

To - Agnes From Inez

- Jan - 1941 -

UNITED STATES DEPARTMENT of AGRICULTURE  
BUREAU OF HOME ECONOMICS

AUNT SAMMY'S  
RADIO RECIPES  
REVISED

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## Foreword

*AUNT SAMMY'S RADIO RECIPES, REVISED, brings together 400 of the most popular recipes and 90 of the menus included in the HOUSEKEEPERS' CHATS. Immediately with the start of this radio service for women in 1926 came the demand for copies of the recipes originated by the Bureau of Home Economics but not included in the regular printed series. Aunt Sammy's Radio Recipes even now in this fourth enlarged edition makes no claim to being a complete cookbook. It merely supplements the information on food preparation given in the leaflets and bulletins.*

# Aunt Sammy's Radio Recipes

## Revised

### Breakfast Menus

- |   |   |
|---|---|
| Grapefruit  | Apple sauce                                   |
| Creamed eggs and dried beef                                     | Scrambled eggs and bacon, or kippered herring |
| Corn bread  | Hot biscuit                                   |
| Beverage  | Beverage                                      |
| Stewed prunes and apricots                                      | Stewed rhubarb                                |
| Cooked cereal and top milk                                      | Broiled salt mackerel                         |
| Toast   | Corn-meal muffins                             |
| Beverage  | Beverage                                      |
| Canned peaches  | Strawberries and cream                        |
| Crisp bacon   | Omelet  |
| Spoon bread   | Toasted English muffins                       |
| Beverage  | Beverage                                      |
| Orange juice  | Melon   |
| Sausage and fried pineapple                                     | Cereal and top milk or cream                  |
| Muffins   | Bacon   |
| Beverage  | Toasted rolls                                 |
| Sliced bananas with ready-to-serve cereal and cream or top milk | Beverage                                      |
| Graham toast  | Baked apples                                  |
| Amber marmalade   | Coddled eggs                                  |
| Beverage  | Oatmeal muffins                               |
|   | Beverage                                      |

### Lunch or Supper Menus

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| Corn chowder                        | Cold sliced beef loaf with cress |
| Dried-beef toasted sandwiches       | Vegetables au gratin             |
| Apple float                         | Hot biscuit and honey            |
| Cake                                | Cheese toast and bacon           |
| Hot Spanish sandwich                | Cabbage and apple salad          |
| Lettuce salad with French dressing  | Coffee cake                      |
| Caramel cake                        | Coffee                           |
| Onion soup au gratin                | Stuffed-tomato salad             |
| Vegetable salad                     | Rolls                            |
| Canned or stewed dried fruit        | Fruit punch or lemonade          |
| Ginger cookies                      | Chocolate cake                   |
| Chicken salad                       | Scalloped salmon                 |
| Lattice potatoes                    | Hashed brown potatoes            |
| Hot Sally Lunn                      | Celery                           |
| Iced tea or coffee                  | Honolulu salad                   |
| Strawberry ice-box cake             | Cheese straws                    |
| Salted nuts or candy                | Stuffed mushrooms                |
| Baked eggs and rice in tomato sauce | Peas                             |
| Celery and olives                   | Nut biscuit                      |
| Toasted Swedish bread               | Spring salad                     |
| Cocoa                               | Strawberries and cream           |
|                                     | Angel food cake                  |

*Dinner Menus for January*

## NEW YEAR'S DINNER

Baked ham  
 Scalloped cabbage and apples  
 Browned potatoes or buttered hominy  
 Currant jelly  
 Celery and olives  
 Steamed cranberry pudding  
 Coffee

## OTHER DINNERS

Chicken rizotto	Fish chowder
Carrots in parsley butter	Corn pone or some other crisp bread
Lettuce or cabbage salad	Celery
Apple dumplings	Apple sauce
	Doughnuts and cheese
Swiss steak	Pickled pigs' feet
Baked potatoes	Sauerkraut
Harvard beets	Baked sweetpotatoes
Pear salad	Corn bread
Coffee gelatin with whipped cream	Stewed dried apricots and cake
Sand tarts	
	Broiled liver
	Baked potatoes
	Buttered asparagus
	Canned fruit
	Cinnamon toast

*Dinner Menus for February*

Scalloped oysters	Roast shoulder of pork with savory stuffing
Five-minute cabbage	Spinach
Pickled beets	Buttered onions
Jellied fruit	Tart jelly
	Apple Brown Betty
Lima beans in tomato sauce with crisp bacon	
Mashed rutabaga turnip	Creamed dried beef
Lettuce with tart dressing	Riced potatoes
Fruit	Braised lettuce
Chocolate drop cookies	Oatmeal bread
	Apricot tapioca
Roast beef	
Yorkshire pudding	Lamb stew
Scalloped parsnips	Parsley potatoes
Turnip greens	Hot scalloped apples
Pickled cherries	Raisin cup cakes
Washington pie	

*Dinner Menus for March*

Chicken shortcake  
 Buttered peas and carrots  
 Celery  
 Cranberry sauce  
 Orange Bavarian cream

Boston baked beans  
 Codfish balls  
 Stewed tomatoes  
 Boston brown bread  
 Grapefruit salad with cheese wafers

Broiled lamb chops  
 Creamed potatoes  
 Spinach  
 Baked bananas and rhubarb

Pot roast of beef  
 Browned parsnips  
 Scalloped tomatoes  
 Pickles  
 Old-fashioned creamy rice pudding

Omelet with Spanish sauce  
 Baked potatoes  
 Cauliflower  
 Hot Graham biscuits  
 Fruit cup

Creamed finnan haddie  
 Baked potatoes  
 Stewed tomatoes and celery  
 Lettuce salad  
 Pineapple pie

*Dinner Menus for April*

## EASTER DINNER

Roast shoulder of lamb with mint stuffing  
 Carrots  
 Asparagus on toast  
 Spiced jelly  
 Spring salad  
 Lemon sherbet and sponge cake

## OTHER DINNERS

Cheese souffle  
 Spring onions on toast  
 Browned parsnips  
 Olives and radishes  
 Rhubarb Betty

Pork chops  
 Savory cooked lettuce  
 Parsley potatoes  
 Chili sauce  
 Jelly roll

Fish timbales  
 Rice  
 Turnip greens  
 Pickled onions  
 Cottage pudding with pineapple sauce

Curried fowl with carrots  
 Flaky boiled rice  
 Buttered asparagus  
 Orange salad  
 Apricot whip

Fresh beef tongue  
 Wilted dandelion greens  
 Fried potato cakes  
 Banana pudding

*Dinner Menus for May*

Veal birds	Baked eggs and cheese
Peas	Peas
Scalloped potatoes	Potatoes in parsley butter
Spiced conserve	Strawberry shortcake
Chocolate blanc mange	
Broiled fish	Crisp bacon
Scalloped asparagus and spaghetti	Spoon bread
Spring onions and radishes	Harvard beets
Rhubarb pie	Cottage cheese and watercress salad
Stuffed flank steak	Fruit and spice cake
Browned potatoes	
String beans	Liver and rice loaf
Lettuce salad with French dressing	Savory mixed greens
Floating island	Carrots
	Lemon tarts

*Dinner Menus for June*

Beef and ham gumbo in rice ring	Clam fritters
String beans	Peas
Toasted rolls	Beets
Fresh cherry pie	Sliced fresh pineapple
	Cookies
Omelet	Shredded string beans and fresh pork
Swiss chard	Fried potatoes
Potatoes au gratin	Spring onions
Rhubarb conserve	Corn bread
Raspberries and cream	Peanut-butter cup cakes
Roast stuffed breast of lamb	Broiled beefsteak
Onions	Hashed brown potatoes
Asparagus on toast	Summer turnips
Mint jelly	Lettuce salad
Strawberries supreme	Fresh-fruit ice

*Dinner Menus for July*

Cold sliced meat	Broiled ground beef on toast
Potato salad	Lima beans
Rolls	Fried tomatoes
Peaches and cream	Spanish cream
Iced coffee, tea, or chocolate	
Fried or broiled chicken	Stuffed peppers
New potatoes	Corn on the cob
Peas	Fried okra
Currant jelly	Radishes
Strawberry ice cream	Baked blackberry pudding
Vanilla wafers	
Curried eggs	Salmon cutlets
Rice	String beans
Kohlrabi	Parsley potatoes
Sliced cucumbers	Pepper relish
Blackberries and cream	Watermelon

*Dinner Menus for August*

Fried ham	Brown stew of beef
Baked tomatoes	Parsley potatoes
Scalloped potatoes	Panned summer squash
Cabbage salad	Sliced tomatoes
Peaches and cream	Apple turnovers
Stuffed eggplant	Scalloped crab meat
Lima beans	Peas
Corn on the cob	Baked cucumbers
Cucumber and tomato salad	Lettuce salad
Nut biscuits	Honeydew melon or muskmelon
Quick blueberry pudding	Smothered chicken
Broiled tomatoes on toast with bacon	Baked potatoes (sweet or white)
Hashed brown potatoes	String beans
Turnips	Watermelon pickle
Chocolate custard	Peach ice cream

*Dinner Menus for September*

Beef loaf	Curried fish
Savory string beans	Rice
Potatoes	Summer squash
Dill pickles	Stewed plums and cookies
Baked pears	Roast leg of lamb
Hard-cooked eggs on toast with Spanish sauce	Browned potatoes
Corn on the cob	Spinach
Peas	Pickled onions
Apple compote	Peach dumplings
Ham smothered with sweetpotatoes	Jellied veal
Buttered cabbage	Potato chips
Tomato and lettuce salad	Mixed vegetable salad
Baked apples	Graham muffins
	Cantelope a la mode

*Dinner Menus for October*

Scalloped onions and peanuts	Stuffed pork chops with apples
Spinach	Baked potatoes
Hot biscuits	Kale or some other green vegetable
Catsup	Fresh fruit
Lemon pie	Cream of vegetable soup
Salmon and potato puff	Oven-toasted bread
Peas	Grated cheese and lettuce salad
Cauliflower	Apple sauce
Grape and orange salad	Hot gingerbread
Cheese wafers	Roast chicken
Cold boiled ham	Mashed potatoes
Succotash	Brussels sprouts or some other green vegetable
Carrots	Crabapple jelly
Cold slaw	Peanut-brittle ice cream
Green-tomato pie	Sand tarts



### *Dinner Menus for November*

Hamburg steak on onion rings  
 Baked squash  
 Spinach  
 Green-tomato pickle  
 Quince preserves, cream cheese, and  
 crackers

Oxtail stew  
 Whole hominy  
 Celery and olives  
 Apricot tarts

Casserole fowl with vegetables  
 Rice  
 Broccoli or another green vegetable  
 Gooseberry jelly  
 Orange sherbet

Pork-chop suey  
 Fried noodles  
 Flaky boiled rice  
 Lettuce salad  
 Grapefruit with honey

Spaghetti, tomatoes, and codfish  
 Buttered onions  
 Asparagus salad  
 Jellied grapes  
 Cake

### THANKSGIVING DINNER

Fruit cup  
 Roast turkey or roast chicken  
 Giblet gravy  
 Mashed potatoes or candied sweetpotatoes  
 Brussels sprouts or another green vegetable  
 Cranberry sauce  
 Celery and olives  
 Cider gelatin salad  
 Pumpkin pie  
 Coffee



*Dinner Menus for December*

Roast stuffed spareribs  
 Candied sweetpotatoes  
 Savory sauerkraut  
 Baked Indian pudding

Fried oysters  
 Carrots  
 Cauliflower  
 Cold slaw  
 Pickles  
 Fruit cup

Boiled dinner  
 Corn bread or crusty rolls  
 Celery  
 Broiled canned peaches  
 Cookies

Beef croquettes  
 Stewed tomatoes and onions  
 Peas  
 Butterscotch pudding

CHRISTMAS DINNER NO. 1

Tomato cocktail  
 Roast turkey with chestnut stuffing  
 Giblet gravy  
 Mashed potatoes  
 Buttered onions  
 Spinach or another green vegetable  
 Cranberry relish  
 Celery and olives  
 Grapefruit salad  
 Plum pudding with hard sauce  
 Nuts and fruit  
 Coffee

CHRISTMAS DINNER NO. 2

Roast chicken or roast pork loin  
 Browned potatoes  
 Mashed rutabaga turnip  
 String beans  
 Fried pineapple  
 Celery  
 Mince pie  
 Nuts and fruit  
 Coffee

*Oven Temperatures*

	° F.
Very hot.....	450 to 500
Hot.....	400 to 450
Moderately hot.....	375 to 400
Moderate.....	325 to 375
Very moderate.....	300 to 325
Slow.....	250 to 300
Very slow.....	225 to 250

*Equivalent Measures*

3 teaspoons.....	1 tablespoon.
4 tablespoons.....	$\frac{1}{4}$ cup
16 tablespoons.....	1 cup.
$\frac{1}{2}$ cup.....	1 gill.
2 cups.....	1 pint.
4 cups.....	1 quart.

*All quantities in this cookbook are given  
in level measurements.*



## Soups and Chowders

### ◆ *Bean Soup*

1 pint dried navy or black beans.	1 tablespoon flour.
Cold water.	2 tablespoons water.
½ pound salt pork.	Salt.
1 onion.	Pepper.
4 celery stalks.	

Wash and soak the beans overnight in 2 quarts of cold water. The next morning add 2 more quarts of water, the salt pork, onion, and celery, and cook until the beans are soft. Remove the salt pork, cut into small pieces, press the beans through a sieve, and save all the liquid. Combine all these ingredients, reheat, and add the flour and water, which have been well mixed. Add the salt and pepper and cook for a few minutes. Serve with a slice of lemon on the top of each portion.

### ◆ *Clam Chowder*

1 quart shucked clams, or 2 dozen clams.	1 cup diced potatoes.
4 tablespoons diced salt pork.	1 pint milk.
1 onion, chopped.	½ teaspoon salt.
2 tablespoons flour.	Few drops tabasco sauce.
	Chopped parsley.

Drain the clams from the liquor and chop or grind them fine. Strain the liquor through cheesecloth or a very fine wire strainer to remove any small pieces of shell. Crisp the finely diced salt pork and remove from the fat. Cook the onion in the fat for a few minutes, add the flour, and stir until well blended. Then add the clam liquor and the potatoes. Cook this mixture in the upper part of a double boiler until the potatoes are done. Then add the milk and the chopped clams and crisped pork. Cook for a few minutes, add the salt and the tabasco. Sprinkle finely chopped parsley over the top and serve with crackers.

### Corn Chowder

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 quart diced raw potatoes.    | 1 pint milk.                     |
| 1 pint boiling water.          | $\frac{1}{2}$ teaspoon salt.     |
| 4 tablespoons diced salt pork. | Pepper.                          |
| 1 onion, chopped.              | 2 tablespoons chopped parsley or |
| 2 cups canned corn.            | celery leaves.                   |

Boil the diced potatoes in the pint of boiling water for 10 minutes. Fry the salt pork and onion for about 5 minutes, and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk and the salt and pepper, bring the mixture to the boiling point, and add the parsley or celery leaves. Serve very hot in soup dishes and place two or three crackers in the dish before pouring in the chowder.



### Corn Soup

- |                             |                       |
|-----------------------------|-----------------------|
| 2 cups canned crushed corn. | 1 tablespoon flour.   |
| 1 cup water.                | 4 tablespoons butter. |
| 1 quart milk.               | Salt to taste.        |
| 1 onion, cut in half.       | Pepper.               |

Combine the corn and the water, cook for 10 minutes, and stir constantly to keep from sticking to the pan. Press the corn through a strainer. Heat the milk and the onion in the double boiler and thicken with the flour and fat, which have been well blended. Add the corn pulp, salt, and pepper. Heat, remove the onion, and serve. Buttered pop corn makes an interesting substitute for croutons to serve with corn soup.



### Fish Chowder

- |  |                      |
|--|----------------------|
| 1 $\frac{1}{2}$ pounds fresh cod, haddock, or<br>any other large fish. | 1 onion, chopped.    |
| 2 cups diced potatoes.   | 2 tablespoons flour. |
| 1 cup diced carrots.   | 1 pint milk.         |
| 1 quart water.   | Salt.                |
| $\frac{1}{4}$ pound salt pork, diced.                                  | Pepper.              |

Cut the fish into small pieces and remove the bones and skin. Cook fish, potatoes, and carrots in the water for 15 minutes. Fry the salt pork until crisp, remove from the fat, cook the onion in the fat for a few minutes, add the flour, stir until well blended, and add the milk. Add this mixture to the fish and vegetables, add the salt and pepper, stir frequently, and simmer for 10 minutes longer. Add more seasoning if necessary, and serve over crackers.

### Mulligatawny Soup

3 or 4 pounds veal knuckle, 2½ quarts cold water, ½ teaspoon peppercorns, a blade of mace, and 2 cloves are used for stock.

1½ cups sliced onion.	¼ cup butter.
1 cup carrot, cut in small cubes.	2 cups canned tomatoes.
1 cup chopped celery.	½ teaspoon curry powder.
1 green pepper, chopped.	1 sprig parsley.
1 tart apple, sliced.	2 teaspoons salt, or to taste.

Wipe the knuckle of veal, and simmer for 2 hours with the water and spices, remove the scum, and strain the soup stock. Cook the sliced onion, carrots, celery, green pepper, and apple in the fat until lightly browned. Add the meat stock, the tomatoes, and the seasonings, simmer for about 1 hour, or until the vegetables are very soft. Strain out the vegetables, rub through a sieve, return to the soup mixture, and add 1 cup or more of the meat finely chopped. Serve hot.



### Cream of Mushroom Soup

1 pound mushrooms.	2 tablespoons flour.
¼ cup melted butter.	1 cup cream.
1 quart milk.	Salt.
2 slices onion.	Pepper.

Wash and skin the mushrooms. Chop them fine and sauté for about 10 minutes in 2 tablespoons of the butter. Heat the milk in a double boiler with the onion. Blend the remaining butter with the flour, add to the milk, and cook until thickened. Remove the onion, stir in the mushrooms and cream, and season with salt and pepper. When hot serve with chopped parsley over the top.



### Onion Soup au Gratin

6 medium-sized onions, chopped fine.	4 tablespoons cold water.
2 tablespoons butter.	Salt to taste.
1 pint boiling water.	Pepper.
1 quart meat broth.	Toast.
4 tablespoons flour.	Cheese, finely grated.

Cook the chopped onions in the fat until yellow, add to the hot water, and simmer for 20 minutes, or until tender. Add the meat broth. Blend the flour and cold water, add some of the hot liquid, mix well, and stir into the soup. Add the salt and pepper, and cook for a few minutes. Pour the soup into bowls or soup plates, place on top of each a slice of toasted bread, sprinkle the cheese over the bread and soup, and serve at once.

### Split Pea Soup

2 cups green split peas.	1 pint milk.
Cold water.	2 teaspoons salt.
1 large onion, sliced.	Dash of pepper.
4 tablespoons butter.	Lemon.
2 tablespoons flour.	Parsley, finely chopped.

Pick over the peas, wash well, and soak overnight in 1 quart of cold water. In the morning, add 1 more quart of water and the onion, cover, and simmer for about 1½ hours, or until the peas are soft. Press the peas and onion through a fine sieve, and save all the liquid. Blend the fat and flour, add the milk, and stir until thickened. Mix with the pea pulp and liquid, season, and serve hot. If the soup becomes too thick, add more milk to give the right consistency. Lay a thin slice of lemon with finely chopped parsley over the top in each plate of soup just before it goes onto the table.

### Potato Soup

2 cups diced raw potato.	4 tablespoons butter.
1 quart boiling water.	1 tablespoon flour.
1 pint milk.	1 teaspoon salt.
1 onion.	Pepper.
2 tablespoons finely chopped parsley.	

Cook the potato in the boiling water until soft, drain off and keep 1 pint of the potato water, and rice the potato. Heat the milk in a double boiler with the onion. Cook the parsley in the fat, add the flour, stir until well blended, combine with the milk and potato, stir until smooth, cook for 2 or 3 minutes, and add the salt and pepper. Remove the onion before serving.

### Cream of Spinach Soup

1 cup raw ground or finely chopped spinach.	2 tablespoons flour.
1 quart milk.	2 tablespoons melted butter.
	1 teaspoon salt.

If the spinach is ground, place a bowl to catch the liquid which runs from the grinder and add to the spinach. Heat the milk in a double boiler and add to it the flour and fat, which have been well blended, and the ground spinach and salt. Stir until thickened, and cook for about 10 minutes.

### Quick Turnip Soup

- |                              |                           |
|------------------------------|---------------------------|
| 1 quart milk.                | 2 cups grated raw turnip. |
| 1 onion, cut in half.        | 1 teaspoon salt.          |
| 1 tablespoon flour.          | Chopped parsley.          |
| 2 tablespoons melted butter. |                           |

Heat the milk in a double boiler with the onion, add the flour and fat, which have been well blended, then the turnip, and salt. Cook until the turnip is tender, or for about 10 minutes, and remove the onion. Sprinkle chopped parsley over the soup just before serving.

### Vegetable Soup

- |                                    |                                |
|------------------------------------|--------------------------------|
| 1 large soup bone, cracked.        | 1 cup finely diced carrots.    |
| 3 quarts cold water.               | 1 cup finely diced turnips.    |
| 4 tablespoons fat.                 | 2 cups finely diced potatoes.  |
| 1 green pepper, chopped.           | 2 cups tomato juice and pulp.  |
| 1 cup chopped onion.               | 3 teaspoons salt, or to taste. |
| 1½ cups chopped celery and leaves. | ¼ teaspoon pepper.             |

Wash the soup bone and be careful to remove all small loose pieces of bone. Put the bone in a large kettle, cover with the cold water, and simmer for 2 hours. Remove the bone from the broth. Cook all the vegetables, except the tomatoes, in the fat in a skillet for about 10 minutes, stirring frequently. Add the vegetables, tomato, salt, and pepper to the broth, and simmer until the vegetables are tender but not broken. Serve the meat with the soup or save it for hash or croquettes.

This makes a rather large quantity of soup, but it is equally good reheated and served another day.

### Cream of Vegetable Soup

- |   |                              |
|---|------------------------------|
| 2 tablespoons finely chopped rutabaga turnip. | 2 tablespoons melted butter. |
| 2 tablespoons finely chopped carrots.         | 1 tablespoon flour.          |
| 2 tablespoons finely chopped onion.           | 1 quart milk.                |
| 2 tablespoons finely chopped celery.          | 1½ teaspoons salt.           |

Cook the finely chopped vegetables in the fat for 10 minutes, add the flour, and stir until all are well blended. In the meantime heat the milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.



## Meats<sup>1</sup>



### *Ground Beef Broiled on Toast*

1 pound ground raw beef.  
8 slices bread.

Butter.  
Salt and pepper to taste.

Toast the bread on one side. Butter the untoasted side, spread to the edge with a layer of the ground beef, dot with the butter, and broil under a flame for about 5 minutes. Season with salt and pepper, and serve at once with a garnish of parsley or pickles.



### *Beef and Ham Gumbo in Rice Ring*

$\frac{3}{4}$  pound cured ham, diced.  
1 pound beef, diced.  
2 tablespoons chopped parsley.  
1 onion, sliced.  
1 green pepper, chopped fine.  
 $\frac{1}{2}$  cup chopped celery.

1 pint water.  
1 quart tomatoes, fresh or canned.  
1 quart okra, cut crosswise.  
Bay leaf or celery seed, if desired.  
Salt and pepper to taste.

Cook the ham and beef until browned in a large heavy skillet. Add the parsley, onion, green pepper, and celery, and cook for a few minutes. Add the water and tomatoes, cover, and simmer until the meat is almost tender. Then add the okra. Season to taste and simmer uncovered until the okra is tender and the stew has thickened. Serve the gumbo in a rice ring made as follows:

#### RICE RING

1 cup rice.  
4 cups water.  
1 teaspoon salt.

2 tablespoons butter.  
2 dashes tabasco sauce.

