Oysters	1 salt spoon of Salt
1 teaspoon grated Horseradish	Dash of Red Pepper
1 teaspoon Tomato Catsup	1 teaspoon Tabasco
2 tablespoons Lemon Juice	

# SOUPS



It is a very wasteful habit to throw away the water in which vegetables and meat are cooked. Soup made from this material is rich in mineral value and should be included in every person's diet.

Soup when served as an appetizer and to stimulate the appetite should be clear, either consommés or Bouillons. However when it is served as actual parts of the meal it is usually the cream variety.

## *Soup Definitions*

### *Bisque*

A FRENCH word meaning a rich, rather thick soup of pounded fish, usually shellfish. Game birds are also often used in a bisque.

### *Bouillon*

A CLEAR, unthickened soup. Usually made from beef although other meats and some vegetables are used.

### *Chowder*

THIS is properly a stew rather than a soup. It is commonly made of clams, potatoes, onions, perhaps a little bacon and hard crackers. It was supposed to have been first made by a party of French emigres who were shipwrecked on one of our eastern coasts and saved from the wreck a lot of potatoes, some onions, a little bacon, some tins of sea biscuits and a single big pot called a chaudiere. They dug for clams and put them in the pot with the potatoes, onions, and sliced bacon, cooked them all together, added the sea biscuit last and ate the combination with such relish that they kept on

making the dish according to the impromptu recipe after they became settled in the country. They named the dish “chaudiere” from the original big pot. Now it is made of a kind of fish or of vegetables.

### *Cream*

A FOUNDATION of a thin white sauce, to which other ingredients are added in varying proportions.

### *Puree*

THIS soup is nearly as thick as porridge and is usually served in cups and bowls, rather than in soup plates.

### *Consomme*

A CONSOMME signifies consummate art applied to the making of soup. We have, however, so degraded the word that any clear soup whether “consummate” or not now poses as a consomme.

### *Bean Soup*

4 cups Cooked Beans	2 tablespoons Butter
2 quarts Water	2 tablespoons Flour
2 slices Lemon	1 tablespoon Chili Sauce
2 cups Strained Tomatoes	Salt and Pepper

SIMMER beans in water with lemon and tomatoes for 30 minutes. Run through a sieve, cook together 2 tablespoons butter and flour and add liquid and boil till it thickens. Flavor with chili sauce. Strain before serving.

### *Bouillon*

3½ pounds Beef, chopped	2 stalks of Celery
3½ quarts of Water	½ Bay leaf
1 Onion	2 Cloves
1 Carrot	6 Peppercorns
1 sprig of Parsley	1 teaspoon Salt

USE beef from lower round. Put it in saucepan with water and let stand one hour. Place over the fire in covered pot and bring to boiling point. Skim. Reduce heat and simmer 3 hours. Chop onion, carrot, parsley, celery and add to the soup with the bay leaf, cloves, peppercorns and salt. Let simmer an hour longer. Strain into bowl and cool quickly. This stock will not jelly as no bones are cooked with it. When ready to serve, remove fat and clarify by putting cold stock in a saucepan and add two slightly beaten egg whites. Put over fire and stir constantly until it boils. Boil 5 minutes. Let stand until it

settles. Strain through two thicknesses of cheese cloth. Heat thoroughly and serve with toasted crackers.

### *Celery Soup*

BOIL 1 cup rice in 3 pints of milk until it will pass through sieve. Grate the white parts of two large heads of celery, add this to 1 quart of strong white stock to rice milk and let boil until celery is perfectly tender. Season with salt and pepper and serve.

### *Corn Chowder*

1 can Corn	2 Potatoes
1 quart Milk	1 Onion
1 cup Cream	

COOK potatoes in onions till tender, drain and add corn and cream and milk. Heat and season well.

### *Chicken Broth*

CUT a chicken into pieces and cover with cold water. Add one small onion. Simmer 3 hours until meat is tender. Remove meat, cool stock. Remove the fat. Reheat and add  $\frac{3}{4}$  cup cooked rice. Season and serve.

### *Noodle Soup*

ADD sufficient flour to 2 eggs to make a stiff batter. Cut dough in two, roll out very thin. Leave paste on board till dry, then cut into narrow strips. Drop in boiling water and boil 20 minutes or until thick. Season with salt and pepper.

### *Oyster Soup*

1 quart Oysters	1 teaspoon Pepper
1 quart Milk	2 teaspoons Salt
$\frac{1}{2}$ cup Butter	4 rolled Crackers

BRING all to boiling heat except oysters. Add oysters and let come to boil as quick as possible and serve.

### *Pea Soup*

SOAK split peas over night. Add 1 quart of hot water and 1 onion: bring to a boil. Move to back of stove and let simmer until peas are done. Rub

through collander and return to stove. Add 1 tablespoon flour made smooth in 1 tablespoon butter. Season with salt and pepper.

### *Tomato Puree*

1 quart of fresh Tomatoes	1 slice of Onion
2 cups of Water	½ teaspoon of Salt
½ Bay leaf	⅛ teaspoon Pepper
2 stalks of Celery	1 tablespoon Sugar
1 sprig of Parsley	1 tablespoon of Butter
2 Tablespoons of Flour	

WASH and cut the tomatoes in quarters, add water, bay leaf, celery, parsley, onion, salt, pepper and sugar. Cook slowly until tomatoes are soft. In another sauce pan melt butter, add flour and mix well. Add tomato mixture and stir until thick. Press soup through a fine sieve. Reheat over boiling water. Season more if necessary and serve with crisp croutons. Canned tomatoes can also be used with this recipe.

### *Vegetable Soup No. 1*

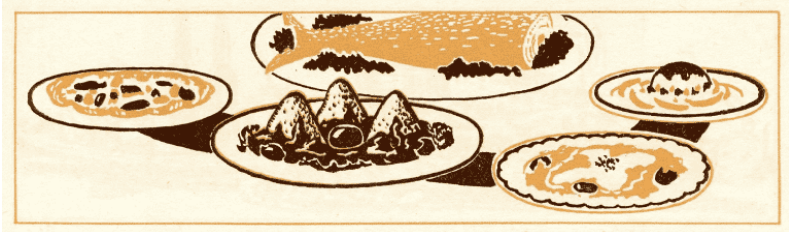
1 cup Beans	½ Turnip
Cup Dried Peas	1 Carrot
½ cup Barley	1 cup Canned Tomatoes
½ cup Rice	1 bunch Celery
2 Potatoes	Seasoning and 1 Bone
2 Onions	

WASH and soak peas, beans and barley and rice for 1½ hours in enough water to cover. Then bring to boiling point, add vegetables cut in small cubes. Cook until tender about ½ hour before serving. Add bone and season well. Stir often adding water as it boils down. Serve quite thick and hot.

### *Vegetable Soup No. 2*

BOIL a beef shank for a couple of hours, or until tender in lots of water. Add 4 good sized carrots, ½ small cabbage, 2 stalks celery, 2 onions, ½ cup rice, salt and pepper to taste.

# FISH



Fish should be served at least once a week. Being very rich in Vitamins and Proteins and easily digested, it is an excellent food for those who are inactive and unable to get sufficient exercise.

The following are important points to remember in selecting fish:

1. Make sure that the fish does not give off an undesirable odor.
2. The eyes of the fish should bulge and be very bright and shiny.
3. The flesh of the fish should be firm and the gills a reddish color.

## *Broiling*

ANY of the following fish are suitable for broiling: split mackerel, white fish, cod, haddock, shad trout, sliced halibut and salmon, white smelts and small fish.

To broil—brush with melted butter, sprinkle with flour, salt and pepper and put in oven with the top element on full. See broiling on page 21.

## *Steamed Fish*

PREPARE fish for cooking, sprinkle inside with salt, place fish on plate, place in steamer similar to one on page 38. Time about 10 to 20 minutes, all depends on size of fish. Serve with plain or curried sauce.

## *To Stuff and Bake Fish*

SOAK stale bread in cold water until soft; drain and mash fine; stir in spoonful of drawn butter, a little salt and pepper, 2 raw eggs and spices if desired.

Fill the fish with this and sew it up, put a little water in a baking pan with a small lump of butter, place the fish in this and put in oven at 450 degrees. Turn top off and bottom to low. Time 40 to 50 minutes.

Bass, Shad and Cod are all good baked.

### *Baked Halibut or Salmon*

LET fish remain in salt water 1 hour before it is time to cook. Place in pan with cover or casserole with butter. Put in oven at 450°. Turn off top element and bottom element to low. Time about 30 minutes. Serve with sauce.

### *Boiled Cod Fish (Salt)*

SOAK 2 lbs. in luke warm water over night or for several hours. Put into cold water and set over fire and let simmer for 15 minutes.

### *Oysters Scalloped*

1 quart of Oysters	Cayenne
2 cups of Crumbs	6 tablespoons Butter
½ teaspoon Salt	½ cup of Liquid

WASH oysters with  $\frac{3}{4}$  cup cold water in a colander and remove pieces of shell. Strain the juice. Melt butter and add crumbs and seasoning. Line the bottom of a greased baking dish with  $\frac{1}{4}$  the crumbs then add  $\frac{1}{2}$  of all the oysters. Add  $\frac{1}{4}$  more crumbs, and remainder of oysters and liquid (milk or liquid from oysters). Cover with buttered crumbs. Put in oven at 425 degrees. Turn top "off," bottom on "low." Time 30 to 40 minutes.

### *Salmon Croquettes*

1 can Salmon	1 Egg
½ cup Milk	

A FEW rolled biscuits, salt and pepper. Mix in and make in patties. Roll in egg and bread crumbs and fry in butter.

### *Dressing for Fish*

1 cup of Bread crumbs	1 teaspoon Salt
2 tablespoons of Butter	½ teaspoon Pepper
1 teaspoon Parsley	Grating of Lemon rind

ALLOW 10 minutes to a pound fish.



### *Indian Curry*

THOROUGH cooking of the Curry brings out the delicious flavor, and makes it more digestible. When possible, purchase the Curry Powder that is prepared in India.

4 tablespoons Mazola Oil or Crisco    1 teaspoon Salt  
1 Onion    2 lbs. Meat (Lamb preferred)  
1 large tablespoon Curry Powder

Use the same recipe for Curried Chicken.

Put the oil or Crisco in a saucepan. Cut the onion fine, fry in the oil. When brown, remove from the oil and set aside. Have the Curry Powder mixed to a thin paste with sufficient water. Put this into the hot oil and cook until oil separates from the Curry Powder. Put in the meat,—lamb or chicken desired—and the fried onion, and cook five minutes, until the meat has absorbed the Curry Powder. Add water, cover meat and simmer slowly until tender. Add a tin of peas just before serving.

Banana Chutney, Grated Cocomnut and Tomato Sauce may be eaten with this Curried Meat, as relish.

This recipe will serve six people.

### *Steamed Rice*

2 cups Rice    1 teaspoon Salt  
4 cups Water

USE Steamer similar to the one illustrated on page 38.

Do not stir. Steam thoroughly until all the moisture is absorbed. This may be served with the Curried Meat, Lamb, or Chicken.

To make Curry Sauce for Steamed Fish, cook the Curry in the usual way, but do not brown the onion. Then put it into the White Sauce.

# SAUCES



The type of sauce to use should be chosen according to the meat, fish, vegetables you are serving. Serve the richer sauces with the plainer foods and the simple sauces with the richer dishes. It is very important that sauces be prepared carefully and accurately. If not they are apt to spoil your otherwise delicious food.

## WHITE SAUCE CHART

Material	Thin	Medium	Thick
Butter	1 tablespoon	1 tablespoon	1 tablespoon
Flour	1 tablespoon	2 tablespoons	3 tablespoons
Salt	$\frac{3}{4}$ teaspoon	$\frac{3}{4}$ teaspoon	$\frac{3}{4}$ teaspoon
Pepper	$\frac{1}{8}$ teaspoon	$\frac{1}{8}$ teaspoon	$\frac{1}{8}$ teaspoon
Milk	1 cup	1 cup	1 cup

Melt the butter, add flour, salt and pepper and mix well. Add milk slowly and bring to the boiling point, stirring constantly to prevent lumping. Place over hot water until ready to use.

## USES FOR WHITE SAUCE

*Mint Sauce*

8 stalks of Mint, or 2 tablespoons of Dry Mint      ½ cup of Vinegar

2 tablespoons Sugar      1 tablespoon lemon Juice

WASH mint and pick leaves from stems. Chop fine. Add sugar and rub well together. Add gradually vinegar and lemon juice. Let stand one hour.

### *Curry Sauce*

1 tablespoon chopped Onion      1 teaspoon Curry Powder

1 tablespoon Butter      1 cup of Boiling Water

1½ tablespoons Flour      ½ teaspoon Salt

1 tablespoon Lemon Juice

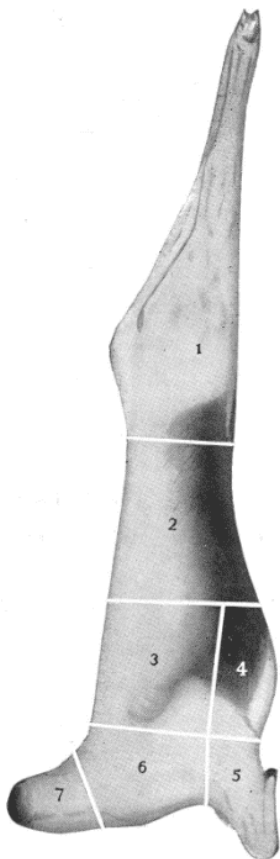
COOK the onion in the butter until it is slightly browned. Add the curry powder and flour and mix thoroughly. Add the water gradually. Bring to a boil. Add salt and lemon juice. Strain and serve.

# MEATS



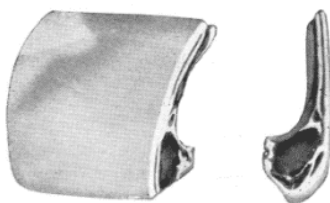
Meat is the most expensive food used in the majority of households. There is no need for buying the costliest cuts, the more economical food being that which supplies the greater nutriment for the least money. Prices are not regulated according to the nutritive value but according to attractiveness and scarceness.

Pork is the most difficult of meats to digest and is better for people who do hard manual labor than for those who exercise little. Beef and mutton require about the same time for digestion. Although the flesh of young animals is more tender it is less nutritious than that of the older ones. Veal and lamb are in season in the spring; beef and mutton are in the markets the year round. Pork should not be used during the hot weather. The preparation of meats is gauged by the quality. Tender cuts are broiled or roasted, those of coarser grain are equally deliciously prepared by long cooking as in pot-roasts, boiled dinners, stews and braised dishes. These less expensive coarser types are often richer in flavor than the tender cuts of less substance, and their merits can be fully appreciated by good cookery.



**STANDARD LAMB CUTS**

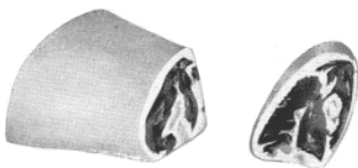
- |         |             |
|---------|-------------|
| 1. Leg  | 4. Breast   |
| 2. Loin | 5. Shank    |
| 3. Ribs | 6. Shoulder |
| 7. Neck |             |



Lamb Ribs for Roasts    Lamb Rib Chop



Lamb Leg for Roasts and Chops    Lamb Steak cut from Leg



Lamb Loin for Roasts    Lamb Loin Chop

# *Lamb and Mutton*

Lamb is the meat of immature sheep, and mutton is the meat of the full grown sheep. Lamb may be eaten more shortly after killing than mutton, which must be hung for at least two, preferably three, weeks. In the early spring one gets “spring lamb” that is such a delicacy.

Mutton may be deliciously prepared as well as lamb, and the strong flavor that many object to in it may be overcome to a great extent by removing the skin and trimming the extra fat. Because of the strong flavor mutton fat can not be used as drippings.

Lamb can be distinguished from mutton by softer bones, finer grains and lighter color.

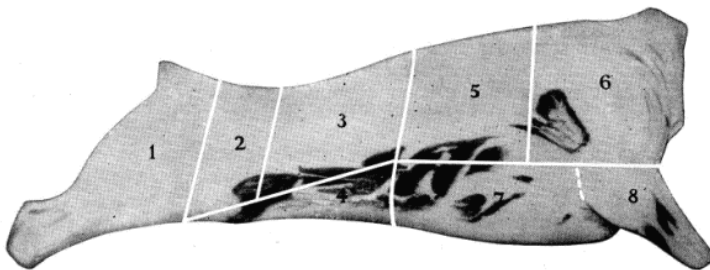
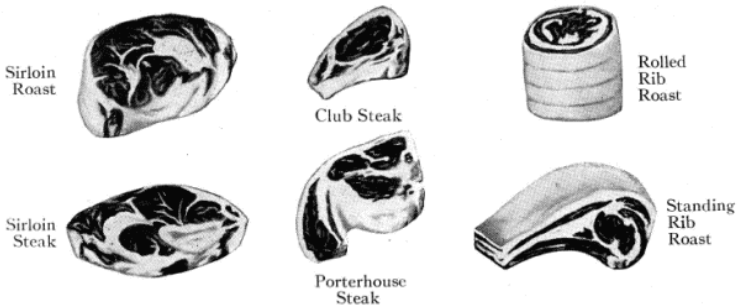
## *Roasting*

THE chief point to remember in roasting is that the meat should be quickly browned in order that the crust thus formed may retain the juices. Turn on the top and bottom oven elements full until the thermometer points to 450 degrees, then put the roast in the oven, leaving both elements on full from three to five minutes to sear the meat. Then turn off the top element altogether and leave the bottom element at low. Do not use any water in roasting pan. If there is any smoke coming from the ventilator the temperature of the oven is too high. Allow about 30 minutes to the pound for small roasts and 25 minutes to the pound for large ones. Long slow cooking will give the desired result—a nice casing of browned meat around the outside, with tender inner fibres and the inside meat just cooked and no more.

## *Broiling*

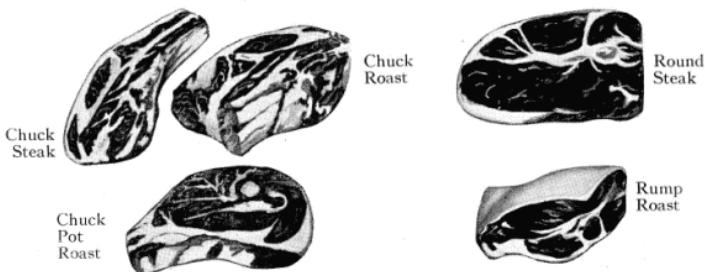
BROILING or grilling retains all the juices, makes meat more tender and delicious than frying. It is not necessary to heat the oven while grilling—only use top element. The oven door may be left open about two inches if desired. For steaks, chops, pork tenderloins, sausages, etc., put the meat on the rack of the grill pan, turn on top element in oven full heat, when red, place pan close to top burner, leave about five minutes, turn and leave about five minutes more, then lower pan and finish slowly. Allow about ten minutes for a thin

steak and about fifteen minutes for one an inch thick. For bacon and eggs put pan four to five inches from element. When the bacon is almost done, drop in the eggs, finishing very slowly with the burner at medium or low heat. Never pierce the lean meat with a fork when turning or much good juice will escape. The element is too hot if there is a considerable amount of smoke.



**STANDARD BEEF CUTS**

- |               |          |
|---------------|----------|
| 1. Round      | 5. Rib   |
| 2. Loin End   | 6. Chuck |
| 3. Short Loin | 7. Plate |
| 4. Flank      | 8. Shank |



# *Beef*

Beef is the most commonly used of all meats, providing as it does, both choice and more expensive cuts and a wide range of preparation possibilities. In addition to the regular cuts of meat there are many special parts, which, though in some cases not so delicate as veal, are nevertheless wholesome and, when properly prepared, make excellent dishes.

In buying beef look for dark red meat streaked with threads of fat. The fat or suet should be creamy white (not yellow), firm and dry. Good beef is firm and resilient to the touch, and will barely dampen the finger. Wet, flabby, pale, purplish or very lean meat is defective. Frozen meat is always overmoist.

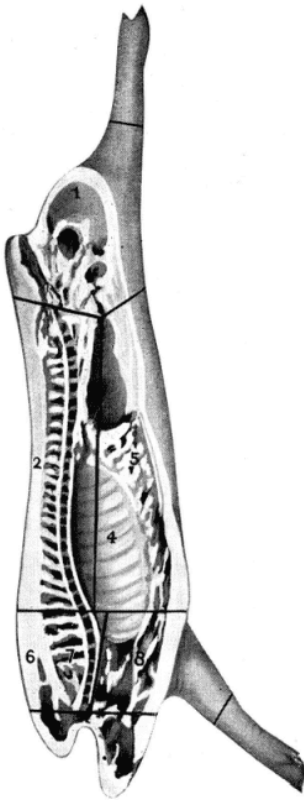
## *Boiling*

BOILING is one of the easiest methods of cooking meats. In making soup the meat is put in cold water to draw out the juices; in boiling it should be put in hot water so that the meat and not the water may retain the juices and flavoring. The boiling water coagulates the albumen on surface of the meat forming a sort of coat. Fresh meat may simply be wiped with a cloth before boiling, but salt meat should be soaked in cold water. Have the kettle clean; put in enough water to cover the meat and when boiling put in the meat. Boil hard for five minutes, then draw the kettle aside and cook slowly.

## *Braising*

BRAISING is a combination of roasting and stewing and is one of the best methods of cooking large pieces of tough lean meat. A quantity of vegetables should be put in a covered roaster and the meat placed on the vegetables. Cook slowly in the oven; the meat will absorb the flavor of the vegetables. When quite tender the meat is removed and put in a quick oven to brown. The vegetables are served with it.





**STANDARD PORK CUTS**

- |               |                        |
|---------------|------------------------|
| 1. Ham        | 5. Bacon               |
| 2. Flat Back  | 6. Clear Plate         |
| 3. Loin       | 7. Shoulder Butt       |
| 4. Spare Ribs | 8. Picnic Shoulder     |
|               | 7, 8, Skinned Shoulder |



Ham so mildly cured that it is not necessary to parboil.



Bacon; dry cured with salt and sugar, and smoked, giving it a sweet delicate flavor.



Loin; usually sold as pork chops or pot roasts.

# *Pork*

Pork is divided into two sorts of meat, fresh and cured. Fresh pork furnishes excellent cold weather roasts; the cured pork is a year round standby served either hot or cold.

Pork should have clean white fat, and the meat, if fresh should be pink; if cured brownish ingrained with fat. Choose hams with a small bone.

## *Stewing*

STEWING consists of cooking meat in a little water in a closely covered vessel. Thickening and vegetables may be added. Cut the meat in small pieces and brown over the fire; add boiling water; cook for a few minutes; then reduce the heat and cook very slowly.

## *Frying*

THE secret of the success of frying is to have the fat hot enough to immediately harden the outer surface of the meat and deep enough to cover the meat. Foods that are fried in the fat of the right temperature will not absorb the fat and so become indigestible. The chief trouble lies in the fact that the fat is too often allowed to penetrate the food, in which cases the results to digestion are very serious.

## *Sautéing*

SAUTÉING is the most common division of frying. It consists in cooking with a little fat in a shallow pan. Sautéing should be done quickly, the food being turned over lightly and often.

## *Fricasseeing*

TO fricassee meat sauté it first to keep in its juices. Stew until tender and serve with sauce made from the juice in the pan.

# MEATS



## *Breaded Lamb Chops*

- 2 lbs. loin or rib Chops
- 2 slightly beaten Eggs
- ¼ cup of milk
- ½ teaspoon Salt
- Bread crumbs

DIP the chops in the egg, milk and salt mixture, then in bread crumbs. Fry in deep fat.

## *Lamb Steaklets*

- 1½ lbs. thinly cut Lamb Steak
- Slices of Side Bacon
- Tooth Picks.

CUT the lamb into pieces about 3 inches square. Sprinkle with salt, pepper and onion salt or juice. Roll like jelly roll, wrap piece of bacon around it and fasten with a tooth pick. Roll in flour, put in baking pan add a small amount of water, cover and bake about ½ hour. Baste once. Make a gravy in the pan.

## *Beef Loaf*

- 2 lbs. Round Steak
- ¼ lb. Salt Pork
- 1 Egg
- 1 cup Bread crumbs
- Seasoning
- 1 tablespoon Chopped Parsley

CHOP the beef and salt pork in the meat chopper. Combine with the chopped parsley, bread crumbs, seasoning and slightly beaten egg. Mix well.

Pack solidly into greased bread pan. Put in oven at 425 degrees. Turn top element off and the bottom to low. Time about 1 hour.

### *Corned Beef*

RINSE the corned beef in cold water, tie it into shape. Put in kettle and cover with cold water. Heat to boiling point and simmer until tender, about 30 minutes to a pound. One-half hour before meat is done, add cabbage cut up. Serve with the corned beef.

### *Pot Roast*

PUT meat in pot and sear on both sides to a rich brown. Add a pint of water and keep simmering. Keep adding water to keep meat from getting dry. Cook till tender. Add seasoning after first hour. Serve with brown gravy made in dish in which meat is cooked.

### *Sirloin Steak*

BROIL steak (see broiling on page [21](#)). Season with butter, salt and pepper and a dash of paprika.

Cut bananas, peel, in lengthwise slices and fry in butter for 5 minutes. Use about four bananas to a steak. Serve over the top of the steak.

### *Arabian Chops*

SEAR half a dozen pork chops on both sides in frying pan, then place them in a casserole. Cover them with sliced tomatoes, a little thinly sliced onion, and a bit of minced green pepper. Add 3 cups of hot water and cover. Put in oven at 350 degrees. Turn top element off and the bottom to low. Time about 2½ hours.

### *Sausage Rolls*

MAKE a dough as for biscuits. Roll thin, cut into rounds. Spread with sausage meat and turn the other side over. Pinch edges together and put in baking pan. Nice served with meat course.

Put in oven at 400 degrees, turn top off, bottom on low. Time about ½ hour.

### *Smoked Picnic Hams*

BOIL till fairly tender. Let stand over night. The following day ¾ hour before dinner put in roasting pan and pour over a mixture of ½ maple syrup

and ½ water. Remove skin and fill with cloves. Put in oven at 450 degrees. Turn top and bottom elements to low. Baste with syrup and water every 5 minutes.

### *Stuffed Tenderloin*

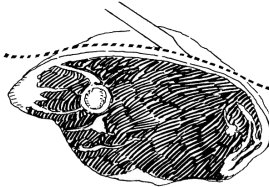
PROCURE strips of tenderloin. Fasten with skewers. Fill the centre with bread dressing and roast. Put in oven at 400 degrees, turn off top, bottom at low. Time about 30 minutes.

### *Jellied Veal*

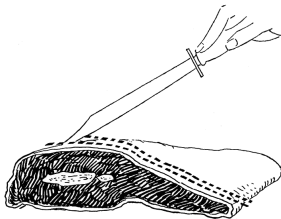
BOIL meat until very tender. Shell 3 or 4 eggs, hard boiled. Cut in two and place in dish. Cut meat and place around eggs. Boil down liquid. Season when cool. Turn out on platter, and garnish with parsley.

# CARVING

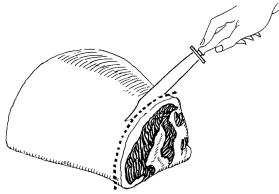
Good carving depends wholly upon the skill and knowledge of the meats being carved. The carving knife should be quite long and kept very sharp. Another point to know is that, when carving always cut at right angles with the fibres of the joint. When a roast is properly carved it is more agreeable to the eye, pleasing to the taste and more easily masticated. If possible the carver should sit, not stand, and the platter should be large enough to hold the slices of meat as they are cut.



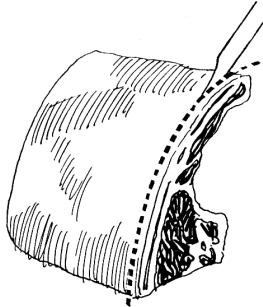
**LEG OF LAMB:** As the small end of the leg is a choice piece, it is a good idea to carve two slices, one from the thick of the roast (as shown in the illustration) and the other near the small joint. Each guest may then be served with a large and a small piece.



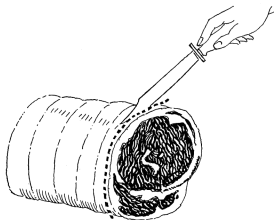
**BREAST OF VEAL:** This is very often badly carved. The carving knife should be drawn from side to side, as shown. A sharp knife is needed if the best results are to be had.



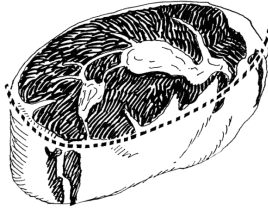
**LAMB LOIN ROASTS:** Lamb loins should be carved as shown in the illustration. A very sharp knife is required for this task. A whole chop should be served to each guest.



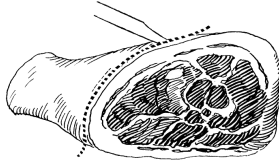
**LAMB RIB ROAST:** Lamb ribs for roasts should be carved as shown. Cut between the ribs and serve a chop to each guest.



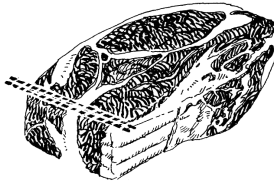
**LAMB ROLL:** Lamb roll is bound with a twine and skewered. Carve as shown using a sharp knife. Cut in thin even slices.



**SIRLOIN ROAST:** When carving a sirloin of beef cut the slices thin and from the side next to you. Never offer anyone the outside piece unless he asks for it. Enquire how each guest prefers his, whether rare or well done.

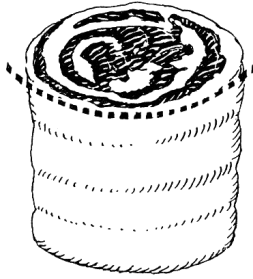


**LEG OF PORK:** A leg of pork should be carved as indicated. A sharp knife is needed for this; the pieces of meat should be as complete as possible.



**CHUCK ROAST:** A chuck roast is generally skewered. The best results are obtained when carved as shown. A very sharp knife is needed for best results.





**ROLLED ROAST:** A rolled roast is as a rule bound with twine and skewered. The best results are obtained if the carving knife is placed on the far side of the roast and drawn toward the carver cutting the meat in thin even slices.

# POULTRY

## *Chicken Fricassee*

3 lbs. Chicken	1 teaspoon Salt
1 Onion	¼ cup chopped Salt Pork
2 Cloves	Fat or other fat
Bay Leaf	Cup of Flour

SINGLE, draw and disjoint a 3 lb. Chicken. Wash and rinse carefully. Put into a saucepan with one quart of water, 1 sliced onion with 2 cloves pressed into it, bay leaf and salt. Simmer slowly until tender. Remove the chicken, dredge the pieces generously with flour, salt and pepper and brown in the fat in a frying pan. When the pieces of chicken are nicely browned on both sides, add the water and stock in which the chicken has been cooked. If the gravy is not thick enough, add flour thickening to it. Season to taste. Arrange the brown chicken on a platter. Pour the gravy over it. Surround with a border of boiled rice.

## *Chicken à la Maryland*

CUT up chicken as for fricassee. Dredge well with flour and seasoning. Dot with bits of butter. Bake in oven, adding small amounts of water and basting frequently. Fifteen minutes before removing from the oven, add 2 cups cream or milk and simmer gently. Remove chicken and thicken liquid.

## *Fried Chicken*

Cut up chicken. Roll in flour and fry in hot butter. Cover until half done, then brown.

## *Roast Fowl*

AFTER fowl has been dressed and cleaned, fill with stuffing, truss securely in compact shape and lay on its back in a roasting pan. Dredge with flour, salt and pepper, dot with bits of butter. Then follow directions on roasting (page [21](#)). Cook until breast meat is tender, about 2 hours for a 4 pound fowl.

### *Stuffing*

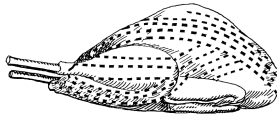
4 cups Bread crumbs	½ teaspoon Poultry
2 teaspoons Salt	Seasoning or Onion
¼ teaspoon Pepper	2 tablespoons Butter melted
1 Egg slightly beaten	2 to 3 cups Boiling Water

MIX in order given, combine thoroughly. Butter may be omitted if fowl is fat, or beef drippings may be substituted. If a dry crumbly dressing is desired, omit the boiling water.

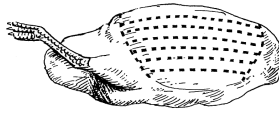
### *Mashed Potato Stuffing*

2 cups mashed Potatoes	2 Egg Yolks
highly seasoned with Salt	2 tablespoons melted Butter
and Pepper	¼ teaspoon Sage
½ cup chopped parboiled Onions	

MIX ingredients in order given. A few simple rules are to be observed in carving birds. The cuts may seem to be simple enough, but the difficulty is to carry them out with success on the bird itself. From its shape alone some awkwardness arises, but it may be overcome by plunging the fork upright into the very centre of the breast bone and keeping it there until the bird is completely carved.



**CARVING A TURKEY:** Having removed the legs and wings of the bird they should be cut into two pieces by passing the knife through the joints. The breast can then be sliced in thin even slices and served with the dark meat. The dressing is reached by making an incision between the legs of the bird and lifting the apron just above the tail.

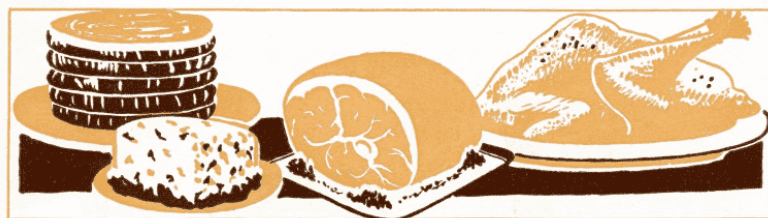


**CARVING A DUCK:** First remove the legs. These are considered choicest parts and are as a rule served first. Cut the breast into thin even slices, carving close to the ribs; when joint is reached bend out the wings and then sever with a knife.



**CARVING A CHICKEN:** A chicken is carved much the same way as a turkey. The blade of the knife should be held almost horizontally and passed right down to the bone of the leg; then, by bending the back of the knife downwards, the joint is exposed. A dexterous movement of the point of the knife cuts off the leg.

# LEFT-OVERS



*Left-Over material which is too good to be wasted can be combined with other foods to make a most pleasing and tempting dish. Beef, veal, mutton, lamb, chicken, and ham can all be used for this purpose. Left-over dishes can usually be served for luncheons or suppers when only a light meal is required.*

## *Casserole of Rice and Meat*

2 cups of chopped cooked Meat	1 tablespoon chopped Parsley
1 teaspoon Salt	1 Egg
¼ teaspoon Pepper	¼ cup fine Bread Crumbs
¼ teaspoon Onion Juice	4 cups cooked Rice

SEASON the meat mixed with crumbs and beaten egg. Add meat stock to make mixture pack easily. Line a greased mold or baking pan with two or three cups of rice. Pack rice well and fill with meat, cover with the remainder of the rice. Put in oven with cover at 350 degrees. Turn top off and the bottom to low. Time about 45 minutes. Serve with tomato sauce.

## *Curry of Beef*

2 cups chopped cold Beef	Curry Sauce
1 cup boiled Rice	

MAKE curry sauce according to directions given on page 18, using meat sauce instead of boiling water. Add the beef and bring to a boil. Serve in a border of hot boiled rice. Lamb may also be used.

### *Fish Croquettes*

1 cup cold cooked Fish	½ teaspoon chopped Onion
½ cup of Milk	½ teaspoon chopped Parsley
2 tablespoons of Butter	½ teaspoon Salt
2 tablespoons of Flour	Dash of Red Pepper
Yolk of 1 Egg	Bread Crumbs and Egg

MOLD this mixture into cones. Dip in egg and crumbs and fry in hot fat. Sprinkle with chopped parsley.

### *Meat Croquettes*

2 cups chopped cooked Meat	½ teaspoon Salt
2 cups of thick white Sauce	¼ teaspoon Pepper

IN general use equal amounts of white sauce and meat. Less will be required if meat is freshly cooked than as if canned meat is used. Meat should be chopped fine, seasoned rather highly, then moistened with sauce. Let chill thoroughly on flat dish, then divide evenly into equal portions allowing two tablespoons for each croquette. Shape into balls, cylinders, cones or any desired shape. Roll and shift dry crumbs, beat egg with one tablespoon of water. Roll croquettes in crumbs, dip in egg and again roll in crumbs. Fry in deep fat till light brown in color. Drain on oil paper. Serve with sauce.

Any meat or combination of meats may be used. Fish eggs and macaroni may be used the same way. Seasoning may be onion, parsley and celery salt. Lemon juice combines well with fish or chicken.

### *Shepherd's Pie*

2 cups of chopped cooked Meat	⅛ teaspoon Pepper
2 cups mashed Potatoes	⅛ teaspoon Paprika
2 cups left-over Gravy	1 teaspoon Onion Juice
1 teaspoon Salt	1 or 2 tablespoons of Butter

IT is unnecessary to follow above proportions. Use available amounts of meat, potato, gravy and season to taste. Line bottom of buttered baking dish with well beaten mashed potatoes (either hot or left-over). Add thick layer of meat and gravy, then layer of potato until dish is full. Make the top crust of potato. Dot with bits of butter. Or meat and gravy can be placed in lower part of baking dish with single thick layer of mashed potato for the crust. Stiffly beaten egg whites may be folded into mashed potatoes before adding to meat if desired. Crumbs, macaroni or rice may be substituted for potatoes. Put in

oven at 400 degrees. Turn top and the bottom to low. Time till potatoes are brown or if cold potatoes have been used, till thoroughly heated and browned.

# EGGS



## *and* MEAT SUBSTITUTES

*Although eggs are an important source of iron, phosphorous, and vitamins, they do not constitute a complete food in themselves and should be supplemented with other foods.*

### *Tests for Fresh Eggs*

1. A perfectly fresh egg will always sink to the bottom when inserted in a glass of water.
2. A fresh egg will not rattle when shaken.

### *Boiled Eggs*

FOR a soft cooked egg put it in water that is just kept below the boiling point from 5 to 8 minutes.

FOR hard cooked egg allow it to remain in the water from 20 to 30 minutes.

### *Baked Eggs*

TOAST circular pieces of bread from which a little of the centres have been removed. Place pieces on buttered dish. Break egg and drop contents in centre of bread. Sprinkle with salt and pepper, dot with butter and pour over a



little milk or cream. Put in oven at 350 degrees. Turn top and bottom to low. Bake until eggs are set.

### *Scalloped Eggs and Ham*

4 hard cooked Eggs	1½ cups buttered hard Crumbs
1 cup cold chopped Ham	1 pint white Sauce

CHOP eggs and fill dish alternating layers of the chopped eggs and meat. Pour over sauce. Put in oven at 350 degrees. Turn top off and bottom to low. Time 30 minutes or until sauce is firm.

### *Baked Eggs in Tomato Sauce*

2 cups of cooked or canned Tomatoes	2 tablespoons Butter
1 slice of Onion	3 tablespoons Flour
½ teaspoon of Salt	6 Eggs
2 teaspoons Sugar	½ cup grated Cheese
	⅛ teaspoon Pepper

COOK tomatoes, onion, salt, sugar and pepper together 20 minutes. Press the pulp through a sieve, discarding seeds. Melt butter, add flour and mix well. Add tomato juice slowly and bring to boiling point, stirring constantly. Pour the sauce into 6 individual baking dishes. Break eggs one at a time into a cup and slip carefully into each dish. Sprinkle with cheese. Put in oven at 350 degrees. Turn top off and bottom to low. Time about 15 minutes.

### *Omelet*

1 tablespoon Cream to each Egg  
Salt and Pepper

BREAK egg yolks, add cream and seasoning. Beat whites stiff and stir in last. Cook in well buttered frying pan. When ready to roll, place in oven for 1 or 2 minutes to set top.

### *Scrambled Eggs*

PUT lump butter size of walnut in your heated frying pan. Break in your eggs, and as they cook stir well. Season with salt and pepper and 2 tablespoons cream.

### *Cheese Fondue*

1 cup stale Bread Crumbs  
1 cup of Cheese (cut fine)  
1 cup Milk  
2 Eggs

1 tablespoon Butter  
½ teaspoon Salt  
⅛ teaspoon Mustard  
⅛ teaspoon Paprika

MIX bread, milk and cheese in double boiler. When cheese is melted add eggs. Beat until well mixed and season. Cook until thick and perfectly smooth.

The same mixture may be prepared by placing bread and cheese in layers in buttered pudding dish and pouring over it milk mixed with egg and seasoning. Put in oven at 350 degrees. Turn top off and bottom to low. Bake until firm.

### *Cheese Omelet*

BEAT yolks of 5 eggs; add 5 tablespoons milk; salt and pepper and 2 teaspoons flour. Beat whites very stiff and gently stir them into the yolks. Butter frying pan, pour the mixture in. Cook slowly until brown on the bottom. Set in oven a minute to dry top, then sprinkle over one-half cup grated cheese. Fold in shape of half moon and serve.

### *Macaroni with Cheese*

¼ lb. Cheese  
1½ cups Milk  
3 tablespoons Butter

Salt, Pepper and Bread Crumbs  
4 tablespoons Flour

BREAK macaroni in inch pieces, put into 2 quarts boiling water, add a teaspoon salt. Boil 20 minutes. Drain and throw into cold water for 10 minutes. Drain again. Put layer of macaroni in bottom of dish, then layer of cheese and bread crumbs, season with salt and pepper. Keep on until dish is full. Over this pour butter and flour mixed with milk. Season with salt and pepper.

### *Macaroni with Tomato Sauce*

¾ Cup Macaroni  
2 cups boiling Water  
1 teaspoon Salt  
2 tablespoons Butter

3 tablespoons Purity Flour  
1½ cups Tomato Juice  
1 slice Onion  
2 slices Green Pepper

COOK macaroni first, then cook tomato juice and onion and pepper. Strain into cooked butter and flour slowly. Cook until smooth and pour over macaroni.

### *Spaghetti with Tomato Sauce*

24 sticks Spaghetti	1 teaspoon Sugar
1½ cups canned Tomatoes	3 tablespoons Butter
1 cup Water	4 tablespoons Flour
2 stalks Celery	1 teaspoon Salt
1 slice Onion	⅛ teaspoon Pepper

WASH the spaghetti and cook until tender, drain and rinse in cold water. Cook tomatoes, water and seasoning 15 minutes, press through a sieve. Brown onion in butter, blend flour and seasoning with butter, add stock gradually, stir and cook until thick. Add spaghetti, reheat for serving. Mixture may all be turned into a pudding dish, cover with buttered crumbs and bake in oven.