Wash the rice well, and sprinkle it into the rapidly boiling salted water. Cook for about 20 minutes, or until the rice is tender and the water absorbed. Add the seasonings, put the rice into a well-greased ring mold, and pat it down. Reheat in the oven, turn onto a round platter, fill the center with the gumbo, and serve at once.

<sup>1</sup> Leaflet 17, Cooking Beef According to the Cut; Leaflet 28, Lamb as You Like It; Leaflet 45, Pork in Preferred Ways; Leaflet 66, Rabbit Recipes, all give additional recipes for meat dishes and discuss briefly the principles of meat cookery.

### Corned Beef Hash

- |                             |                         |
|-----------------------------|-------------------------|
| 1 pound cooked corned beef. | Dash of cayenne pepper. |
| 5 boiled potatoes.          | Salt.                   |
| Onion to flavor.            |                         |

Put meat, potatoes, and onion through the meat grinder, using the fine knife. Add the cayenne and salt to taste and mix thoroughly. Grease lightly a heavy skillet. Pat in the hash in an even layer and cook over low heat until a golden brown crust is formed. When brown, place a pan or lid over the skillet and turn the hash out so the browned side is on top. Slip the uncooked side in the skillet and allow this side to become golden brown. Turn out on a plate, garnish with parsley, and serve at once.

### Beef Loaf

- |  |                                  |
|--|----------------------------------|
| 2 pounds lean beef.                                | 1 cup chopped parsley.           |
| 1 cup diced salt pork (about $\frac{1}{2}$ pound). | $\frac{1}{4}$ cup chopped onion. |
| 4 tablespoons flour.                               | 1 cup fine, dry bread crumbs.    |
| 1 $\frac{1}{2}$ cups milk.                         | 2 teaspoons salt.                |
| 1 cup chopped celery.                              | $\frac{1}{8}$ teaspoon pepper.   |
|  | 4 or 5 dashes tabasco sauce.     |

Put the meat through a grinder. Fry the diced salt pork until light brown and crisp and remove the pieces from the pan. Make a sauce of the flour, milk, and 3 tablespoons of the pork drippings. Cook the celery, parsley, and onion for a few minutes in the rest of the pork drippings, and add to this the bread crumbs and seasonings. Combine all the ingredients and use the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake the loaf in a moderate oven (350° F.) for 1  $\frac{1}{4}$  hours. Do not cover the pan and do not add water. Much better results are obtained by making the meat loaf in this way than by packing it into a deep pan and baking it like a loaf of bread. Remove the meat loaf from the paper and serve hot, or chill it and serve in thin slices with watercress garnish.

### Brown Stew of Beef

- |                         |                                    |
|-------------------------|------------------------------------|
| 4 tablespoons flour.    | 1 quart water.                     |
| 2 pounds beef.          | $\frac{1}{4}$ cup chopped parsley. |
| Salt.                   | Pepper.                            |
| 1 small onion, chopped. |                                    |

Brown the 4 tablespoons of flour in the oven or in a heavy skillet over low heat. Wipe the meat with a damp cloth, cut into small pieces,

sprinkle with salt, and roll in flour that has not been browned. Try out some of the suet, add the meat and onion, and cook for a few minutes. Add the water, cover, and simmer until the meat is tender. Stir in the browned flour, season with pepper, cook for 5 minutes, and sprinkle the parsley over the top before serving.



### *Fresh Beef Tongue*

1 beef tongue.	1 onion.
3 sprigs parsley.	1 teaspoon peppercorns.
1 teaspoon salt.	2 bay leaves.

Wash the tongue, cover it with hot water, add the seasonings, and simmer for  $2\frac{1}{2}$  to 3 hours, or until the meat is tender. Skin the tongue, slice, and serve hot, or allow it to cool in the liquid after skinning and serve cold.

Make a stew from the meat at the base of the tongue, the liquid, and added vegetables. Or cook spinach or kale in the liquid, and serve with the meat which is not in shape for slicing.



### *Boiled Dinner*

4 pounds corned beef.	3 parsnips.
4 quarts cold water.	5 carrots.
3 large onions.	3 large potatoes.
2 large turnips.	1 small head cabbage.

Wash the beef, and prepare the vegetables and cut them in halves or quarters. Cover the beef with the water, bring to the boiling point, and drain. Cover the meat again with 4 more quarts of water and let it simmer until tender. Take the meat out of the water. If the liquid is too salty, pour off part of it and add sufficient fresh water to have at least 3 pints of well-flavored broth. To this broth add the onions first, then 30 minutes later the rest of the vegetables, and cook for 25 to 30 minutes longer, or until the vegetables are tender. Serve the boiled dinner on a large platter, with the reheated meat in the center and the vegetables drained and placed neatly around it. By this method the vegetables are tender and yet not overcooked, as is sometimes the case in a boiled dinner.

### *Boiled Ham*

Select a 10 or 12 pound ham, scrub it thoroughly, and if very dry or salty, soak the ham overnight in cold water to cover. Place the ham on a rack in a ham boiler or a large kettle and add boiling water to cover. Simmer, but do not boil, and add more water when necessary to keep the ham well covered throughout the cooking. Cover partly with a lid. If desired place in the kettle 1 carrot sliced, 2 stalks celery, 1 teaspoon celery salt, 3 sprigs parsley, 1 onion sliced, 2 or 3 bay leaves, and one-half cup vinegar. A roast meat thermometer can be used to tell when the ham is done. Insert the thermometer through a small cut in the rind of the raw ham into the center of the thickest part and let it remain in the meat during the cooking. Cook until the thermometer registers 170° F. If the thermometer is not used, simmer the ham for about 5 hours, or for 25 to 30 minutes per pound. For plain boiled ham, let it cool in the broth. Or to give a more attractive finish, remove the skin while the ham is hot, sprinkle the surface with brown sugar, dot with whole cloves, and brown the sugar coating in a hot oven (about 450° F.).



### *Ham en Casserole*

Place a thick slice of ham in a baking dish. Add thinly sliced raw potatoes which have been sprinkled lightly with flour. Pour over them enough hot milk to cover, add the lid, and bake slowly for about an hour and a half, or until the potatoes and ham are thoroughly cooked. The salt and fat of the ham are sufficient to season the potatoes. If necessary, add a little milk from time to time during cooking, and toward the end remove the lid to let the potatoes brown on top. Serve in the baking dish.

If the ham is very salty, soak it, preferably in buttermilk or sour milk, before cooking it with the potatoes. The acid of sour milk seems to soften the ham and make it more tender when cooked.



### *Ham Smothered with Sweet potatoes*

1 slice ham.	2 tablespoons sugar
3 sweet potatoes, sliced.	1 cup hot water.

Brown the ham lightly on both sides and place in a baking dish. Spread the sliced sweet potatoes over the ham and sprinkle with the sugar. Add the hot water to the drippings, pour over the ham and sweet potatoes, cover, and bake in a moderate oven (350° F.) until the ham is tender. Baste occasionally with the gravy, toward the last remove the lid, and let the top brown.

### Ham Souffle

2 tablespoons melted butter or other fat.	1 cup dry bread crumbs.
2 tablespoons flour.	2 cups ground cooked ham.
2 cups milk.	1 tablespoon chopped parsley.
3 eggs.	Salt and pepper to taste.

Prepare a sauce of the fat, flour, and milk. Separate the egg yolks and whites and beat each well. Mix the bread crumbs, egg yolks, and ham with the sauce, and add the parsley, salt, and pepper. Fold in the beaten whites of eggs, turn into a greased baking dish, and bake in a very moderate oven (300° F.) for about 1 hour, or until set in the center. Serve from the dish immediately.



### Stuffed Beef or Calf Heart

1 beef heart, or 2 calf hearts.	½ green pepper, chopped.
2 tablespoons bacon fat or drippings.	3 cups bread crumbs.
1 small onion, chopped.	½ teaspoon salt.
	1 cup chopped celery.

Wash the heart and remove gristle and veins. Make a slit in the side and fill with stuffing made as follows: Melt the fat, cook the onion and green pepper for a few minutes, add the bread crumbs, salt, and celery, and stir until well mixed. Sprinkle the heart inside and out with salt and pepper, fill with the hot stuffing, and sew up the slit. Sear the heart in hot fat, place in a baking dish, add ½ cup of hot water, cover, and cook until tender in a very moderate oven (300° F.). A beef heart will require about 2 hours. A calf heart will cook tender in much shorter time. Remove the heart and add flour to the drippings and enough water to make a thin gravy. Serve surrounded by the gravy.



### Kidney Stew

1 beef kidney.	1 tablespoon melted butter or other fat.
1 cup diced potato.	1 egg yolk.
1 small onion, sliced.	Chopped parsley.
¾ teaspoon salt.	Few drops tabasco sauce.
1 tablespoon flour.	1 tablespoon lemon juice.

Wash the kidney well, and remove the skin and most of the fat. Cover with cold water, heat slowly to the boiling point, discard the water, and repeat the process until there is no strong odor and no scum on the water. Then add about 1 quart of fresh water and simmer the kidney until tender. Remove the kidney and cut into small pieces. Reserve the broth and cook the potato and onion in it. Then add the

kidney and the salt. Thicken with the blended flour and fat, and cook for a few minutes longer. Stir some of the stew into the beaten egg yolk, mix all together, and add the parsley, tabasco sauce, and lemon juice. The heat of the stew will cook the egg sufficiently. Serve at once.

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### *Liver and Bacon*

½ pound sliced bacon.	Pepper.
1 pound sliced liver.	Flour.
Salt.	Parsley.

Cook the bacon slowly in a skillet. As soon as it is delicately browned and crisp, drain on paper, and keep warm. Wipe the liver, and if it is hog or lamb liver scald for a few minutes in hot water. Beef and calf liver does not need scalding. Sprinkle the pieces of liver with salt and pepper, dip in flour, and cook in the bacon fat at moderate heat until the liver is lightly browned. Serve surrounded by the crisp bacon on a hot platter and garnish with parsley. If gravy is desired, reserve 2 tablespoons of the fat, add 2 tablespoons of flour, and 1½ cups of milk or cold water, and stir constantly until thickened. Season with salt, pepper, and a little minced onion. Serve hot with the liver and bacon.

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### *Scalloped Liver and Potatoes*

1 pound liver, sliced thin.	1 quart thinly sliced potatoes.
Salt and pepper.	1 small onion, minced.
Flour.	1½ cups milk.
2 tablespoons bacon fat.	

Salt and flour the liver and brown lightly in the bacon fat. Place a layer of the raw potatoes in a greased baking dish, sprinkle with salt and pepper, add some of the liver and onion, and continue until all are used. The top layer should be of potatoes. Pour on the milk, cover, and bake for 1 hour in a moderate oven (350° F.), or until the potatoes are tender. At the last remove the cover and allow the potatoes to brown on top.

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### *Liver and Rice Loaf*

½ cup rice.	1 cup chopped celery.
4 cups boiling water.	¾ cup chopped parsley.
1 pound sliced liver.	2 tablespoons flour.
2 tablespoons fat.	1 cup tomatoes, canned or fresh.
1 small onion, chopped fine.	2 teaspoons salt.

Cook the rice until tender in boiling water and do not drain; but let the rice absorb the water so as to form a sticky mass which will act as a binder for the loaf. Wipe the liver with a damp cloth. Sprinkle the liver

with salt and flour, and cook in the fat in a skillet for about 3 minutes. Remove the liver, and grind or chop it very fine. Cook the onion, celery, and parsley in the drippings for a few minutes, add the flour and tomatoes, and stir briskly until thickened. Then mix all the ingredients until thoroughly blended, form into a loaf with the hands on parchment paper placed on a rack in an open roasting pan. Bake for about 30 minutes in a moderate oven (350° F.).

### Savory Meat on Toast

1 pound chopped lamb, beef, or pork.	1 teaspoon salt.
4 cups chopped celery stalks and leaves.	Pepper.
1 small onion, chopped.	2 tablespoons butter or other fat.
2 cups canned tomatoes.	2 tablespoons flour.
	Toast.

Brown the chopped meat in its own fat in a skillet. Add the celery, onion, tomatoes, salt, and pepper, cover, and cook for 15 minutes, or until the meat is tender. Add the blended fat and flour, and stir until the mixture has thickened. Serve on slices of thin crisp toast.

### Ox-Tail Stew

2 ox tails.	Salt and pepper to taste.
2 onions, sliced.	1 teaspoon Worcestershire sauce.
1½ quarts water.	Flour.
4 carrots, diced.	1 tablespoon chopped parsley.
2 turnips, diced.	Slices of lemon.
1 large potato, diced.	

Disjoint the ox tails into short lengths, wash, wipe dry, and brown in their own fat. Cook the onions in the drippings, add to the meat with the water, and simmer for about 2½ hours, or until the meat is almost done. Add the carrots, turnips, and potato, and cook until the vegetables are tender. Then add the salt, pepper, and sauce, thicken the stew with a small quantity of flour mixed with a little cold water and cook for a few minutes longer. Sprinkle with the parsley and garnish with slices of lemon.

### Curry of Pork

1 cup sliced onion.	1 cup thin gravy.
2 tablespoons pork drippings.	1 teaspoon curry powder.
4 cups diced tart apples.	2 tablespoons lemon juice.
2 cups chopped lean cooked pork.	Salt to taste.

Cook the onion in the pork drippings for a few minutes. Add the apples, cover, and cook until tender. Add the pork, gravy, and seasonings, stir, and heat the mixture thoroughly. Serve hot with flaky rice. Green tomatoes may be used instead of apples.

### *Pork and Parsnip Stew*

1½ pounds fresh pork.  
1 large onion, sliced.  
1 quart hot water.  
1 quart diced parsnips.

1½ teaspoons salt.  
2 tablespoons flour.  
Chopped parsley.

Cut the pork into small pieces and brown in its own fat. Add to this the onion and cook a few minutes longer. Add the water and simmer until the meat is nearly tender. Then add the parsnips and salt, and cook for 15 or 20 minutes. Mix the flour with a small quantity of cold water, add to the meat and vegetables, and stir until the stew is thickened. Sprinkle with chopped parsley and serve hot.



### *Savory Pork and Veal Cakes*

1 pound veal.  
1 pound pork.  
1 small onion, chopped.  
1 teaspoon salt.

Pepper.  
Bacon.  
3 tablespoons flour.  
2 cups cold water.

Wipe the meat, grind it fine, and mix in the onion, salt, and pepper. Form into medium-sized cakes, wrap around the edge of each a slice of bacon, and fasten with a toothpick. Sear the cakes on both sides in hot fat until golden brown, place in a casserole, cover, and bake in a moderate oven (350° F.) for 45 minutes. Remove the cakes and keep warm. From the drippings skim off the surface fat, add the flour, mix thoroughly, add the water, return the casserole to the oven, and cook the gravy until thickened. Replace the meat cakes in the casserole and serve.



### *Scrapple*

Select 3 pounds of bony pieces of pork. Simmer in 3 quarts of water until the meat drops from the bone. Strain off the broth, remove the bone, taking care to get out all the tiny pieces, and chop the meat fine. There should be about 2 quarts of broth, and if necessary add water to make this quantity. Bring the broth to the boiling point, slowly add 2 cups of corn meal, cook the mixture until it is thick mush, and stir almost constantly. Add the chopped meat, salt, and any other seasoning desired, such as onion juice, sage, and thyme. Pour the hot scrapple into oblong enamelware pans which have been rinsed with cold water. Let stand until cold and firm, slice, and brown in a hot skillet. If the scrapple is rich with fat, no more fat is needed for frying.



### Shepherd's Pie

Grease a baking dish and cover the sides with a thin layer of seasoned mashed potato. Fill the center with well-seasoned, slightly thickened lamb stew without potatoes, with creamed chicken, or fish. Cover the top with the mashed potato and bake until the pie is hot through and lightly browned on top. A small amount of baking powder or a well-beaten egg adds to the lightness of the potato.



### Veal Birds

2 pounds veal cutlet.  
 ½ cup chopped celery.  
 1 onion, minced.  
 2 tablespoons butter or other fat.

2 cups stale bread crumbs.  
 1 teaspoon salt.  
 Pepper.  
 ½ pound sliced bacon.

Have the veal sliced as thin as possible. Cut it into strips 2 to 3 inches wide and about 4 inches long, according to the natural divisions of the meat. For the stuffing, cook the celery and onion for a few minutes in the fat, add the bread crumbs and seasonings, and mix thoroughly. Put a spoonful of the stuffing on each strip of veal, roll carefully, bind with a slice of bacon, and skewer in place with tooth-picks. Brown the birds slowly on all sides in the skillet, transfer to a casserole, add the drippings, cover, and cook in a moderate oven (350° F.) until tender, or for about 45 minutes. Serve with the meat drippings and garnish with cress.



### Jellied Veal

1 knuckle veal, about 2 pounds  
 2 quarts cold water.  
 1 onion, sliced.  
 1 tablespoon gelatin.  
 2 tablespoons cold water.  
 ½ cup finely cut celery.  
 Salt and pepper.

2 tablespoons finely chopped parsley.  
 1 tablespoon lemon juice.  
 2 tablespoons finely chopped pimiento.  
 ⅛ teaspoon celery seed.  
 Dash or two of tabasco sauce.

Have the butcher crack the bones. Wash the knuckle well and cover with the 2 quarts cold water. Add the onion. Heat slowly to the boiling point and then simmer, partly covered, until the meat is tender. Pour off and measure the liquid. There should be about a quart. Remove the meat from the bones, discarding all gristle and bone splinters, and either grind or chop the meat very fine. Soften the gelatin in the 2 tablespoons of cold water and add to the hot stock, chill, and when partly set add the meat and seasonings and stir until well mixed. Season to taste with salt, pepper, and tabasco sauce. Rinse a large mold or individual molds, pour in the mixture, and allow to stand

some hours or overnight in a refrigerator. Remove from the molds and serve on a bed of lettuce with mayonnaise dressing. Thinly sliced cucumber and tomato as a garnish will add to the attractiveness of the dish.

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### *Veal Timbales*

2 tablespoons butter or other fat.  
2 tablespoons flour.  
1 cup meat broth, milk, or thin  
gravy.  
2 eggs.

Salt and pepper to taste.  
Lemon juice to taste.  
2 cups ground cooked veal.  
1 tablespoon chopped parsley.

Make a sauce of the fat, flour, and liquid. Add the well-beaten eggs, seasoning, and meat, and mix thoroughly. Pour into greased timbale molds or custard cups. Place the cups in a pan of water. Bake in a moderate oven (350° F.) about one-half hour, or until set in the center. Turn the timbales out and serve hot.

Chicken, lamb, or any left-over meat may be used instead of veal in making timbales.

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## Poultry



### Broiled Chicken

Select a plump, young chicken, split down the back, draw, wash, and wipe dry. Rub all over with butter, sprinkle with salt and pepper, dust with flour, and place on a rack in a roasting pan skin side up. Broil under the flame of an oven, and as soon as lightly browned turn the other side up. Continue to cook under the flame for about 20 minutes, then place in a moderate oven (350° F.) for 15 minutes to finish. Throughout the cooking baste frequently with the drippings and with melted butter. Serve the broiled chicken on a hot platter with the drippings poured over it.

If more convenient start the cooking of the chicken in the oven and finish by browning directly under the flame of the oven.



### Casserole Fowl with Vegetables

3 carrots.	2 tablespoons butter or other fat.
1 bunch celery.	1 cup hot water.
1 onion.	1 cup milk.
1 green pepper.	1½ tablespoons flour.
4 or 5-pound fowl.	

Slice or chop the vegetables in very small pieces. Cut up the fowl, season with salt and pepper, dust with flour, and brown delicately in the fat. As the meat is removed from the frying pan, place it in a casserole. Pour the chopped vegetables into the frying pan and let them absorb the browned fat. Then transfer them to the casserole, add a cup of hot water, cover, and cook in a slow oven (275° F.) for 3 hours, or longer if the fowl is very tough. Add more water from time to time if necessary. Just before serving, remove the pieces of fowl, and add the milk and flour, which have been mixed. Cook for 10 minutes longer and pour the vegetable sauce over the chicken, or replace it in the sauce and serve from the casserole.

*Chicken Chop Suey with Fried Noodles*

4-pound fowl.	2 cups chicken broth.
1 teaspoon salt.	1 teaspoon cornstarch.
1 green pepper, shredded.	1 tablespoon cold water.
2 cups shredded onions.	2 cups sliced Brazil nuts or
2 tablespoons fat.	Jerusalem artichokes.
2 cups shredded celery.	4 tablespoons soy sauce.

Put the fowl on a rack in a kettle, half fill with boiling water, add the salt, partly cover, and simmer until nearly tender. Let cool in the broth, drain, and cut the meat into small pieces, discarding the skin. Cook the green pepper and onion in the fat in a heavy skillet for a few minutes, and stir frequently. Add the celery, chicken, broth, and mixed cornstarch and water, cover, and simmer for 5 minutes. Then add the nuts or artichokes, the soy sauce, and more salt if necessary. Serve with hot flaky rice and fried noodles.

## FRIED NOODLES

Cook narrow, dried noodles in a large quantity of boiling salted water for 15 minutes, drain, and place on absorbent paper to dry for about 20 minutes. Have a heavy deep kettle about half full of well-flavored fat heated to 375° to 400° F., or until a cube of bread browns in 60 seconds. Cook a small quantity of the noodles at one time, for the water in the noodles causes the fat to sputter and bubble and care must be taken that it does not boil over. When the noodles are light brown, remove at once from the fat, and drain on absorbent paper.

*Savory Creamed Chicken*

4-pound fowl.	Flour.
1 cup chopped celery and leaves.	½ to 1 cup cream.
¼ cup chopped onion.	1¼ teaspoons salt.
¼ green pepper, chopped.	3 drops tabasco sauce.

Place the fowl in a kettle on a rack, half filled with boiling water, cover, cook slowly until tender, and let stand in the broth overnight in a cold place. Skim the fat from the broth, remove the chicken meat from the bones, and cut it into uniform pieces. Return the bones to the broth and simmer for a short while so as to get off any small pieces of meat that cling to the bones. Brown the celery, onion, and green pepper in 4 tablespoons of the fat removed from the chicken stock. Measure the broth. There should be about 1 quart. For each cup of broth add 2 tablespoons of flour to the cream and mix until smooth. Add to the chicken broth with the salt and the tabasco, stir until thickened, add the chicken, and mix until well blended. Serve on crisp toast or with rice patties.

### Curried Fowl with Carrots

4-pound fowl.	1 quart water.
Salt.	Flour.
2 tablespoons fat.	$\frac{1}{4}$ teaspoon curry powder.
$\frac{1}{2}$ cup sliced onion.	2 cups shredded carrots, cooked.

Disjoint the fowl, salt and flour the pieces, brown in the fat, and transfer to a kettle. Cook the onion for a few minutes in the remaining fat, pour in the water, and add to the chicken. Simmer until the fowl is tender, and drain off and measure the liquid. For each cup of liquid, blend 1 tablespoon of flour with 2 tablespoons of chicken fat, stir into the broth, cook until thickened, add the curry, chicken, and cooked carrots, heat through, and serve with flaky boiled rice. If desired, serve grated fresh coconut to sprinkle over the curried chicken.



### Fricasseed Chicken with Dumplings

Cut a fowl into pieces for serving, sprinkle with salt and pepper, roll in flour, and brown in hot fat. Transfer to a kettle, add enough water to cover, and simmer until tender. Remove the chicken and keep hot. Blend 2 to 3 tablespoons flour with a little cold water, add some of the chicken broth, combine with the rest, and stir until thickened. Add more salt when needed. Serve on a hot platter with the dumplings.

#### DUMPLINGS

$\frac{3}{4}$ cup sifted flour.	1 egg.
$2\frac{1}{2}$ teaspoons baking powder.	$\frac{1}{2}$ cup milk.
$\frac{1}{2}$ teaspoon salt.	

Sift the flour, baking powder, and salt together. Beat the egg, add the milk, and mix with the dry ingredients. Drop by small spoonfuls into the chicken gravy, cover tightly, and cook for 15 minutes. The cover must not be removed while the dumplings are cooking, for if the steam escapes they will not be light.



### Fried Chicken

Select a young, plump chicken. Remove pin feathers, wash the chicken, draw, and cut into pieces suitable for serving, and wipe dry. Sprinkle with salt and pepper and rub well with flour. In a heavy skillet, heat a generous quantity of well-flavored fat to just below the smoking point. Put in the larger and thicker pieces of chicken so that

each piece will be surrounded by the hot fat, partly cover, and watch closely to prevent scorching. Turn the chicken as soon as it becomes golden brown, reduce the heat, cook until tender, and drain on paper to absorb the excess fat. As the larger pieces are removed, add the smaller ones and all will be finished about the same time.

For gravy, to each 2 tablespoons of fat in the skillet allow 2 tablespoons of flour, cook for a few minutes, stir constantly, add 1½ cups of milk, and cook until thickened. Add more salt and pepper if needed, sprinkle finely chopped parsley over the gravy, and serve hot with the chicken.



### *Chicken Rizotto*

1 cup or more chopped cooked chicken.	2 tablespoons butter or other fat.
1 quart chicken broth.	¾ cup rice.
1 onion, minced.	Grated cheese.

Pick the meat from the bones of left-over chicken. Stew the bones in enough water to make a quart of broth, and add any left-over gravy that will furnish chicken flavor. In a large skillet cook the minced onion for a few minutes in the fat, add the chicken broth, and when it boils up rapidly, sprinkle the rice in slowly. Cover the skillet, simmer the rice for about 25 minutes, or until the grains swell and become soft, and shake the skillet from time to time to keep the rice from sticking, but do not stir it unless absolutely necessary. By the time the rice is done it will have absorbed the broth, and the grains will be large and separate. Then add the small pieces of chicken and salt to taste, turn the mixture onto a hot platter, and sprinkle generously with grated cheese. The Italians use Parmesan cheese, but any of the American varieties hard enough to grate will be satisfactory.



### *Roast Chicken with Savory Stuffing*

4 to 5 pound young roasting chicken.	2 cups fine bread crumbs.
4 tablespoons butter or other fat.	½ teaspoon salt.
1 cup chopped celery and leaves.	Pepper.
2 tablespoons chopped onion.	¼ teaspoon savory seasoning.
2 or 3 sprigs parsley, cut fine.	

Select a plump roasting chicken, draw, remove pin feathers and oil sac, wash, and wipe dry inside and out. For the stuffing, melt the fat in a skillet, add the celery, onion, and parsley and cook for a few minutes; then add the bread crumbs and seasonings, and stir until well mixed and hot. Sprinkle salt inside the chicken and fill it lightly with the hot stuffing. Fold the wings back on the neck and tuck the legs into the band of skin and flesh below the tail. Rub the surface of the chicken

with butter, sprinkle with salt, pepper, and flour, put on a rack in an open roasting pan, and sear in a moderately hot oven (about 400° F.) for 30 minutes, or until the chicken is lightly browned. Reduce the oven temperature to about 300° F., and continue the cooking for 1½ hours or longer. Baste the chicken occasionally with the pan drippings and turn it so it browns evenly on all sides. Test for doneness by piercing one of the thighs near the breast. If the juice does not show a red tinge the chicken is done. Serve on a hot platter garnished with parsley. Make gravy with the pan drippings and serve with the chicken.

For roasting an older bird, follow this same method but use a covered roaster.

### Smothered Chicken

3-pound young chicken.  
4 tablespoons butter.  
2 tablespoons flour.

½ teaspoon salt.  
1 pint milk.

Wash, draw, and split the chicken down the back. Sprinkle lightly with salt and pepper and place flat in a greased shallow baking dish. Make a sauce of the fat, flour, salt, and milk, pour over the chicken, and bake in a moderate oven (350° F.) for 1½ hours, or until the chicken is tender and lightly browned. If the gravy has curdled during cooking, remove the chicken, add a little blended milk and flour, stir until smooth, return the chicken, and reheat. Garnish with parsley and serve in the baking dish.

### Roast Goose with Celery Stuffing

8 to 10 pound goose  
½ cup goose fat and butter.  
1 quart cut celery.  
1 cup chopped parsley.  
1¼ cups chopped onion.

2 quarts bread crumbs.  
2 teaspoons salt.  
½ teaspoon pepper.  
1 teaspoon celery seed.  
½ teaspoon savory seasoning.

Draw and singe the goose, remove the oil sac and pin feathers, cleanse thoroughly, and wipe dry inside and out. Remove some of the fat from inside the goose, cut into small pieces, and add enough butter to make one half a cup. Melt the fat in a large skillet, add the parsley and onion, cook for a few minutes, and add the bread crumbs and seasonings. Stir until well blended and combine with the raw celery. Sprinkle the inside of the goose with salt and pepper and fill with the hot stuffing, but do not pack. Sew up the slits and tie down the legs. If all the stuffing will not go in, bake until brown in a greased baking dish and serve with the goose. Rub the goose with melted fat, salt, pepper, and flour, place on a rack in an uncovered pan without water, sear in a hot oven (about 450° F.) for 30 to 40 minutes, or until lightly browned. Reduce the temperature to 375° F., and continue the cooking for 2½ to 3 hours. Baste the goose occasionally and turn so that it will brown

on all sides. Test for doneness by piercing one of the thighs near the breast. If the juice does not show red the goose is done. Serve on a large hot platter garnished with parsley or celery tops.



### Roast Turkey with Chestnut Stuffing

10 to 12 pound young turkey.	2 cups chopped celery and tops.
1 pound large chestnuts.	6 cups fine dry bread crumbs.
½ cup butter, or ¼ cup butter and ¼ cup turkey fat.	2 teaspoons salt.
½ cup minced onion.	¼ teaspoon pepper.
¼ cup chopped parsley.	1 teaspoon savory seasoning.

Draw and singe the turkey, remove the oil sac and pin feathers, cleanse thoroughly, and wipe dry. Cook the chestnuts in boiling water to cover for 20 minutes, remove the shell and brown skin while hot, and chop into medium-sized pieces. Melt the butter in a skillet, cook the onion, parsley, and celery for a few minutes, and stir frequently. Combine the bread crumbs, chestnuts, salt, pepper, and savory seasoning, add to the celery mixture, and stir until thoroughly mixed and hot. Sprinkle the inside of the turkey with salt and fill with the hot stuffing, but do not pack. Fold the wings back on the neck. Tuck the legs into a band of skin and flesh below the tail, or tie them down. Sew the cut surfaces so that the stuffing will not fall out or become moist when basted. After the turkey is stuffed and trussed, rub the surface with butter, sprinkle with salt, pepper, and flour, lay a piece of fat over the breastbone, and put on a rack in an open roasting pan. Place in a hot oven (about 450° F.) for about 30 minutes to brown lightly. Reduce the oven heat to moderate (350° F.) and continue to roast for about 2½ hours longer. Baste occasionally with the drippings and turn the turkey first on one side and then on the other, so that it browns well all over. Test for "doneness" by piercing one of the thighs near the breast; if the juice does not show a red tinge, the turkey is done. Serve on a large hot platter, garnish with parsley or celery tops, and make gravy with the giblets and drippings.

For an older turkey, as soon as it is browned, put a cover on the roaster and cook for about 4 hours.



### Giblet Gravy

Simmer the giblets (liver and gizzard) in 1 quart water until tender; drain and chop fine. With ½ cup of the drippings in the roaster, blend 6 tablespoons flour, add the liquid in which the giblets were cooked and enough more hot water to make a thin gravy. Cook for 5 minutes, add the chopped giblets, season with salt and pepper, and serve with the turkey.



## Fish and Shellfish

### Clam Fritters

1½ pints shucked clams (1½ dozen clams).	2 teaspoons baking powder.
2 eggs.	1 teaspoon salt.
1¼ cups sifted flour.	2 tablespoons melted fat.

Drain the clams from their liquor and chop them fine. Beat the eggs, add the sifted dry ingredients, one-half cup of the clam liquor, melted fat, and chopped clams. Stir until well mixed. Heat well-flavored fat in a skillet, drop the batter by spoonfuls into the fat, allow sufficient space between the fritters for them to spread and rise, brown on both sides, drain on absorbent paper, and serve at once.

### Codfish Balls

¾ pound salt codfish.	3 cups hot mashed potatoes, seasoned with milk and butter or other fat.
Cold water.	2 eggs.

Cut the codfish into small pieces and soak it in 1 quart of cold water for about 2 hours. Drain, add another quart of water, and simmer for 30 minutes. Place the fish in a double layer of cheesecloth, press out all the liquid, shred the fish, and remove all bones. Mix the shredded fish, hot mashed potatoes, and well-beaten eggs, beat until light, and add salt if necessary. Drop by spoonfuls into a kettle of fat hot enough to brown a cube of bread in 40 seconds; when golden brown, drain on absorbent paper and serve at once, garnished with cress or parsley.

### Codfish, Spaghetti, and Tomatoes

½ pound salt codfish, diced.	2 tablespoons chopped parsley.
2 cups spaghetti, broken in small pieces.	2 tablespoons olive oil or other fat.
1 quart canned tomatoes.	¼ cup chopped olives.
2 bay leaves.	Salt if needed.
1 onion, sliced.	

Soak the codfish in cold water to cover for 2 hours or longer, until sufficient salt has been removed, and drain. Cook the spaghetti in boiling salted water until tender and drain. Simmer the tomatoes and

codfish with the bay leaves for about 20 minutes and remove the bay leaves. Cook the onion and parsley in the olive oil for a few minutes, combine all the ingredients, and cook for a few minutes longer. Serve hot.



### *Scalloped Crab Meat*

2 cups cooked or canned crab meat.	¼ teaspoon salt.
2 tablespoons melted butter.	2 cups cream or rich milk.
2 tablespoons flour.	1 cup buttered bread crumbs.

Pick over the crab meat, and remove all particles of shell and bony pieces from between the sections of meat. Spread the meat in a thin layer in a greased shallow baking dish, pour over it a sauce made of the fat, flour, salt, and cream, cover the top with the buttered bread crumbs, and bake in a moderate oven (350° F.) until the crumbs are brown and the sauce bubbles up around the crab meat. If desired, chopped pimiento or green pepper may be added to the sauce.



### *Creamed Finnan Haddie*

2 pounds finnan haddie.	2 cups milk.
4 tablespoons butter or other fat.	Salt to taste.
4 tablespoons flour.	Pepper.

Cut the fish into 2 or 3 large pieces so that it will fit conveniently into a saucepan, cover with cold water, bring slowly to the boiling point, simmer for 15 to 20 minutes, and drain. If the haddie is very dry and salty, add fresh water, cook a second time, and drain. Pick the flakes of fish from the bones, add to the sauce made from the fat, flour, milk, and seasonings, and serve at once.



### *Broiled Fresh Fish*

Have the fish split down the back, wipe clean, and remove any scales and the head and tail if desired. Lay the fish skin side down on a greased shallow pan. If the fish is oily, no fat need be added; otherwise add enough to season well. Place under the flame in a broiler at moderate heat and cook for 20 to 30 minutes. Slip the broiled fish carefully onto a hot platter, season with salt and pepper, pour on the drippings, garnish with cress or parsley and sliced lemon, and serve at once. If the fish is very large and thick, heat for 15 to 20 minutes in a moderate oven before putting under the broiler flame.

### Curried Fish

2 pounds fresh cod, halibut, or other large fish.	3 tablespoons flour.
4 tablespoons butter or other fat.	2 cups liquor from the simmered fish.
1 tablespoon chopped green pepper.	$\frac{1}{2}$ to 1 teaspoon curry powder.
1 small onion, chopped.	3 drops tabasco sauce.
$\frac{1}{4}$ cup chopped celery.	Salt to taste.
	2 tablespoons chopped parsley.

Simmer the fish about 10 minutes in a small quantity of water, in a shallow pan; then drain. Meanwhile melt the fat and cook the green pepper, onion, and celery a few minutes; add the flour and the cooled fish liquor, with water, if necessary, to bring the quantity up to 2 cups. Cook for 3 or 4 minutes, add the seasonings, and stir constantly. Remove the skin and bones from the cooked fish, arrange on a hot platter with a border of flaky rice, pour the sauce over the fish, and sprinkle the parsley on top.



### Jellied Fish Salad

2 tablespoons gelatin.	$\frac{1}{4}$ teaspoon celery seed.
$\frac{1}{2}$ cup cold water.	$\frac{1}{4}$ cup vinegar.
2 eggs.	$\frac{1}{4}$ cup water.
$\frac{1}{4}$ teaspoon salt.	2 cups canned salmon or tuna fish.

Soften the gelatin in the cold water for 5 minutes. Beat the eggs, add the salt, celery seed, vinegar, and water, and cook over boiling water until thickened. Add the softened gelatin and stir until the gelatin has dissolved; then add the fish which has been separated from the bones and minced. Pour into individual dampened molds, let stand in a cold place until firmly set, turn out on crisp lettuce, and serve with mayonnaise.



### Baked Fish Steak

2 pounds cod or halibut steak.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{4}$ cup melted butter.	Flour.
2 tablespoons lemon juice.	$\frac{1}{4}$ cup finely chopped parsley.
1 teaspoon minced onion.	

Wipe the fish, remove any bones, and cut it into pieces for serving. To the melted fat add the lemon juice, minced onion, and salt. Dip each piece of fish in this mixture, roll, and fasten with a toothpick. Put the fish rolls in a greased, shallow baking dish, sprinkle with flour, and pour the rest of the fat over the fish. Bake in a moderate oven (350° F.) about 25 minutes. If not sufficiently browned, put under the flame of the broiling oven. Sprinkle the parsley over the fish and serve from the dish.

### Broiled Salt Mackerel

Select a fat salt mackerel and soak overnight in cold water to cover. If sufficient salt has been removed, place the fish split side up under the flame of the broiling oven, cook slowly to a light brown, slip onto a hot platter, add melted butter, and garnish with thin slices of lemon and parsley.

If the fish is still very salty after soaking, place in a skillet, cover with cold water, allow the water to come to a boil, and pour it off. Then broil as described.



### Fried Fish Roe

Wipe the roe, sprinkle with salt, pepper, and flour. Put into a skillet with melted fat and cook slowly until golden brown on both sides. Serve on a hot platter garnished with lemon and parsley.



### Fish Timbales

2 tablespoons butter.

2 tablespoons flour.

1 cup milk.

2 eggs.

2 cups flaked cooked or canned fish.

1 tablespoon lemon juice.

1 tablespoon chopped parsley.

1 teaspoon minced onion.

Salt to taste.

Prepare a sauce of the fat, flour, and milk, add the beaten eggs, fish, and seasonings, and salt as needed. Pour the mixture into greased custard cups and bake in a pan of hot water in a moderate oven (350° F.) for 30 minutes. Turn the timbales onto a hot platter, garnish with slices of lemon, and serve at once.

Tuna, salmon, shrimp, crab meat, fresh cod, or any other fish that may be easily separated from the bones may be used in timbales.



### Oyster Cocktail

1½ pints raw oysters.

½ cup tomato catsup.

3 tablespoons vinegar or the juice  
of 1 lemon.

¼ cup finely chopped celery.

2 tablespoons grated horseradish.

½ teaspoon salt.

Tabasco sauce to taste.

Drain the oysters, remove all pieces of shell, chill, and place in cocktail glasses. Mix all the other ingredients and add this sauce to the oysters just before serving.

### *Creamed Oysters*

1 quart oysters.  
 2½ cups milk and oyster liquor.  
 ¼ cup melted butter.  
 ½ cup flour.

1 teaspoon salt.  
 ½ teaspoon pepper.  
 Chopped parsley.

Look over the oysters and remove any bits of shell. Simmer the oysters in their liquor about 5 minutes, until the edges begin to curl, and remove at once from the fire. Strain off the liquor and add enough milk to make 2½ cups. Blend the melted fat and flour, add the liquid, cook for 10 minutes in a double boiler, add the oysters and seasonings, and serve at once in patty shells or on toast. If creamed oysters stand, the sauce becomes too thin.



### *Fried Oysters*

Select large oysters for single fries, drain, and look them over carefully for pieces of shell. Have finely sifted stale bread crumbs seasoned with salt and pepper. Dip the oysters in a well-beaten egg to which 1 tablespoon of cold water has been added, roll in the seasoned crumbs, and let stand on a board for about 30 minutes for the egg and bread coating to harden. Have ready a kettle of fat hot enough to brown a bread crumb in 40 seconds. Carefully place the oysters in a wire basket, lower them into the fat slowly, cook until golden brown, drain on absorbent paper, and keep warm until all are prepared. Serve on a hot platter garnished with parsley and strips of dill pickle.



### *Panned Oysters*

1½ quarts oysters.  
 ¼ cup butter.  
 2 tablespoons chopped parsley.

Salt and paprika.  
 Toast.

Drain off the liquor from the oysters and look them over carefully for bits of shell. Brown the fat slightly in a heavy skillet, add the oysters and parsley, and cook at moderate heat for about 5 minutes, or until the edges of the oysters begin to curl. Add salt if needed. Serve at once on slices of crisp toast on a hot platter, and sprinkle lightly with paprika.



### *Scalloped Oysters*

1½ quarts oysters.  
 3 cups dry bread crumbs.  
 ¼ cup melted butter.

Salt.  
 Pepper.  
 Milk.

Drain the oysters from their liquor and pick out any pieces of shell. Mix the crumbs and melted fat, spread a thin layer of the crumbs in

the bottom of a greased baking dish, cover with oysters, season with salt and pepper, add another layer of crumbs, and continue until all the oysters are used. Pour on the oyster liquor and, if needed, milk to moisten thoroughly, cover the top with the remaining crumbs, bake in a moderate oven (350° F.) for 25 to 30 minutes, and serve from the dish. Scalloped oysters are particularly good cooked in ramekins or large scallop shells.

### Oysters Scalloped with Rice

3 cups cooked rice.	1 teaspoon salt.
1 quart oysters.	½ teaspoon pepper.
1 cup chopped celery.	1 cup milk.
2 tablespoons melted butter.	1 cup buttered bread crumbs.
2 tablespoons flour.	

Place alternate layers of rice, oysters, and celery in a baking dish. Pour over them a sauce made from the fat, flour, salt, pepper, and milk, cover the top with the buttered crumbs, and bake for 20 minutes in a moderate oven (350° F.).

### Oyster Stew

1 quart milk.	Salt.
1 quart oysters.	Pepper.
4 tablespoons melted butter.	Chopped parsley.
2 tablespoons flour.	

Heat the milk in a double boiler. Strain the oysters from their liquor and pick out any small pieces of shell that may be clinging to them. Heat the oyster liquor slightly and remove the scum which rises to the top. Blend the fat and flour and stir into the milk until thickened. Add the oysters and the liquor and cook for 5 or 10 minutes, or until the edges of the oysters begin to curl. Season to taste with salt and pepper. Serve in hot soup plates with finely chopped parsley sprinkled over the top.

### Oyster and Vegetable Stew

1 cup chopped raw turnip.	4 tablespoons butter.
2 cups shredded raw cabbage.	2 tablespoons flour.
1 onion, chopped.	1 quart oysters.
1 cup chopped celery.	1 teaspoon salt.
1 cup water.	

Cook the turnip, cabbage, onion, and celery in the water for about 10 minutes. Add the fat and flour, which have been blended, and the oysters and salt, and cook for a few minutes until the oysters curl at the edges. Serve at once with toasted bread or crackers or crisp biscuits.

### Salmon Cutlets

2 pounds fresh salmon steak, 1 inch thick.	$\frac{3}{4}$ teaspoon salt.
1 egg.	2 cups fine bread crumbs.
1 tablespoon water.	Cooking fat.

Wipe the salmon, remove any bones, and cut in serving portions. Beat up the egg, water, and salt, dip the fish into this mixture, roll in the crumbs, and place on a board to dry for a short while. Heat the fat in a skillet, put in the cutlets, reduce the heat, and cook slowly for 10 to 15 minutes, until the fish is done through and golden brown on both sides. Drain on absorbent paper, and serve garnished with lemon and parsley.



### Scalloped Salmon

1 pound can salmon (2 cups).	$1\frac{1}{2}$ cups milk.
2 tablespoons butter.	$\frac{3}{4}$ teaspoon salt.
2 tablespoons flour.	1 cup buttered bread crumbs.

Break the salmon into pieces and remove the bones. Prepare a sauce of the fat, flour, milk, and salt. Place a layer of the salmon in the bottom of a greased baking dish, add some of the sauce, then another layer of salmon, and so on until all the ingredients are used. Cover the top with the buttered bread crumbs and bake in a moderate oven until the sauce bubbles up and the crumbs are brown.



### Salmon and Potato Puff

1 pound can salmon (2 cups).	3 eggs.
2 tablespoons butter.	1 teaspoon salt.
2 tablespoons chopped celery.	1 teaspoon minced onion.
2 tablespoons chopped parsley.	1 tablespoon lemon juice.
2 cups seasoned mashed potatoes.	Few drops tabasco sauce.

Drain the fish, flake it with a fork, and remove all bones. Melt the fat and cook the celery and parsley in it for a few minutes. Then combine with the salmon, mashed potatoes, and seasonings, add the beaten egg yolks, and beat the mixture until very light. Fold in the well-beaten whites of eggs, pile lightly at once into a greased baking dish, and bake in a moderate oven (350° F.) for 1 hour, or until set in the center and lightly browned. Serve in the dish.

If salmon and potato puff is baked in ramekins or custard cups, it will be especially light and fluffy and attractive for serving as a luncheon dish.

## Egg and Cheese Dishes <sup>2</sup>

### Baked Cheese and Macaroni or Spaghetti

2 cups macaroni or spaghetti broken into small pieces.	1 teaspoon salt.
2 tablespoons flour.	½ pound sharp-flavored cheese, shaved thin.
4 tablespoons butter or other fat.	Few drops tabasco sauce.
2 cups milk.	1 cup buttered bread crumbs.

Cook the macaroni or spaghetti in 2 quarts of boiling salted water until tender, and drain. Make a sauce with the flour, fat, milk, and salt. Take it from the stove, add the cheese and tabasco sauce, and stir until the cheese is melted. Place the macaroni or spaghetti in a buttered baking dish in alternate layers with the cheese sauce, sprinkle the buttered bread crumbs over the top, and bake in a moderate oven (350° F.) for about 30 minutes.

### Baked Eggs and Rice in Tomato Sauce

½ cup uncooked rice.	2 tablespoons melted butter or other fat.
1 pint canned tomatoes.	2 tablespoons flour.
¼ teaspoon salt.	5 eggs.
1 bay leaf.	2 tablespoons grated cheese.
1 onion.	1 cup buttered bread crumbs.
4 cloves.	

Cook the rice in a large quantity of boiling salted water for 20 minutes, or until tender, wash in cold water, drain, and let steam and swell over hot water. Prepare a sauce by cooking the tomatoes and seasonings for 10 minutes, strain, and thicken with the blended fat and flour. Make a layer of the rice in a shallow greased baking dish, drop the raw eggs carefully on the rice, pour on the sauce, and sprinkle over the top the grated cheese mixed with the buttered bread crumbs. Bake in a slow oven (about 275° F.) until the eggs are set. Serve in the baking dish.

### Cheese Dreams

Slice bread thin, remove the crusts, and without buttering make into sandwiches with thin even slices of sharp-flavored cheese as the filling and a sprinkling of salt and a drop or two of tabasco sauce for season-

<sup>2</sup> Eggs at Any Meal, Leaflet 39, U. S. Department of Agriculture, gives recipes for omelets and other standard ways of cooking eggs, and Farmers' Bulletins 960 and 1451 include additional recipes for cheese dishes.



ing. In a heavy skillet melt sufficient butter to cover the bottom and brown the sandwiches delicately and rather slowly on both sides, adding more butter if necessary. Take care that the butter does not become so hot that it browns the sandwiches before the bread is heated through and the cheese melted. Serve the cheese dreams at once with a salad of vegetables or of sardines.