### *Rarebit*

½ cup Milk or Cream	1 teaspoon Salt
2 cups of Cheese	Sprinkle Cayenne
2 tablespoons Butter	¼ teaspoon Soda
2 Eggs	

PUT milk and grated cheese in upper part of double boiler. When cheese is melted add butter. Pour this mixture over eggs slightly beaten. Return to double boiler and add soda and seasoning. Stir constantly and cook until smooth and thick. Serve at once over slices of toast or crackers.

# VEGETABLES



*All the elements needed for nutrition are found in vegetables. From beans, peas, and other legumes comes protein and are often used in place of meat. Potatoes and squash contain much starch or fuel and energy food. Lettuce, spinach, cabbage, turnips, carrots, tomatoes are rich in vitamins and valuable mineral matter.*

Methods of cooking Vegetables:—

- 1— Boiling
- 2— Baking
- 3— Steaming
- 4— Waterless Cooking

## *Boiling*

IN BOILING most vegetables very little water should be used and they should be cooked as quickly as possible, so that nutritious substances will not be boiled away. All vegetables should be cooked in a utensil without a cover for the purpose of retaining the color of the vegetables and to permit the free escape of gases.

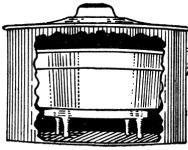
## *Baking*

BAKING in the oven should be applied to vegetables such as Potatoes, Squash and Onions.

If vegetables are being cooked in the oven, same time as roast, do not use any water and keep the utensils covered. Remember that several articles of

food may be cooked in the oven at the same time. Plan your meals accordingly and you will save cost of operating.

### *Steaming*



STEAMING is becoming a very popular method in cooking vegetables. The full value of the vegetables is retained and not boiled away. When using a Moffat Steamer stand, use a large utensil and fill to the top of the stand with water. Fill smaller utensil with vegetables and place on top. Completely cover and allow the water to boil freely. Cook

until tender.

The Moffat Steamer Stand, as illustrated can be obtained from us for 50 cents.

### *Waterless Cooking*

THE new and better way is to use thick aluminum flat bottom pots, the pot is heated hot, a small piece of butter is put in first, then the vegetables, and allowed to simmer slowly on a burner at low heat. Do not remove the lid until finished.

### *Vegetable Hints*

- 1.—To make fresh vegetables crisp and fresh, soak in cold water before using.
- 2.—Save water left from cooking vegetables to make soup (see page 13).
- 3.—Do not allow potatoes to stand in water after they are cooked. Drain immediately and keep hot over water.
- 4.—Small amounts of left-over vegetables can be used for salads, fritters and croquettes.
- 5.—Soak new potatoes in salted cold water and their coats will loosen and scrape off easily.
- 6.—Potatoes will be dry and mealy if salt is not added till nearly cooked.
- 7.—Always allow potatoes to remain in three minutes before mashing them.
- 8.—If your fingers are stained from preparing vegetables dip them in very strong tea and wash in warm water or use a lemon cut in half and rub on hands.

## *Dinner Combinations of Vegetables and Meats*

Roast Beef should be served with Turnips, Carrots and Cabbage.

Roast Pork should be served with Baked Apples and Turnips.

Roast Lamb and Mint Sauce with Green Peas and Carrots.

Roast Veal should be served with Cauliflower and Parsnips.

Fish with the Parsley Sauce is generally served with Peas.

Tenderloin served with Turnips.

Spiced jelly should be served with any meats instead of pickles.

With fresh Ham, Turnips should also be served. Smoked Ham go well with Tomatoes.

Pickled Pork, Corned Beef, and Sausages are served with Cabbage.

### *Baked Beans*

2 cups of dried Beans	1½ teaspoons Salt
¼ cup of Molasses	⅛ teaspoon Pepper
¼ teaspoon of Mustard	2 cups of hot Water
2 tablespoons Crisco	

WASH and pick over beans and soak over night. Drain. Cook slowly in boiling salted water about 1½ hours. Drain and put in a greased covered baking dish or bean pot. Mix molasses, mustard, salt, pepper and water together and pour over the beans. Dot with small pieces of butter. Cover and bake in moderate oven, 325 degrees. Turn top off and bottom to low. Time—about 3 hours or until beans are soft. Uncover the last half hour to allow the beans to brown. Serve with slices of crisp bacon or broiled sausages.

### *Corn Fritters*

2 cups Corn	Few grains of Pepper
1 Egg	1 tablespoon Butter
1 teaspoon Sugar	¼ cup of Flour
½ teaspoon Salt	½ teaspoon Baking Powder

SCORE the corn with the tines of a fork and scrape kernels from the cob with the back of a knife. Add beaten egg, sugar, salt, pepper and melted butter. Mix and sift flour and baking powder, add to first mixture and mix well. Melt a little butter in frying pan. When hot, but not smoking drop batter

into it by tablespoons and fry on both sides until brown. Drain on unglazed paper. Serve immediately.

### *Cream Potatoes*

2 cups boiled Potatoes

1 cup cream Sauce

MAKE a cream sauce (see page 18). Cut the potatoes into small cubes and mix them thoroughly with the sauce. Cook in double boiler until the potatoes are thoroughly hot. Add a little chopped parsley if desired and serve.

### *French Fried Potatoes*

PARE potatoes and place them in cold water until needed. Dry them thoroughly with a towel and cut into lengthwise pieces. Drop them into hot fat and remove when lightly browned. It is better to fry only a few at a time, letting those that are done stand in a colander in the oven to remain hot. When all are done sprinkle with salt and serve at once.

### *Scalloped Potatoes*

TO serve four persons cut sufficient potatoes into small pieces, or sliced, sprinkle with flour, season with salt and pepper, almost cover with 1 pint sweet milk and put bits of lettuce over top. Put in oven at 450, turn top off, bottom on low. Time about one hour.

### *Glace Sweet Potatoes*

SELECT medium size potatoes. Scrub with vegetable brush to remove all particles of dirt. Cook in boiling water until tender. Drain off water and remove the skins. Cut in halves, lengthwise and put in greased shallow pan. Make a syrup by boiling  $\frac{2}{3}$  cup sugar,  $\frac{1}{3}$  cup of water and 1½ tablespoon butter 5 minutes. Pour this over the sweet potatoes. Put in oven at 400 degrees. Time 20 minutes or until a delicate brown, basting occasionally with the syrup.

### *Baked Tomatoes*

2 Spanish Onions

1½ teaspoon Salt

3 tablespoons Butter

$\frac{1}{8}$  teaspoon Paprika

2 cups of cooked or canned

$\frac{1}{8}$  teaspoon Pepper

Tomatoes

CUT onions in slices and fry until brown. Add tomatoes, salt, paprika, and pepper. Mix well. Put in baking dish and cook in a quick oven, 410

degrees. Turn top off and bottom to low. Time 1 hour, stirring occasionally. Serve on slices of toast.

### *Baked Stuffed Tomatoes*

2 cups soft Bread Crumbs	2 tablespoon Sugar
1 teaspoon Salt	3 tablespoon Butter
1/8 teaspoon Pepper	6 Tomatoes

MIX bread crumbs with salt, pepper, 1 tablespoon sugar and 2 tablespoons melted butter. Cut thin slice from stem end of tomatoes and remove a little of the centre. Sprinkle with salt, pepper and sugar. Fill with the stuffing. Dot with small pieces of butter and put in oven at 350 degrees. Turn top off and bottom to low. Time 1 hour.

### *Scalloped Tomatoes*

1 pint of Tomatoes	1 tablespoon Sugar
1 pint of Bread Crumbs	2 teaspoons Salt
2 tablespoons Butter	1 salt spoon of Pepper

BUTTER a baking dish and in it put alternate layers of tomatoes and bread crumbs, seasoning each layer of crumbs and covering it with small pieces of butter. Have a layer of crumbs on the top, and put in oven at 400 degrees. Time 1 hour when fresh tomatoes are used and 1/2 hour when canned tomatoes are used.



# SALADS



FRUITS and green vegetables for salads should be thoroughly chilled, clean, crisp and dry. All should be cut in attractive shapes and suitable sizes. Add enough dressing to season well. As a rule a better flavor is gotten when foods are marinated with dressing and allowed to stand at least one hour before serving. When more than one food is used, marinate separately, let stand to season, then combine just before serving. If oil dressing is used a good flavor may be obtained by marinating the salad ingredients with French dressing, let stand to season, then use boiled dressing or mayonnaise, as desired, to combine the salad. This applies particularly to cooked vegetables, meat and fish. Salad greens are such vegetables as lettuce, watercress, etc.

## *Apple Waldorf Salad*

CUT apples in cubes, combine with diced celery and cream dressing, add nuts, dates, bananas, and garnish with celery or maybe served in apple cups.

## *Asparagus Salad*

PILE 3 or 4 asparagus stalks on lettuce, surround with a band of pimento, green pepper or cucumber, garnish with parsley, cress or radishes. Dressing.

## *Banana Salad*

CUT in halves, lengthwise, or cut in three crosswise pieces. Dip pieces in dressing, then roll in chopped nuts; nuts, cocoanut or dates may be added. Serve on lettuce and garnish with parsley and nuts.

## *Beet Salad*

1 quart raw Cabbage,  
chopped  
1 quart boiled Beets  
2 red Peppers

1 cup granulated Sugar  
1 tablespoon Salt  
1 cup grated Horseradish  
Cover with Vinegar

### *Cabbage Salad*

SOAK in cold water for ½ hour to freshen. Cut in quarters and shred finely, celery, cucumber, pimento, green pepper, olives, Spanish onion, and almonds may be added to this salad and garnished with such as any of the following: parsley, cress, radishes or tart jelly.

### *Celery Salad*

SEPARATE stalks and freshen in cold water. Wash well, using brush. Lay 2 or 3 stalks on a board and cut crosswise. Small leaves and stalks may be used for garnishing, and large leaves dried for soups. Nuts chopped, cabbage shredded, cucumber diced, and apples, goes nicely with the celery for this salad, with mayonnaise dressing, and garnished with celery leaves, pimento and green pepper. Celery is also nice stuffed with cream cheese, plain or with nuts, olives, pimento, minced ham or tongue. Tomatoes stuffed are delicious for salad by washing, cut slice from stem end and scoop out pulp, sprinkle inside with salt, invert to drain. Refill with celery diced, chicken, veal or lamb, and cheese cubes and combine with salad dressing.

### *Chicken Salad*

REMOVE skin and bone, cut in ½ inch cubes, marinate with French dressing, and allow to stand a while before combining in the salad. Add celery diced, olives chopped, green pepper chopped, peas, string beans and cucumbers. Garnish with celery leaves, pimento and parsley and beets. Veal and turkey may also be used.

### *Date Salad*

FILL with cream or cheese and add pineapple diced, banana diced, nuts, cherries, oranges diced, and cocoanut. Serve on lettuce or in cups and garnish with nuts, cherries, and cress.

### *Devilled Eggs*

REMOVE shells from hard boiled eggs. Cut them in two, take yolks and mash them, add salt and pepper, mustard, vinegar to taste. Mix well and fill in cavities left by yolks. A crisp lettuce head cut up and served with a dressing

of juice of 2 lemons diluted with a little water and  $\frac{1}{2}$  cup sugar. Pour over just when ready to serve.

### *Egg Salad*

CUT egg in half, remove yolk, mash yolk and mix with salad dressing, celery, ham, chicken, olives and nuts may be added. Garnish with parsley, olives and celery, and serve on thick slices of tomatoes.

### *Fruit Salads*

SHOULD be served at luncheon, supper, or dinner for either a salad or dessert course.

For a Salad Course: Combine with French, boiled mayonnaise, or cream dressing, and arrange on lettuce.

For a Dessert Course: Combine with sweet salad dressing or fruit sugar. Serve in fruit glasses and top with whipped cream.

### *Plain Fruit Salad*

PARE oranges, grape fruit and pineapple and shred pineapple into sections, also orange and grapefruit. Sprinkle with chopped nuts and cover with fruit dressing. Serve on lettuce leaves.

### *Fruit Salad*

ONE box gelatine dissolved in a pint of cold water ten minutes. Add  $1\frac{1}{2}$  pints boiling water, 1 pint sugar. Let boil and strain. Shred part of a pineapple, 3 oranges, 2 lemons, 3 or 4 bananas, then pour mixture on fruit and let stand 4 or 5 hours.

### *Ginger Ale Salad*

SOAK 2 tablespoons granulated gelatine in 2 tablespoons cold water and dissolve in  $\frac{1}{3}$  cup boiling water. Add 1 cup dry ginger ale,  $\frac{1}{4}$  cup lemon juice and 2 tablespoons sugar. When mixture begins to set fold in 1 cup Malaga grapes, skinned,  $\frac{1}{3}$  cup celery,  $\frac{1}{3}$  cup apple, 2 tablespoons preserved ginger, about 5 tablespoons pineapple. Turn into mould and chill. Accompany with cream mayonnaise.

### *Lobster Salad*

REMOVE bones, cut meat in cubes, add celery and peas, and garnish with peas and parsley.

### *Orange Salad*

CUT orange into  $\frac{1}{4}$  inch slices, and arrange on a mound of lettuce, overlapping each other. Add celery, nuts and cherries, and garnish with parsley or cress and nuts.

### *Stuffed Peppers*

6 green sweet Peppers	1 small grated Onion
1 cup cold Ham minced	Rolled Soda Biscuit
1 cup chopped Walnuts	1 small Cucumber chopped fine
Pinch of Salt and Pepper	

TAKE seeds from peppers and boil 15 minutes and fill with mixture, using biscuit crumbs for top. Bake  $\frac{1}{2}$  hour. Moisten with melted butter and water if necessary.

### *Pineapple Salad*

SLICE pineapple, add cream cheese, nuts, stuffed dates or prunes, and garnish with cherries, strawberries, parsley or cress and serve with fruit meringue.

In preparing apples for salads sprinkle with lemon juice to prevent discoloring, or cover with cold water to which lemon juice has been added.

Bananas should be peeled and scraped to render more digestible, and also sprinkled with lemon juice to prevent discoloring and to flavor.

Grape Fruit and Oranges.—Cut skin in 5 or 6 sections. Peel to remove all white fibre, cut fruit in halves, cut around each section then lift out with spoon.

### *Potato Salad*

CUT egg in half, remove yolk, mash yolk and mix with salad dressing, green pepper, pimento, peanuts, peas and celery, garnished with parsley and tomato sections.

### *Shrimp Salad*

DRAIN and rinse in cold water. Drain again. Dry and remove vein which lies in groove along the back. Leave whole or break in 3 or 4 pieces. Add celery, asparagus, green peppers, peas and olives. Garnish with parsley and asparagus tips. Dressing.

### *Vegetable Salad*

DISSOLVE 1 tablespoon gelatine in  $\frac{1}{4}$  cup cold water, and dissolve it in 1 cup boiling water, then add  $\frac{1}{4}$  cup each of sugar and vinegar, 2 tablespoons lemon juice and 1 dessertspoon salt. Strain and cool, and when beginning to cool and stiffen, add 1 cup celery finely cut;  $\frac{1}{2}$  cup chopped cabbage,  $\frac{1}{4}$  cup cooked beets cut in dice, and a few peas and pimento. Season, turn into a mould and chill. Serve with salad dressing.

## *Salad Dressing and Mayonnaise*

### *Boiled Dressing*

$\frac{1}{2}$ teaspoon Salt	1 Egg
1 tablespoon Sugar	1 tablespoon Butter
1 teaspoon Mustard	$\frac{1}{2}$ cup Milk
Pinch of Cayenne	$\frac{1}{4}$ cup Vinegar
1 tablespoon of Flour	

MIX dry ingredients in upper part of boiler, add egg well beaten and milk, add vinegar slowly, cook over boiling water, stirring till thick. Remove from heat, add butter, strain and cool.

### *Foundation Dressing*

MAKE as for Boiled Dressing, substituting  $\frac{1}{4}$  cup hot water for the milk. Thin before using, with milk, olive oil or whipped cream. Sour cream may be used.

It is always better for health to use lemon juice instead of vinegar.

### *French Dressing*

$\frac{1}{2}$ teaspoon Salt	4 tablespoons Salad Oil
$\frac{1}{4}$ teaspoon Pepper	4 tablespoons Vinegar or Lemon Juice

COMBINE, shake or stir until well blended.

### *Cream Mayonnaise*

To mayonnaise dressing add whipped cream, fold in until well blended. This should be used same day as made.

### *Salad Dressing*

1 cup Vinegar	1 teaspoon Salt
½ cup Sugar	2 cups sweet Milk
2 teaspoons Mustard	3 Eggs
¼ cup Butter	2 tablespoons Flour

MIX altogether, excepting milk and eggs. Let come to a boil. Add milk, stir till thick. Remove from fire and fold in the 3 well beaten eggs.

### *Salad Dressing—Without Vinegar*

HEAT 1 cup sweet milk and ½ cup sugar. Then mix together 1 teaspoon mustard, 1 tablespoon flour, 1 teaspoon salt. Add 2 well beaten eggs, pour in the hot milk and sugar. Heat on the range, and when it begins to thicken add juice of 2 lemons and water to make a cup.

### *Thousand Island Salad Dressing*

½ cup Olive Oil	¼ teaspoon Mustard
Juice ½ Lemon	8 Olives sliced
Juice ½ Orange	8 cooked Chestnuts (sliced)
1 teaspoon grated Onion	¼ teaspoon Salt
3 teaspoons Parsley (chopped fine)	¼ teaspoon Paprika
1 teaspoon Worcestershire Sauce	½ cup Mayonnaise

PUT the ingredients for the dressing into a fruit jar, adjust one or two rubbers and screw on cover. Shake until the mixture is smooth and thickened a little. This is sufficient for twelve portions. Pour over lettuce which has been washed and dried or serve the lettuce and dressing separately.

### *Mayonnaise Dressing*

1 teaspoon Mustard	1 cup Olive Oil
½ teaspoon Salt	2 tablespoons Lemon Juice
1 teaspoon Fruit Sugar	or Vinegar
A few grains Cayenne	1 Egg

MIX dry ingredients. Add yolk of egg, beat well. Add a few drops of oil also a few drops of lemon juice. Continue until about ½ of the oil and the lemon juice has been added. Add remainder of oil in larger quantities. Beaten white of egg may be folded in just before serving.

### *Modified Mayonnaise*

4 tablespoons Flour  
1½ teaspoons Salt  
½ teaspoon Mustard  
¼ teaspoon Paprika  
A few grains of Cayenne

¼ cup Vinegar or Lemon Juice  
1 cup boiling Water  
1 Egg Yolk  
2 cups Salad Oil  
or Olive Oil

MIX dry ingredients, add vinegar or lemon juice, 2 tablespoons oil and boiling water. Cook till thick, stirring well, cool, add yolk of egg, beat well, add oil and mix thoroughly. This dressing is not as strongly flavored with oil and mayonnaise.

# PUDDINGS *and* DESSERTS



*The type of pudding or dessert to be served should coincide with the rest of the meal. If the first part of the meal consists of heavy food, your dessert should be of the lighter variety, and when the preceding courses are to be light, serve a heavy and substantial dessert.*

## *Angel Pudding*

1 lb. Dates, stoned

1 lb. Nut Meats

MIX with one cup powdered sugar, 3 teaspoons baking powder, whites of 3 eggs added last. Mix altogether. Serve with whipped cream. Put in oven at 400 degrees, turn top off, bottom on low. Time 30 minutes.

## *Apple Pudding*

PARE and slice a few nice cooking apples, put in a sauce pan 3 inches in depth. Add sugar and flavoring. Make a batter of one cup of sweet milk, a teaspoonful of soda and 2 of cream of tartar. Sift with enough flour to make rather a stiff batter. Bake. Serve with cream. Put in oven at 400 degrees, turn top off, bottom low. Time 1 hour.

## *Apple Dandy Jack*

1 Egg

1 cup Buttermilk

1 teaspoon Soda

Pinch Salt

1 tablespoon Lard

Flour to thicken

Apples



COVER pudding dish with apples. Sprinkle with sugar, then a layer of batter, then another layer of apples, sugar and batter. Finish with apples sprinkled with sugar and little dots of butter. Bake in moderate oven. Put in oven at 400, turn top off, bottom low. Time about 30 minutes.

### *Boston Pudding*

1 cup chopped Suet	¼ cup Lemon Peel
1 cup Milk	1 teaspoon Soda
2 cups Raisins, chopped	½ teaspoon Salt
1 cup Molasses	1 cup Currants
2 cups Flour	1 teaspoon Cloves, Cinnamon, and Nutmeg
¼ cup of Citron Peel	

MIX well, put in mould and steam 3 hours, serve with any sauce.

### *Bread Pudding*

1 cup of Bread Crumbs—grated	3 Eggs
1 tablespoon Butter	1 pint of Milk or Cream
½ cup granulated Sugar	

CREAM butter and sugar, add eggs, then milk and flavoring. Then the bread crumbs. Beat well and bake in oven like custard, add a little candied orange peel for flavoring. Put in oven at 375, turn top off, bottom on low. Time about 1 hour.