### ◆ Cheese Custard

3 cups milk.	¼ teaspoon salt.
1 tablespoon flour.	3 eggs.
½ pound sharp-flavored cheese, shaved thin.	5 drops tabasco sauce.

Heat the milk in a double boiler, reserving one-half cup of the cold milk to mix with the flour. Stir this flour-and-milk mixture into the hot milk, add the cheese and salt, and stir until the cheese has melted. Beat the eggs slightly, pour this mixture into them, and add the tabasco sauce. Fill greased cups with the custard, place in a pan surrounded by water, and bake in a moderate oven (350° F.) until set in the center when tested with the point of a knife. Serve hot in the cups.

### ◆ Cheese Toast

1 pound cheese.	4 drops tabasco sauce, or a few grains of cayenne pepper.
1 cup rich milk or cream.	A little onion juice, if desired.
2 tablespoons flour mixed with 2 tablespoons water.	½ teaspoon salt.
2 eggs.	1½ teaspoons baking powder.

Shave the cheese into thin small pieces. Heat the milk or cream in a double boiler, thicken with the flour which has been mixed with the water, and cook for 5 minutes. Add the beaten eggs, the cheese, and the seasonings, and cook slowly until the cheese has melted and the mixture is thick and creamy. Allow it to cool; then add the baking powder.

Toast one side of the bread. Spread the cheese mixture thickly on the untoasted side to the very edge. If the cheese mixture does not come to the edges of the bread, they become brown and hard. Brown the cheese delicately under a low flame or in the oven. The slow heat allows the cheese mixture to heat through before it browns, gives it a chance to become light, and keeps the cheese tender and soft. Too great heat makes the cheese tough and stringy. If desired, place a strip of crisp bacon across each slice of cheese toast. Serve it hot from the oven. This recipe makes enough for 12 to 14 slices of bread. The cheese mixture may be prepared, except for the baking powder, the day before it is to be used. Since the mixture stiffens on standing, heat until soft in a double boiler, let it cool, and add the baking powder. Then spread the cheese on the toast.

### Tomato Rabbit

2 tablespoons butter or other fat.	1 pint canned tomatoes.
$\frac{1}{2}$ cup finely cut celery.	$\frac{1}{2}$ pound cheese, shaved thin.
$\frac{1}{2}$ green pepper, chopped.	1 teaspoon salt.
$\frac{1}{2}$ small onion, chopped.	2 eggs.
2 tablespoons flour.	Tabasco sauce.

Melt the fat in a heavy skillet, add the celery, green pepper, and onion, cook for a few minutes, and stir frequently. Sprinkle the flour over the cooked vegetables, pour in the tomatoes, and add the cheese and salt. Cook over low heat and stir until the mixture thickens and the cheese is melted. Pour some of this mixture into the well-beaten eggs, then pour all back into the skillet, and continue to cook over low heat until thickened and creamy. Add a few dashes of tabasco sauce and serve on crisp toast or crackers.

### Welsh Rabbit

1 pint milk.	$\frac{1}{2}$ pound cheese, shaved thin.
4 tablespoons melted butter or other fat.	Tabasco sauce.
4 tablespoons flour.	Onion juice.
$\frac{1}{2}$ teaspoon salt.	Soy sauce.
	1 egg.

Heat the milk in a double boiler. Mix the melted fat, flour, and salt, and stir into them a small quantity of the heated milk. Add this to the remainder of the milk, stir until thickened, add the cheese and a few drops of each of the seasonings, and beat lightly until the cheese has melted. Pour a little of the cheese mixture into the well-beaten egg, then add this to the rabbit, and cook for 2 or 3 minutes longer. Serve on thin crisp toast or crackers.

## Vegetables



### *Globe Artichokes*

Wash the artichokes in cold water, trim off the stems, and remove a few of the outer leaves. Drop the artichokes into lightly salted boiling water to cover, simmer for 20 to 30 minutes, or until the central part is tender, drain, and serve with drawn butter or Hollandaise sauce in separate, individual dishes. Pull off the leaves, one by one, and dip the lower part into the sauce. After all the leaves have been pulled off, discard the flower center or "choke," and eat the bottom which is considered by many the choicest part of all.



### *Jerusalem Artichokes en Casserole*

Select large smooth artichokes, scrape the tubers, and drop at once into cold water to keep them from turning dark. Drain, pack into a casserole, sprinkle with salt and pepper, dot with butter, add no water, but cover, and bake in a moderately hot oven for 45 to 60 minutes, or until the artichokes are tender. Serve in the casserole.



### *Asparagus on Toast*

Wash asparagus well, scrape off the little scales with a knife to remove all sand, and trim off the tough lower ends. Leave the stalks whole or cut into 2-inch pieces. Drop into a small quantity of lightly salted boiling water, simmer for from 15 to 20 minutes, drain, and arrange neatly on thin slices of buttered toast. Sprinkle with salt and pepper, pour melted butter or other fat over the top, and serve at once.



### *Asparagus Timbales*

3 tablespoons melted butter.	½ teaspoon salt.
3 tablespoons flour.	Pepper.
1 cup milk.	3 eggs
2 cups canned asparagus, chopped fine.	

Prepare a sauce of the fat, flour, and milk. Add the chopped asparagus, salt, pepper, and well-beaten eggs. Pour the mixture into buttered

timbale molds, set in a pan of hot water, and bake in a moderate oven (about 350° F.) for 20 minutes, or until the mixture has set. Serve in the molds, or turn out on a hot platter and garnish with parsley.



### Scalloped Asparagus and Spaghetti

- |   |                              |
|---|------------------------------|
| 1½ cups spaghetti broken in small pieces.     | 2 tablespoons melted butter. |
| 1 pint canned or cooked asparagus and liquid. | 1 cup rich milk.             |
| 2 tablespoons flour.                          | 3 or 4 drops tabasco sauce.  |
|   | ½ teaspoon salt.             |
|   | 1 cup buttered bread crumbs. |

Cook the spaghetti in salted boiling water for 20 minutes, and drain. Drain the liquid from the asparagus and cut the stalks in short pieces. Prepare a sauce of the flour, fat, milk, and asparagus water, and add the tabasco sauce and salt. In a greased baking dish put a layer of the cooked spaghetti, then one of asparagus, cover with the sauce, and continue until all the ingredients are used. Cover the top with the buttered bread crumbs. Bake in a moderate oven for about 20 minutes, or until the crumbs are golden brown.



### Boston Baked Beans

- |                         |   |
|-------------------------|---|
| 2 cups dried beans.     | 1 teaspoon mustard, if desired.                     |
| ½ pound salt pork.      | 1½ teaspoons salt (depending on saltiness of pork). |
| 4 tablespoons molasses. |   |

Soak the beans overnight in cold water to cover. In the morning drain, add a quart of fresh water, simmer for 45 minutes, or until the beans begin to soften, and drain. Score the rind of the salt pork and put half of the pork in the bottom of the bean pot. Add the beans, mix the molasses and other seasonings with a little hot water, and pour over the beans. Add enough hot water to cover. Place the rest of the salt pork on top, cover the pot, and cook the beans in a slow oven (about 250° F.) for 6 or 7 hours. Add a little hot water from time to time to replace that which cooks away and is absorbed by the beans. Keep the lid on the bean pot until the last hour of cooking, then uncover, and allow the beans and pork on the top to brown.



### Scalloped Kidney Beans

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|----------------------------|----------------------|
| 2 cups dried kidney beans. | 1 onion.             |
| 1 quart water.             | 2 cups tomato juice. |
| 1 cup diced salt pork.     | ½ teaspoon salt.     |

Wash the beans, cover with water, and soak overnight. In the morning discard the water, cook them in 1 quart of salted water until

tender but not broken, and drain. Brown the onion with the salt pork in a skillet, add the beans, tomato juice, and salt. Heat to the boiling point and pour into a shallow baking dish. Cook in the oven about 45 minutes, or until the tomato has thickened. Serve from the baking dish.



### *Lima Beans in Tomato Sauce*

2 cups dried lima beans.	1 large onion, sliced.
2 quarts water.	2 tablespoons flour.
2 cups canned tomatoes.	Salt.
8 whole cloves.	Pepper.
½ pound sliced bacon.	Tabasco sauce.

Wash the beans and soak them overnight in water to cover. In the morning pour off this water, cook in 2 quarts of lightly salted water for about one-half hour, or until tender but not broken, and drain. Simmer the tomatoes with the cloves for 10 minutes and strain off the juice. Cook the bacon in a skillet until crisp, remove from the fat, drain on absorbent paper, and keep warm. Brown the onion in the bacon fat, stir in the flour until well blended, add the tomato juice and beans, and cook until the sauce thickens. Season to taste with salt, pepper, and tabasco sauce, and serve with the strips of bacon over the top.



### *Quick-Cooked String Beans*

Wash the beans, remove tips and strings, cut into small pieces, or if very young and tender, leave whole. Drop the beans in a small quantity of boiling salted water, leave uncovered, and cook for from 15 to 30 minutes. As soon as the beans are tender, drain, season with more salt if needed, pepper, and melted butter, cream, or other fat.



### *Scalloped String Beans*

Drain the liquid from canned or cooked string beans, and put them in a shallow greased baking dish. Cover with tomato sauce, sprinkle with buttered bread crumbs mixed with grated cheese, and bake in a moderate oven (350° F.) until the sauce bubbles and the crumbs are brown.

### *Shredded String Beans and Fresh Pork*

2 tablespoons butter or meat drippings.  
1 quart shredded string beans.

1 teaspoon salt.  
1 pint shredded cooked pork.

Melt the fat in a heavy skillet, add the beans and salt, cover, and cook for 20 to 25 minutes, turning the beans frequently. Add the pork, stir until well mixed with the beans, and cook for about 5 minutes longer, until the meat is thoroughly heated. Serve on buttered toast. The beans should be young and tender when this method of cooking is used.



### *Harvard Beets*

6 medium-sized beets.  
 $\frac{1}{2}$  cup sugar.  
1 tablespoon cornstarch.

$\frac{1}{8}$  teaspoon salt.  
 $\frac{1}{4}$  cup vinegar.  
2 tablespoons butter.

Wash the beets, cook them in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix the sugar, cornstarch, and salt, add the vinegar, let the sauce boil for 5 minutes, stirring constantly. Add the fat, pour the sauce over the beets, and let stand for a few minutes to absorb the sweet-sour flavor of the sauce.



### *Broccoli*

Trim off and discard the leaves and tough lower portion of the stalks of broccoli. Thoroughly wash the remaining center stalks with flower heads attached, and cut lengthwise into strips. Drop into lightly salted boiling water, leave the kettle uncovered, and cook for 15 to 25 minutes. As soon as the broccoli is tender and while the color is still fresh green, drain, season with salt and pepper to taste, and add melted butter or other fat, or serve with Hollandaise sauce.



### *Brussels Sprouts*

Trim off the imperfect leaves and drop the brussels sprouts into cold water for 10 or 15 minutes. Cook in lightly salted boiling water in an uncovered pan for about 20 minutes, or until tender. Drain and season with melted butter, salt, and pepper. Or cook large chestnuts, shell and combine with the drained brussels sprouts, and season with browned butter.

### 5-Minute Cabbage

2 cups milk.	3 tablespoons melted butter.
1½ quarts shredded cabbage.	Salt.
1 cup cream or rich milk.	Pepper.
3 tablespoons flour.	

Heat the milk and cook the cabbage in it for 2 minutes. Add the cup of cream or rich milk, the blended flour and fat, and the seasonings, cook rapidly for 3 or 4 minutes, and stir constantly. The cabbage retains its crispness and is delicate in flavor and color.



### Cabbage Slaw

Select a hard head of cabbage, cut in quarters, and wash thoroughly in cold water. Drain, shred, and set aside in a cold place until crisp. Pour hot dressing over the crisp cabbage and stir until well mixed. Serve hot or cold.

One cup chopped celery, or one-half cup of finely shredded green pepper, or 1 cup of thinly sliced tart apple may be added.

#### DRESSING FOR CABBAGE SLAW

2 eggs.	½ teaspoon salt.
¼ cup water.	¼ teaspoon mustard.
¼ cup vinegar.	⅛ teaspoon celery seed.
2 tablespoons sugar.	2 tablespoons butter or other fat.

Beat the eggs, add all the ingredients except the fat, and cook in a double boiler until thickened. Stir constantly and just before removing from the fire add the fat. Pour over the cabbage while hot. If served as cold slaw, chill after the dressing is added.



### Scalloped Cabbage and Apples

2 quarts shredded cabbage.	2 to 4 tablespoons butter or other fat.
1 quart tart sliced apples.	1 cup buttered bread crumbs.
2 teaspoons salt.	
1 teaspoon sugar.	

In a greased baking dish place alternate layers of the cabbage and apples, seasoning each with salt and fat and sprinkling the sugar on the apples. Over the last layer spread the buttered crumbs. Cover, and bake in a moderate oven for 45 minutes, or until the cabbage and apples are tender. Toward the last remove the cover so the crumbs can brown. Serve in the baking dish.

### *Scalloped Cabbage, Spaghetti, and Cheese*

1½ cups spaghetti broken in small pieces.	1 teaspoon salt.
3 tablespoons flour.	½ pound American cheese.
3 tablespoons butter or other fat.	1 quart shredded cabbage.
2 cups milk.	1 cup buttered bread crumbs.

Cook the spaghetti in boiling salted water for 20 minutes, and drain. Make a sauce of the flour, fat, milk, and salt. Shave up the cheese, add to the hot sauce, and stir until melted. Put the cabbage, spaghetti, and sauce in a buttered baking dish in layers and cover the top with the buttered bread crumbs. Bake for 20 to 30 minutes in a moderate oven.

### *Carrots in Parsley Butter*

8 or 10 medium-sized carrots.	2 tablespoons lemon juice.
½ teaspoon salt.	1 tablespoon finely chopped parsley.
¼ cup butter.	

Wash and scrape the carrots and cut them in slices or dice. Cook in a small quantity of boiling salted water for 10 or 15 minutes, or until tender, drain, add the butter, lemon juice, and parsley, and serve at once.

### *Mashed Carrots*

8 to 10 medium-sized carrots.	2 to 4 tablespoons butter.
Cream or rich milk.	½ teaspoon salt.

Wash and scrape the carrots, cut in small pieces, and cook in a small amount of boiling salted water. When the carrots are tender, press them through a potato ricer. Add enough cream or top milk to make a creamy consistency, and the seasoning, reheat, and serve.

### *Fried Carrots and Apples*

6 medium-sized carrots.	1 tablespoon sugar.
6 tart apples.	¼ teaspoon salt.
2 tablespoons fat.	

Scrape the carrots and cut them lengthwise into thin slices. Pare the apples or leave the skin on, as preferred, core, and cut into slices about a fourth of an inch thick. Place a single layer of the apples and the carrots in a large skillet with the fat, cover tightly, and cook until well browned, turn, and brown the other side. Just before the cooking is finished, sprinkle with the sugar and salt. Serve on a hot platter, first a layer of carrots, then a layer of apples, so the two can be lifted together.



### Cauliflower au Gratin

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 medium-sized cauliflower.        | $\frac{1}{4}$ teaspoon salt.     |
| 2 tablespoons flour.               | $\frac{1}{2}$ cup grated cheese. |
| 2 tablespoons butter or other fat. | 1 cup buttered bread crumbs.     |
| 1 cup milk.                        |                                  |

Select a close white head of cauliflower. Remove the green leaves, and retain the most tender ones to cook with the cauliflower. Break the head into flowerlets, and wash thoroughly in cold water. Drop the cauliflower into enough lightly salted boiling water to cover, leave the pan uncovered, and cook for about 15 minutes, or until tender, and drain. Prepare a sauce of the flour, fat, milk, and salt. Add the cheese and stir until melted. Place the cauliflower in a greased baking dish, pour over it the sauce, cover with the bread crumbs, bake for about 20 minutes in a moderate oven, or until the crumbs are golden brown, and serve from the dish.



### Braised Celery

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|---|---|
| $1\frac{1}{2}$ quarts celery cut into pieces.                 | 3 tablespoons flour.                                |
| 3 tablespoons drippings and juice<br>from roast meat or fowl. | $1\frac{1}{2}$ cups cold water.<br>Salt and pepper. |

Put the cut celery into a shallow baking dish. Melt the meat drippings in a skillet, add the flour, stir until well blended, and then gradually add the water and continue to stir until smooth. Add salt and pepper to taste and pour this hot gravy over the celery, or use an equal quantity of left-over slightly thickened gravy or meat broth. Cover the dish and bake in a moderate oven for 45 minutes, or until the celery is tender. During the last 15 minutes remove the cover from the dish, so that the gravy cooks down and browns slightly. Serve in the baking dish.

This is an excellent way to use the outer stalks of celery less attractive for serving raw and also to make use of left-over gravy or meat drippings.



### Creamed Celery

Clean the celery, and cut into pieces about three-fourths inch long. Cook in a small quantity of boiling salted water for 15 to 20 minutes, or until tender. Drain and combine with white sauce made in the proportion of 2 tablespoons flour and 2 tablespoons butter to 1 cup milk. Season and serve at once. A few of the tender leaves of the celery may be minced and scattered over the top to make the dish look attractive. The tougher stalks of celery from several bunches may be used in this way and the hearts served raw.

### *Celery Fritters*

1¾ cups sifted soft-wheat flour.      1 cup milk.  
¾ teaspoon salt.                              2 cups chopped celery.  
2 teaspoons baking powder.              1 tablespoon melted fat.  
1 egg.

Sift together the flour, salt, and baking powder, add the beaten egg, milk, celery, and fat. Fry the celery fritters in deep fat or, if preferred, in a skillet in shallow fat. In either case drop the mixture by spoonfuls into the fat and fry rather slowly. The fritters need time to cook through to the center before the outside becomes too brown. Drain the fritters on absorbent paper and serve hot.



### *Swiss Chard*

Select fresh crisp chard; if at all wilted, crisp it by allowing it to stand in cold water for 10 or 15 minutes. Strip the leaves from the stalks, and cut the stalks into inch pieces. Cook for about 20 minutes in unsalted boiling water in an uncovered pan. Add the leaves to the stalks and continue the cooking until all are tender, about 10 minutes longer. Drain, season with melted butter or other fat, salt, and pepper, and serve hot with lemon or vinegar.



### *Corn Fritters*

1¾ cups sifted soft-wheat flour.      1 egg.  
2 teaspoons baking powder.              1 cup drained canned corn.  
¾ teaspoon salt.                              1 tablespoon melted fat.  
1 cup liquid, either juice from canned  
corn or milk, or the two mixed.

Mix the flour, baking powder, and salt. Mix the juice from the canned corn, or milk, or whatever liquid is used, the egg after it has been beaten slightly, and the canned corn. Stir this liquid mixture gradually into the dry ingredients. Add the melted fat. If the corn is very moist, even after the liquid has been drained from it, more flour may be needed. Dried corn which has been soaked and cooked until tender may also be used.

Fry the corn fritters in deep fat or, if preferred, in a skillet in shallow fat. In either case drop the mixture by spoonfuls into the fat and fry rather slowly. The fritters need time to cook through to the center before the outside becomes too brown. Drain the fritters on absorbent paper and serve hot.

### Corn Pudding

3 eggs.	1 teaspoon salt.
2 cups fresh or canned corn, or dried corn soaked and cooked.	Pepper.
2 tablespoons melted butter.	2 cups milk.

Beat the eggs, add all the other ingredients, and more salt if necessary. Pour into a greased baking dish, place in a pan of hot water, and bake in a moderate oven (350° F.) for about 1 hour, or until set in the center. Corn canned Maine style—that is, with the grain scored and the pulp scraped out—is especially good for use in this kind of a dish.

### Corn Rabbit

2 tablespoons butter or other fat.	¼ teaspoon salt.
1 tablespoon chopped green pepper.	½ pound cheese, shaved thin.
1 small onion, chopped.	Few drops tabasco sauce.
2 cups canned corn, crushed grains.	Toast or crackers.

Melt the fat, add the pepper and onion, and cook slowly for a few minutes. Add the corn and salt and simmer for 10 minutes. Remove from the fire, beat in the cheese until melted, and add the tabasco. Pour over the toast or crackers and serve at once. Tomato pulp or catsup may be added.

### Baked Cucumbers

4 large cucumbers.	1 cup bread crumbs.
2 tablespoons chopped onion.	1 cup tomato pulp.
2 tablespoons chopped parsley.	1 teaspoon salt.
4 tablespoons butter or other fat.	Pepper.

Wash and pare the cucumbers and cut them in half lengthwise. Scoop out as much of the seed portion as possible without breaking the fleshy part, parboil the cucumber shells in lightly salted water for 10 minutes, and drain. Meanwhile cook the onion and parsley in the fat, add the other ingredients and the cucumber pulp, and cook this mixture for 5 minutes. Fill the cucumber shells with the hot stuffing, place in a shallow baking dish, add a little water to keep them from sticking, and bake in a moderate oven for 15 minutes, or until the stuffing has browned on top. Serve in the baking dish.

### Fried Cucumbers

4 medium-sized cucumbers.	½ teaspoon salt.
1 egg.	1 cup flour.
1 cup milk.	

Pare the cucumbers and cut them lengthwise in thin slices. Beat the egg slightly, add the milk and salt, pour this liquid into the flour, and stir until smooth. Dip the slices of cucumber into this batter and brown them on both sides in hot fat. Drain on paper and serve hot.

### Wilted Dandelion Greens

2 quarts dandelion greens.  
4 tablespoons bacon fat.

$\frac{1}{4}$  cup mild vinegar.  
1 teaspoon salt.

Wash the greens thoroughly, and cut into small pieces with scissors. Heat the bacon fat, vinegar, and salt in a skillet, add the greens, cover, and cook at moderate heat until the greens are wilted. Serve at once.



### Scalloped Eggplant

1 large eggplant.  
4 tablespoons butter or other fat.  
1 green pepper, chopped.  
1 small onion, chopped.  
1 quart canned or chopped raw tomatoes.

2 teaspoons salt.  
Pepper.  
1 cup bread crumbs.

Pare the eggplant and cut it into small, even pieces. Melt 2 tablespoons of the fat in a skillet, add the green pepper and onion, and cook for a few minutes. Add the tomatoes, eggplant, salt, and pepper, cook for 10 minutes, and place the mixture in a shallow greased baking dish. Melt the remaining fat in a skillet, stir in the bread crumbs, and sprinkle the crumbs over the eggplant. Bake in a moderate oven for 15 minutes, or until the eggplant is tender and the crumbs are browned.



### Stuffed Eggplant

1 large eggplant.  
4 tablespoons melted butter or other fat.  
1  $\frac{1}{2}$  cups bread crumbs.  
1 small onion, finely chopped.

1 cup cooked string beans, peas,  
or other left-over vegetable.  
1 teaspoon salt.  
Pepper.

Wash and cut the eggplant in half lengthwise. Remove as much of the white portion as possible without breaking the shell, cut the pulp into small pieces, cook in a small quantity of hot water for 10 minutes, or until tender, and drain. To the melted fat add the bread crumbs, stir until well mixed, and reserve half of the crumbs for the top. To the remaining crumbs add the other ingredients and the eggplant pulp, mix thoroughly, pile lightly into the eggplant shells, sprinkle the top with crumbs, place in a shallow baking dish, pour a few tablespoons of hot water around the shells to keep them from sticking, and bake in a moderate oven for 30 minutes. Serve in the baking dish.

### *Savory Mixed Greens*

Combine two or more kinds of greens, such as beet and turnip tops, field cress and spinach, corn salad and mustard greens, to give a blend of mild and pungent flavors. Wash the greens through several waters, and cook quickly in an uncovered kettle in a small quantity of lightly salted boiling water. As soon as the greens are tender, drain, and chop. Season with bacon fat and sprinkle over the top a little crisp cooked bacon broken into small pieces. Or cook a little chopped onion in butter until both butter and onion brown slightly, mix with the chopped greens, and add salt and pepper to taste.



### *Panned Kale*

Strip the kale from the midribs and discard them and the stringy portions. Wash the kale thoroughly in several waters, drain, and cut it into small pieces. For each quart of kale allow 2 tablespoons butter or other fat. Melt the fat in a skillet, add the kale, cover to keep in the steam, and cook slowly for 15 to 20 minutes. Sift a teaspoon of flour over the kale, mix well, pour in one-half cup of cream or milk, and stir until thickened. Season with salt and pepper and serve at once.



### *Kohlrabi*

Trim off the leaves, pare the kohlrabi, and slice crosswise. Cook in lightly salted boiling water for about 20 minutes in an uncovered pan, drain, season with melted butter or cream and salt and pepper to taste.



### *Savory Lentils*

2 cups dried lentils.  
1 quart cold water.  
2 teaspoons salt.

1 large onion, chopped fine.  
 $\frac{1}{2}$  cup olive oil or bacon fat.  
Few drops tabasco sauce.

Pick over the lentils, wash them thoroughly, add the water, and soak overnight. If the water is dark and strong-flavored in the morning, discard it and add a quart of fresh water and the salt. Simmer the lentils in a covered pan from 30 to 40 minutes, or until tender but not broken. Drain the lentils, and return 1 cup of the liquid to them, or if necessary add enough water to the liquid to make 1 cup. Cook the onion for a few minutes in the olive oil or bacon fat, add the lentils, cook for about 15 minutes, and stir gently so that the lentils are not broken. Add a few drops of tabasco and more salt if needed. Serve hot.

### *Braised Lettuce*

2 large hard heads iceberg lettuce.      Salt.  
4 tablespoons bacon fat.                      Pepper.

Cut each head of lettuce into four pieces, taking care that a portion of the center stem is left on each section to hold the leaves together. Heat the fat in a large skillet, put in the lettuce, cover, and cook for 30 minutes, or until the lettuce is tender. If much liquid is drawn out of the lettuce, discard some of it during cooking. Turn carefully if necessary. Sprinkle with salt and pepper and serve on a hot platter.



### *Savory Cooked Lettuce*

6 slices bacon.                                      Salt.  
3 quarts shredded lettuce.                      Onion juice.  
2 tablespoons vinegar.

Cook the bacon in a heavy skillet until brown and crisp, and remove it from the fat. Add the shredded lettuce to the hot fat and stir until it wilts. Add the vinegar and bacon broken in small pieces, salt if needed, and onion juice if desired. Serve at once.



### *Broiled Mushrooms*

Wash the mushrooms, skin the caps, and remove the stems. Place the caps gill side down under the flame of the broiling oven for two or three minutes, turn, sprinkle with salt and pepper, and place a small piece of butter in each cap. Broil under the flame for a few minutes longer. Lift carefully from the broiler so that the juices are not lost, and serve on buttered toast.



### *Creamed Mushrooms*

1 pound mushrooms.                              1 cup rich milk or cream.  
Flour.    Salt.  
2 tablespoons butter.                              Pepper.

Wash the mushrooms, skin the caps, and cut the mushrooms in half or into several pieces if they are large, slicing down through cap and stem. Lightly flour the sliced mushrooms. Melt the fat in a heavy skillet, add the floured mushrooms, and brown delicately over moderate heat. As liquid cooks out of the mushrooms, pour it off and save it to add later. When the mushrooms are well browned, pour in the milk or cream, add the mushroom liquor, salt, and pepper, and stir until the sauce is the right consistency. Serve on slices of crisp toast.

### Stuffed Mushrooms

1 pound large mushrooms (12 to 14).	2 teaspoons onion juice.
4 tablespoons butter or other fat.	Pepper.
$\frac{1}{4}$ cup chopped celery.	1 teaspoon salt.
2 cups fine bread crumbs.	1 tablespoon chopped parsley.

Wash the mushrooms well, skin them, remove the stems close to the caps, and chop the stems fine. In a skillet melt 2 tablespoons of the fat, add the chopped mushroom stems and celery, cook for 5 minutes, and stir in the bread crumbs and seasonings. Turn the mushroom caps gill side up, and fill them with mounds of the stuffing. Place the stuffed mushrooms in a shallow pan, pour around them the rest of the melted fat, cover closely, and bake in a moderate oven (350° F.) for 30 to 45 minutes. Toward the last remove the cover and let the crumbs brown lightly on top, or set the pan of mushrooms under the flame of the broiling oven for a few minutes to brown. Serve on rounds of buttered toast.



### Fried Okra

2 quarts okra.	Salt to taste.
4 tablespoons fat.	

Select young okra, wash it well, dry thoroughly, and cut crosswise in pieces about one-half inch thick. Heat the fat in a heavy skillet, add the okra, cover, cook for 10 minutes, and stir frequently to prevent burning. Remove the cover, continue to cook until the okra is tender and lightly brown, and serve at once.



### Stuffed Onions

5 large mild onions.	2 cups bread crumbs.
3 tablespoons butter or other fat.	1 teaspoon salt.
$\frac{1}{2}$ cup chopped celery.	Pepper.
2 tablespoons chopped parsley.	

Skin the onions, cut in half crosswise, simmer in salted water until almost tender, and drain. Remove the centers without disturbing the outer layers and chop fine. Melt 2 tablespoons of the fat in a skillet, add the chopped onion, celery, parsley, and cook for a few minutes. Push the vegetables to one side, melt the remaining fat and add to it the bread crumbs, salt, and pepper, then combine with the vegetables. Fill the onion shells with the stuffing, cover, and bake in a moderate oven for about 30 minutes, or until the onions are tender. Remove the cover from the baking dish during the last of the cooking so the onions will brown on top.

*Baked Onions in Tomato Sauce*

6 medium-sized onions.	2 tablespoons flour.
1 quart canned tomatoes.	2 tablespoons melted butter or other fat.
1 bay leaf.	2 teaspoons salt.
$\frac{1}{4}$ teaspoon celery seed.	Dash of pepper.
2 cloves.	

Skin the onions, cut in half, simmer in lightly salted water for 10 minutes, drain, and put in a large baking dish. Cook the tomatoes with the bay leaf, celery seed, and cloves for 10 minutes, and strain. Blend the flour and melted fat, add to the tomato juice with the salt and pepper, and mix well. Pour over the onions, cover and cook until the onions are tender, about 1 hour. Serve from the baking dish.

*Onions Fried in Deep Fat*

6 or 8 medium-sized onions.	1 egg.
1 cup flour.	$\frac{1}{4}$ teaspoon salt.
1 cup milk.	Cooking fat.

Skin the onions, slice very thin, separate into rings, dip into a batter made from the flour, milk, egg, and salt, and drain well. Have ready a kettle of fat hot enough to brown a small piece of bread in 60 seconds. Put the onions in a wire basket, lower into the hot fat, fry until the onions are golden brown, remove, drain on absorbent paper, sprinkle with salt, and keep hot until served. Onions fried in this way will generally keep crisp for several days, or may be reheated in the same way as potato chips.

*Spring Onions on Toast*

Allow six or seven finger-sized onions for each serving. Trim off the green tops, cook the onions until tender in lightly salted boiling water in an uncovered vessel. This will take only about 20 minutes for fresh, young onions. When they have cooked tender, drain, add more salt if needed, and season with melted butter. In the meantime toast slices of bread. Arrange the onions in the same way as asparagus on toast, and serve at once.

*Fried Onions and Apples*

3 tablespoons fat.	$\frac{1}{4}$ teaspoon salt.
1 quart sliced tart apples.	1 tablespoon sugar.
1 pint sliced onions.	

Melt the fat in a heavy skillet, add the apples and onions, cover, cook slowly until nearly tender, and stir frequently to prevent scorching. Remove the cover, sprinkle the salt and sugar over the apples and onions, and continue the cooking until they are lightly browned. Serve at once.



### *Scalloped Onions and Peanuts*

6 medium-sized onions.  
1 cup peanuts, ground.  
1 tablespoon melted butter  
or other fat.

1 tablespoon flour.  
1 cup milk.  
 $\frac{1}{2}$  teaspoon salt.  
1 cup buttered bread crumbs.

Skin the onions, cook in boiling salted water until tender, drain, and slice. Make a sauce of the fat, flour, milk, and salt. In a greased baking dish place a layer of the onions, cover with the peanuts and sauce, and continue until all are used. Cover the top with buttered crumbs and bake in a moderate oven for about 20 minutes, or until the crumbs are golden brown. Serve from the baking dish



### *Browned Parsnips*

Scrub parsnips clean, drop into lightly salted, boiling water, and cook for 20 to 30 minutes, or until tender. Drain, scrape off the skin, split lengthwise, and pull out the stringy cores. Dip the pieces in flour and fry in fat until golden brown. Or mash the parsnips after the cores have been removed, season, and form into small cakes before frying.



### *Scalloped Parsnips*

6 or 7 medium-sized parsnips.  
3 tablespoons butter.  
2 tablespoons flour.

1 cup rich milk or cream.  
 $\frac{1}{4}$  teaspoon salt.  
1 cup buttered bread crumbs.

Scrub the parsnips clean, cook for 20 to 30 minutes, or until tender, in lightly salted boiling water, and drain. Scrape off the outer skin, split the parsnips lengthwise, and pull out the stringy cores. Place the parsnips in a shallow baking dish, and cover with a sauce made with the fat, flour, and milk or cream, and salt. Cover the top with the bread crumbs and bake in a moderate oven for about 20 minutes, or until the parsnips are thoroughly heated and the buttered crumbs are golden brown. Serve in the baking dish.



### *Fresh Green Peas*

Shell, wash, and drain green peas just before cooking, drop into a small quantity of lightly salted boiling water, and simmer (do not boil) for 15 to 20 minutes, or until tender. Serve the small quantity of water left with the peas, and add butter, salt and pepper.

### Stuffed Peppers

- |  |  |
|--|--|
| 6 green peppers.                           | 1 small onion, chopped fine.   |
| 2 cups flaky cooked rice, or bread crumbs. | $\frac{1}{2}$ teaspoon salt, or to taste.                              |
| 2 tablespoons butter or other fat.         | $\frac{1}{4}$ to $\frac{1}{2}$ cup chili sauce, catsup, or meat gravy. |
| 2 cups ground cooked meat.                 | 1 cup buttered bread crumbs.   |

Cut off the stem ends of the peppers, remove the seeds, boil the pepper shells for 5 minutes in lightly salted water, and drain. Stuff the peppers with a mixture made from the other ingredients, cover with the buttered crumbs, and bake in a moderate oven for about 30 minutes, or until the peppers are tender and the crumbs are brown.



### Potatoes au Gratin

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| $1\frac{1}{2}$ cups milk.          | $\frac{1}{4}$ pound cheese, grated. |
| 2 tablespoons flour.               | 4 cups cooked diced potatoes.       |
| 2 tablespoons butter or other fat. | 1 cup buttered bread crumbs.        |
| 1 teaspoon salt.                   |                                     |

Prepare a sauce with the milk, flour, fat, and salt. Add the cheese, and stir until melted. In a shallow greased baking dish place the potatoes, pour the cheese sauce over them, and cover the top with the buttered bread crumbs. Bake in a moderate oven for 20 to 30 minutes, or until the crumbs are golden brown and the potatoes are thoroughly heated. Serve from the baking dish.



### Potatoes in Tomato Sauce

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1 quart potatoes, sliced.          | 3 cups strained tomato juice. |
| 1 onion, sliced.                   | 2 teaspoons salt              |
| 4 tablespoons butter or other fat. | Pepper.                       |

Cook the potatoes and onion in the fat for 20 minutes, add the tomato juice, salt, and pepper, cover, and simmer for 30 minutes, or until the potatoes are tender. The potato thickens the tomato juice so that no other thickening is necessary.



### Baked Potatoes

Select good baking potatoes of uniform size and shape, scrub thoroughly, and bake in a moderately hot oven ( $375^{\circ}$  F.) for 45 to 60 minutes, or until soft when pressed. Take the potatoes from the oven at once, work gently with the fingers to loosen the skin, make a short gash to allow the steam to escape, season with butter, salt, and a dash of paprika, and serve at once.

For baked potatoes in the half shell, cut the potatoes lengthwise as soon as they are taken from the oven, scrape out the inside, being careful not to break the skin, mash, season with salt, pepper, butter, and cream or rich milk, and beat until light. Place this mixture in the skins, brush the tops with melted butter, and put the potatoes in the oven to reheat and brown. For variety, sprinkle grated cheese over the potatoes before they are browned or add a little chopped green pepper to the potato mixture.



### *French Fried Potatoes*

Pare and cut potatoes lengthwise into strips about one-half inch thick, rinse in cold water, and soak for 2 or 3 hours to remove as much starch as possible. Remove from the water, and pat with a clean dry cloth. Heat a kettle of deep fat hot enough to brown a small piece of bread in 60 seconds (about 375° F.). Fry about a cupful of potatoes at a time, remove from the fat when golden brown, drain on absorbent paper, and sprinkle with salt. Serve at once while hot and crisp.



### *Hashed Brown Potatoes*

4 cups finely chopped potatoes.  
2 tablespoons chopped onion.  
¼ teaspoon salt.  
½ teaspoon pepper.

2 tablespoons fat.  
¼ cup hot water.  
Parsley.

Combine the potatoes and onions, salt, and pepper. Melt the fat in a smooth heavy skillet, add the water, put the potatoes in a thin even layer, and cook slowly until a golden brown crust is formed. Fold the potatoes over like an omelet, turn out on a hot platter, garnish with parsley, and serve at once.



### *Scalloped Potatoes*

6 medium-sized potatoes.  
2 tablespoons flour.  
6 tablespoons butter.

1 teaspoon salt.  
1 pint hot milk.  
2 tablespoons chopped parsley.

Wash the potatoes, cook in boiling salted water until half done, skin, and slice or cut in cubes. Grease a shallow baking dish, place in it a layer of potatoes, sprinkle with some of the flour and salt, and dot with fat. Continue until all the potatoes are used. Pour in the hot milk, cover, and bake in a slow oven for 1 hour, or until the potatoes are brown on top and soft throughout. If they become dry add more milk. Serve the potatoes in the baking dish, and just before it is sent to the table sprinkle the chopped parsley over the top.

*Sweetpotato Puff*

5 or 6 medium-sized sweetpotatoes.  
2 eggs.  
1 teaspoon salt.

2 tablespoons melted butter.  
2 tablespoons hot milk.

Boil the sweetpotatoes. When tender remove the skins and any discolored portions, and press the sweetpotatoes through a ricer. There should be about 1 quart of the pulp. Beat the yolks and whites of the eggs separately. To the sweetpotato add the yolks, fat, milk, and salt, beat well, and fold in the well-beaten whites. Pile the mixture lightly into a greased baking dish and bake in a moderate oven (350° F.) for 45 minutes, or until light and fluffy and brown on the top.

*Candied Sweetpotatoes*

6 medium-sized sweetpotatoes  
1 cup corn sirup.  
½ cup sugar.

½ teaspoon salt.  
4 tablespoons butter.

Partially cook the sweetpotatoes in boiling water, cool, and skin. Cut the sweetpotatoes in halves lengthwise, or in three pieces if the sweetpotatoes are large. Put in a greased baking dish large enough for just one layer, not packing too closely. Make a sirup by boiling the corn sirup, sugar, salt, and fat until fairly thick. Pour the sirup over the sweetpotatoes and bake in a very moderate oven for 1 hour or more. Turn the sweetpotatoes carefully as they are cooking.

*Scalloped Sweetpotatoes with Apples*

3 medium-sized sweetpotatoes.  
4 medium-sized apples, pared  
and cored.

½ cup sugar.  
½ teaspoon salt.  
3 tablespoons butter.

Cook the sweetpotatoes in boiling water until tender; cool, and skin. Cut the sweetpotatoes and apples into slices, place in alternate layers in a greased baking dish, sprinkle each layer with sugar and salt, dot with butter, add a little water, and bake for 30 to 45 minutes, or until the apples are soft and the top layer is brown. Serve in the baking dish.

*Scalloped Sweetpotatoes and Pineapple*

3 medium-sized sweetpotatoes.  
1 can crushed pineapple.

¼ teaspoon salt.  
4 tablespoons melted butter.

Select a dry mealy variety of sweetpotatoes and cook in the skins in water to cover. When tender, scrape, cut in slices of uniform thickness, and place in a shallow greased baking dish. Pour the pineapple over

the sweetpotatoes, sprinkle with salt, and add the fat. Bake in a moderate oven for 30 minutes, or until light brown on the surface and the sirup of the pineapple has become thickened. Serve from the baking dish.

### Boiled Rice

For each cup of rice allow 3 quarts of boiling water and 2 teaspoons salt. Wash the rice until the water is clear, drop it slowly into boiling salted water, and boil gently for 20 minutes, or until tender when pressed with thumb and forefinger. If the rice tends to stick to the kettle, lift the grains with a fork from time to time but do not stir. As soon as the grains are tender, remove from the fire, add cold water, pour off at once, add more cold water, and pour off until all of the starchy liquid has been washed out of the rice. Then drain the rice in a colander, cover, and place over steam until the grains heat through, turn into a hot serving dish, and add melted butter and a few dashes of paprika.

### Spanish Rice

½ pound bacon.	2 cups cooked rice.
3 onions, sliced.	1 teaspoon salt.
2 green peppers, sliced.	Pepper.
3 cups fresh or canned tomatoes.	

Fry the bacon in a skillet until crisp, remove it from the fat, and break it into small pieces. Cook the onions and green pepper in the fat for 5 minutes, add the tomatoes and simmer for 10 minutes, stir in the cooked rice carefully so as not to break the grains, add the bits of bacon, and when heated through, serve at once.

### Creamed Salsify

2 bunches salsify, or oyster plant.	1 cup milk.
2 tablespoons melted butter or other fat.	½ teaspoon salt.
2 tablespoons flour.	Pepper.
	1 tablespoon chopped parsley.

Wash the salsify, scrape, cut into small pieces, and drop into cold water to prevent it from turning dark. Boil in an uncovered pan in a small quantity of unsalted water for 30 minutes, or until tender, and drain. Prepare a sauce of the fat, flour, milk, salt, and pepper, pour this over the cooked salsify, reheat, and serve with the chopped parsley sprinkled over the top.

### Savory Sauerkraut

$\frac{1}{4}$  cup butter or other fat.  
1 quart sauerkraut.

$\frac{1}{4}$  teaspoon celery or caraway seed.

Heat the fat in a skillet until golden brown, and add the sauerkraut and the seasoning. Mix well using a fork to separate the kraut. Cover and cook for 5 minutes. Serve hot.



### Spinach

Carefully pick over the spinach, discard wilted leaves, cut off the stem ends, and wash in several waters to remove grit. If the spinach is young and tender, it can be cooked in the water that clings to the leaves. Start the cooking at moderate heat, cover the kettle at first, turn the spinach now and then until thoroughly wilted, then remove the cover, and stir frequently. Cook about 10 to 15 minutes (a quantity of 2 pounds), chop fine, season with pepper, salt, and butter or other fat, and serve. Spinach cooked in this way will retain its attractive green color and fresh flavor.

Older spinach is better if cooked in a small quantity of water for about 20 minutes, then drained, chopped, and seasoned with butter or other fat, pepper, and salt. To vary the flavor, brown a small quantity of finely cut onion in the fat before adding it to the spinach, or season with vinegar and bits of crisped salt pork or bacon, or serve with olive oil and sections of lemon. Sliced or chopped hard-cooked egg is of course always attractive served on spinach.



### Spinach in Cream

2 pounds spinach.  
2 tablespoons butter.

1 cup cream.  
 $\frac{1}{2}$  teaspoon salt.

Wash the spinach thoroughly in running water until free from grit. Press the spinach into a saucepan, add a very small quantity of water, or cover the pan and cook the spinach in the water which clings to the leaves. Cook for about 10 minutes, or until wilted, and stir the spinach occasionally so that it cooks evenly. Drain and chop the spinach very fine. Melt the fat in a saucepan, add the cream and salt, and when hot add the chopped spinach, but no liquid, and simmer for a few minutes longer. Add more salt if needed, and serve at once.

### *Panned Summer Squash*

1½ quarts diced summer squash.  
3 tablespoons butter or other fat.

1½ teaspoons salt.  
½ teaspoon pepper.

Select young tender squash, wash well, and remove the tips from each end. Cut the squash into small pieces, leaving the skin on unless it is very tough. Melt the fat in a skillet until slightly brown, put in the squash, sprinkle with the salt and pepper, cover, and cook for 10 or 15 minutes at moderate heat. Remove the cover and cook a little longer for the liquid to evaporate. Serve hot.



### *Baked Winter Squash*

Select a medium-sized squash, wash well, cut in pieces about 3 inches square, and remove the seeds and stringy portion. Put in a greased shallow pan, sprinkle with salt and pepper, pour melted butter or other fat over the top, cover, and bake in a moderate oven for 1 hour, or until the squash is tender. Serve hot.



### *Succotash*

1 pint shelled lima beans.  
4 ears corn, or 2 cups corn cut  
from the cob.

½ cup cream or rich milk.  
2 tablespoons butter or other fat.  
Salt.

Simmer the beans in a small quantity of lightly salted water until almost tender. In the meantime use a sharp knife to trim off the tops of the corn kernels and scrape out the pulp with the back of the knife. Mix the corn with the beans, add the cream or milk and cook for 10 minutes, until there is no starchy flavor in the corn. Add the fat and enough salt to season, and serve.

Left-over corn and cooked beans may be combined in the same way with the cream or milk, and seasoning, and heated to the boiling point before serving.



### *Tomato Cocktail*

1 quart canned tomatoes.  
2 stalks celery, chopped.  
½ green pepper, chopped.  
1½ teaspoons salt.

1 teaspoon onion pulp.  
1 teaspoon horseradish.  
2 tablespoons tomato catsup.

Boil the tomatoes, celery, pepper, and salt for about 5 minutes, and rub through a sieve fine enough to keep back the seeds. To the tomato

juice and pulp add the catsup, onion, and horseradish, stir well, and put in a cold place to chill. Beat before serving, pour into small glasses, and use as the first course at dinner or a luncheon.



### *Baked Tomatoes*

Wash tomatoes, remove the stem ends, cut in half, place in a shallow greased baking dish, cover with buttered bread crumbs seasoned with salt and pepper. Add a little water to keep the tomatoes from sticking to the dish. Bake in a moderate oven for 30 minutes, or until the tomatoes are tender and the crumbs brown.



### *Baked Stuffed Tomatoes*

6 large firm tomatoes.	$\frac{1}{4}$ teaspoon celery seed.
6 strips bacon.	$\frac{1}{4}$ teaspoon salt.
2 tablespoons chopped parsley.	$\frac{1}{8}$ teaspoon pepper.
1 tablespoon chopped onion.	1 cup buttered bread crumbs.
1 cup dry bread crumbs.	

Wash the tomatoes, remove a thin slice from the stem end, and carefully scoop out the pulp so that the tomato shells will not be broken. Fry the bacon until crisp, remove from the pan, and break the bacon into small pieces. Add the parsley and onion to the fat, cook for a few minutes, add the cup of dry bread crumbs, celery seed, salt, pepper, crisped bacon, and tomato pulp. Stir until well mixed and add more salt if necessary. Fill the tomato cups with this mixture, cover the top with the buttered crumbs, place in a shallow baking dish, and bake in a moderate oven for 45 to 60 minutes, or until the tomatoes are tender and the crumbs are brown. Serve from the baking dish.