### *Brown Betty*

1 cup Bread Crumbs	½ cup Sugar
2 cups chopped Apples	1 teaspoon Cinnamon

BUTTER a deep dish and put in a layer of apples and so on until all is used up. Cover tightly and bake ¾ hour in a very moderate oven. Serve with cream and sugar. Put in oven at 375 degrees, turn top off, bottom at low. Time about ¾ hour.

### *Butter Scotch Rice Pudding*

WASH ½ cup of rice, cook in double boiler, with 2 cups scalded milk, ¼ teaspoon salt until tender. Meanwhile cook together in shallow pan, 1 cup brown sugar and 2 tablespoons of butter until it gets dark brown, but not burnt. Add this to rice and milk and finish cooking until rice is thoroughly cooked and the caramel melted. Soak ½ envelope gelatine in ½ cup of cold water ten minutes, dissolve in 1 cup of hot milk. Strain this into cooked rice

mixture and turn into cold wet mould. One cup of chopped nuts may be added.

### *Caramel Pudding*

1 quart Milk	1 Egg
1 cup brown Sugar	Small piece of Butter
2 tablespoons Corn Starch	size of walnut
Pinch of Salt	Vanilla

PUT butter and brown sugar in a pan to brown. Heat milk and when hot add cornstarch which has been dissolved in a little cold milk. Add brown sugar and egg. Cook until this is thick. Cool and serve with cream (whipped).

### *Carrot Pudding*

1 cup grated Carrots	1 cup Nuts
1 cup grated Potatoes	1 cup Flour
1 cup chopped Suet	½ teaspoon of Cinnamon,
1 cup Sugar	Cloves and Nutmeg each
½ cup sweet Milk	1 teaspoon Soda
1 cup Dates	Any Flavoring
1 cup glazed Cherries	

STEAM 3 hours.

### *Chocolate Pudding*

½ cup Sugar	1½ squares Melted Unsweetened
3 tablespoons Cornstarch	Chocolate
3 tablespoons Flour	2 Egg yolks
¼ teaspoon Salt	2 Egg whites
3 cups Scalded Milk	1 teaspoon Vanilla

MIX sugar, cornstarch, flour and salt together. Add milk mixed with melted chocolate. Mix well and cook over boiling water until thick, stirring constantly. Cover and cook 15 minutes longer. Remove from fire, pour on the beaten egg yolks and cook 2 minutes longer over boiling water stirring constantly. Add vanilla and fold in stiffly beaten egg whites. Pour into a large mold or individual molds which have been dipped in cold water. Chill. Serve with fresh fruit.

### *Christmas Pudding*

½ lb. of Beef Suet (chopped fine)	½ lb. of brown Sugar, moist
1 lb. of Currants	1 Lemon, juice and grated rind
½ lb. of Sultanas (dark)	½ pt. Milk
½ lb. of Raisins (stoned and halved)	2 ozs. of Almonds, blanched and shredded
¼ lb. of Mixed Peel chopped	¼ teaspoon Salt
¼ lb. of Bread Crumbs	1 teaspoon Nutmeg
¼ lb. of Flour	6 Eggs

MIX fruit, sugar, etc. (omitting eggs, brandy and baking powder), stir well and cover with cloth and allow to stand overnight. In the morning stir in well beaten eggs and baking powder. Well fill two buttered basins, tie over with a buttered cloth and steam 7 hours, steam 2 hours before using.

### *Cup Pudding*

2 Eggs	¾ cup Milk
½ cup Butter	1½ teaspoons Baking Powder
¾ cup Sugar	1 teaspoon Lemon Flavoring
¾ cup Flour	

PUT fruit or jelly into cups, add batter to one-half full and steam one-half hour.

### *Date Dessert*

COVER 1 lb. of dates with water and boil 10 minutes. Pour into a collander and allow cold water to run over them. Skin and stone. Make a syrup by boiling one cup of sugar in 2 cups water, into which put ¼ box gelatine which has been soaked in a little water. Add dates, boil up at once. Add ½ cup of wine. Line a dish with blanched almonds. Pour in dates and when cold serve with whipped cream.

### *Delicious Dessert*

½ cup Rice	1 cup Granulated Sugar
1 quart Milk	1 tablespoon Gelatine
½ teaspoon Salt	1 cup Cream, whipped

PUT rice, salt and milk in a double boiler, cook till tender, add sugar and when dissolved in cold water, the gelatine, then the cream, mould and serve with fruit.

### *Fig Pudding*

2 cups Flour	1½ cups chopped Figs
2 teaspoons Baking Powder	1 cup Suet
1 teaspoon Salt	

WET with sweet milk and steam 3 hours. Serve with Sauce.

### *Hermit Pudding*

2 cups Cake Crumbs	1 teaspoon Cinnamon
1 cup hot Coffee	1 teaspoon Soda
½ cup Molasses	1 cup Raisins
1 teaspoon Cloves	

POUR coffee and molasses over cake crumbs. Sift together the soda, spices and flour, and add them to the crumbs. Then stir in the raisins. Steam 2½ hours. Serve with lemon sauce made as follows—2 tablespoons lemon juice, 2 tablespoons sugar, 1 tablespoon cornstarch. Mix cornstarch with cold water, then boil together for 15 minutes the water, sugar and cornstarch. Add lemon juice and serve.

### *Lemon Pudding*

Yolks of 4 Eggs	1 Lemon grated and Juice
1½ cups Sugar	2 cups boiling Water
1 tablespoon Cornstarch	Butter size of walnut

STIR till thick. Pour into a dish, beat whites stiff and add 2 tablespoons sugar. Brown in oven.

### *Orange Pudding*

TAKE 4 oranges and slice them, remove seeds, pour over this 1 cup sugar. Make a custard of 2½ cups milk, 2 teaspoons cornstarch and yolks of 2 eggs. Pour this over the oranges. Beat up the whites with a little sugar and spread on top. Brown. Whipped cream can be used as well.

### *Pineapple Tapioca Pudding*

¾ cup Tapioca soaked overnight in plenty of water

IN the morning drain off the water and add 1 can pineapple with syrup, and juice of one lemon, also 1½ cups of granulated sugar and salt to taste. Steam until clear about 2 hours. Then add whites of two eggs beaten while hot. Set out to cool. Serve with whipped cream.

### *Strawberry Pudding*

FILL a pudding dish half full with strawberries, whole, fresh and washed. Sprinkle with fruit sugar, a pinch of salt and a squeeze of lemon. Pour over a batter made of 1 egg, 1¼ cups flour, 2 teaspoons of baking powder and enough milk to make a thin batter. Serve with cream. Put in oven at 400 degrees, turn top off, bottom on low. Time about 30 minutes.

### *Strawberry Shortcake*

2 cups Flour	1 tablespoon Lard
1½ teaspoons Baking Powder	3 teaspoons Sugar
1 teaspoon Salt	½ cup Milk (good measure)
1 tablespoon Butter	1 Egg

SIFT dry ingredients together and cut in shortening. Beat up egg and add to large ½ cup of milk, and add to dry ingredients. Mix as for biscuits. Cut into cakes and bake in hot oven. Cut open and spread with strawberries sweetened between the layers. Serve with whipped cream. Put in oven at 450 degrees, turn top off and bottom on low. Time about 15 minutes.

### *Suet Pudding*

1 lb. of Suet chopped fine	1 cup of Flour
1 lb. Raisins	½ lb. mixed Peels
1 lb. Currants	4 Eggs
¾ lb. of Bread Crumbs	½ teaspoon Mace, Cinnamon,
½ cup brown Sugar	Nutmeg and Cloves

STEAM 3 hours and 1 more at time of serving.

### *Caramel Sauce*

1 cup Granulated Sugar	1 cup Boiling Water
2½ tablespoons Cornstarch	Vanilla
4 tablespoons Cold Water	1 teaspoon Corn Syrup

MIX the sugar and cornstarch thoroughly: moisten with the cold water and heat slowly in a granite saucepan until of a delicate brown color. Add the boiling water and cook until clear. Add flavoring and serve hot or cold.

### *Common Sauce*

½ cup Sugar	1 teaspoon Butter
2 teaspoons Flour	1 cup Water

A little nutmeg and flavoring. Cook.

### *Dandy Sauce*

1 cup of Powdered Sugar	2 cups of Water
¼ cup of Butter	2 tablespoons Cornstarch
1 teaspoon Vanilla	

SET all in a basin of hot water and cook until creamy. Ready to serve.

### *Lemon Sauce*

MIX 1 teaspoon cornstarch with ½ cup sugar. Add 1 cup of boiling water and ½ grated rind and juice of a lemon. Cook eight minutes. Add 1 teaspoon butter when ready to serve.

### *Foaming Sauce*

1 cup Butter	¼ cup of boiling Water and
2 cups Sugar	any kind of Flavoring
Whites of two Eggs	

BEAT butter and sugar to a cream, add whites of eggs, unbeaten. When all is smooth add water. Set in a pan of hot water and beat until smooth.

## **Custards**

*In making Custards have a medium hot oven. If the oven is too hot the Custard will be watery.*

### *Chocolate Custard*

ADD to firm custard mixture, ¼ oz. or one square chocolate, and 1 teaspoon vanilla. Melt chocolate over hot water Add sugar and egg and finish as for Firm Custard.

### *Coffee Custard*

SCALD 1 tablespoon ground coffee with 1 cup milk, strain and finish as Firm Custard.

### *Firm Custard*

1 cup Milk	1 Egg
2 tablespoons Sugar	1 teaspoon Vanilla
⅛ teaspoon Salt	A few gratings of Nutmeg

IF custard is used in large amount use 3 eggs to 1 pint milk. Beat eggs lightly, add sugar and salt. Heat milk, add to egg mixture, slowly stir until sugar is dissolved, add flavoring. Strain and pour into custard cups. Can be steamed over gently boiling water or placed in a pan of hot water. Cooked in a moderate oven 325 degrees, until firm.

### *Floating Island*

MAKE soft custard, pour into serving dish, garnish with Meringue dropped in large spoonfuls on the custard.

Meringue for Floating Island Custard:—

1 white of egg, 1½ tablespoons sugar, pinch salt. Beat white until stiff, add sugar gradually, flavor with vanilla.

### *Fruit Junket*

2 cups Milk	1 tablespoon Rennet
2 tablespoons Sugar	1 Banana
Pinch Salt	2 tablespoons Almonds

BLANCH almonds and cut in pieces. Cut banana in small pieces. Place nuts and bananas in serving dish. Add rest of ingredients combined as for Junket. Finish as for Junket.

### *Junket*

2 cups Milk	1 tablespoon Rennet Flavoring
1 tablespoon Sugar	

HEAT milk, mix eggs well, add sugar and salt, add hot milk slowly and mix well. Pour into serving dish, sprinkle with nutmeg or cinnamon, or add vanilla. Set in a warm place till firm. Then chill. Serve with cream and sugar, fresh or preserved fruits or jelly. 1 rennet tablet dissolved in 1 tablespoon cold water makes 1 tablespoon rennet solution, which is sufficient for 1 quart milk.

# BREAD *and* HOT CAKES



*Good bread flour is very essential in making bread. It should be a creamy yellow color, slightly gritty and should not hold form but crumble when squeezed hard in the hands. Pastry flour differs from bread flour in that it contains more starch and less protein. It is also paler in color, velvety to the touch and retains the form of the hand after the pressure test.*

*Yeast is another important factor to bake bread successfully. Bread should be set in a warm place, about 70 to 75 degrees Fah., and free from drafts. If much colder than this, the growth of the yeast will be retarded altogether. On the other hand if the temperature is above 90 degrees Fah. the conditions are favorable for the growth of lactic acid bacteria and the bread is apt to sour.*

## *Bread Hints*

1. Use level measurements.
2. Sift flour before measuring.
3. Milk should be scalded when used in making bread.
4. Yeast should be dissolved in lukewarm water. Hot water kills the yeast and prevents the bread from rising.
5. Brush the dough with melted butter and cover when rising. This prevents a crust from forming on the dough.
6. Thoroughly knead the dough. First time to mix the ingredients and the second time to distribute the gas bubbles produced by the yeast.
7. Do not use flour on the board for second kneading. Extra flour added at this time makes the finished loaf heavy.



8. If the oven is too hot a crust will form on top too quickly with the result that the interior of the bread will not be baked sufficiently.
9. When bread is baked place on cake cooler and cover with clean towel.

### *White Bread*

SOAK 1 Fleischman's Yeast Cake in a cup of lukewarm water for one-half hour. Add enough flour to make a thin batter. Let rise. At noon scald a saucer of flour with the water in which the potatoes have been boiled. Add a cup of mashed potatoes, when about cool add the yeast if light and let rise again till light. Stir in enough flour to make a thick batter and let rise over night. In the morning add one quart of lukewarm water and a handful of salt and thicken down with flour again. When light add 1 tablespoon of lard and 1 tablespoon of butter, two tablespoons of sugar and enough flour to make a soft dough. Let rise until double in bulk. Knead into loaves, let rise, flour and bake in oven about one hour. Temperature, put in oven at 400 degrees, turn top off, bottom on low. Time 1 hour.

### *Quick Bread*

SCALD 1 pint Milk (sweet), 1 tablespoon butter, 1 tablespoon lard, 2 teaspoons white sugar, 1 tablespoon salt. Dissolve Fleischman's yeast in  $\frac{1}{2}$  cup lukewarm water. Add 1 pint potato water. Add enough Five Roses flour to make a thin batter, then yeast, then more flour till suitable to knead. Set to rise for about  $3\frac{1}{2}$  hours in a warm place, not hot. Knead and set again for  $1\frac{1}{2}$  hours. Divide in 4 loaves. Let rise again, and bake 60 minutes. Put in oven 400 degrees, top element off, bottom low.

### *Brown Bread*

ONE yeast cake dissolved in 1 cup of lukewarm water, 1 pint of scalded milk or one-half milk and one-half water, 2 tablespoons molasses or dark brown sugar, 2 teaspoons shortening. Equal parts of Graham and bread flour to make a dough stiff enough to handle easily. Cover and let rise in a warm place. Mix down and let rise again. Put in pans and when light or double in size bake in oven longer than you do White Bread. All milk may be used instead of water, and half sugar and half molasses. Put in oven at 350 degrees, turn top off, bottom on low. Time  $\frac{3}{4}$  to 1 hour.

### *Whole Wheat Bread*

SCALD 2 cups of milk. Add  $\frac{1}{4}$  cup of brown sugar and 2 tablespoons shortening, 1 teaspoon salt. Let cool to luke warm. Then add dissolved one yeast cake. Add 4 or 5 cups of Whole Wheat Flour gradually. Beat well,

knead and cover, let rise to double in bulk. Knead again, put in greased pans, let rise till nearly double the second time. Put in oven at 400 degrees, turn top off, bottom at low. Time about 1 hour.

### *Date Bread*

1 Egg beaten	1 teaspoon Salt
$\frac{3}{4}$ cup brown Sugar	2 cups of Flour
1 cup sweet Milk	2 teaspoons Baking Powder
1 cup chopped Dates	

LET rise 20 minutes. Put in oven at about 350 degrees, turn top off, bottom to low. Time about  $\frac{3}{4}$  to 1 hour.

### *Fruit Bread*

2 cups sweet Milk	4 tablespoons Sugar
2 Yeast Cakes	$1\frac{1}{2}$ cups Fruit cut fine
$\frac{1}{2}$ teaspoon Salt	Flour
4 tablespoons Shortening	

SCALD the milk and cool till luke warm. Strain in the yeast which has been dissolved in one-half cup of luke warm water. Beat thoroughly into liquid and let sponge rise. Cream, lard and sugar. Dredge the fruit with flour and add to sponge. Add sufficient flour to make a soft dough. Knead thoroughly and let rise. When light, form into loaves, put in pans, and when light bake in moderate oven same as for white bread. Raisins, currants or citron can be used as fruit in this bread. Put in oven at 375, turn top off, bottom low. Time about 1 hour.

### *Orange Loaf*

PEEL three oranges in the usual way and use the skins, and the skin of one-half lemon. Boil until tender, strain and put through chopper. Add

1 cup white Sugar	3 cups Flour
1 beaten Egg	4 teaspoons Baking Powder
1 cup Milk	

MIX together and let stand for one hour. Bake in three one-pound baking powder tins, filled three-quarters full. Put in oven at 350 degrees, turn top off, bottom at low. Time  $\frac{3}{4}$  hour. Let stand one day before cutting.

### *Whole Wheat Nut Loaf*

1 Egg, beaten	½ cup Raisins
1 cup Milk	½ teaspoon Salt
2 cups Whole Wheat Flour	½ cup brown Sugar
½ cup Nuts	4 teaspoons Baking Powder

MIX beaten egg and milk and add to the other dry ingredients which have been well blended. Temperature 400 degrees F. Time 1 hour. Top off. Bottom low.

### *Hot Cross Buns*

MIX together 2 tablespoons butter, ¼ cup sugar, and add with ½ teaspoon salt to 1 cup of scalded milk. When luke warm add to ½ yeast cake dissolved in ½ cup of luke warm water, 3 cups flour, ¾ teaspoon cinnamon, 1 egg well beaten. Mix well and add ¼ cup of raisins and ¼ cup currants. Let rise over night. In the morning shape in form of biscuits and let rise again. Brush with beaten egg. When frosting make a cross on each bun. Put in oven at 450 degrees, turn top off, bottom on low. Time about 15 to 20 minutes.

### *Spanish Buns*

½ cup of Butter	½ cup of Milk
1 cup of brown Sugar	2 teaspoons Cinnamon
2 Eggs, save white of one for frosting the top	1 teaspoon of Soda
2 teaspoons Cream of Tartar	1¼ cups Flour

PUT in oven at 375 degrees, with top off and bottom on low. Time 20 to 30 minutes.

# CAKES *and* COOKIES



*There is probably more space in Cook Books devoted to cake recipes than any other food classification. Although each recipe may be different they can be divided into two classes, Sponge Cakes or Cakes without butter and cake with butter. Sponge cakes are to be preferred for children as butter when heated becomes more difficult to digest.*

## ***Cake Hints***

1. Measure all ingredients carefully and accurately.
2. To make eggs whip quicker add a dash of salt.
3. Do not stir cake batter: beat it from the bottom. Some cakes require more beating than others.
4. Have pans ready and the ingredients measured before mixing the cake.
5. Have oven ready for use when batter is mixed.
6. Grease tins with lard not butter.
7. If oven is too hot at first, an outside crust will form before the cake rises to its full height and in continuing to rise will lift the crust and break it.
8. Cakes put in the oven at too low a temperature causes excessive steaming and makes them heavy. This also causes the cake to either fall or rise and run over the sides of the pan.
9. Do not use top oven element when baking.

10. Do not open oven door when baking. Follow the recipe temperature and time and your own good judgement.
11. Never jar or move a cake in oven before it is well baked.
12. If cake cracks open on top, too much flour has been used.
13. If cake drops, not enough flour has been used.
14. When cake sticks to tin, try placing it on a damp cloth for a few minutes.
15. Sprinkle flour over cake lightly before icing to keep from running.
16. To prevent boiled frosting from hardening add a pinch of cream of tartar.

### *Steps to Follow in Cake Making*

1. Having worked the butter until soft and creamy gradually work in the sugar a little at a time. It is necessary to make a thorough blending of the ingredients from the start to insure the proper texture in the finished cake. The finer the grain of the sugar itself, the better the blend, and the finer the resulting cake. (Run sugar through flour sifter.)
2. Beat the eggs thoroughly to entangle a maximum amount of air, which will expand in the oven and lighten the cake.
3. Carefully fold in the stiffly beaten egg whites so as not to lose this entangled air. Make each stroke count—down, up and over. Do not stir.
4. Bake at the right temperature, too cool an oven makes a heavy cake because the gases escape, while too hot an oven makes a heavy cake because the cake cooks before the gases expand and lighten it.
5. A thorough and complete baking to prevent any collapse on cooling, for as the gas within the cake cools the cell walls of the cake shrink in if the cake is not thoroughly baked.
6. Time of baking depends on size of tin and depth of batter. Use standard cups and spoons and measure absolutely level. Use cake or pastry flour.
7. A prolonged cooling on a rack before frosting to prevent any steaming and resulting sogginess.

### *Angel Cake*

1½ cups Sugar  
1½ teaspoons Vanilla  
¼ teaspoon Almond  
1 cup Flour

1½ cups Egg white  
½ teaspoon Salt  
1 teaspoon Cream Tartar

ADD salt to egg whites, beat until frothy, add cream of tartar, beat until egg whites pile nicely—but not dry—add sugar slowly, add extracts and lastly fold in flour. Bake at 300 degrees for one hour. Remove from oven, invert pan, let cool in hanging position usually one hour or more. Cut with saw knife or tear apart with fork to produce cotton appearance.

### *Apple Sauce Cake*

1 cup brown Sugar  
½ cup Butter  
1½ cups Raisins  
1½ cups Currants  
1 cup Apple Sauce  
½ cup chopped Nuts

¼ cup Lemon Peel  
½ teaspoon Cinnamon, Cloves  
and Nutmeg  
1 teaspoon Soda  
1½ cups Flour

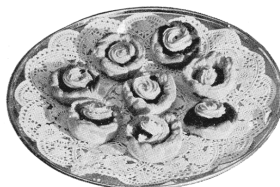
CREAM butter and sugar, then add flour, soda, and spices alternately with the apple sauce to butter and sugar. Add fruit peel and nuts last. Place in oven at 375 degrees, turn top off, bottom low. Time about 50 minutes.