### *Broiled Tomatoes*

Wash tomatoes, remove the stem ends, cut in half, put in a greased shallow baking dish, add salt, pepper, and melted butter or other fat to season, and place under the flame of a broiling oven, far enough from the heat to allow the tomatoes to cook before browning. Broil for 20 to 30 minutes, or until tender and lightly browned. Serve hot garnished with parsley on crisp buttered toast.



### *Fried Tomatoes*

6 or 8 firm tomatoes.  
1 egg.  
1 tablespoon cold water.

Finely sifted bread crumbs.  
Salt and pepper.  
1 tablespoon chopped parsley.

Wash the tomatoes, remove a thin piece from the stem end, and cut the tomatoes into slices about one-half inch thick. Beat the egg slightly, add water, dip the tomatoes in this, and roll in the bread crumbs, which have been seasoned to taste with salt and pepper. Allow the coated tomatoes to dry out somewhat before frying. Heat fat in a heavy skillet, place the coated tomatoes in the hot fat, brown on one side, then turn carefully, and reduce the temperature so that the tomatoes will have sufficient time to cook before browning. Lift from the skillet to a hot platter, garnish with chopped parsley, and serve at once.



### *Stewed Tomatoes and Celery*

1 quart canned tomatoes.  
2 cups cut celery.  
1½ teaspoons salt.

¼ teaspoon pepper.  
2 tablespoons butter or other fat.

Simmer the tomatoes and the celery together for 20 to 25 minutes, or until the celery is tender. Season with salt, pepper, and fat and serve. This is an excellent way to use the outer stalks of celery that are less desirable for serving raw.



### *Tomato, Corn, and Cheese on Toast*

3 tablespoons flour.  
3 tablespoons melted butter or other fat.  
2 cups canned tomatoes.

1 onion, sliced.  
2 cups canned corn.  
2 teaspoons salt.  
¼ pound sharp cheese, shaved thin.

Brown the flour in a heavy skillet, remove the flour from the skillet and blend with 2 tablespoons of the fat. Brown the onion in the remaining fat, add the other ingredients except the cheese, and cook for about 10 minutes. Stir in the cheese and when melted serve on thin crisp toast.



### *Mashed Turnips*

Pare the turnips and cut in thin slices. Cook in salted water in an uncovered kettle for about 20 minutes, or until tender. Drain, press through a colander, season with cream or butter, and more salt if needed. Serve at once with a sprinkling of paprika over the top.

### Turnip or Carrot Custard

- |   |  |
|---|--|
| 3 eggs.   | 3 cups milk.                                     |
| 1½ cups grated raw turnip<br>or mashed cooked turnip. | 1 teaspoon salt.<br>3 tablespoons melted butter. |

Beat the eggs slightly, add the turnip and other ingredients, pour into a greased baking dish, place on a rack in a pan of hot water, and bake in a moderate oven for about 1 hour, or until the custard is set in the center. Serve at once. Carrots may be used in the same way as the turnips.

### Vegetable Curry

- |                             |                                    |
|-----------------------------|------------------------------------|
| ½ cup rice.                 | 4 tablespoons butter or other fat. |
| 1 cup diced onion.          | ½ teaspoon salt.                   |
| 1 cup diced carrots.        | ¼ teaspoon curry powder.           |
| 1 cup diced celery.         | 2 teaspoons Worcestershire sauce.  |
| 1 cup fresh or canned peas. |                                    |

Wash the rice and cook in 2 quarts of boiling salted water. Drain in a colander, pour cold water through, and let stand over steam until the grains swell and become separate. Cook the vegetables in a small quantity of water and just before removing from the stove add the canned peas, or if fresh peas are available, cook them with the other vegetables. Use the liquid from the vegetables and add the fat, salt, curry, and sauce. On a hot platter make a ring of the cooked rice, pile the vegetables in the center, pour over them the liquid mixture, and serve very hot.

### Vegetable Loaf

- |  |   |
|--|---|
| 3 tablespoons melted butter or<br>other fat.     | ½ cup chopped nuts.                             |
| 2 cups soft bread crumbs.                        | 4 tablespoons liquid from cooked<br>vegetables. |
| 1 cup chopped cooked celery.                     | 2 eggs, beaten.                                 |
| 1 cup diced cooked carrots.                      | 1 teaspoon salt.                                |
| 1 cup cooked or canned peas,<br>or string beans. | Pepper.   |

Mix the fat with the bread crumbs, and reserve about one-fourth cup for the outside of the loaf. Mix together all the ingredients, form into a loaf on a sheet of greased paper, cover the surface with the crumbs, place on a rack in an uncovered pan, and bake in a moderate oven for 30 minutes. The loaf should then be hot through and the crumbs golden brown. Serve with tomato sauce.

### Vegetables au Gratin

Mix two or more kinds of fresh-cooked or left-over vegetables such as string beans, carrots, and turnips or cauliflower, and place in a shallow baking dish. Pour over the vegetables thin white sauce to which cheese has been added. Cover with buttered bread crumbs and bake in a moderate oven until the sauce bubbles and the crumbs are brown.

## Salads and Salad Dressings

### Apple Salads

1. Select medium-sized, firm, tart apples, pare, and core. Cook in a covered pan in sirup made in the proportion of 2 cups water and 1 cup sugar. Use enough sirup to cover the apples. Red cinnamon candies added to the sirup give the apples an attractive rose color. After cooking, drain the apples, chill, and fill with cottage or cream cheese which has been mixed with salt, paprika, and a little finely chopped green pepper. Or form the cheese into balls, roll in ground nuts, and place beside the apples. Serve on lettuce with mayonnaise or French dressing.

2. Combine diced tart apples and chopped celery with chopped nuts (walnuts, hickory nuts, pecans, or boiled chestnuts), and add enough mayonnaise or cream dressing to moisten. Serve on crisp lettuce or other salad greens.

3. Combine diced apples with seedless grapes or malagas or tokays, which have been halved and seeded. Serve on lettuce with mayonnaise or French dressing.

### Asparagus Salad

Arrange stalks of chilled fresh cooked or canned asparagus on lettuce leaves, place strips of red pimiento over the asparagus, and serve with salad dressing.

### Cabbage Salad with Whipped Cream Dressing

3 cups shredded green cabbage.	1½ teaspoons salt.
½ pint double cream.	1 teaspoon sugar.
4 tablespoons lemon juice.	Scraped onion.
12 drops tabasco sauce.	3 tablespoons ground horseradish.

Put the shredded cabbage in a cold place to become crisp. Whip the cream, add the seasonings, and combine with the cabbage just before serving. If allowed to stand after mixing, the juices are drawn from the cabbage and the dressing becomes too thin. Serve the salad very cold. This is very attractive served in a hollowed-out head of red or curly green cabbage.

### *Cabbage and Carrot Salad*

Use equal parts of grated raw carrots and finely shredded cabbage. Mix the carrots and cabbage together with salad dressing until well blended. Add ground peanuts if desired. Serve on crisp lettuce.



### *Cabbage and Onion Salad*

Shred the cabbage and cut the onions into very thin rings. Season with salt, celery salt, pepper, and paprika. Mix with mayonnaise or French dressing and serve on a cabbage leaf.



### *Stuffed Celery*

Cut the celery into pieces convenient for handling. Fill the hollow of the celery stalks with soft cheese plain or mixed with chopped pimiento, green pepper, nuts, olives, or a combination of two or more of these. Serve on the plate with another salad or as a relish.



### *Cheese Salads*

Peaches, pears, or cherries combine well with cream, Neufchâtel, or other soft cheese. Fill the hollows of canned peaches or pears with the cheese, plain or mixed with nuts, dried fruits, or one of the chopped salad vegetables. Serve on lettuce with salad dressing.

Make a little mound of the cheese on the lettuce and put slices of peaches or pears around it. Large white canned cherries with the pits removed or stewed dried apricots may also be combined with the cheese.



### *Cottage Cheese and Tomato Salad*

On individual salad plates, arrange crisp lettuce. In the center make a mound of cottage cheese, which has been mixed with cream, salt, and pepper, place tomato in slices or quarters around the edge, and serve with salad dressing.



### *Frozen Cream Cheese and Fruit Salad*

2 Neufchâtel or cream cheeses.

$\frac{1}{4}$  cup milk.

$1\frac{1}{4}$  cups powdered sugar.

$\frac{1}{2}$  cup chopped canned pineapple,  
preserved cherries, dates, figs, or  
raisins.

$\frac{1}{8}$  teaspoon vanilla.

$\frac{1}{4}$  teaspoon salt.

1 cup double cream.

Break up the cheese and mix with the milk. Add the sugar, salt, chopped fruit, and vanilla, and mix thoroughly. Whip the cream until

it is stiff and fold in the cheese mixture. Pour into a mold, pack in crushed ice and salt, and let stand for 3 or 4 hours to freeze. Pound baking-powder tins lined with tough white paper make suitable molds. Serve the frozen cheese in slices with cream salad dressing on crisp lettuce.



### Chicken Salad

5-pound fowl.	Few drops tabasco sauce.
Salt.	3 bunches celery.
1 onion, sliced.	Thick mayonnaise dressing.
1 cup vinegar.	Lettuce.

Place the chicken on a rack in a kettle, half cover with hot water, add 1 teaspoon salt, and simmer until tender. Let the chicken cool in the broth. After it is cold remove the skin, strip the meat from the bones, and cut it into small pieces of even size. In the meantime soak the onion in the vinegar. Remove a cup of chicken fat from the cold broth, mix with this vinegar, pour over the chicken, and add the tabasco and more salt and vinegar if needed to season it well. Let this stand, or marinate, for several hours, or overnight. Cut the celery stalks and some of the tender leaves into small pieces and let stand in a cold place until crisp. Mix enough thick, well-seasoned mayonnaise dressing with the chicken to coat the pieces well. Shortly before the salad is to be served, add the celery and more mayonnaise if needed. Stir the mixture lightly so as not to break up the chicken. Add still more salt if needed. Pile the salad lightly on crisp lettuce and serve at once.

If desired, add one-fourth cup of capers when the celery and chicken are combined. Hard-cooked eggs may be used as a garnish or cut in pieces and mixed with the chicken to make it go further.



### Cider Gelatin Salad

2½ cups clear cider.	1 tablespoon finely chopped
2 tablespoons gelatin.	parsley or green pepper.
½ cup finely chopped celery.	2 tablespoons finely chopped
¼ teaspoon salt.	pimiento.

Soak the gelatin in one-half cup of the cold cider. Heat the remainder of the cider to the boiling point, pour into the gelatin, stir until dissolved, strain, and chill. When the gelatin mixture begins to set, stir in the vegetables and salt, and pour into individual molds, which have been rinsed in cold water. When set turn out on lettuce leaves and serve with French or mayonnaise dressing.

### Grapefruit Salad

Peel the grapefruit, pull it apart in sections, and strip the skin and pith from each section. Arrange the sections on lettuce, sprinkle with chopped nuts, and garnish with a little pimiento. Serve with any desired dressing.

This salad may be varied by combining the grapefruit with other fruits, such as oranges, dates, and pineapple.

### Honolulu Salad

Arrange slices of raw or canned pineapple on lettuce, and into the center of each slice drop a ball made of cheese mixed with chopped nuts or green pepper or pimiento and seasoned with salt. To vary this salad, after the pineapple slices are arranged on the lettuce, decorate them with the cheese pressed through a potato ricer or pastry tube and sprinkle on a little salt and paprika. Serve with French or mayonnaise dressing.

### Mint-Flavored Cucumber and Pineapple Gelatin Salad

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 2 tablespoons gelatin.            | ½ cup diced cucumber.          |
| ½ cup cold water.                 | 2 tablespoons pineapple juice. |
| 1½ cups boiling water.            | 4 tablespoons lemon juice.     |
| 5 tablespoons sugar.              | 5 drops oil of peppermint.     |
| ½ teaspoon salt.                  | Green coloring matter.         |
| ½ cup crushed pineapple, drained. |                                |

Soak the gelatin in the cold water for 5 minutes, add to the boiling water with the sugar and salt, and stir until all are dissolved. Cool and add the crushed pineapple, diced cucumber, pineapple and lemon juice, oil of peppermint, and enough coloring matter to make the mixture pale green. Set the container in ice water, and stir until the gelatin mixture begins to congeal. Rinse a mold with cold water, coat it lightly with some of the clear gelatin, and place thin slices of cucumber in the bottom and sides. Then fill the mold with the rest of the gelatin mixture and let stand in a cold place until firm. Or if preferred mold in cups for individual servings. Serve with a tart salad dressing on a bed of lettuce.

### Orange and Carrot Gelatin Salad

- |                        |                                 |
|------------------------|---------------------------------|
| 2 tablespoons gelatin. | 1 tablespoon lemon juice.       |
| ½ cup cold water.      | 2 tablespoons tarragon vinegar. |
| 2 cups boiling water.  | 1 cup orange juice and pulp.    |
| ½ teaspoon salt.       | 1 cup grated raw carrot.        |
| 1 tablespoon sugar.    |                                 |

Soak the gelatin in the cold water for 5 minutes. Add to the softened gelatin the boiling water, salt, sugar, lemon juice, vinegar, orange juice

and pulp, and chill. When partly jellied stir in the carrot, pour into wet individual molds, and put in a cold place to set. Turn out onto lettuce leaves and serve with mayonnaise or cream salad dressing.

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### *Pear Salad*

Arrange halves of canned pears or fresh ripe pears cored and pared on a bed of lettuce or cress. Add grated sharp-flavored cheese and French dressing, or mayonnaise dressing mixed with chili sauce or catsup.

◆

### *Potato Salad*

3 pints diced cooked potatoes.	½ cup chopped green pepper.
1 tablespoon minced onion.	2 cups finely cut celery.
1½ cups hot, cooked salad dressing.	1 cup chopped dill pickle or cucumber.
1½ to 2 teaspoons salt.	

Mix the potatoes, onion, hot salad dressing, and salt, and be careful not to break the pieces of potato. When cold, add the green pepper, celery, and dill pickle or cucumber, chill thoroughly, and serve on crisp lettuce leaves.

◆

### *Tomato Jelly Salad*

3 tablespoons gelatin.	1 teaspoon sugar.
½ cup cold water.	1 tablespoon chopped green pepper.
1 quart canned tomatoes.	2 tablespoons chopped celery.
2 or 3 slices onion.	1 tablespoon chopped parsley.
1½ teaspoons salt.	1 cup shredded cabbage.

Soak the gelatin in the cold water for 5 minutes. Boil the tomatoes and onion for 5 minutes, strain through a fine sieve, pour the hot tomato juice over the softened gelatin, and stir until it is dissolved. Add the salt and sugar and chill. When the gelatin mixture is partly set, add the finely chopped vegetables, and mix well. Add more salt if needed. If the mixture is not tart enough, add a little lemon juice or vinegar. Pour into wet custard cups and place in a cold place until set, turn out on crisp lettuce leaves, and serve with mayonnaise.

◆

### *Stuffed Tomato Salad*

Select large ripe tomatoes. Skin the tomatoes, cut a round piece from the stem end, and remove enough of the pulp to make a cup. Season inside with salt, turn the tomatoes upside down to drain, and place

in the refrigerator until time to serve. If a hearty salad is desired, stuff the tomato shells with a filling of chopped cooked meat, fish, or crab meat, diced cucumber, chopped celery, or some cooked green vegetable, the tomato pulp, and thick salad dressing. For a less substantial salad, use only vegetables in the stuffing. Fill the shells with the mixture, add a spoonful of dressing on the top of each stuffed tomato, and serve on crisp lettuce leaves.



### *Vegetable Salad Combinations*

1. Diced cooked beets, chopped celery, chopped dill pickle or olives.
2. Raw grated rutabaga and chopped celery. Place the grated rutabaga in cheesecloth. Squeeze out some of the juice before combining with the celery.
3. Shredded cabbage, chopped green pepper, chopped onion, and chopped peanuts.
4. Raw grated carrot, cooked or canned peas, chopped celery.
5. Cooked or canned string beans, diced cooked carrot, and chopped celery or celery seed.
6. Cooked green lima beans, diced tomato, diced cucumber, and chopped onion.
7. Cooked cauliflower, cooked or canned peas, and celery seed.
8. Sliced cucumber, sliced radishes, sliced onion, and watercress.



### *Mayonnaise Dressing*

1 egg yolk.  
2 tablespoons vinegar or lemon juice.  
 $\frac{1}{2}$  teaspoon sugar.  
 $\frac{1}{2}$  teaspoon salt.

Paprika to taste.  
1 or 2 drops tabasco sauce.  
 $\frac{3}{4}$  to 1 cup salad oil.

Mix the seasonings with 1 tablespoon vinegar or lemon juice, add the yolk of egg, and beat slightly. Then begin adding oil, a teaspoon or two at a time, beating thoroughly each time. When enough oil has been added to make the mixture thick, add the remaining acid, and gradually beat in the rest of the oil.



### *Mayonnaise Variations*

1. Mayonnaise, chopped stuffed olives, and finely chopped celery. Serve this with a crisp green salad.
2. Add whipped cream to mayonnaise dressing just before serving. This is very good with fruit salads.
3. One cup of mayonnaise dressing and one-half cup of chili sauce or catsup. If desired, add a little chopped celery or green pepper, or pickle, if catsup is used.



### *Cooked Dressing for Meat and Vegetable Salads*

2 whole eggs, or 4 egg yolks.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{4}$ cup vinegar.	$\frac{1}{4}$ teaspoon mustard.
1 tablespoon butter.	$\frac{1}{8}$ teaspoon paprika.
5 tablespoons cream cheese.	$\frac{1}{8}$ teaspoon celery seed.
2 tablespoons cream.	3 drops tabasco sauce.
$\frac{1}{2}$ teaspoon sugar.	

Beat the eggs and vinegar together until smooth. Cook the mixture in a double boiler, and stir constantly until the consistency is that of thick cream. Remove at once from the heat, add the butter and cream cheese, and stir until the mixture is smooth. Then add the cream and the seasonings. The cream cheese may be omitted, and more cream, either sweet or sour, used in its place. These ingredients will make about 1 cup of dressing.



### *Cooked Dressing for Fruit Salad*

2 whole eggs, or 4 egg yolks.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{4}$ cup vinegar.	$\frac{1}{4}$ teaspoon mustard.
1 cup sour cream.	$\frac{1}{4}$ teaspoon paprika.
$\frac{1}{2}$ tablespoon sugar.	

Beat the eggs, add the other ingredients, and mix thoroughly. Cook in a double boiler, and stir constantly until the mixture thickens.



### *Cheese Dressing for Salads*

1 Neufchâtel or cream cheese.	Tabasco sauce, onion juice, a bit of
$\frac{1}{2}$ cup salad oil.	garlic or grated horseradish for
3 to 4 tablespoons lemon juice.	seasoning.
$\frac{1}{2}$ teaspoon salt.	

Mash up the cheese, add the oil, and beat with a Dover egg beater. The mixture curdles at this point, but add the other ingredients and continue to beat until the mixture is smooth and creamy. Use this dressing in the same way as any other salad dressing. For fruit salads it is particularly delicious if whipped cream is added.



## Sandwiches



### Sandwich Fillings

1. Cold sliced ham, Swiss cheese, sliced very thin, and crisp lettuce.
2. Chop hard-cooked eggs, and mix with minced crisp fried bacon and enough salad dressing to moisten.
3. Chop cold cooked beef, pork, lamb, veal, or hard-cooked eggs, add chili sauce to moisten, and in each sandwich include a leaf of crisp lettuce or a few sprigs of watercress.
4. Wash prunes, dates, raisins, or dried figs or apricots, chop fine, mix with about twice as much cream or cottage cheese, add salt to season, and chopped nuts if desired.
5. Soften sharp-flavored club cheese by letting it stand in a warm room, add a few tablespoons of tomato catsup, salt and onion juice to taste, and chopped English walnuts.
6. Thinly sliced cucumbers or tomatoes spread with mayonnaise dressing.
7. Smoked cooked fish, flaked, and lettuce or cress.
8. Grate cheddar cheese and mix with chopped celery, onion, or pickle, and enough mayonnaise to give the right consistency for spreading.
9. Cream butter and combine with strained honey and chopped blanched almonds, or with soft maple sugar and chopped walnuts.
10. Mix cream or cottage cheese with chow-chow, chili sauce, or chopped dill pickle, green or ripe olives, celery, green pepper, parsley, watercress, onion, or other salad vegetable, or with chopped nuts, and add salt to season.
11. Drain grated canned pineapple and mix with cream cheese and salt.
12. Spread slices of graham or steamed brown bread with cream cheese and to one add a layer of quince, guava, plum, or spiced apple jelly.
13. Mix chopped celery with peanut butter, moisten with mayonnaise dressing, and add salt and pepper to season.
14. Mix a few caraway or celery seeds with cream or cottage cheese to give variety in flavor, and add salt to season and enough cream to make the mixture easy to spread.
15. Grind shelled roasted peanuts medium fine, mix with enough cream to moisten, and add salt to season. This is particularly good as a filling for graham or whole-wheat bread.

16. To one-half cup cold Boston baked beans, add 2 tablespoons chili sauce, mash, mix to a smooth paste, and spread between slices of brown bread.

17. Heat dried beef in melted butter in a skillet until the beef curls at the edges. Use as sandwich filling with crisp lettuce, cress, or chopped parsley.

18. Grind the end of a cooked ham no longer suitable for slicing, mix with chopped dill pickle or green olives, and enough salad dressing to moisten.

19. Grind together dried apricots and dates or other dried fruits, mix with chopped nuts, and add enough lemon juice to tone up the flavor.

20. Crumble up roquefort cheese and mix with mayonnaise dressing. Use with lettuce and whole-wheat bread.



### *Hot Roast Beef Sandwiches*

Make sandwiches with toasted bread and slices of roast beef. Serve on hot plates with hot gravy poured over the sandwiches, and garnish with a sprig of parsley and a pickle.



### *Hot Spanish Sandwiches*

2 tablespoons chopped onion.  
2 tablespoons melted butter  
or other fat.  
3 cups canned tomatoes.  
1 green pepper, chopped.  
½ cup chopped celery.

1 tablespoon flour.  
Salt and pepper to taste.  
½ pound sliced bacon.  
10 slices bread.  
Thin slices soft American cheese.

Cook the onion for a few minutes in 1 tablespoon of the fat, add the tomatoes, green pepper, and celery, and simmer uncovered for 25 to 30 minutes. Blend the remaining fat with the flour, add to the sauce with salt and pepper to taste, and stir until it thickens slightly. Fry the bacon until crisp, and toast the bread on both sides until golden brown. Make sandwiches of the bread and bacon and lay the thin slices of cheese on top. Put on hot plates and pour over the sandwiches the hot tomato sauce,

### *Ripe-Olive Club Sandwiches*

- |   |                                     |
|---|-------------------------------------|
| 1 loaf bread.                                   | 6 slices cooked bacon, crisp.       |
| 3 large ripe, skinned tomatoes,<br>sliced thin. | 1 cup ripe olives, cut from stones. |
| 3 hard-cooked eggs, sliced.                     | Thick mayonnaise.                   |
|   | Lettuce.                            |

Slice the bread, trim off the crusts, and toast until lightly browned. Make double-decker sandwiches with the toast and other ingredients arranged in layers of lettuce, egg, bacon, tomato, and olives with enough mayonnaise to moisten. Insert toothpicks to hold the sandwiches together and garnish the tops with crisp lettuce and a few of the sliced ripe olives.



### *Watercress or Parsley Butter for Sandwich Filling*

- |   |  |
|---|--|
| $\frac{1}{2}$ cup butter.                                 | Few drops tabasco sauce.                             |
| $\frac{3}{4}$ cup finely ground watercress<br>or parsley. | $\frac{1}{2}$ tablespoon lemon juice,<br>if desired. |
| $\frac{1}{4}$ teaspoon salt.                              |  |

Cream the butter, add the finely ground watercress or parsley, salt, tabasco sauce, and lemon juice, and stir until well blended. Use as a sandwich spread. If making fancy rolled sandwiches, place a sprig of watercress in each end.



### *Open Orange Sandwiches.*

- |   |   |
|---|---|
| $\frac{1}{2}$ cup butter                                    | $\frac{1}{4}$ teaspoon salt                   |
| $\frac{1}{2}$ cup grated orange rind or more if<br>desired. | A small quantity of orange or<br>lemon juice. |

Cream the butter, add the grated rind of the orange and the juice, a little at a time. Add the salt. Spread on slices of thin sandwich bread and serve as an open sandwich. The slices may be cut diagonally or in fancy shapes. Especially attractive for color scheme in serving tea.



## Sauces



### Butterscotch Sauce

1 cup brown sugar.  
2 tablespoons flour.  
Speck of cinnamon.  
 $\frac{1}{4}$  teaspoon salt.

1 cup boiling water.  
2 tablespoons butter.  
 $\frac{1}{2}$  teaspoon vanilla.

Mix the brown sugar, flour, cinnamon, and salt, add to the boiling water, cook for 5 minutes, and stir continually. Beat in the butter and vanilla, and serve hot on ice cream, custard, or pudding.



### Chocolate Sauce

2 squares unsweetened chocolate.  
1 cup granulated sugar.  
 $\frac{1}{2}$  cup milk.

1 tablespoon butter.  
 $\frac{1}{8}$  teaspoon salt.  
 $\frac{1}{2}$  teaspoon vanilla.

Melt the chocolate in a double boiler, add the sugar, milk, butter, and salt, and cook for 10 minutes until fairly thick. Add the vanilla, beat well, and serve hot over ice cream, cottage pudding, or dry cake.



### Cranberry Sauce

1 quart (1 pound) cranberries.  
 $1\frac{1}{2}$  cups water.

2 cups sugar.

Pick over the cranberries and discard all that are withered or specked. Bring the sugar and water to the boil, add the berries, and cook quickly for about 10 minutes, or until the skins break. Turn into a dampened mold, chill, and let stand until jellied.

For a strained sauce, cook the berries and water rapidly in a covered saucepan for about 15 minutes, or until the berries are soft. Strain through a fine sieve, add the sugar, stir, and cook for about 3 minutes, or until the juice gives the 2-drop test from a spoon. Pour into a wet mold, chill, and let stand until set.

For a sauce with the berries whole, use only three-fourths cup of water and  $1\frac{1}{4}$  cups sugar. Bring the sugar and water to the boil, pour in the berries, and stir until the berries are coated with the sirup. Boil for 5 minutes and stir lightly. Cover and let stand until cool. Chill before serving.

*Egg Sauce for Fish*

4 tablespoons melted butter.  
3 tablespoons flour.  
 $\frac{1}{4}$  teaspoon salt.  
2 cups milk.

2 hard-cooked eggs.  
1 tablespoon lemon juice.  
Pepper.

Blend the fat, flour, and salt. Add the milk and stir constantly until thickened. Chop the eggs and add to the sauce with the lemon juice and pepper to season. A well-beaten egg yolk stirred into the mixture after it is taken from the fire makes it richer.

*Foamy Sauce*

$\frac{1}{4}$  cup butter.  
 $\frac{1}{2}$  cup granulated sugar.  
 $\frac{1}{8}$  teaspoon salt.  
2 tablespoons boiling water.

2 eggs.  
 $\frac{1}{2}$  teaspoon vanilla.  
1 tablespoon lemon juice.

Cream the butter, and add the sugar, salt, boiling water, and the well-beaten egg yolks. Cook over steam and stir constantly until thickened. Fold into this the well-beaten egg whites and the vanilla and lemon juice. Serve at once.

*Hard Sauce*

$\frac{1}{4}$  cup butter  
 $\frac{1}{4}$  cup powdered sugar.

$\frac{1}{2}$  teaspoon vanilla.  
Grated nutmeg.

Cream together the butter and sugar, add the vanilla and nutmeg to season. The secret of creamy hard sauce lies in long beating. Chill before serving. For variety substitute brown sugar and flavor with the grated rind of an orange.

*Hollandaise Sauce*

$\frac{1}{2}$  cup butter.  
4 egg yolks.  
2 tablespoons lemon juice.

$\frac{1}{4}$  teaspoon salt.  
Dash of cayenne.  
 $\frac{1}{4}$  cup boiling water.

Divide the butter into three portions. Beat the egg yolks and lemon juice together, add one piece of butter, and cook in a double boiler, stirring constantly until the mixture begins to thicken. Remove from the stove, add a second piece of butter, and stir rapidly. Then add the remaining butter, and continue to stir until the mixture is completely blended. Add the salt, cayenne, and boiling water. Return to the double boiler, and stir until the sauce thickens.

### Honey and Orange Sauce

1 cup honey.  
 $\frac{1}{4}$  cup finely chopped fresh  
 orange peel.

$\frac{1}{2}$  cup orange juice.  
 $\frac{1}{8}$  teaspoon salt.

Combine the ingredients and let stand over hot water, without cooking, for about 30 minutes to blend the flavors. Serve as a sauce on ice cream.



### Horseradish Sauce

$\frac{1}{2}$  cup thick sweet or sour cream.  
 $\frac{1}{2}$  teaspoon salt.  
 1 teaspoon sugar.

3 or 4 tablespoons fresh grated  
 horseradish.

Whip the cream, salt, and sugar, and gradually add the horseradish. Serve with meat or fish.



### Pineapple Sauce

1 No. 2 can (about 2 cups)  
 crushed pineapple.  
 $\frac{1}{4}$  cup sugar.

1 tablespoon cornstarch.  
 $\frac{1}{4}$  teaspoon salt.  
 1 tablespoon butter.

Drain the juice from the crushed pineapple. Mix the cornstarch and the sugar, add it to the juice, cook over direct heat until the sauce thickens, and stir constantly. Add the drained fruit, butter, and salt, and cook for a few minutes longer. Serve hot or cold over cottage pudding or dry plain cake.



### Spanish or Creole Sauce

2 tablespoons chopped onion.  
 2 tablespoons butter or other fat.  
 1 tablespoon flour.  
 2 cups canned tomatoes.  
 $\frac{1}{2}$  cup chopped celery.

1 green pepper, chopped.  
 4 tablespoons chopped cooked ham  
 or bacon.  
 Chopped parsley.  
 Salt and pepper to taste.

Cook the onion in the fat for a few minutes. Sprinkle the flour over the onion and quickly stir in the tomatoes, celery, green pepper, and simmer for about 20 minutes. Add the ham or bacon, parsley, and salt and pepper, and serve at once.

*Tomato Sauce*

2 cups canned tomatoes.  
2 slices onion.  
1 teaspoon sugar.  
1 bay leaf.  
2 whole allspice.

2 whole cloves.  
Flour.  
Butter or other fat.  
Salt and pepper.

Simmer the tomato, onion, sugar, and spices for 10 minutes. Strain through a fine sieve, and measure the liquid. For each cup of liquid blend 2 tablespoons flour and 2 tablespoons melted fat, add to the tomato juice with salt and pepper to season, and stir until thickened. Continue to cook over hot water for 5 to 10 minutes. Serve hot with croquettes or meat loaf.

*Tutti-Frutti Sauce*

4 slices canned pineapple.  
1 pint pineapple juice and water.  
 $\frac{1}{4}$  cup sugar.  
 $\frac{1}{4}$  teaspoon salt.

$\frac{1}{2}$  cup blanched almonds.  
1 cup candied cherries cut in quarters.  
 $\frac{1}{2}$  cup finely cut citron.

Strain the juice from the canned pineapple, add sufficient water to make 1 pint, combine with sugar and salt, and cook for about 10 minutes, or until the sirup is fairly thick. Break the almonds in half, cut the sliced pineapple into thin pieces, and add with the cherries and citron to the sirup. Boil for a few minutes, chill, and serve over frozen custard, vanilla ice cream, or blanc mange.

*White Sauce*

## THIN

1 tablespoon butter.  
1 tablespoon flour.

1 cup milk or other liquid.  
 $\frac{1}{4}$  teaspoon salt.

## MEDIUM

2 tablespoons butter.  
2 tablespoons flour.

1 cup milk or other liquid.  
 $\frac{1}{4}$  teaspoon salt.

## THICK

3 tablespoons butter.  
3 to 4 tablespoons flour.

1 cup milk or other liquid.  
 $\frac{1}{4}$  teaspoon salt.

Blend the melted fat and flour thoroughly, add the cold milk or other liquid and salt. Heat and stir constantly until thickened. Cook over steam for 10 minutes longer.



## Biscuits, Muffins, and Breads<sup>3</sup>

### Nut Biscuits

2 cups sifted soft-wheat flour.  
4 teaspoons baking powder.  
¼ teaspoon salt.

1 tablespoon fat.  
½ cup ground nuts.  
¾ cup milk, or enough for soft dough.

Sift the dry ingredients and cut in the fat and nuts with a biscuit cutter. Make a well in the mixture and add the milk slowly and stir from the center with a fork, until a soft dough is formed. Toss the dough on a lightly floured board, and press into a sheet about one-fourth inch thick with the palm of the hand. Cut into small rounds, brush the top with butter, and place one round over the other. Bake in a hot oven (400° F.) about 15 minutes, or until lightly brown. Serve hot.

### Orange Turn-Over Biscuits

2 cups sifted soft-wheat flour.  
4 teaspoons baking powder.  
1 teaspoon salt.  
3 tablespoons fat.

¾ cup milk.  
¾ cup melted butter.  
Grated orange rind.  
Sugar.

Sift the dry ingredients and cut in the fat with a biscuit cutter. Make a well in the mixture and add the milk slowly; stir from the center with a fork until a fairly stiff dough is formed. Knead for a few seconds until smooth. Roll out about one-fourth inch thick on a lightly floured board, cut with a small biscuit cutter, and fold over like a pocketbook roll. Dip quickly into the melted butter, drain, and put in a baking pan. To each tablespoon of grated orange rind add 1 tablespoon of sugar, and mix well. With the tip of a knife, place a small quantity of the orange and sugar mixture between the folds of the biscuits and spread a little over the top. Bake in a moderately hot oven (375° F.) until lightly browned. Serve at once.

### Blueberry Muffins

1 egg.  
¾ cup milk.  
2 cups sifted flour.  
4 teaspoons baking powder.  
¼ cup sugar.

½ teaspoon salt.  
4 tablespoons melted butter or other fat.  
1 cup blueberries or huckleberries, washed and dried.

Beat the egg slightly, add the milk, and then add this mixture to the sifted dry ingredients, reserving about 2 tablespoons of flour for coat-

<sup>3</sup> Home Baking, Farmers' Bulletin 1450, U. S. Department of Agriculture, gives additional recipes for yeast breads, quick breads, cakes, and cookies.

ing the berries. Add the berries after they have been floured, and the melted fat. Stir until mixed, but do not beat. Pour the batter into well-greased muffin tins and bake for about 30 minutes in a moderately hot oven (400° F.). Serve hot.



### *Cranberry Muffins*

1 egg.	½ teaspoon salt.
¾ cup milk.	4 tablespoons melted butter or other fat.
2 cups sifted flour.	1 cup cranberries.
4 teaspoons baking powder.	
¾ cup sugar.	

Beat the egg slightly and add the milk. To the liquid mixture, add the sifted dry ingredients. Roll the berries in two more tablespoons of sugar, and fold into the batter with the melted fat. Do not stir the mixture any more than necessary. Pour into greased muffin pans and bake in a moderately hot oven (400° F.) for about 30 minutes, or until brown. Serve hot.



### *English Muffins*

1 cake yeast.	2 tablespoons melted fat.
¼ cup lukewarm water.	4 cups sifted flour.
1 cup scalded milk, cooled.	1½ teaspoons salt.

Soften the yeast in the lukewarm water. Make a sponge of the milk, softened yeast, fat, and 1½ cups of the flour. Mix well. Cover, and put in a warm place to rise for about an hour. When this sponge is light add the remaining flour which has been sifted with the salt. Beat this soft dough until it is elastic. Again cover, and put in a warm place to rise. When double in bulk toss the dough on a floured board, and lightly work in a little flour. Roll the dough out into a sheet about one inch thick, cut in large rounds, cover, and let rise for about an hour. Bake slowly on both sides on a lightly greased griddle. After the muffins are cold, split, butter, and toast, and serve hot.



### *Graham Muffins*

1½ cups unsifted Graham flour.	1 egg.
2 teaspoons baking powder.	1 cup milk.
1 tablespoon sugar.	1 tablespoon melted fat.
½ teaspoon salt.	

Mix all the dry ingredients thoroughly. Beat the egg slightly, add the milk, and stir with the fat into the dry ingredients. Do not stir the muffin batter any more than necessary. Bake in greased muffin pans for 25 to 30 minutes in a hot oven (400° to 425° F.).

### Oatmeal Muffins

1 cup fine rolled oats.	1 egg.
1 cup sifted flour.	1 cup milk.
4 teaspoons baking powder.	1 tablespoon melted fat.
$\frac{1}{2}$ teaspoon salt.	

Mix the dry ingredients. Beat the egg slightly, add the milk, and stir with the melted fat into the dry mixture. Bake in greased muffin pans in a moderately hot oven (400° F.) for 25 to 30 minutes. Serve hot, or when cold split, butter, and toast before serving.



### Boston Brown Bread

1 cup corn meal and 1 cup rye meal, or 2 cups corn meal.	2 cups sour milk, and $1\frac{1}{2}$ teaspoons soda, or 2 cups sweet milk, $\frac{1}{4}$ tea- spoon soda, and 4 teaspoons bak- ing powder.
1 cup Graham flour.	
1 teaspoon salt.	
$\frac{1}{4}$ cup molasses.	

Mix the dry ingredients and add the molasses and the milk. Beat the mixture thoroughly, and pour into greased molds until they are about three-fourths full. Cover loosely to keep out the moisture, and steam for  $3\frac{1}{2}$  hours. Remove the covers and bake the bread in a moderate oven for about 10 minutes to dry it off. If the bread seems likely to crumble, loop a string around the loaf and cut slices by pulling the ends of the string.



### Brioche

1 cake yeast.	1 cup melted fat, at least half butter.
$\frac{1}{4}$ cup lukewarm water.	1 tablespoon sugar.
4 cups sifted flour.	$1\frac{1}{4}$ teaspoons salt.
4 eggs.	

Soften the yeast in the lukewarm water. Stir into this 1 cup of the flour, cover, and put in a warm place to rise. When light add the eggs unbeaten, the melted fat, and the remaining flour sifted with the sugar and salt, and beat for 2 or 3 minutes. Cover and allow to rise until double in bulk. Beat again for a few minutes. Grease the surface of the dough, cover, and put in a refrigerator for overnight or for two to three hours. Pinch off portions of the dough, put in greased muffin pans, and let rise in a warm place. When light, brush with melted butter or milk, bake in a moderately hot oven (about 400° F.) for 25 to 30 minutes or until golden brown.

### Swedish Coffee Bread

1 pint milk.  
1 cake yeast.  
1 cup sugar.  
 $\frac{1}{4}$  cup fat.

$1\frac{1}{2}$  teaspoons salt.  
20 cardamon seeds, shelled,  
and pounded fine.  
 $7\frac{1}{2}$  to 8 cups sifted flour.

Scald the milk in a double boiler. Take out one-half cup of the milk, and when lukewarm add the yeast to soften. To the hot milk add the sugar, fat, salt, and cardamon seeds. When cool, add the yeast. Stir the liquid ingredients into the flour, and mix well. Knead for 10 or 15 minutes, until the dough springs back into place when pressed with the fingers. Put the dough into a greased bowl, grease the top, cover, and keep warm until double in bulk. The dough may be divided if desired and one half made into a braided loaf, and the other half into fancy shaped rolls.

For the Swedish coffee braid, cut the dough into three or four long pices of uniform size, and roll between the palms of the hands until smooth and even; then braid. Put in a greased pan, cover, let rise, brush with yolk of egg, slightly beaten and diluted with one-half tablespoon of cold water. Sprinkle with sugar or ground nuts, and bake in moderate oven ( $350^{\circ}$  F.), for about 45 minutes. This bread is especially good toasted.

For the fancy rolls, take small pieces of the dough, roll between the hands, shape into knots, half moons, or curls, and finish in the same way as the braid. Bake for 20 to 25 minutes in a moderate oven ( $350^{\circ}$  F.).



### Corn Bread

2 cups corn meal.  
 $\frac{1}{2}$  teaspoon soda.  
2 teaspoons baking powder.

2 teaspoons salt.  
2 cups sour milk.  
2 eggs.  
2 tablespoons melted fat.

Sift the dry ingredients and add the milk. Add the well-beaten eggs and the fat. Pour into a very hot well-buttered pan. Bake from 40 to 50 minutes in a hot oven ( $400^{\circ}$  to  $425^{\circ}$  F.).



### Nut Bread

$2\frac{1}{2}$  cups sifted flour.  
2 tablespoons sugar.  
3 teaspoons baking powder.  
1 teaspoon salt.  
 $\frac{1}{2}$  teaspoon cinnamon.

2 eggs.  
1 cup milk.  
1 cup chopped nuts.  
4 tablespoons melted fat.

Sift together the dry ingredients. Beat the eggs, add the milk, and add to the first mixture. Stir in the chopped nuts and the fat. Let the dough stand in a well-greased bread pan for 20 minutes. Bake in a moderate oven ( $350^{\circ}$  F.) for about 1 hour.

### Popovers

2 eggs.  
1 cup milk.  
1 cup flour.

$\frac{1}{4}$  teaspoon salt.  
1 tablespoon melted butter.

Beat the eggs slightly, add the milk, and combine this slowly to the sifted flour and salt. Mix until there are no lumps, and add the fat. Pour the batter into hot greased popover pans until about half full. Bake for 30 minutes in a hot oven ( $450^{\circ}$  F.), then reduce the temperature to moderate ( $350^{\circ}$  F.) for 15 minutes longer.



### Potato Rolls

1 cup diced raw potato.  
2 cups water.  
 $\frac{1}{2}$  cake yeast.  
4 cups sifted flour.

$1\frac{1}{2}$  teaspoons salt.  
1 tablespoon sugar.  
3 tablespoons fat.

Cook the potato in the water until soft, drain, and save 1 cup of the potato water, or if necessary add more water to make 1 cup of liquid. Rice the potato. Soften the yeast in the lukewarm potato water. Sift  $3\frac{1}{2}$  cups of flour with the salt and sugar. Rub in the fat with the tips of the fingers, and add the yeast liquid and the potatoes. Knead the dough until it springs back into place when pressed with the fingers, and add the remaining one-half cup of flour if required. Place in a greased bowl, grease the dough, cover, and let rise until double in bulk. Without kneading the dough again, pinch off small pieces, shape them lightly, and place by threes in greased muffin tins, to form clover leaf rolls. Let them rise again until double in bulk. Bake for about 25 minutes in a moderately hot oven ( $375^{\circ}$  to  $400^{\circ}$  F.), until golden brown. Serve hot.



### Raisin Bread

$2\frac{1}{2}$  cups sifted flour.  
2 tablespoons sugar.  
3 teaspoons baking powder.  
1 teaspoon salt.  
 $\frac{1}{2}$  teaspoon cinnamon.

2 eggs.  
1 cup milk.  
 $1\frac{1}{2}$  cups chopped raisins.  
4 tablespoons melted fat.

Sift together the dry ingredients. Beat the eggs, add the milk, and add to the first mixture. Stir in the raisins and fat. Let the dough stand for 20 minutes in a well-greased bread pan. Bake in a moderate oven ( $350^{\circ}$  F.) for about 1 hour.

### Sally Lunn

1 cup milk.	1½ teaspoons salt.
1 cake yeast.	2¼ cups sifted flour.
¼ cup sugar.	2 eggs.
¼ cup butter or other fat.	

Heat the milk in a double boiler. Remove one-fourth cup and when lukewarm add the yeast. To the remaining hot milk add the sugar, fat, and salt. When this mixture is lukewarm stir in the softened yeast and 1 cup of the flour, beat well, cover, and put in a warm place to rise. When light, add the beaten eggs and remaining flour, pour the batter into a well-greased tube pan, and when double in volume bake in a moderate oven (350° F.) for about 40 minutes.



### Spoon Bread

1 cup corn meal.	1 cup milk.
2 cups cold water.	2 or 3 eggs.
2 teaspoons salt.	2 tablespoons melted fat.

Mix the meal, water, and salt, and boil for 5 minutes, stirring constantly. Add the milk, well-beaten eggs, and melted fat, and mix well. Pour in a well-greased hot pan or baking dish and bake for 45 to 50 minutes in a hot oven (400° F.). Serve from the pan in which baked.



### Waffles

2 cups sifted soft-wheat flour.	1½ cups milk.
3 teaspoons baking powder.	2 eggs.
1½ tablespoons sugar.	3 tablespoons melted fat.
¼ teaspoon salt.	

Mix the dry ingredients, add the milk and egg yolks, then the melted fat, and lastly fold in the beaten whites of eggs. Have the waffle iron hot enough to brown the waffle quickly. For an electric iron add an extra tablespoon of melted fat to the batter.

To make pecan waffles, add 1 cup chopped pecans to the batter before baking.



## *Fruits and Puddings*<sup>4</sup>

### *Apple Sauce*

Wash, pare, quarter, and core the apples; or if the sauce is to be put through a colander, leave the skins on. Cook the apples until soft in a covered pan, using just enough water to keep them from scorching. If the skins have been left on, put the sauce through a colander. Sweeten the sauce to taste, and add a few grains of salt.

Flavor may be varied by adding lemon juice or spices, such as cinnamon, nutmeg, or cloves. Nutmeg should be used only in apple sauce which is to be eaten at once, for it is likely to make the flavor bitter on standing.

### *Baked Apples*

Wash the apples and core them without cutting through the blossom end. Place the apples in a baking dish; fill the holes with sugar and butter, and raisins, if desired. Add just enough water to keep the apples from sticking, and cover the dish. Bake in a hot oven until the apples are soft. Serve baked apples hot or cold, with or without cream.

### *Scalloped Apples*

Pare, core, and slice tart apples of a kind that will hold their shape when cooked. Place a layer of the sliced apples in a baking dish, sprinkle with sugar, and dot with butter. Put in another layer of apples and press down, add more seasoning, and keep on until the dish is heaping full. Cover the dish and cook the apples slowly for from 1 to 1½ hours in a moderate oven. As the apples cook down during the first half hour, a few more may be added. Fifteen minutes before the apples are to be served, remove the cover, and spread buttered bread crumbs over the top. Return to the oven and let the crumbs become golden brown and crisp. The apples will be in whole pieces, almost transparent, and some kinds will be pink in color. Scalloped apples are good served hot with the main course of dinner or supper.

<sup>4</sup> Eggs at Any Meal, Leaflet 39, U. S. Department of Agriculture, gives recipes for fruit whips, souffles, and plain custards.

### *Fried Apples and Bacon*

Pare tart winter apples, and cut into inch cubes to make about 2 quarts. Fry bacon in a heavy skillet and as soon as crisp, remove, drain on absorbent paper, and keep in a warm place. Leave about 4 tablespoons of bacon fat in the skillet, fill it with the apples, sprinkle on one-fourth cup of sugar, cover, and cook slowly until the apples are tender. Then remove the cover, turn the apples gently so the pieces will keep their shape, and let them brown lightly. They are then almost transparent. Place them on a hot platter, and surround them with the crisp bacon.



### *Apple Brown Betty*

2 quarts diced tart apples.	1 teaspoon cinnamon.
1 quart bread crumbs (oven toasted until crisp and light brown.)	$\frac{1}{4}$ teaspoon salt.
$1\frac{1}{4}$ cups sugar.	$\frac{1}{4}$ cup melted butter.

Grease a baking dish and place in it a layer of crumbs, then a layer of apples, and some of the sugar, cinnamon, and salt, which have been mixed together. Repeat until all the ingredients are used, saving sufficient crumbs for the top. Pour the melted fat over the top layer of crumbs, cover, and bake for 30 to 45 minutes, or until the apples are soft. Toward the last remove the cover and allow the top to brown. Serve hot, with plain or whipped cream, or hard sauce.