### *Burnt Sugar Cake*

1 cup Sugar  
2 Eggs  
½ cup Butter  
1 cup white Sugar

1 teaspoon Vanilla  
1 cup cold Water  
2 cups Flour  
2 teaspoons Baking Powder

TAKE 1 cup white sugar and set on stove to burn until quite brown, then add 1 cup boiling water and stir well. When cool add half to the cake mixture and half to top mixed with icing sugar. Put in oven at 375 degrees, turn top off, bottom low. Time about 35 minutes.



LEMON TARTS

Make paste of— 1 cup Flour  
1/3 cup Lard  
1/4 tsp. Salt  
Enough water to make soft dough

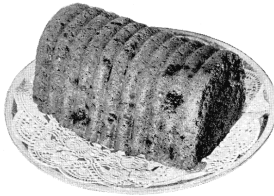
BAKE at 450 degrees about 10 minutes.

### FILLING

1 cup Granulated Sugar  
2 dessert spoons of Corn Starch  
Pinch of Salt

WITH juice of 1 Lemon, moisten dry ingredients. Add yolks of 2 Eggs and beat well. Add 1 1/2 cups boiling water and cook till thick, then fill baked tart shells.

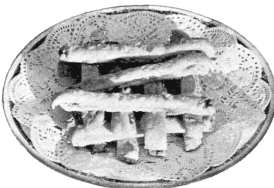
Top with meringue made with white of 1 Egg, beaten till stiff, and 1 tsp. of Sugar added.



### NUT BREAD

1 Egg, beaten	2 cups Flour
3/4 cup of brown Sugar	2 teaspoons Baking Powder
1 cup sweet Milk	1 cup chopped Walnuts
1 teaspoon Salt	

LET stand in a warm place 20 minutes, put in oven at 400 degrees, turn top off, bottom on low. Time about 45 to 60 minutes.



## CHEESE STICKS

2 cups Flour  
¾ cup Lard  
¼ cup Butter  
½ tsp. Salt  
Enough flour to make soft dough

ROLL out longer than wide; grate real old cheese over one-half, sprinkle with paprika, fold other half over cheese, and put on baking pan. Mark in strips size required and bake in oven at 450 degrees about 15 minutes.



## WHITE CAKE

½ cup Butter	3 teaspoons Baking Powder
1 cup granulated Sugar	3 Egg whites
2 small cups Swansdown Cake Flour	⅔ cup Milk
	1 teaspoon of any Flavoring

TO creamed butter and sugar add milk and flour with baking powder alternately. Beat until smooth, add flavoring. Fold in whites of eggs last. Put in oven at 400 degrees, turn top off, bottom on low. Time about 20 minutes.



## ICE BOX ROLLS

1 cup milk	2 quarts flour
1 teaspoon salt	1 cup mashed potatoes
⅔ cup shortening	1 yeast cake dissolved in ½ cup warm water
⅔ cup sugar	
2 Eggs	



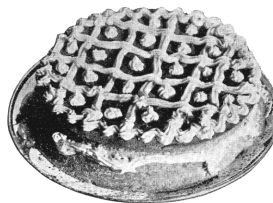
SCALD milk, add shortening, sugar, salt, potatoes and mix well. Stir in eggs, well beaten and yeast. Add flour to make a stiff dough, set aside in ice box until ready to use. Cut off and bake in greased muffin tins. Put in oven at 400 degrees. Turn top element off and bottom to low. These may be kept two or three days or even a week.



### CHOCOLATE CAKE

2 Eggs, yolks only	3 tablespoons Butter
2 ozs. grated Chocolate	¼ teaspoon Salt
1 cup Milk	1 teaspoon Soda
1 cup brown Sugar	1⅓ cups Flour

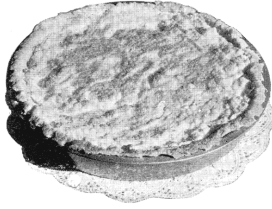
RUB grated chocolate in yolks of eggs. Add half the milk and place in granite dish over fire and add sugar, butter, salt and rest of milk in which has been dissolved the soda. Lastly beat in flour. Put in oven at 350 degrees, turn top off, bottom low. Time about 40 minutes.



### LAYER CAKE

½ cup Butter (Cream well)  
¾ cup Fruit Sugar (Cream again)  
2 Eggs (Well beaten)  
¼ teaspoon Salt  
¾ cup Sweet Milk added alternately with  
2 cups Sifted Flour  
Last of all, add 2 teaspoons Baking Powder.

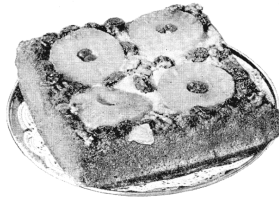
PUT in oven at 400 degrees F. Bake twenty minutes.



### LEMON SPONGE PIE

Butter, size of an egg  
3 tablespoons Flour  
1 cup Sugar

MIX together thoroughly. Add juice and rind of one lemon, the well beaten yolks of two eggs, also add slowly one cup of milk and a pinch of salt. Lastly, add the well beaten egg whites. Bake in an uncooked crust.

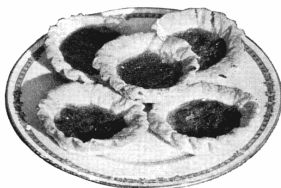


### PINEAPPLE UPSIDE DOWN CAKE

FIRST of all, grease pan you are going to bake cake in. Then put two tablespoons Butter and 1 cup Brown Sugar. Heat until sugar dissolves. Add as many slices of canned Pineapple as pan will hold. Next make batter of:

$\frac{1}{2}$  cup Butter  
 $\frac{3}{4}$  cup Granulated Sugar  
2 well beaten Eggs  
 $\frac{3}{4}$  cup sweet Milk added alternately with 2 cups Flour  
Lastly, add 2 teaspoons Baking Powder.

BAKE at 375 degrees F. for 45 minutes.



## TARTS

Make a good pie paste; fill tart tins, and make filling of:

1 cup Brown Sugar

1 Egg

Pinch of Salt

1 teaspoon Butter

1 tablespoon of Lemon Juice

and beat altogether and fill tart shells, first putting a half-dozen seedless raisins in bottom of uncooked shells. Bake about twenty or twenty-five minutes at 425 degrees F.



## ANGEL CAKE

1½ cups of Sugar

1½ teaspoons Vanilla

¼ teaspoon Almond

1 cup of Flour

1½ cups of Egg whites

½ teaspoon Salt

1 teaspoon Cream of Tartar

ADD salt to egg whites, beat until frothy, add cream of tartar, beat until egg whites pile nicely (but not dry), add sugar slowly, add extracts and lastly fold in flour. Put in oven at 300 degrees. Time one hour. Remove from oven, invert pan, let cool in hanging position usually one hour or more. Cut with saw knife or tear apart with fork to produce cotton appearance.



## FRUIT CAKE

1½ lbs. Butter	3 lbs. Brown Sugar
2 lbs. Dates	3 lbs. Currants
4 lbs. Raisins	1 lb. Mixed Peel
1 lb. Walnuts	1 lb. Almonds
13 Eggs	1 cup Molasses
1 Pint Brandy	1 cup sour Cream
1 tsp. Soda	1 Nutmeg
1 tsp. each Cloves Cinnamon and Mace	

PUT all the fruit, peel and nuts in a large pan. Take one cup of flour with a tsp. Baking Powder and sift it over the fruit. Put the nuts in and mix so as to keep them from settling on the bottom of the cake. Put in about two quarts of flour.

Bake large cake four hours, and small ones two and a half or three hours.

### *Coffee Cake*

½ cup Butter	1 teaspoon Soda
1¼ cups brown Sugar	½ cup cold Coffee (strong)
1¼ cups Flour	2 Eggs
1 teaspoon Cinnamon, Cloves and Nutmeg	1 cup Raisins

BAKE in two layers. Put in oven at 400 degrees, turn top off, bottom low. Time about 20 minutes.

### *Cup Cake*

3 cups Flour sifted with 2 teaspoons Baking Powder

CREAM 2 cups sugar and 1 cup butter. Drop in one at a time yolks of 4 eggs, beating all the time, adding alternately a cup of milk, a little at a time, and the flour. Fold in the whites. Moderate oven. Mix this cake well. Put in oven at 375 degrees. Turn top off, bottom on low. Bake 20 to 30 minutes.

### *Chocolate Cake*

2 tablespoons Fry's Baking Chocolate	½ cup sour Milk
1¼ cups Sugar, white	½ teaspoon Soda dissolved in boiling water
½ cup Butter	2 teaspoons Baking Powder
3 Eggs	1¾ level cups Flour

MELT chocolate, 2 tablespoons of sugar, and 3 tablespoons boiling water; let stand in double boiler while mixing above ingredients. Then add to first, using a little boiling water to rinse chocolate basin. Put in oven at 350 degrees, turn top off, and bottom low. Time about 35 minutes.

### *Date Cake*

1 cup Butter	1 teaspoon Soda
½ cup Sugar	1 teaspoon Cinnamon
2 Eggs	1 teaspoon Cloves
1 cup sour Milk	2½ cups Flour

BAKE in layers. Put date filling between and on top. Put in oven at 375 degrees, turn top off, and bottom on low. Time about 30 minutes.

### *Devil's Food*

½ cup Butter	½ cup sour Milk
2 cups light brown Sugar	½ cup boiling Water
2 Eggs	1 teaspoon Soda
2 cups Swansdown Cake Flour	2 squares of Chocolate melted, or ½ cup Cocoa
Pinch of Salt	1 teaspoon Baking Powder
1 teaspoon Vanilla	

CREAM shortening and add 1 cup sugar, beat well. Beat eggs and add the other cup sugar, cream well. Add the mixtures together and beat hard. Sift flour once and add baking powder and salt. Add to mixture alternately with the sour milk, beating well after each addition of sour milk and flour. Stir soda and chocolate into boiling water, and add to cake mixture. Add vanilla. Spread icing between and on top. Bake in oven at 350 degrees. Turn top off, and bottom on low, for 35 minutes.

### *Fudge Cake*

1¾ cups Flour  
1½ cups Sugar  
½ cup Butter  
½ cup sweet Milk  
2 Eggs

1 teaspoon Vanilla  
2 ozs. grated Chocolate  
(Cowan's)  
1½ teaspoons Cream Tartar  
1 teaspoon Soda

JUST before adding soda add to the mixture ¾ cup boiling water. Bake in layers. Chocolate filling between—¼ cup chocolate, 1 cup sugar, ½ sweet milk. Boil till thick. Put in oven at 375 degrees, turn top off and bottom on low. Time about 25 to 30 minutes.

### *Every Day Fruit Cake*

3 cups Cake Flour  
3 teaspoons Baking Powder  
½ teaspoon Salt  
1 cup Sugar  
1 cup Raisins

½ cup Currants  
½ cup mixed Peel  
⅔ cup Crisco  
2 Eggs  
⅔ cup Milk

SIFT together with flour, salt and baking powder. Cut in the Crisco, add the raisins, candied peel and sugar, and stir well. Then moisten with the well beaten eggs and milk. Temperature 325 degrees, top off. Time 1½ hours. Bottom at low.

### *White Fruit Cake*

2 cups Butter  
2 cups brown Sugar  
5 Eggs  
½ cup sour Cream  
2 cups Raisins  
1 cup Almonds

1 cup Currants  
1 cup Citron  
3 cups Flour  
1 teaspoon Baking Soda  
2 teaspoons Pastry Spice  
¼ cup Orange Juice

CREAM butter, add sugar, beat and add egg yolks beaten thick and sour cream, beat thoroughly—flour fruit, add flour and fruit and orange juice alternately, last of all add soda sifted with a little flour. Fold in the whites which should be beaten quite stiff. Place in oven at 350 degrees. Turn top off. Bottom at low. Time about 2 hours. One tin, size 8" x 8".

All fruit cakes should be placed in well papered lined tins.

### *White Xmas Cake*

½ cup Butter  
1 cup Sugar  
½ cup Milk  
3 Eggs beaten separately  
1 lb. Sultana Raisins  
1 lb. Cocoanut  
¼ lb. Citron Peel  
½ lb. glazed Cherries

¼ lb. blanched Almonds  
2 teaspoons Baking Powder  
2 teaspoons Vanilla  
1 teaspoon Lemon  
1 teaspoon Almonds  
2 cups flour or sufficient  
to stiffen

BAKE 2½ hours slowly. Place in oven at 350 degrees, turn top off, bottom low. Time 2½ hours.

### *Xmas Fruit Cake*

1 lb. Butter  
1 lb. brown Sugar (Maple)  
3 lbs. Raisins  
2 lbs. Currants  
1 lb. Candied Cherries  
½ lb. Candied Pineapple  
½ lb. preserved Ginger  
10 Eggs  
1 lb. chopped Nuts  
½ cup sour Cream

1 tumbler Black Currant  
Jelly  
1 teaspoon Cinnamon, Nutmeg,  
Cloves and Mace  
1 lb. Mixed Peels  
Any kind of Flavorings  
1 teaspoon Soda sifted in  
about 4 cups Flour or  
enough to stiffen

PUT in oven at 300 degrees, turn top off, bottom on low. Time about 5 hours, or until done. Raise oven rack to the third ledge.

### *Soft Ginger Cake*

2 Eggs  
1 cup brown Sugar  
1 cup Molasses  
Good ½ cup Butter

3 cups Flour  
2 teaspoons Soda  
1 cup sour Milk or Cream

CREAM sugar and butter, add molasses, beat well, add eggs, then flour, spices, and salt and soda dissolved. Put in oven at 325 degrees, turn top off and bottom low. Time about 35 minutes.

### *Hermit Cake*

CHOP fine 1 lb. dates, 1 cup nuts and 1½ cakes lemon peel. Mix 1½ cups brown sugar, ½ lb. butter, 3 eggs beaten, 2 teaspoons vanilla, 2 teaspoons lemon, 2½ cups flour, 1 teaspoon soda dissolved in spoon of water. Add fruit

last. Place in oven at 375 degrees. Turn top off, and bottom at low. Time about 45 minutes.

### *Johnny Cake*

1 cup sour Milk	1/3 cup Butter or Lard
1/2 cup Molasses	1 cup whole Cornmeal
1 Egg	2 cups Flour
Pinch of Salt	1 teaspoon Soda

BAKE in quick oven. Put in oven at 400 degrees, turn top off, bottom on low. Time about 20 to 25 minutes.

### *Plain Layer Cake*

1/2 cup butter, 3/4 cup fruit sugar. Cream well together, 2 well beaten eggs, pinch salt, teaspoon flavoring, 3/4 cup sweet milk added alternately with 1 3/4 cups sifted flour, 2 teaspoons baking powder added last. Bake at 400 degrees, 20 minutes. Top element off, bottom low.

### *Dark Layer Cake*

1/2 cup Sugar	1/2 cup boiling Water
1 Egg	1 teaspoon mixed Spice
2 tablespoons Butter	1 small cup Flour
1/2 cup Syrup	

PUT in oven at 400 degrees, with top off and bottom on low heat, for 20 minutes.

### *Fruit Layer Cake*

2 Eggs	1 cup Raisins chopped
1 cup yellow Sugar	4 tablespoons Molasses
1 cup sour Cream	2 1/2 cups Flour (small)
1 teaspoon Cloves, and Cinnamon	1 teaspoon Soda dissolved
Butter size of large egg	in sour cream

PUT in oven at 375 degrees, top off and bottom on low. Bake 30 minutes.

### *Raisin Layer Cake*



1 cup brown Sugar	½ teaspoon Cinnamon
½ cup Butter	½ Nutmeg
3 Eggs	½ cup sour Milk
2 tablespoons Syrup	2 teaspoons Cream Tartar
2 cups chopped Raisins	1 teaspoon Soda
½ teaspoon Cloves	1½ cups Flour

BAKE in 2 layers. Put in oven 400 degrees with top off, and bottom on low, for 25 minutes.

### *White Loaf Cake*

Whites of 4 Eggs	2½ cups sifted Flour
1¼ cups granulated Sugar	2½ teaspoons Baking Powder
½ cup Butter	1 teaspoon Vanilla
½ cup Water	

CREAM butter and sugar, add stiffened whites of eggs, then flour and water alternately. Beat very hard. Put in oven at 375 degrees, turn top off, bottom on low. 40 to 60 minutes.

### *Sponge Loaf Cake*

1 cup granulated Sugar	1 teaspoon Cream of Tartar
5 Eggs	1 teaspoon Cornstarch
1 cup Flour	

SEPARATE eggs, beat whites stiff. Add cream of tartar and continue beating. Fold in sugar and beaten yolks, then flour and cornstarch and flavoring of any kind. Put in oven at 350 degrees. Turn top off, bottom on low. Time—40 minutes.

### *Macaroon Cake*

1st part—½ cup butter, ½ cup fruit sugar, cream well together. 3 egg yolks well beaten, 1 teaspoon vanilla, ½ cup sweet milk, 1 cup flour, 2 level teaspoons baking powder, pinch of salt.

2nd part—Whites of 3 eggs beaten stiff, ½ cup fruit sugar folded in, 1 cup shredded cocoanut. Spread 2nd part over 1st batter. Bake at 325 degrees. 40 minutes. Top element off, bottom low.

### *Maple Syrup Cake*

½ cup gran. Sugar  
1 cup Butter  
2 Eggs beaten light  
1 cup Maple Syrup  
Cup hot Water

2½ cups Swansdown Cake Flour  
⅔ teaspoon Soda  
2 teaspoons Baking Powder  
½ teaspoon Ginger  
Cream, Butter and Sugar

ADD eggs and beat again. Add maple syrup, then water with flour which has been sifted with ginger, soda, and baking powder. Bake in a tube loaf pan 50 minutes. Cover with butter icing. Put in oven at 375 degrees, turn top off, and bottom on low. Time about 45 minutes.

### *Mocha Cake*

½ cup Butter  
1 cup Sugar  
1½ cups Flour  
Yolks of 3 Eggs

1 teaspoon Baking Powder  
Grated Rind and Juice of Lemon  
Add 1 tablespoon warm Water last

BAKE in square pan and dip in icing made of 1 cup icing sugar, ½ cup butter, 3 tablespoons cream, 1 teaspoon vanilla. Roll in nuts. Put in oven at 350 degrees, turn top off, bottom on low. Time about 35 minutes.

### *Marble Cake*

White Part—  
½ cup Butter  
½ cup sweet Milk (large)  
1 cup white Sugar  
2 cups Flour (small)  
4 Egg whites  
2 teaspoons Baking Powder

Dark Part—  
½ cup Butter  
½ cup dark Sugar  
½ cup sweet Milk (large)  
½ cup Molasses  
2 cups Flour (small)  
4 Egg Yolks only  
1 teaspoon Baking Powder  
½ teaspoon Cloves, Cinnamon,  
Nutmeg and Mace

MIX the two parts separately and beat until very light. Put in baking pan and arrange dark and light alternately. Place in oven at 400 degrees, bake 40 minutes with top turned off and bottom low.

### *Minnie Ha Ha Cake*

Yolk of 1 Egg	½ cup Molasses
¾ cup brown Sugar	1 cup cold Water
1 tablespoon Butter	1 teaspoon Soda
½ teaspoon Vanilla	1½ cups Flour

PUT in oven at 400 degrees, turn top off, and bottom on low. Time about 60 minutes.

ICING—¾ cup granulated sugar, 5 tablespoons water. Boil till it hairs, add ¾ cup raisins, take off stove and add beaten white of egg. Beat till cool and put on cake.

### *Nut and Raisin Cake*

2 cups brown Sugar	½ lb. Walnuts
1 cup Lard and Butter mixed	1 lb. Raisins
¾ teaspoon Salt	1 lb. Dates or Figs
1 teaspoon Soda	3 Eggs
2½ cups Flour	1 cup sour Milk

MIX as fruit cake. Slow oven. Put in oven at 300 degrees. Turn top off, bottom on low. Time about 2½ hours.

### *Orange Cake*

1 cup granulated Sugar	2 teaspoons Baking Powder
2 tablespoons Butter	2 cups Flour
Juice and Pulp of 1 Orange with Water to make ½ cup	1 teaspoon Salt

ADD grated rind of one orange. Bake in layers. Put in oven at 400 degrees, turn top off, bottom on low. Time about 25 minutes.

### *Prince Albert Cake*

1 cup brown Sugar	½ cup Butter
1 cup Flour	¾ cup sour Milk
1 cup chopped Raisins	¾ teaspoon Soda
2 Eggs	1 teaspoon Cloves
1 teaspoon Cinnamon	

BAKE in layers. Put in oven at 375 degrees, with top off, bottom on low. Time about 25 minutes.

### *Potato Cake*

4 cups of mashed Potatoes  
2 cups Flour  
1 Egg

1 tablespoon Butter  
Pinch of Salt

MIX potatoes and flour together with the egg, add salt. Roll out one-third inch thick. Cut in shapes and bake. When cooked break apart and butter. Serve hot. Put in oven at 450 degrees, turn top off, bottom low. Time about 20 minutes.

### *Raisin Fudge Cake with Nuts*

½ cup Butter  
1½ cups brown Sugar  
2 Egg Yolks  
½ cup Sugar (brown)  
1 cup chopped Dates  
4 squares Chocolate melted  
(Cowan's)  
½ cup hot Water  
½ cup thick sour Milk

2½ cups Swansdown Cake Flour  
1 teaspoon Soda  
½ teaspoon Cinnamon  
¼ teaspoon Cloves  
2 Egg whites  
⅓ cup Almonds with 2 tablespoons  
granulated Sugar

BEAT butter to a cream and gradually work in the first measure of sugar. Beat egg yolks and beat in the second measure of sugar, the dates and melted chocolate. Sift together the flour, soda and spices and add to the first mixture alternately with the water and sour milk. Lastly fold in egg whites beaten very lightly. Turn into a loaf cake pan with tube up centre. Split almonds and press one edge of each half nut in the top of cake. Sift sugar over almonds and top of cake. Bake fifty minutes. Put in oven at 375 degrees. Turn top off and bottom on low. Time about 60 minutes.

### *Raspberry Cake*

1 cup brown Sugar  
¾ cup Butter  
1 cup Raspberries  
1 teaspoon Cinnamon  
1 teaspoon Nutmeg

3 teaspoons sour Milk  
1 teaspoon Soda  
2 Eggs  
Flour to stiffen, about  
2½ cups

PLACE in oven at 350 degrees, turn top off, and bottom low. Time about 45 minutes.

### *Spanish Cake*

½ cup Butter  
1 cup Sugar  
2 Eggs  
3 teaspoons Baking Powder

1¾ cups Flour  
1 teaspoon Cinnamon  
½ cup Cream

BEAT butter and sugar, add yolks of eggs and beat again. Sift spice, baking powder and flour, and add to first mixture alternately with milk. Add whites last. Bake in two layers and put lemon filling between and ice on top with butter icing. Put in oven at 400 degrees. Turn top off; and bottom on low. Time about 20 minutes.

### *Sponge Cake*

4 Eggs beaten separately

ADD ¾ cup sugar to yolks of eggs and beat 20 minutes. Add vanilla and pinch of salt. Add beaten whites and continue beating. Add ½ cup potato flour with 1 teaspoon baking powder. Bake in oven at 350 degrees, turn top off, bottom on low. Time about 45 minutes. This cake requires lots of beating and a slow oven.

### *Spice Cake*

½ cup Butter	Pinch of Salt
1 cup brown Sugar	3 teaspoons Baking Powder
2 Eggs	½ teaspoon Cinnamon, Cloves and Nutmeg
⅓ cup cold Water	1 cup Dates floured
1½ cups Swansdown Cake Flour	

SIFT dry ingredients in bowl. Add other ingredients and beat hard for 5 minutes. Bake in loaf pan 45 minutes. Ice with boiled icing. Place in oven at 375 degrees, bake 45 minutes with top turned off and bottom low.

### *Sultana Cake*

½ lb. Butter creamed	Rind of 1 Lemon
1 cup white Sugar	3 tablespoons Milk
4 Eggs separate	½ cup chopped Nuts
2 cups Flour	½ teaspoon Soda
½ cup Citron Peel	1 teaspoon Cream of Tartar
1 cup chopped Raisins	Vanilla

PUT in oven at 350 degrees, turn top off, bottom low. Time about 45 minutes.

### *Walnut Cake*

1 cup white Sugar	2 cups Flour
½ cup Butter creamed	1 cup chopped Nuts
2 Eggs beaten	Pinch of Salt
½ cup Milk	Ice with a butter icing,
2 teaspoons Baking Powder sifted	made out of icing sugar, butter and cream

PLACE in oven at 375, turn top off, have bottom low, allow ½ hour to bake.

### *Watermelon Cake*

¾ cup granulated Sugar	1¾ cups Flour
½ cup Butter	1 teaspoon Cream of Tartar
¾ cup sweet Milk	½ teaspoon Soda
Whites of 3 Eggs beaten stiff	Flavor with Lemon

TAKE sugar and butter and cream well, add milk and flour, into which has been sifted the cream of tartar and soda. Add whites last and flavoring. Take ¾ of the mixture and add 1 small teaspoon coloring (pink) and ½ cup raisins. Put pink mixture in bottom of tin and rest of first mixture on top and bake about 50 to 60 minutes in slow oven. Ice with white icing with ½ teaspoon green coloring in it. Flavor. Put in oven at 350 degrees, turn top off, and bottom on low. Time about 50 to 60 minutes.

### *White Cake*

½ cup Butter	3 teaspoons Baking Powder
1 cup granulated Sugar	3 Egg whites
2 small cups Swansdown Cake Flour	⅔ cup Milk
	1 teaspoon of any Flavoring

TO creamed butter and sugar add milk and flour with baking powder alternately. Beat until smooth, add flavoring. Fold in whites of eggs last. Put in oven at 400 degrees, turn top off, bottom on low. Time about 20 minutes.

### *Icings for Cakes*

#### *Boiled Icing*

1 cup granulated Sugar	½ cup Water
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BOIL till it hairs. Take off the range and beat in the white of 1 egg well beaten.

### *Butter Icing*

1 cup Icing Sugar	Butter size of walnut
Flavoring	or egg

BOILING water to make right consistency, beat and flavor. Beaten white of egg can be used instead of water.

### *Chocolate Icing*

¼ lb. Chocolate grated	¼ lb. Icing Sugar
1 tablespoon Water	A Piece of Butter

PUT chocolate and water in sauce pan and stir until melted. Add quickly icing sugar and butter and spread over cake.

### *Cocoa Icing*

½ cup powdered Cocoa	Pinch Salt
1½ tablespoons Butter	⅓ cup of Milk
1¾ cups granulated Sugar	

TO milk and butter add sugar, cocoa and salt. Boil 8 minutes. Take off and beat until creamy. Add vanilla and pour over cake.

### *Date Filling*

1 lb. Dates	1 cup boiling Water
1 cup Sugar	Flavor

BOIL till tender, cool and spread on cake.

### *Gelatine Roll*

2 cups scalded Milk	1 cup whipping Cream
1 tablespoon Gelatine	Pinch of Salt
Yolks of 3 Eggs	1 teaspoon Vanilla
½ cup Sugar	

DISSOLVE gelatine in cold water, add boiling milk, salt and sugar. Pour over beaten egg yolks, stirring constantly. Cook for ten minutes in double boiler. Remove and cool. When it begins to set fold in whipped cream. Allow to stiffen. Put between and on top of cakes and cover with nuts.

### *Lemon or Orange Filling*

1 Lemon or Orange, Juice and Rind	1 cup Sugar
1 cup cold Water	1 Egg
	1 tablespoon Flour

BEAT lemon, rind and eggs together. Stir in lemon juice and sugar. Dissolve flour in water. Cook in double boiler till it jellies. Spread.

### *Orange Icing*

1 Egg	Grated Rind 1 Orange
Juice of ½ Orange	4 cups Confectioner's Sugar

BEAT egg and add orange juice and rind. Add enough sugar to make it the right consistency to spread. Beat until smooth.

### *Raisin Icing*

1 cup Sugar	White of 1 Egg
1 cup Raisins seeded and chopped	Vanilla
	½ cup Water

BOIL sugar and water till it ropes. Then add raisins and fold in white of egg. Flavor.

### *Walnut Icing*

1 Egg	Butter size of walnut
1 cup brown Sugar	1 cup chopped Nuts

BOIL 5 minutes, stirring constantly. Flavor with vanilla.

## ***Cookies, Drop Cakes and Macaroons***

### *Aunt Mary's Cookies*

2 cups white Sugar	2 teaspoons Soda
2 cups Butter	4 teaspoons Cream of Tartar
4 Eggs well beaten	1 teaspoon Salt
5 cups Flour	Flavor to taste

PUT in oven at 400 degrees, turn top off, bottom on low. Time about 10 minutes.

### *Boston Drop Cookies*



1 cup brown Sugar  
2/3 cup Butter  
1 Egg  
2 cups Flour  
1 cup Nuts chopped

1 cup Dates  
1 teaspoon Cinnamon, Cloves  
and Nutmeg  
1 teaspoon Soda dissolved in  
1/4 cup hot water

PUT in oven at 400 degrees, turn top off, bottom on low. Time about 12 minutes.

### *Brownies*

1/3 cup Butter  
1/3 cup Sugar  
1/3 cup Molasses

1 Egg  
1 cup Flour  
1 cup Nuts

CREAM butter and sugar, add molasses and beaten egg, then flour and part of nuts. Drop in greased pans, set a half nut on top of each and bake in a moderate oven. Put in oven at 375 degrees, turn top off, bottom on low. Time about 20 minutes.

### *Butter Scotch Cookies*

1/2 cup Butter  
2 Eggs  
2 cups brown Sugar  
1/2 tablespoon Cream of Tartar

1/2 tablespoon Soda  
3 1/2 cups Flour  
1/2 teaspoon Vanilla

MIX in order given. Pack in hard loaf. Let stand over night. In the morning slice and put in oven at 400 degrees. Turn top off, bottom on low. Time about 10 minutes.

### *Checker Board Cookies*

MAKE dough as for plain cookies. Divide in half and add 3 squares of melted chocolate to one-half of the dough. Shape two rectangular strips of each color. Lay a strip of chocolate and one of the white side by side on the board and press them firmly together. Then place the other chocolate strip on the other white strip and the other white on the chocolate and press the four firmly into a square roll. Wrap in a tea towel and put in the icebox over night. Cut off slices about inch thick from the end. Put in oven at 400 degrees. Turn top off and bottom to low. Time about 10 minutes.

### *Cheese Fingers*

CUT puff paste into strip lengths and size of forefinger. Sprinkle with grated cheese. Press upon this another layer of pastry. Sprinkle again with cheese and bake again in quick oven. Put fingers in oven at 425 degrees, turn top off, bottom on low. Time 15 to 20 minutes.

### *Chinese Chews*

1 cup Sugar	1 cup Flour
¼ cup Butter (melted)	1 teaspoon Baking Powder
2 Eggs	1 cup Chopped Walnuts
2 tablespoons Milk	1 cup Chopped Dates
1 teaspoon Vanilla	

SPREAD in pan quarter inch thick. Put in oven at 375 degrees, top turned off and bottom on low. Time about 20 minutes.

### *Chocolate Squares*

USE the same recipe as above, omitting the dates and adding 2 squares melted chocolate or 2 heaping tablespoons cocoa. Also same time and temperature.

### *Cocoanut Jumbles*

ONE cup butter, 2 cups sugar, 2 eggs, 3 teaspoons baking powder, 1 teaspoon salt, 4 tablespoons milk, ½ tablespoon vanilla, Swansdown cake flour enough to roll, about four cups, cocoanut, cream, butter, add sugar gradually, eggs, well beaten. Flour and baking powder and vanilla. Roll thin and sprinkle with sugar and cocoanut. Put in oven at 400 degrees, turn top off, bottom on low. Time about 10 minutes.

### *Cocoanut Macaroons*

1 cup Sugar	4 Egg whites
1 cup Cocoanut	1 tablespoon Flour

MIX all together in small cakes and bake slowly. Put in oven at 350 degrees, turn top off, bottom on low. Time 20 to 25 minutes.

### *Date Kisses*

Whites of 2 Eggs very stiff	1 cup Nuts
1 cup powdered Sugar	1 cup Dates

DROP from spoon and bake in slow oven. Put in oven at 350 degrees, turn top off, bottom on low. Time about 20 minutes.

### *Date-Tart Macaroons*

1 lb. Dates cut in two  
¼ lb. Almonds

1 cup Fruit Sugar  
2 Egg whites

BEAT whites stiff and add sugar gradually, beating all the time. Fold dates and almonds in lightly. Drop from spoon on buttered pan, and bake in a hot oven until set. Then reduce heat and cook very slowly. Put in oven at 350 degrees, turn top off, bottom on low. Time 25 minutes.

### *Fruit Cookies*

1 cup Raisins  
1½ cups brown Sugar  
1 cup Shortening  
1 Egg beaten

4 tablespoons sweet Milk  
1 teaspoon Soda  
Pinch of Salt  
Flour to stiffen

PUT in oven at 350 degrees, turn top off, bottom on low. Time about 15 minutes.

### *Ginger Cookies*

1 cup Molasses  
2 tablespoons Milk  
1 tablespoon Ginger

½ cup Butter  
1 teaspoon Soda  
Flour to roll

PUT in oven at 375 degrees, turn top off, bottom on low. Time about 15 minutes.

### *Ginger Drop Cookies*

1 cup Sugar  
1 cup Molasses  
1 cup boiling Water  
1 Egg  
5 cups Flour

2 tablespoons Cinnamon  
2 tablespoons Ginger  
2 teaspoons Soda  
½ teaspoon Cloves

DROP from spoon into a greased pan. Put in oven at 350, turn top off, bottom on low. Time about 15 minutes.

### *Ginger Snaps*

1 cup Molasses  
1 cup Sugar  
1 tablespoon Ginger  
1 tablespoon Soda

1 Egg  
1 tablespoon Vinegar  
Flour to roll

SCALD molasses and stir in soda. Put it, while foaming, over the sugar. Add other ingredients. Vinegar last. Beat well, stir in flour lightly. Put in oven at 350 degrees, turn top off, bottom on low. Time about 15 minutes.

### *Honey Drop Cakes*

¾ cup Honey	1 cup Raisins
¼ cup Butter	1½ cups Flour
½ teaspoon Cinnamon	½ teaspoon Soda
⅓ teaspoon Cloves	½ teaspoon Water
1 Egg	

HEAT honey and butter until honey melts white, warm, add spices. When cold add part of flour, egg beaten, then soda dissolved in water and the raisins. Add enough flour to make dough that will hold its shape. Drop in tin and bake in moderate oven.

### *Hermits*

1 cup Butter	2 cups Raisins
3 cups brown Sugar	2 cups Currants
4 Eggs	1 cup Nuts
4 tablespoons sour Milk	1 teaspoon Nutmeg
2 teaspoons Soda	1 teaspoon Cinnamon
6 cups Flour	A little grated Orange Peel

CREAM butter, add sugar gradually, add eggs and milk well beaten. Sift soda with half the flour and add to mixture. Then fruit and nuts. Sift spices with balance of flour and add to mixture. Drop by teaspoons on buttered tins some distance apart. Bake. These are delicious and will keep a long time. Half the mixture will make quite a lot. Put in oven at 350 degrees, turn top off, bottom on low. Time about 15 minutes.

### *Lady Fingers*

1 Egg	2 cups Flour, or 1 pint
1 cup Sugar	2 teaspoons Baking Powder
½ cup Butter	1 teaspoon Vanilla
¼ cup sweet Milk	

BEAT sugar, butter and egg together until very light. Add vanilla and milk. Lastly add baking powder and flour. Cut in little strips about ¼ inch thick, roll in sugar and bake in a quick oven, use hands instead of rolling pin.

Put in oven at 400 degrees, turn top off, bottom on low. Time about 10 minutes.

### *Oatmeal Cookies*

1 cup brown Sugar	2½ cups Flour
1 cup Shortening	1 teaspoon Salt
⅔ cup Oatmeal	

DISSOLVE soda in hot water. Put in oven at 400 degrees, turn top off, bottom on low. Time about 15 minutes.

### *Oatmeal Drop Cakes*

⅔ cup Butter	2 cups Flour
1 cup Sugar	1 teaspoon Baking Powder
2 Eggs	½ teaspoon Salt
¼ cup Milk	1 teaspoon Cinnamon
2 cups Oatmeal (granulated)	1 teaspoon Nutmeg
	1 cup chopped Raisins or Dates

CREAM butter, add sugar, add eggs, beaten, then milk and oatmeal. Sift flour, measure, add salt, baking powder, cinnamon, nutmeg and sift again. Add raisins or dates, add flour to first mixture and mix well. Drop by spoonfuls on greased pan and bake in hot oven. Put in oven at 400 degrees. Turn top off, bottom on low. Time 12 to 15 minutes.

### *Oatmeal Macaroons*

2 teaspoons Butter	½ teaspoon bitter Almond Flavoring
1 cup Sugar	2 teaspoons Baking Powder
2 Eggs	¼ teaspoon Salt
2½ cups Rolled Oats	
1 teaspoon Vanilla, or	

CREAM butter and half the sugar. Beat yolks and add rest of sugar. Add to first mixture, add flavor and whites of eggs beaten stiff. Add rolled oats, with baking powder and salt. Drop from spoon on buttered sheet. Put in oven at 375, turn top off, bottom low. Bake for 15 minutes.

### *Pecan Chocolate Wafers*

2 Eggs	¾ cup Sugar
6 tablespoons Flour	¼ teaspoon Salt
¼ cup Cocoa	1 cup chopped Nuts

BEAT eggs well, beat in sugar and cocoa mixed. Fold in flour and salt sifted, a tablespoon at a time. Add nuts. Drop by spoonfuls. Place nut on top of each. Put in oven at 350 degrees, turn top off, bottom on low. Time about 15 minutes.

### *Peanut Macaroons*

Whites of 2 Eggs beaten stiff                      ½ cup granulated Sugar

FOLD in 2 cups corn flakes and 1 cup peanuts, pinch of salt. Drop in tin and put in oven at 350 degrees, turn top off, bottom on low. Time 20 minutes.

### *Plain Cookies*

1 cup granulated Sugar                              2 teaspoons Milk  
1 cup Butter    2 cups Flour  
2 Eggs    1 teaspoon Cream of Tartar  
Vanilla or Spice to taste                              ½ teaspoon Soda

PUT in oven at 400 degrees, turn top off, bottom low. Time about 10 minutes.

### *Sandwich Biscuits*

½ cup of Butter    ¼ cup grated Chocolate  
1 cup Sugar    ¼ cup Coconut  
1 Egg    1 teaspoon Vanilla  
2 cups of Flour    1 teaspoon lemon Flavoring  
½ cup of Milk    2 teaspoons Baking Powder

CREAM, butter and sugar, sift flour and baking powder and add alternately with the milk. Divide into two parts; to one, add coconut, lemon flavoring and stiffly beaten egg white, to the other part add the chocolate, vanilla and egg yolk. Roll out and cut with fancy cutter. Put in oven at 400 degrees. Turn top off and the bottom to low. Time about ten minutes.

### *Currant Scones*

3 cups Flour    ½ cup Sugar  
2 teaspoons baking Powder                              Pinch Salt  
½ cup Butter    Enough Milk to make soft dough

MIX, roll to an inch thickness. Cut in three cornered shape. Bake in hot oven. Serve hot. Put in oven at 450 degrees, turn top off, bottom low. Time about 15 minutes.

### *Scotch Short Bread*

1 cup Butter

1 cup Lard

CREAM well and add 1 cup brown sugar. Sift together 1 cup cornstarch, 2½ cups white flour to sugar and shortening. Bake at 400 degrees. 20 minutes. Top off, bottom low.

### *Scotch Soda Scones*

1 qt. Flour

2 teaspoons Cream of Tartar

1 teaspoon Soda

Butter or Lard size of walnut

SALT and sugar to taste. Add sour milk to make consistent dough. Turn out on board, roll, and bake on top of stove. When one side is done, turn over and bake on the other.

### *Strawberry Shortcake*

1 pint Flour

2 teaspoons Baking Powder

½ teaspoon Salt

2 tablespoons Butter

1 cup sweet Milk

SIFT flour, baking powder, and salt, run in butter well, add milk. Divide in equal parts for two layers. Place first layer in jelly tin, dot top with butter, then place on the other layer. Bake. When baked lift off the top layer and spread with berries between and on top. Serve with whipped cream. Put in oven at 400 degrees. Turn top off, bottom low. Time about 15 minutes.

### *Trilbys*

1 cup brown Sugar

½ cup sour Milk

1 cup Butter

2 cups Flour

1 teaspoon Soda

2 cups Oatmeal

ROLL very thin and bake. Put together with date filling. Put in oven at 400 degrees, turn top off, bottom on low. Time about 10 minutes.

### *Xmas Treat*

1 cup Figs

1 cup Cherries candied

1 cup Dates

1 tablespoon Lemon Juice

1 cup Nuts

½ cup candied Orange Peel

PUT fruits and nuts through food chopper, add lemon juice and knead until thoroughly mixed. Toss on a board well dusted with powdered sugar,

roll out to inch thickness, cut into rounds with small cutter. When stiff, ice with butter icing and nuts on top.

### *Apple Roll*

2 cups Flour	2½ cups of chopped Apples
½ teaspoon Salt	2 cups chopped Nuts
2 tablespoons Shortening	½ cup of Honey
4 teaspoons Baking Powder	Small bits of Butter
1 small cup of Milk	

MIX and sift together the flour, salt and baking powder, cut in the shortening, then add the milk, gradually making a dough stiff enough to roll. Have apples and chopped nuts ready. Roll the dough into an oblong ½ inch thick. Spread apples and nuts on dough, also the honey and small bits of butter, and then sprinkle a little cinnamon over it all. Roll dough up like jelly roll, press ends firmly. Cut in slices 1" thick, place 1" apart in pan. Put in oven at 400 degrees, turn top off, bottom on low. Time about 20 minutes.

### *Chocolate Cream Roll*

4 Eggs beaten very light	Pinch of Salt
1 cup granulated Sugar	1 teaspoon Baking Powder
2 tablespoons Cocoa	1 teaspoon Vanilla
1 cup Swansdown Cake Flour	2 tablespoons Milk

BEAT sugar into the eggs, add milk, then fold in the flour sifted with the baking powder, salt and cocoa. Turn into a bread-pan about 12 x 8 lined with greased paper. When slightly cool spread with jelly or filling and roll like a jelly roll. May be iced if desired. Put in oven at 375 degrees, top off, bottom low. Time about 15 minutes.

### *Jelly Roll*

3 Eggs	1 small cup Flour
2 tablespoons Milk	2 teaspoons Baking Powder
1 small cup Sugar	Pinch of Salt and Flavoring

BEAT yolks, add sugar, and beat again, add milk, salt, and flavoring. Lastly add flour with baking powder. Put in oven at 400 degrees, turn top off, bottom low. Time about 20 minutes.

### *Muffins*



THE secret of making light, fine-grained, delicate, hot bread of this type lies chiefly in the mixing. Improper mixing either because the dry ingredients are not sufficiently mixed and sifted or because the finished batter is stirred too much, results in a poor textured product. The following hints are therefore extremely important.

Mix and sift all of the dry ingredients, except the coarse flours, as Graham, whole wheat, cornmeal or bran, combine all the liquids—the milk, the melted fat, and beaten egg; slowly pour these into the dry ingredients, mixing lightly by stroking the spoon back and forth, rather than a stirring will produce an undesirable product which will be peaked, tunneled and tough.

### *Bran Muffins*

1 Egg	Butter size of an egg
½ cup brown Sugar	1 teaspoon Soda
1 cup sour Milk	2 cups Bran

PUT in oven at 400 degrees, turn top off, bottom low. Time 25 to 30 minutes.

### *Corn Gems*

½ cup Butter	¾ cup Cornmeal
½ cup brown Sugar	1½ cups Flour
1 Egg	1½ teaspoons Baking Powder

CREAM butter and sugar. Add well beaten egg, then cornmeal and lastly flour with baking powder. Put in oven at 400 degrees, turn top off, bottom low. Time about 25 minutes.

### *Plain Muffins*

3 tablespoons Sugar	2 cups Flour
3 tablespoons Melted Butter	3 teaspoons Baking Powder
2 Eggs	½ teaspoon Salt
1 cup sweet Milk	

PUT in oven at 425 degrees, turn top off, bottom low. Time about 20 minutes.

### *Popovers*

2 cups of Flour	2 cups of Milk
½ teaspoon of Salt	2 Eggs

SIFT together flour and salt. Make a well in flour, break eggs into well, add milk and stir until smooth. Pour into hot greased gem pans and bake 25 to 35 minutes at 450 degrees. Top element off and bottom on Low. If taken out of oven too soon they will fail.

### *Biscuits*

THE making of deliciously light, tender biscuits and dumplings and other foods made with biscuit dough is in handling the dough as little as possible. Too much handling makes the dough rubbery, and results in tough biscuits.

1. Be sure that the fat and milk are cold, at ice box temperature, if possible. The colder they are, the easier the dough may be handled.
2. When working the fat into the flour cut it in, this is best done by cutting across with two knives, repeatedly catching the balls of fat between the edges and cutting it.
3. Bake in a very hot oven (475 degrees F.). Slow baking dries out the biscuits.

### *Baking Powder Biscuits*

4 cups Flour	2 tablespoons Lard
4 teaspoons Baking Powder	Enough sweet Cream to
1 teaspoon Salt	make a soft dough,
2 tablespoons Butter	about 2 cups

HANDLE very lightly. Put in oven at 475 degrees, turn top off, bottom on low. Time about 10 minutes.

### *Cheese Rolls*

MAKE a dough as for baking powder biscuits. Roll lightly with rolling pin until a little thicker than pie crust. Spread liberally with cheese and roll over and over as for jelly roll. Cut in pieces one inch thick, place upright and bake a light brown. Delicious with salad. Put in oven at 450 degrees, turn top off, bottom on low. Time 10 to 12 minutes.

### *Kraft Cheese Puffs Cream*

2 Eggs	1 cup of grated Cheese
1 cup Flour	1 cup of Milk
1 teaspoon Baking Powder	A pinch of Salt and Pepper

BEAT eggs well and add milk. Sift together flour, baking powder and seasoning. Add to milk and eggs, then add cheese and beat well. Drop by spoonfuls into hot fat and fry until golden brown. Drain and serve with powdered sugar or lemon sauce.

### *Cheese Straws*

2 tablespoons grated Cheese	1 tablespoon Butter
2 tablespoons Bread Crumbs	¼ teaspoon Salt
2 tablespoons Flour	Dust of Red Pepper

BAKE in slow oven until golden brown. Put in oven at 400 degrees, turn top off, bottom on low. Time 15 to 20 minutes.

### *Dixie Biscuits with Dates*

2 cups Flour	2 tablespoons Shortening
4 teaspoons Baking Powder	½ cup Milk
1 teaspoon Salt	1 Egg
1 teaspoon Sugar	

SIFT dry ingredients, cut in shortening and add slowly combined liquids. Toss on bread board. Knead lightly, roll to one-half inch in thickness and cut with a biscuit cutter. Pull each disc to an oblong shape, place a date in centre and fold. Bake 10 to 15 minutes. Temperature 450 degrees. Top off, bottom low. Time about 10 to 15 minutes.

### *Rice Biscuits*

1½ cups pastry Flour	1 cup mashed Potatoes
2 teaspoons Baking Powder	¼ cup Shortening
1 teaspoon Salt	½ cup of Milk, or as much as needed

SIFT together flour, baking powder, and salt. Add mashed potatoes. Cut in the shortening, use milk as needed to mix to a dough. Turn on a floured board, coat with flour and roll, cut in rounds. Put in oven at 450 degrees, turn top off, bottom on low. Time about 15 minutes.

### *Tea Biscuits Plain*

INTO 4 cups of flour put 2 teaspoons soda and 4 teaspoons cream of tartar, 1 teaspoon salt, 3 teaspoons granulated sugar. Sift 3 times, add 2 tablespoons lard, and 2 tablespoons of butter, using tips of fingers, add 2 cups sour milk, or enough to make a soft dough easy to handle. Roll out, cut into biscuits one inch thick. Put in oven at 475 degrees, turn top off, bottom on low. Time about 12 minutes.

### *Doughnuts*

1 Egg	1 cup Milk
1 cup Sugar	1 tablespoon Butter
1 small teaspoon Soda	2 cups Flour
2 teaspoons (small) Cream of Tartar	Nutmeg to taste

BEAT eggs, sugar and butter together. Dissolve soda in milk. Mix with the above. Sift flour and cream of tartar together, beat well, and add also nutmeg. Roll out as soft as can be handled. Cut with cutter and fry in hot crisco.

### *Fritters*

3 Eggs, beaten separately	1 teaspoon Soda
3 cups Flour	1 teaspoon Salt
2 cups sour Milk	

DISSOLVE soda in milk, stir in egg yolks, then the sifted flour, lastly the whites. Drop by spoonfuls in hot fat. Chopped apple can be added.

### *Breakfast Puffs*

1 Egg	1 teaspoon Soda
1 cup sweet Milk	2 teaspoons Cream of Tartar
2 tablespoons melted Butter	Flour to make a drop batter

BAKE in muffin tins. Put in oven at 450 degrees, turn top off, bottom on low. Time about 10 minutes.

### *Cream Puffs*

½ cup Butter	4 Eggs
1 cup boiling Water	1 teaspoon Baking Powder
1 cup Flour	

PLACE butter and water in saucepan on stove, as soon as it boils add all the flour until well mixed, stir until it forms a ball and leaves the sides of pan, set off to cool, not cold, add 1 egg, beat 5 minutes, add another egg and beat 5 minutes until all is used. Drop mixture on oiled shallow pan. Bake in moderate oven 40 to 50 minutes. When cool make incision and fill with whipped cream or cream filling. Put in oven at 375 degrees, turn top off, bottom to low. Time about 45 minutes.

# PIES *and* PASTRY



THE secret of making flaky, tender, crusted pies lies chiefly in the handling of the dough, or rather, the not handling of the dough. The more the dough is handled and worked the tougher and more rubbery the product becomes; the following hints are of vital importance to be successful.

1. Cut the cold fat in the dry ingredients with a light stroking motion. Do not bear down and pack the dough.

2. Aim toward adept manipulation—handling and rolling the dough as little as possible. Always roll the dough from the centre in every direction rather than rolling back and forth. This eliminates unnecessary rolling and shapes the dough as is desired for the finished crust.

3. Use cold fat and ice water, if possible chill the dough before rolling as chilling dough expands more in the oven and therefore will be flakier.

4. At the start all pies should be baked in a hot oven (425 degrees F.) to turn the water in the pie crust into steam forcing the layers of dough apart into flakes.

## *Pastry*

3 cups Flour  
1 cup Lard

1 cup Water

MIX with pinch of salt into your flour. Roll thin, spread with butter or lard. Dredge with flour. Double up and roll again. Enough for 2 pies.

### *Danish Pastry*

2½ cups of Flour  
1½ teaspoons Salt  
Ice Water

¾ cup Butter  
1 Egg

MIX and sift the flour and salt. Cut in butter with knife. Add beaten egg and only enough water, a few drops at a time, to make the paste hold together. Chill. Break off small pieces of paste, roll out on floured board to ⅛ inch thickness and fit over inverted muffin pans. Trim to fit. Prick with a fork. Put in oven at 425 degrees. Turn top off and bottom to low.

### *Short Crust Pastry*

1 cup Flour  
3 tablespoons Butter

3 tablespoons Lard  
Salt

SIFT flour, put in shortening and chop with knife, adding water at same time gradually. Roll, fold in three and roll again. Line pie dish, put on extra edge, press edge with fork and prick bottom. Put in oven at 500 degrees, turn top off, bottom on low. Time about 10 minutes.

### *Apple Pie*

LINE a pan with light rich pastry and fill up with apples, sliced very thin and lengthwise. Sweeten to taste with granulated sugar, add little dots of butter and sprinkle with cinnamon.

NOTE—A soda biscuit rolled fine and put in apple pie will prevent juice from boiling out. Put in oven at 425 degrees, turn top off, bottom full for 3 minutes, then low. Time 30 minutes.

### *Blueberry Pie*

WASH and dredge blueberries with Five Roses Flour. Then scatter among them, ½ cup sugar for each of berries. Fill paste shell with this, dot with butter, cover with crust and bake. A little lemon juice may be added, or vinegar to improve flavor. Put in oven at 450 degrees, turn top off, bottom on low. Time about ½ hour.

### *Butter Scotch Pie*

1 baked pie Shell  
2 Eggs  
1½ cups brown Sugar  
4 tablespoons Flour  
¼ teaspoon Salt

1½ cups Milk  
4 tablespoons Butter  
1 teaspoon Vanilla  
2 Eggs  
Whites, with 2 tablespoons  
powdered Sugar

PUT yolks in saucepan and beat, add brown sugar, flour, salt, milk, butter and flavoring. Stir over fire until it thickens and comes to boiling point. Pour in baked pie shell, frost on top with whites and brown in oven.

### *Caramel Pie*

PUT brown sugar and butter size of an egg in a pan to boil. Thin out with one cup of hot water. Mix one tablespoon cornstarch, 1 teaspoon vanilla, yolks of 2 eggs with water, and stir in. Have crust ready and pour filling in using whites for top.

### *Carrot Pie*

1 cup of Carrots, mashed  
½ cup Sugar  
2 Eggs  
1 pint of sweet Cream

2 tablespoons Molasses  
1 teaspoon Cinnamon  
½ teaspoon Ginger

BAKE in one crust. Put in oven 450 degrees, turn top off, bottom on low. Time about ½ hour.

### *Cocoanut Pie*

2 cups Milk  
½ cup Sugar  
Butter size of an Egg  
½ cup Cocoanut

2 Eggs  
2 tablespoons Cornstarch  
2 teaspoons Lemon Juice

ALLOW milk to boil, add beaten yolks, sugar and cornstarch. When thick add cocoanut. Pour on baked crust. Add frosting.

### *Chocolate Pie*

1 pint Milk  
Yolks of 2 Eggs  
½ cup of Sugar

3 tablespoons Flour  
1 square Chocolate

GRATE chocolate, put in cold milk, let come to a boil. Mix flour and sugar well and stir into boiling milk. Fill crust. Put whites on top for icing,



beaten with 2 tablespoons of sugar.

### *Custard Pie*

3 Eggs	Pinch Salt
1 cup Sugar	Nutmeg flavor
1 cup Milk	

LINE a deep dish with pie crust and pour in. Put in oven at 400 degrees, turn both elements off for about 20 minutes, then turn bottom on full for about 15 minutes.

### *Farmer's Pie*

1½ cups Flour	2 tablespoons brown Sugar
1 tablespoon Baking Powder	½ cup Raisins or Currants
Pinch of Spice to taste	Fresh Milk to make biscuit
Pinch of Salt	dough

TAKE a small deep granite pot or kettle in which melt 2 tablespoons of lard. Put in dough to cover bottom. Then melt 1 tablespoon of lard and put over top. Put in oven at 450 degrees, turn top off, bottom on low. Time about 15 minutes.

### *Fruit Turn-overs*

1½ cups Swansdown C. Flour	½ teaspoon Baking Powder
½ teaspoon Salt	Ice Water
½ cup Lard	

MIX salt, flour and baking powder. Cut in shortening. Add ice water slowly. Roll out in thin sheet. Place fruit on half of circle. Cover with sugar. Fold other half over and press edges together. Bake in hot oven. Put in oven at 450 degrees, turn top off, bottom on low. Time about 25 minutes.

### *Lemon Pie*

1 Lemon, juice and rind	A pinch of Salt
2 cups boiling Water	1 cup Sugar
3 Eggs	4 tablespoons Flour
2 Whites for frosting	1 tablespoon Butter

TAKE eggs, sugar, flour and butter and stir smooth. Then add water. Boil until thick. Add grated rind and juice of lemon. Beat whites stiff, add 4 tablespoons sugar, and brown in oven.

### *Mince Pie*

4 lbs. Beef	1 quart of Fruit Juice
4 lbs. tart Apples	2 lbs. Suet
2 lbs. Raisins	2 lbs. Currants
2 lbs. brown Sugar	1 cup Molasses
4 tablespoons Salt	1½ tablespoons Mixed Spices
½ oz. white Pepper	2 grated Nutmegs
Juice of 2 Lemons	1 quart boiled Cider
A few Nuts	

CHOP beef when cooked, also suet and apples. Mix meat, salt, suet and spices, add apples, fruit, lemon, sugar and cider. Put in oven at 450 degrees, turn top off, bottom on low. Time about 40 minutes.

### *Pineapple Pie*

1 can Pineapple (grated)	¼ teaspoon Salt
⅓ cup of Flour	Juice of 1 Lemon
¾ cup of Sugar	

DRAIN juice from pineapple and heat. Mix flour, sugar and salt and add juice of pineapple. Let come to a boil. Remove from fire and add lemon juice and the pineapple. Pour into the paste lined tin, cover with top paste. Bake. This is enough for 2 pies. Put in oven at 450 degrees, turn top off, bottom on low. Time about ½ hour.

### *Pot Pie*

1 Egg	Salt
½ cup sweet Milk	Flour (Five Roses) to stiffen
2 teaspoons of Baking Powder	

DROP from spoon into chicken gravy and boil 10 minutes.

### *Prune Pie*

SOAK 2 cups of prunes 24 hours and bring to boiling point. Stone, and add 2 eggs, 2 tablespoons of flour, butter size of an egg, salt, juice of 1 lemon, 1 cup sugar. Let thicken and cool. Fill pie and bake with upper crust, or fill baked crust and ice with white of egg.

### *Pumpkin Pie*

Plain Pastry	1¼ teaspoons Cinnamon
2 cups of cooked and strained Pumpkin	¼ teaspoon Cloves
1 cup of Milk	¼ teaspoon Ginger
3 Egg yolks	¼ teaspoon Nutmeg
½ cup of Sugar	1 teaspoon Salt
	3 Egg whites

LINE a pie plate with plain pastry and pinch with the fingers to make a fancy edge. Mix the pumpkin and milk together. Add the beaten egg yolks. Add the sugar mixed with the cinnamon, clove, ginger, nutmeg and salt. Mix well. Fold in the stiffly beaten egg whites. Turn into the pie pan. Put in oven at 425 degrees. Turn top off and bottom on low. Time about 25 or 30 minutes.

### *Raisin Pie*

SOAK 1 package of seeded raisins over night. In the morning boil raisins in same liquid as soaked in till tender. Add 2 or 3 eggs, juice of 2 lemons, butter size of an egg, 1 cup sugar, 2 tablespoons flour, pinch of salt. Cook till thick, but do not let burn. Put in pie and bake with top crust. Put in oven at 450 degrees, turn top off, bottom on low. Time 40 minutes.

### *Rhubarb Pie*

2 cups Rhubarb	2 Egg yolks
1 cup Sugar	Lump of Butter size of walnut

MIX and cook slowly till like jelly. Put in a baked shell. Ice with whites of eggs.

### *Rhubarb and Date Pie*

LINE a pie plate with rich paste, lay on it a layer of dates and fill up with rhubarb, and bake in an upper crust. Put in oven at 450 degrees, turn top off and bottom on low. Time about 40 minutes.

### *Washington Pie*

1 cup Sugar	½ teaspoon Soda
1 Egg	½ teaspoon Salt
1 cup sweet Milk or Cream	Flour to make stiff batter
1 teaspoon Cream of Tartar	Nutmeg or Lemon flavor

BAKE in two plates, spread one cake with jelly and place the other on top. Serve cold. Put in oven at 400 degrees, turn top off, bottom on low. Time 20 minutes.

### *Banana Pie*

LINE a deep dish with 1 rich crust. Into this slice one large banana or two small ones. Pour over this a boiled custard, made with 1 pint of rich milk, 2 egg yolks, 2 tablespoons sugar and salt to taste. Bake slowly. Whites for top.

### *Butter Tarts*

4 Eggs (beaten well)	1 cup Currants
1½ cups white Sugar	½ cup Raisins
1 tablespoon melted Butter	A little fine peel
1 teaspoon Vanilla	

PUT in shells and bake. This recipe makes 2½ dozen. Put in oven at 400, turn top off, bottom on low. Time about 20 minutes.

### *Tart Filling*

1 lb. brown Sugar	3 Lemons (juice and grated)
¼ lb. Butter	rind
5 Eggs (well beaten)	

MIX all this together and put in a double boiler, stirring occasionally until it is thick as honey. Put in sealers and it will keep for six months. Fill tarts as you would with jam.

# SANDWICHES



ALTHOUGH sandwiches are usually used for picnics, school lunches, pass around teas, automobile trips, etc., the more substantial ones containing meat are often used for luncheons and suppers.

## *Sandwich Hints*

1. Use bread twenty-four hours old for sandwiches.
2. Bread should be sliced fairly thin.
3. Have sandwich filling ready before you cut the bread.
4. If prepared in advance of serving time, cover sandwiches with clean damp cloth.
5. In many cases toast may be used in place of bread.
6. Before cutting the bread heat knife in boiling water and dry thoroughly.

## *Broiled Luncheon Sandwich*

CUT white bread into  $\frac{1}{4}$  inch slices and trim off crusts. Spread lightly with butter. Cover bread with thin slices of American cheese. Then put slices of tomatoes on the cheese and sprinkle with salt and pepper. Lay two strips of bacon over the top. Broil in oven with top element on full. Cook 6 to 8 minutes or until the cheese is melted and bacon crisp.

## *Club Sandwich*

CUT white bread in  $\frac{1}{4}$  inch slices and toast on one side. Spread untoasted side with butter. Lay a crisp lettuce leaf on the bread and spread with

mayonnaise dressing. On top of the lettuce put layers of sliced chicken, sliced tomatoes and crisp bacon or cold ham. Season well with salt and pepper and cover with top piece of toast. Cut in halves diagonally.

### *Ham and Tomato Sandwiches*

Slice ham and small ripe tomato thin. Put one on top of the other on thin buttered bread. Spread mayonnaise and salt and pepper on top of the tomato. Cover with another thinly buttered slice of bread. Cut crusts off, cut in four and serve.

# CANDY



SUGAR which is the principal material in all candies is a valuable food and rightly used is good for children. The best time to eat candy is after a meal. When candy is abused and eaten between meals it destroys the appetite for needed food.

As it is very important that the cooking of candy be done at the right temperature, a thermometer is essential to make candy successfully.

## *Candy Hints*

1. A perfectly smooth sauce pan should be used large enough to permit it to boil up.
2. Creamy candy should be cooked without stirring as soon as the sugar is dissolved.
3. To prevent creamy candy from becoming sugary, allow it to cool before beating.
4. Taffies and Brittles should only be stirred enough to keep the candy from burning.
5. Always heat the nuts before using to give them a sweet flavor.
6. Break nuts for candy instead of chopping them. Fine particles cloud the candy.
7. To keep fudge for any length of time, put in tightly covered pan.
8. If you have not a thermometer, put mixture of the candy in cold water and test as follows:

### *Butter Scotch*

2 cups Sugar  
½ cup Butter

1 cup cold Water  
1 teaspoon Cream of Tartar

PUT sugar and water and butter together. When butter is melted add cream of tartar. Boil until hard. Pour in well buttered pans.

### *Chocolate Caramels*

1½ cups Sugar  
½ cup Butter

1 cup Milk  
5 ozs. Chocolate

COOK slowly without stirring. Cut in squares.

### *Chocolate Creams*

TWO cups powdered sugar. Moisten with milk or cream until it will form into a soft ball with the fingers. Drop creams into melted chocolate and place on buttered dish.

### *Chocolate Fudge*

¾ CUP granulated sugar, 1 cup milk, liberal piece of butter. Mix all together and boil 10 minutes, stirring gently. Then add ¼ cake chocolate grated and boil 10 minutes. Remove from fire and add vanilla and beat until it begins to stiffen. Pour on buttered pan and cut in squares.

### *Crystalized Fruit*

ONE cup sugar, 6 drops lemon juice, 4 tablespoons water. Cook till it hairs. Drop in fruit: oranges, grapes and walnuts.

### *French Fondant*

2½ cups white Sugar  
¼ teaspoon Cream of Tartar

½ cup Water  
Flavoring

BOIL till soft ball forms in cold water. Beat till stiff, then work smooth with hands. Fill with dates.

### *Heavenly Bliss*

2 cups white Sugar  
½ cup boiling Water  
½ cup Corn Syrup

½ cup chopped Nuts  
Whites of 2 Eggs  
1 teaspoon Vanilla



BOIL together the sugar, water and syrup until the mixture becomes crisp when dropped into cold water. Beat up whites of eggs stiff. Then add vanilla extract and nuts. Pour syrup over all and beat until stiff. Turn into a bread-pan and when cold cut into squares.

### *Kisses*

Beat whites of 4 eggs to a stiff froth. Stir into it  $\frac{1}{2}$  lb. powdered sugar. Beat until very light. Drop on well buttered paper. Add walnut on top of each.

### *Maple Cream*

TWO cups light brown sugar,  $\frac{1}{2}$  cup cream, butter size of an egg, stir all together. Boil until it drops from spoon. Take off and add vanilla. Beat until it thickens. Pour into buttered tins.

### *Marshmallow*

TWO tablespoons Knox Gelatine soaked in 6 tablespoons water. Dissolve 2 cups granulated sugar in 4 tablespoons hot water. Let syrup boil until a little hard when dropped in cold water. Take off and pour over dissolved gelatine and beat 20 minutes. Add teaspoon vanilla and put into buttered pan with cornstarch very thick on bottom. When firm enough cut in squares and roll in sugar (powdered).

### *Peppermints*

QUARTER lb. white sugar, 1 teaspoon cold water, 2 drops oil of peppermint. Boil until it threads. Drop on paraffine paper.

# CANNING *and* PRESERVING



## *Oven Canning*

SUCH fruits as raspberries, cherries, blueberries, currants and blackberries should be well picked over. Pack into jars one inch from top, pour syrup over fruit, place jars in the cold oven on a sheet of asbestos  $\frac{1}{8}$  inch thick, on top of the oven rack. Do not allow jars to touch each other. Use the bottom element only, and do not allow temperature to go over 250 degrees. Time, one hour after turning on the element. The syrup can be thin, medium, or thick, depending on the sweetness of the fruit itself.

## *Cold Pack Method*

Fill sterilized jars with fresh picked fruit. Pour syrup over fruit, the strength according to the recipe. Screw tops on the jars loosely. Place them on a rack in a boiler which has 8 to 10 inches of clean cold water and cover. Using a rack is very important as it permits a circulation of hot water under the jars. Let the water come to boiling point slowly. Boil for five minutes or according to the time stated in each recipe. Set each jar upside down for leakage. Wash each jar and store away in a dry place. Wrap each jar in paper to exclude the light. Wrapping also prevents mold which causes rubber to decay.

## *Canning and Preserving Hints*

1. Make sure that the jars are thoroughly cleaned and scalded.
2. Use new rubbers.

3. Have tops fit perfectly.
4. Fruit must be thoroughly cleaned and washed.
5. Use thin syrup with sweet fruits.
6. Use medium or thick syrup with sour fruits.

### *Syrups*

BOIL until sugar is dissolved.

### *Canned Raspberries*

SELECT fresh picked berries, firm and ripe, pack in hot sterilized jars, pour over hot syrup made of 1 cup sugar, 2 cups water, place rubber and cover in position but do not seal tight. Place in boiler and bring to boiling point, remove, seal and wrap in paper.

### *Peaches and Pears, Cherries and Plums*

AFTER they are pulled, can be done the same way as raspberries, only cook from 5 to 10 minutes.

### *Strawberries*

SELECT fresh picked, rinse carefully in cold water to remove sand, drain well, pack in hot jars, place rubber and cover on, place in position. Pour over syrup made of 1 cup sugar and 2 cups water. Place in boiler and cook 5 minutes. Remove and seal. When cool wrap in paper.

### *Preserved Citron*

PEEL citron and remove seeds, cut in inch pieces and leave in dish over night. In the morning add sliced lemons, place on stove, heat slowly and add equal parts of sugar. Boil slowly for 40 minutes, then rapidly for 15 minutes. The citron will be quite clear and the syrup like jelly. No water is necessary as the citron contains enough. Place in sterilized jars and seal.

### *Red Currants and Black Currants*

REQUIRE more sugar. Boil water and sugar equal quantities for 15 minutes. Add currants and boil 3 minutes. Place in sterilized jars and seal.

### *Grape Preserve*

WASH and pick grapes off stems, separate skins and pulp, put pulp through sieve to remove seeds, add skins and boil together for half an hour,

adding  $\frac{3}{4}$  lb. sugar to 1 lb. fruit. Place in sterilized jars and seal.

### *Asparagus*

PLACE fresh asparagus in cheese cloth and blanch in boiling water for 3 minutes. Dip in cold water and drain. Pack in hot jars, add 1 teaspoon salt to each quart jar, fill with boiling water, place rubber cover in position but do not seal tight. Place jar in rack in boiler having water at boiling point. Simmer for 25 minutes. Remove from boiler and make perfectly air tight. Keep from light.

### *Canned Beans*

WASH and string fresh picked beans, leave whole or cut in inch pieces. Place in a piece of cheese cloth or drainer and blanch in boiling water by dipping from 2 to 5 minutes. Plunge in cold water for one minute. Pack in hot jars, put in teaspoon salt to 1 quart jar, cover with boiling water and simmer for 20 minutes. Seal tight.

### *Canned Corn*

HAVE corn fresh, husk and blanch in boiling water for 3 minutes, dip in cold water one minute. Use the wire drainer. Cut corn from cob and pack at once in hot jars with a wooden spoon. Add 1 teaspoon salt to each quart jar. Leave space at top. Place top and rubber in position but do not seal tight. Place in boiler, having water at boiling point. Cook 20 minutes. Seal immediately. Wrap to keep from light.

## ***Marmalade, Jelly and Conserves***

### *Apple Jelly (Any Kind)*

Quarter of a kettle of apples

ADD water to within about 2 inches of the top. Cook slowly. Put in a jelly bag and strain. Boil juice for 10 minutes. Take from fire, skim and measure. Put back on fire and add 1 cup of sugar to cup of juice. Boil till it jellies. Pour in glasses.

### *Blueberry Jelly*

PUT water on berries until you can see it. Cook until they go to pieces, strain. Add  $\frac{2}{3}$  as much sugar as juice, also the juice of 1 lemon to every 3 quarts of juice. Bring to boiling point. Boil for 20 minutes.

### *Cranberry Jelly*

1 qt. Cranberries

ADD 1 cup water. Boil 10 minutes. Add 2 cups sugar, stir until dissolved. Heat to boiling point. Turn at once into a mould. Stand in a cool place over night.

### *Quince Jelly*

PEEL and core nice ripe quinces. Cover with water and stew till soft. Strain juice with pressure. Return to stove and boil 20 minutes. Add cup of sugar to cup of juice, and boil until it jellies about 15 minutes. Skim well and pour through muslin bag and bottle. Remainder of fruit can be made into marmalade, by adding apples and sugar.

### *Grape Fruit Marmalade*

1 Grape Fruit  
1 Orange

1 Lemon

SLICE very fine. Add 3 times as much water as fruit. Let stand over night. Boil 10 minutes and do the same as for orange marmalade.

### *Orange Marmalade*

3 Oranges

2 Lemons sliced very fine,  
omitting pulp and seeds

ADD 3 times as much water as fruit. Let stand over night. In morning boil 10 minutes. Let stand over night again. Measure and use cup of sugar to cup of fruit. Put fruit on and boil One hour before adding sugar. Boil till jelly about one hour after adding sugar.

### *Pineapple Marmalade*

3 bowls Pineapple  
2 bowls Sugar

5 bowls Sugar  
5 bowls Rhubarb

TAKE 6 pineapples, peel and take out cores, shred and stand in bowl over night with sugar. Cut rhubarb in small pieces and add sugar and let it stand over night. Next morning strain juice from each and boil 20 minutes. Add pineapple and boil 15 minutes. Finally add rhubarb and boil until it is cooked, about one-half hour.

### *Rhubarb Marmalade*

4 lbs. Rhubarb  
4 lbs. Sugar  
3 Oranges

2 Lemons, juice and rind  
of each  
¼ lb. Walnuts

WASH and peel rhubarb, cut in pieces, add fruit juices and sugar. Boil for 30 minutes, add nuts. Cook till thick.

### *Apricot Conserve*

3 lbs. Apricots, fresh or  
dried  
1 Pineapple

5 cups Sugar  
¼ lb. Almonds  
1 Lemon

COOK together slowly. If dried apricots are used soak over night. Add lemon juice and nuts just before taking off the stove.

### *Peach Jam*

PEEL and remove stones, cut in half, place in kettle, layer of fruit and layer of sugar, about cup for cup. Set on stove slow fire, until all sugar is dissolved and juice drawn from peaches. Then boil rapidly for one-half hour. Place in hot sterilized jars and seal.

### *Raspberry or Strawberry Jam*

PICK over the berries, mash, cook 20 minutes. Stir well, add sugar, 4 lbs. raspberries to 3 lbs. sugar. Cook 15 minutes. Seal when cold.

### *Quince Honey*

1 grated Orange  
1 pint Sugar

1 pint Water

COOK syrup before adding quince. Then cook 15 minutes. Seal.

## *Pickles and Sauces*

### *Bordeau Sauce*

1 gal. green Tomatoes  
4 green Peppers  
1 large Cabbage  
1 cup Salt

2 lbs. brown Sugar  
1 oz. each Tumeric, Celery Seed  
and Mustard Seed  
1 gal. Vinegar

MIX tomatoes, peppers and cabbage and salt. Let stand over night. Drain and add other ingredients. Scald one hour.

### *Bengal Chutney*

13 ripe Tomatoes	¼ teaspoon ground Ginger
13 sour Apples	½ teaspoon Cayenne
1 lb. brown Sugar	½ lb. Salt
½ lb. Onions	3 pints Vinegar
½ lb. Raisins	

CHOP onions and raisins fine. Boil apples, tomatoes and vinegar to a pulp. Mix in seasoning.

### *Chili Sauce*

30 large ripe Tomatoes	3 cups Vinegar
4 red Peppers	4 tablespoons Salt
10 small Onions	15 tablespoons white Sugar
1 oz. Garlic	

CHOP up vegetables very fine and mix with other ingredients. Cook 1½ hours.

### *Chow Chow*

1 gallon Vinegar	½ lb. Mustard
3 Cauliflowers	1 oz. Tumeric
4 quarts Cucumbers	1 cup Flour
3 quarts small Onions	3 cups Sugar
2 green Peppers	

LEAVE cucumbers, cauliflowers and onions in brine for two hours. Boil cauliflowers and onions in vinegar before adding the other ingredients.

### *Chutney Sauce*

1 doz. sour Apples	½ lb. Onions
1 doz. ripe Tomatoes	3 pts. Vinegar
1 lb. brown Sugar	1 lb. seeded Raisins
¼ lb. Mustard	1 oz. whole Cloves

COOK altogether until cooked to a pulp and put sauce through a collander.

### *Cucumber Pickles (Quick Method)*

1 basket small Cucumbers washed	$\frac{2}{3}$ tablespoon whole white Pepper
2 qts. Vinegar	$\frac{2}{3}$ tablespoon Mace
$\frac{2}{3}$ cup Salt	$\frac{1}{3}$ tablespoon Red Pepper
2 tablespoons whole Ginger	$\frac{2}{3}$ lb. Sugar
2 tablespoons Mustard Seed	

BRING above ingredients to a boil, and when almost cold add  $\frac{1}{3}$  tablespoon curry powder, and  $\frac{2}{3}$  tablespoon of curricma. Pour all over the cucumbers, put in jars or crocks and tie up.

### *Mustard Pickles*

2 qts. Cucumbers	2 qts. Onions
2 qts. Cauliflower	2 qts. green Tomatoes

SALT over night and drain. Add 1 gallon vinegar,  $\frac{1}{2}$  teaspoonful mustard,  $\frac{1}{2}$  teaspoon tumeric, 2 cups brown sugar,  $\frac{1}{2}$  oz. of small red peppers,  $\frac{1}{2}$  cup flour. Boil altogether and pour over pickles.

### *Nine-Day Pickles*

8 quarts Cucumbers cut in pieces

PUT them in a brine that will carry an egg. Leave for 3 days. Drain and put in cold water for 3 days more; stirring every day. Drain again and let simmer for 1 hour in a weak vinegar, to which add a piece of alum size of a hickory nut. Drain and make a syrup of  $3\frac{1}{2}$  lbs. granulated sugar, 1 oz. of celery seed, 3 pints vinegar, 1 oz. allspice buds, 1 oz. cinnamon buds. Pour over cucumbers boiling hot 3 days in succession. Will keep in a crock if covered with vinegar.

### *Pickled Beans*

PUT 1 peck butter beans in salted water. Let come to a boil; 3 pints vinegar,  $2\frac{1}{2}$  lbs. sugar. Have mixed smooth with a little cold vinegar 1 cup flour, 1 cup mustard, 1 dessertspoon tumeric.

### *Pickled Peaches or Pears*

TAKE 4 cups vinegar and weaken with a little water, add 4 cups sugar. Let come to a boil. Add peaches or pears and cook till tender. Remove and add more fruit till all is cooked. Stick cloves in fruit before cooking and add stick cinnamon to the syrup. Will keep in crock. Green tomatoes can be done the same way, and crab-apples.



### *Pickled Beets*

TAKE whole beets as soon as grown large enough. Cook them and peel them. Have ready a well sweetened vinegar. Add whole beets. Heat to a boiling point. Can at once.

### *Tomato Butter*

16 lbs. nice ripe Tomatoes                      8 lbs. Sugar  
1 quart Vinegar

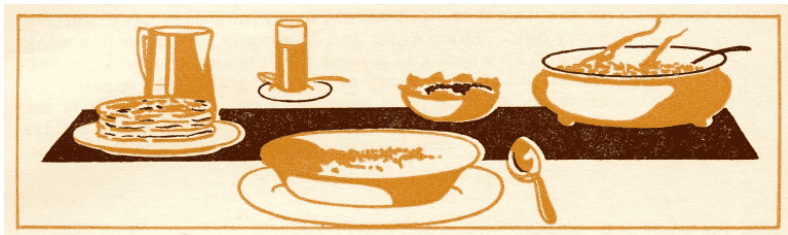
BOIL together until thick. When half done add 2 large teaspoons cinnamon, 1 teaspoon mace, cloves and allspice.

### *Tomato Catsup*

1 gal. Tomato pulp                                      ½ oz. whole Ginger  
1 gal. Vinegar    1 oz. whole Allspice  
1 lb. Sugar    ½ oz. Cloves  
½ pint Salt    ½ oz. Mustard  
3 red Peppers    ½ oz. Garlic

BOIL 3 hours, strain and bottle while hot.

# BEVERAGES



## *Cocoa*

$\frac{1}{3}$  CUP boiling water,  $\frac{1}{8}$  cup milk, 1 teaspoon cocoa, 1 teaspoon sugar. Mix sugar and cocoa, stir in the boiling water. Cover and boil gently for five minutes.

## *Coffee*

TO make delicious clear coffee, use 1 teaspoon finely ground coffee to each cup of water, and use a tricolator where it is passed through filtered paper. These can be purchased on the market, giving full directions.

## *Cool Drink for Hot Weather*

TO juice of 12 lemons add the rind of six. Let stand over night. Then take 6 lbs. of white sugar and boil with enough water to make a thick syrup. When cool strain the lemon juice into it and squeeze as much of the oil from the grated rind as will suit the taste. A tablespoon of this mixture in a glass of iced water makes a delicious drink and will keep for an indefinite time.

## *Dandelion Wine*

FOUR quarts dandelion blossoms, pour over them 4 quarts boiling water. Allow to stand 3 days, then add the rind of 2 lemons and 4 oranges. Boil 15 minutes and strain. When lukewarm add pulp of oranges and lemons, removing seeds and white membrane, 4 lbs. granulated sugar, 2 tablespoons yeast or  $\frac{1}{2}$  yeast cake. Stand in warm place for a week, strain, allow to stand three weeks, then bottle.

### *Grape Juice*

TWENTY lbs. grapes, 6 lbs. sugar. Wash and pick grapes from stems. Mash them and heat slowly until juice and seeds separate. Strain through a collander, then through a bag. Add sugar and heat to scalding point. Bottle while hot.

### *Raspberry or Black Currant Vinegar*

CRUSH and cover raspberries or currants with vinegar and let it stand over night. In the morning squeeze out juice. Add more fruit and let stand over night again. For every pint of juice add 1 pint of sugar. Boil 10 minutes and bottle.

### *Tea*

WARM the teapot, put in a teaspoon of tea for every 2 cups. Pour on fresh boiling water and allow to infuse 5 minutes. Pour the liquid off the leaves into another teapot and serve.

## *Table of Weights and Measures*

2 heaping tablespoons equal 1 oz.

2 teacups sugar equal 1 lb.

1 pint sugar equals 12 ozs.

4 teacups sugar equal 1 quart.

5 teacups flour equal 1 lb.

1 quart flour equals 1 pound.

1 tablespoon butter equals 1 oz.

2 teacups butter equal 1 lb.

2 heaping teaspoons equal 1 tablespoon.

Egg, medium, equals to 2 ozs.

Eight eggs equal 1 lb.

# *Temperature Chart*

## *Sick Room Diet*

### *Barley Water*

THREE tablespoons barley, 4 cups cold water. Soak over night and boil 2 hours. Season.

### *Oatmeal Gruel*

ONE cup oatmeal, 4 cups boiling water, 1 teaspoon salt, milk. Add oatmeal and salt to boiling water. Cook 10 minutes. Cook in double boiler 3 hours or steamer. Strain and dilute with milk.

### *Junket*

ONE cup milk, a little sugar,  $\frac{1}{4}$  junket tablet, 1 teaspoon cold water. Flavor.

### *Beef Tea*

PUT 2 lbs. steak cut up in double boiler and add 1 quart water. Let stand an hour, then place over fire and simmer for 2 hours. Flavor.

### *Egg Nog*

BEAT 1 egg yolk, 1 teaspoon sugar together until light. Add egg white beaten up stiff, stir well, pour in glass and add vanilla, and as much milk as glass will hold.

# *Household Hints*

## *To Remove Stains, etc.*

Of Ink—Wet the spots with milk and run on salts of lemon.

Of Fruit—Pour boiling water on the part.

Of Mildew—Rub with lemon and expose to sunshine.

Of Iron Rust—Rub with salts of lemon and wash thoroughly.

Of Paint—If wet rub with vaseline and then with benzine. If dry, soften with vaseline and rub with benzine.

Of Machine Oil—Rub with cold water from outside of spots towards centre, being careful not to spread. First put on wax, second, place on absorbent paper, third, press with hot iron.

Of Perspiration—Solution of soap and expose to sunshine.

Of Blood—Wet with lukewarm water and soap. Rub on cold moist starch just moist and allow to dry.

Of Scorch—Wet with cold water and lay in sunshine.

Of grass—soak in alcohol, then rub.

## *Miscellaneous*

Grease Spots—May be drawn out by covering with a piece of coarse brown paper and then passing over them a warm flat iron. The paper, if soft, will absorb the grease, or turpentine, or gasoline.

To remove glue from fabrics, soak in hot water and vinegar, or vinegar alone. Should vinegar affect the color, sponge with diluted ammonia followed by chloroform.

To deodorize gasoline for cleaning purposes add a few drops of oil of sassafras to each quart of gasoline.

A little soda in water will remove grime from hands.

To prevent clothes from freezing to clothes line, wipe well with cloth dipped in strong salt water.

Combs and brushes may be cleaned by dipping them in a basin of warm water in which has been dissolved a teaspoon of ammonia. Let comb remain in water for a few minutes. Rinse in cold water. Turn bristles downwards to dry.

A tablespoon of lampblack to 1 cupful of raw linseed oil will preserve stovepipes and drums.

Brass exposed to the weather and not cleaned for a long time can be cleaned quicker by making a paste of salt and vinegar. Rub on and leave for ten minutes, then clean in the usual way.

A squeeze of lemon in water in which rice is boiled will whiten the rice and separate the grains.

A pinch of soda mixed with tomatoes before milk is added prevents curdling.

A few drops of onion juice improves made-over meat dishes.

When washing anything blue, put a handful of salt in the water.

When washing anything green or mauve put a lump of alum in water.

Reds and pinks need a little vinegar in the water, but do not have the clothes too damp or the iron too hot in ironing.

Yarn for mending is better steamed over the spout of the teakettle before using.

To polish cut glass of any kind, cut or plain, peel a potato and rub it over the glass. Wash and dry it well and it will have a lovely lustre.

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