### *Apple Compote*

6 tart apples.	Red coloring or red cinnamon candies.
2 cups sugar.	$\frac{1}{8}$ teaspoon salt.
2 cups water.	

Select tart apples that will hold their shape when cooked, pare, and core them. In a pan large enough to hold all the apples make a sirup of the sugar and water, add the red coloring or red candies, and salt, put in the apples, cover, and simmer until the apples are tender when pierced with a straw. Drain, and place at once on plates for serving, fill the centers with tart jelly, and on top add a spoonful of hard sauce, grated coconut, or chopped nuts. Or the apples may be served cold with whipped cream.

The sirup may be used in fruit drinks, or more added to it and another lot of apples cooked in it.



### Apple Float

2 cups thick apple sauce.

4 egg whites.

Sweeten the apple sauce to taste while hot, add a little salt, and set away to cool. Beat the egg whites very stiff, and fold the cold apple sauce into them. If desired, add 2 or 3 teaspoons of lemon juice, or sprinkle a little nutmeg or cinnamon on top, or add a spoonful of whipped cream to each serving.



### Apple Upside-Down Cake

$\frac{1}{4}$  cup butter or other fat.

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

1 egg.

1 teaspoon vanilla.

$1\frac{1}{2}$  cups sifted soft-wheat flour.

2 teaspoons baking powder.

$\frac{1}{4}$  teaspoon salt.

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

2 to 4 firm-fleshed apples.

2 teaspoons cinnamon mixed with

$\frac{1}{4}$  cup sugar.

Cream the fat, add the sugar, well-beaten egg, and vanilla. Sift the dry ingredients together and add alternately with the milk to the first mixture. Spread a thick coating of fat on the bottom and sides of a square or oblong baking dish or a very heavy pan. Pare, quarter, and slice the apples, thin, spread in a single overlapping layer on the bottom of the baking dish, sprinkle with the mixture of cinnamon and sugar, and add another layer of apples and the remaining cinnamon and sugar. Pour the cake mixture over the apples. The batter is rather thick and may need to be smoothed on top with a knife. Bake in a very moderate oven ( $300^{\circ}$  to  $325^{\circ}$  F.) for 45 minutes. Loosen the sides of the cake, turn it out carefully, upside down, and the top will be covered with a neat layer of transparent apples. Serve hot with hard sauce or whipped cream.



### Apple Tapioca

$\frac{1}{2}$  cup quick-cooking tapioca.

2 cups boiling water.

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

$\frac{1}{2}$  teaspoon cinnamon.

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

Juice of 1 lemon.

3 pints sliced tart apples.

Add the boiling water to the tapioca and cook in a double boiler for 15 minutes, or until the tapioca is clear. Add the sugar, cinnamon, salt, and lemon juice. Arrange the apples in a greased shallow baking dish and pour the tapioca mixture over them. Bake in a moderate oven until the apples are tender and the top is lightly browned. Serve hot or cold with plain or whipped cream.

*Apricots and Prunes*

$\frac{1}{2}$  pound dried apricots.  
 $\frac{1}{2}$  pound dried prunes.  
4 cups water.

1 cup sugar.  
Dash of salt.

Wash the prunes and apricots thoroughly and put them in the water to soak overnight. Cook the fruit together for 10 minutes, add the sugar and salt, and simmer until the juice is fairly rich. Serve hot or cold.

*Apricot Charlotte*

$\frac{1}{2}$  pound dried apricots.  
Cold water.  
1 tablespoon gelatin.  
 $\frac{1}{2}$  cup sugar.

$\frac{1}{4}$  teaspoon salt.  
1 pint cream, whipped.  
Lady fingers or sponge cake.

Wash the apricots and soak them overnight in 2 cups of cold water. Cook the apricots until soft in the water in which they were soaked and press them through a fine sieve or colander. Soften the gelatin in one-fourth cup of cold water for 5 minutes, add to the hot fruit pulp, stir until the gelatin has dissolved, add the sugar and salt, chill, and fold in the whipped cream. Line a serving dish with lady fingers or slices of sponge cake, pile the apricot mixture lightly in the center, and chill again for an hour or more before serving.

*Jellied Apricots*

$\frac{1}{2}$  pound dried apricots.  
Cold water.  
2 tablespoons gelatin.

1 cup sugar.  
 $\frac{1}{8}$  teaspoon salt.

Wash the apricots and soak overnight in 3 cups of cold water. In the morning simmer the apricots for 10 to 15 minutes in the water in which they were soaked, drain, and to the hot juice add the gelatin, which has been softened in one-half cup of cold water, the sugar, and salt, stir until dissolved, and set aside to chill. Cut the apricots into small pieces. When the gelatin mixture has partly set, stir in the apricots, turn into a mold, and chill for 3 or 4 hours, or until thoroughly set. Turn onto a plate and serve with whipped cream, and a few chopped nuts sprinkled over the top. If preferred the mixture may be molded in cups for individual servings.

### Steamed Apricot Pudding

$\frac{1}{2}$ pound dried apricots.	2 eggs.
$1\frac{1}{2}$ cups sifted soft-wheat flour.	2 teaspoons baking powder.
$\frac{1}{4}$ cup butter or other fat.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ cup milk.

Wash the apricots, chop fine, and mix with 2 tablespoons of the flour. Sift the remaining flour with the baking powder and salt. Cream the fat, add the sugar, and well-beaten eggs, and add alternately with the milk to the sifted dry ingredients. Stir in the apricots. Pour into a greased mold, cover, and steam for 2 hours. Serve hot with hard sauce.



### Apricot Tapioca

$\frac{1}{2}$ pound dried apricots.	$\frac{1}{4}$ teaspoon salt.
3 cups water.	$\frac{1}{2}$ cup sugar.
3 tablespoons quick-cooking tapioca.	

Wash the apricots and soak them overnight in the water. In the morning cook the apricots until tender and drain. If necessary, add water to the juice to make 2 cups, stir in the tapioca and salt, and cook in a double boiler for 15 minutes, or until the tapioca is clear. Force the apricots through a sieve and add the pulp and the sugar to the tapioca. Chill and serve with plain or whipped cream.



### Baked Bananas

6 ripe bananas.	2 tablespoons lemon juice.
$\frac{1}{2}$ cup sugar.	$\frac{1}{8}$ teaspoon salt.
2 tablespoons melted butter or other fat.	

Select ripe bananas, skin, scrape off the stringy fibers, and split in half lengthwise. Place in a greased shallow baking dish, pour over them the fat, lemon juice, and salt which have been mixed together, and bake in a moderate oven for 20 to 25 minutes. Serve from the dish.



### Fried Bananas

6 ripe bananas.	1 tablespoon sugar.
1 egg.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ cup flour.	Dry sifted bread crumbs.
$\frac{1}{4}$ cup milk.	Lemon juice.

Select ripe bananas, remove the skin, scrape off the stringy fibers, and cut the bananas in half lengthwise. Dip the pieces of banana into the batter made from the egg, flour, milk, sugar, and salt, and roll them in the bread crumbs. Fry the bananas until golden brown in shallow fat, drain on paper, keep hot, and squeeze lemon juice over them just before serving.

### *Baked Bananas and Rhubarb*

2 quarts rhubarb cut in 2-inch pieces.	1 cup sugar.
4 ripe bananas.	$\frac{1}{4}$ teaspoon salt.
	2 tablespoons butter or other fat.

Select tender rhubarb, wash well, and cut in 2-inch pieces without removing the red skin. Peel and scrape the bananas and split lengthwise. In a greased shallow baking dish, place a layer of the rhubarb, add the banana halves, and then the remaining rhubarb, sprinkle the salt and sugar over the top, dot with the fat, cover, and bake in a moderate oven for 20 minutes, or until the fruit is tender. Remove the cover and continue to cook for 30 minutes, or until the sirup has thickened. Serve hot or cold.



### *Banana Pudding*

1 quart milk.	1 teaspoon vanilla.
$\frac{1}{2}$ cup sugar.	Sweet crackers or cookies.
$\frac{1}{8}$ teaspoon salt.	Bananas.
4 or 5 eggs.	

Heat the milk, sugar, and salt in a double boiler. Beat the egg yolks slightly, and slowly add some of the heated milk. Pour back into the double boiler, and stir constantly until the custard coats the spoon. Remove at once from the fire, place the pan in a bowl of cold water, and stir the custard occasionally as it cools. Add the vanilla. Grease a baking dish, put in the bottom a layer of sweet crackers, and slice over them a layer of banana. Pour over this some of the custard and fill the dish about three-quarters full with these layers. Make a meringue of the whites of the eggs and 1 tablespoon of sugar to each egg. Spread over the pudding and bake for about 20 minutes in a very moderate oven (325° F.) until lightly browned. Then let the pudding stand until thoroughly chilled before serving.



### *Blackberry Flummery*

2 cups blackberry juice, from canned or cooked fresh blackberries.	3 tablespoons cornstarch.
$\frac{1}{2}$ cup sugar (if juice is unsweetened).	$\frac{1}{4}$ teaspoon salt.
	2 tablespoons lemon juice.

Heat the blackberry juice in a double boiler, add the sugar, cornstarch, and salt which have been thoroughly mixed, stir until the mixture thickens, cover, and cook for 15 to 20 minutes. Remove from the stove, add the lemon juice, beat well, and pour into a serving dish, and chill. Serve with plain or whipped cream.

### *Baked Blackberry Pudding*

1 quart blackberries.  
 $\frac{1}{4}$  cup butter or other fat.  
 $\frac{1}{2}$  cup sugar.  
 1 egg.

$1\frac{1}{2}$  cups sifted soft-wheat flour.  
 2 teaspoons baking powder.  
 $\frac{1}{4}$  teaspoon salt.

Wash the berries, drain, and spread 2 cups of them out in a single layer to dry off. Heat the remainder of the berries for a few minutes, and press out the juice. There should be one-half cup of juice; if not, add the water to make this quantity. Cream the fat, add the sugar, and the well-beaten egg. Sift the dry ingredients together, reserving 2 tablespoons of flour to coat the berries, and add alternately with the fruit juice to the fat, sugar, and egg mixture. Fold in the floured fruit and bake in a well-greased tube pan in a very moderate oven ( $300^{\circ}$  to  $325^{\circ}$  F.) for 1 hour or longer. Serve hot or cold with plain or whipped cream or hard sauce.



### *Quick Blueberry Pudding*

1 quart blueberries.  
 1 cup sugar.  
 $\frac{1}{2}$  cup water.  
 $\frac{1}{2}$  teaspoon salt.

2 cups soft bread crumbs.  
 2 tablespoons melted butter.  
 1 tablespoon lemon juice, if desired.

Pick over the berries, wash, drain, mix with the sugar, water, and salt, and boil for 5 minutes. Combine the bread crumbs and butter, add to the hot fruit, stir until well mixed, and let stand on the back of the stove for about 30 minutes, but do not let the pudding cook. Add the lemon juice and serve the pudding while still warm with plain or whipped cream.



### *Bread Pudding*

1 quart milk.  
 2 cups dry bread crumbs.  
 $\frac{1}{2}$  cup sugar.  
 $\frac{1}{4}$  teaspoon salt.

2 tablespoons butter.  
 1 cup seedless raisins.  
 1 teaspoon vanilla.  
 3 eggs.

Scald the milk, bread crumbs, sugar, salt, and butter in a double boiler. Pour some of the hot mixture into the beaten eggs, reserving 2 whites for the meringue. Combine all the other ingredients, pour into a greased baking dish, and set in a pan of hot water. Bake in a moderate oven ( $350^{\circ}$  F.) for about 1 hour, or until the pudding is firm in the center. When the pudding has partially set, stir well so the raisins will be through the pudding rather than at the bottom of the

dish. To make the meringue add 2 tablespoons of sugar to each well-beaten egg white, and add a dash of salt and vanilla. Cover the pudding with the meringue and put in a very moderate oven (about 325° F.) for 15 to 20 minutes, or until lightly browned. Serve hot or cold garnished with bits of tart red jelly.



### *Butterscotch Pudding*

¾ cup flour.  
3 cups milk.  
1½ cups brown sugar.  
3 tablespoons butter.

½ teaspoon salt.  
2 or 3 eggs.  
½ teaspoon vanilla.

Blend the flour and 1 cup of the cold milk until smooth. Heat the remaining milk in a double boiler, pour some of the hot milk into the flour and milk, return the mixture to the double boiler, stir until thickened, cover, and cook for 15 minutes. Meantime, cook the brown sugar, butter, and salt for 5 minutes over direct heat and stir constantly. Add while hot to the mixture in the double boiler, beat well, gradually stir this mixture into the beaten eggs, return to the double boiler, cook for a few minutes, remove from the fire, add the vanilla, and chill. Serve with plain or whipped cream.



### *Baked Caramel Custard*

1 cup sugar.  
1 cup water.  
1 quart milk.  
¼ teaspoon salt.

2 tablespoons sugar.  
½ teaspoon vanilla.  
5 eggs.  
Butter.

Melt and stir the cup of sugar in a smooth skillet over low heat until the sugar turns a rich brown color, add the water, continue to stir until a thick caramel sirup has formed, and remove from the fire. Heat the milk slightly, add the salt, 2 tablespoons of sugar, one-half cup of the caramel sirup, and vanilla, and stir into the slightly beaten eggs until well mixed. Butter custard cups, put in each about a teaspoon of the caramel sirup, fill with the custard mixture, put a small piece of butter on top, and bake on a rack in a pan of hot water in a moderate oven (350° F.) for 45 minutes, or until set. Test by inserting the point of a knife in the center of the custard. If it comes out clean remove the custard at once from the hot water. When cold turn out on individual plates, and the caramel sirup in the bottom of the cups will run down over the custard like a sauce. If preferred the custard may be baked in a ring mold and the caramel sirup mixed with whipped cream and served as a sauce instead of baked with the custard in the bottom of the mold.

### Chocolate Custard

2 squares unsweetened chocolate.	$\frac{1}{2}$ teaspoon salt.
1 quart milk.	4 eggs.
$\frac{1}{4}$ cup sugar.	$\frac{1}{2}$ teaspoon vanilla.

Melt the chocolate in a double boiler, add the milk, sugar, and salt, and while they are heating beat the eggs slightly. Pour some of the hot mixture into the eggs, mix well, add to the other ingredients in the double boiler, and stir constantly until thickened. When cool, stir in the vanilla and chill thoroughly. If left overnight the custard becomes thicker. Serve plain or with whipped cream over the top.



### Chocolate Ice-Box Cake

#### CHOCOLATE CUSTARD MIXTURE

2 squares unsweetened chocolate.	4 eggs.
1 pint milk.	$\frac{1}{4}$ cup butter.
$\frac{1}{2}$ cup sugar.	$\frac{1}{4}$ teaspoon vanilla.
$\frac{1}{4}$ teaspoon salt.	

Melt the chocolate in a double boiler, add the milk, sugar, and salt. Beat the egg yolks, pour over them the hot mixture, return this combination to the double boiler, and stir constantly until the custard thickens. Remove from the heat, add the butter and vanilla, beat until well mixed, and fold this custard mixture into the stiffly beaten whites of the eggs. Chill before pouring over the sponge cake made according to the following recipe:

#### SPONGE CAKE

4 eggs.	1 teaspoon baking powder.
1 cup sugar.	$\frac{1}{4}$ teaspoon salt.
3 tablespoons cold water.	$\frac{1}{2}$ teaspoon vanilla.
1 cup sifted soft-wheat flour.	$\frac{1}{2}$ teaspoon lemon juice.

Separate the egg yolks from the whites, and beat the yolks well. Gradually beat in the sugar, add the water, and continue the beating until the mixture is very thick and light. Sift the dry ingredients together, and fold them into the egg and sugar mixture. Then fold in the stiffly beaten whites of the eggs, add the flavoring, and bake in a slightly greased tube pan in a very moderate oven (325° F.) for 45 to 50 minutes.

When the cake is cool, split it crosswise into three sections, beginning at the top. Place the bottom section of the cake in the tube pan, and pour over it one-half of the chocolate custard mixture. Then put the next section in place, pour on the remainder of the custard, cover with the top layer, and chill for several hours. When ready to serve turn onto a platter and sprinkle with powdered sugar, or fill the center with whipped cream.

*Chocolate Bread Pudding*

2 squares unsweetened chocolate.	2 cups dry bread crumbs.
$\frac{3}{4}$ cup sugar.	2 eggs.
1 quart milk.	$\frac{1}{2}$ teaspoon vanilla.
$\frac{1}{2}$ teaspoon salt.	

Melt the chocolate in a double boiler, add milk, sugar, salt, and bread crumbs. Beat the eggs, add the hot mixture and the vanilla, pour into a greased baking dish, set in a pan of hot water, and bake in a moderate oven (350° F.) for about one hour, or until the pudding is firm in the center. Serve hot with plain or whipped cream.

*Chocolate Blanc Mange*

2 squares unsweetened chocolate.	$\frac{1}{2}$ teaspoon salt.
1 quart milk.	1 egg.
$\frac{3}{4}$ cup sugar.	$\frac{1}{2}$ teaspoon vanilla.
6 tablespoons cornstarch.	

Melt the chocolate in a double boiler, add the milk, and then the sugar, cornstarch, and salt, which have been thoroughly mixed, stir until thickened, cover, and cook for about 20 minutes. Beat the egg until light, pour the hot mixture into it, add the vanilla, beat well, chill, and serve with soft custard or plain or whipped cream.

*Coffee Gelatin*

2 tablespoons gelatin.	3 $\frac{1}{2}$ cups hot coffee.
$\frac{1}{2}$ cup cold water.	Salt.
$\frac{1}{2}$ cup sugar.	

Soften the gelatin in the cold water for 5 minutes, add the hot coffee, sugar, and a few grains of salt, and stir until the gelatin and sugar have dissolved. Pour into a wet mold, and put in a cold place to set. Turn out on a plate and serve with plain or whipped cream.

*Steamed Cranberry Pudding*

2 cups cranberries.	$\frac{1}{4}$ cup butter or other fat.
1 $\frac{1}{2}$ cups sifted soft-wheat flour.	$\frac{1}{2}$ cup sugar.
2 teaspoons baking powder.	2 eggs.
$\frac{1}{4}$ teaspoon salt.	$\frac{1}{2}$ cup milk.

Pick over, wash, and dry the cranberries and roll them in 2 tablespoons of the flour. Sift the rest of the flour with the baking powder and salt. Cream the fat, add the sugar and well-beaten eggs, and add to the dry ingredients alternately with the milk. Fold in the cranberries, turn into a buttered mold, cover, and steam for 2 hours. Serve hot with sauce made as follows:



## SAUCE FOR STEAMED CRANBERRY PUDDING

1 cup sugar.	3 cups boiling water.
3 tablespoons cornstarch.	2 cups cranberries.
$\frac{1}{4}$ teaspoon salt.	2 to 4 tablespoons butter.

Mix the sugar, cornstarch, and salt. Add 2 cups of boiling water, stir until thickened, cover and cook for 10 minutes in a double boiler. Meanwhile, cook the cranberries with 1 cup of water until soft. Press them through a fine sieve and add this pulp to the cornstarch mixture. Add the fat and serve hot over the hot cranberry pudding.

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### *Fig Pudding*

$\frac{1}{4}$ cup butter or other fat.	2 teaspoons baking powder.
$\frac{1}{2}$ cup sugar.	$\frac{1}{4}$ teaspoon salt.
1 egg.	$\frac{1}{4}$ cup milk.
$1\frac{1}{2}$ cups sifted soft-wheat flour.	$\frac{1}{2}$ teaspoon vanilla.
2 cups chopped dried figs.	

Cream the fat, add the sugar and the well-beaten egg. Take out about 2 tablespoons of the flour and mix with the figs. Sift together the remaining flour and the baking powder and salt and add alternately with the milk to the fat and egg mixture. Stir in the flour-coated figs and add the vanilla. Bake in a greased baking dish for about 1 hour in a moderate oven (350° F.). Serve hot with lemon sauce or hard sauce to which a little lemon juice has been added.

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### *Floating Island*

1 quart milk.	$\frac{1}{4}$ teaspoon salt.
6 to 8 tablespoons sugar.	1 teaspoon vanilla.
4 to 6 eggs.	

Heat the milk, sugar, and salt in a double boiler. Separate two of the egg whites and put them aside for the "islands." Beat the rest of the eggs together slightly, and mix in some of the hot milk. Pour back into the double boiler, set over very low heat, and stir constantly until the custard coats the spoon. Remove at once from the heat, and set in a bowl of cold water. Add the vanilla.

After the custard is made, beat the 2 egg whites until stiff, and drop them by spoonfuls on a pan of hot water, cover, and let cook for a few minutes. Or, make small baked meringues of the 2 egg whites to serve on top of the soft custard. For baked meringues, add gradually one-half cup of fine granulated sugar to 2 stiffly beaten egg whites containing one-eighth teaspoon of salt. Beat the mixture until stiff enough to hold its shape. Flavor with one-fourth teaspoon of vanilla. Drop rounded teaspoonfuls of the mixture on oiled paper and bake in a slow oven (250° to 275° F.) for about 1 hour. Place the baked meringues on top of the custard immediately before serving.

### *Fruit Cup*

Many combinations of fruit, fresh or canned, may be used for fruit cup. Use colors that blend or contrast pleasantly and combine acid fruits with sweet, and firm with juicy kinds. Cut large fruits into small attractive pieces, mix lightly so that they keep their shape, sweeten slightly, chill before serving, and garnish the individual servings with sprigs of mint or choice bright-colored fruits. Good combinations are: Strawberries, oranges, and apples; purple grapes with seeds removed, grapefruit, and apricots; peaches, raspberries, and pineapple; watermelon, honeydew or muskmelon, and oranges; red cherries, pears, and green grapes.



### *Fruit Punch*

- |   |                                   |
|---|-----------------------------------|
| 4 cups sugar.   | 2 quarts freshly made strong tea. |
| 3 cups water.   | ½ teaspoon salt.                  |
| 2 dozen lemons.   | 1 quart ginger ale or carbonated  |
| 1 dozen oranges.  | water.                            |
| 2 quarts strawberry juice, bottled,<br>or 2 quarts crushed fresh fruit. |                                   |

Boil the sugar and water together to make a heavy sirup, and cool. Scrub the oranges and lemons, and squeeze out the juice. Barely cover the fruit skins with water, let stand for an hour or longer, pour off the water, and add to the fruit juice. Add the other fruits, sirup, and the tea. Just before serving, add chopped ice, the ginger ale or carbonated water, and if the punch is too strong, ice water in small quantities until the punch is the flavor desired.



### *Jellied Fruit*

- |                        |                                |
|------------------------|--------------------------------|
| 3 tablespoons gelatin. | 1 cup pineapple juice.         |
| ½ cup cold water.      | ¾ cup lemon juice.             |
| 1 cup boiling water.   | 1 cup orange juice and pulp.   |
| ¾ cup sugar.           | 2 cups sliced canned peaches.  |
| ¼ teaspoon salt.       | 4 slices canned pineapple.     |
| 1 cup peach juice.     | 2 bananas, scraped and sliced. |

Soak the gelatin in the cold water for 5 minutes, add the boiling water, sugar, and salt, and stir until dissolved. When cool add the fruit juices, place this mixture in a bowl surrounded by ice water, and stir now and then. As it begins to congeal, wet and chill a mold, and put in a thin layer of the gelatin mixture. When this has set, arrange a portion of the sliced fruit in the mold in an attractive design. Cut the remaining fruit into small pieces, combine with the rest of the gelatin mixture, fill into the mold, and chill for 5 or 6 hours. When ready to serve, invert a plate over the mold, and turn it upside down. Insert a knife along one edge of the gelatin, and the molded mixture will slip out easily. Serve with plain or whipped cream.

### Jellied Grapes

2 tablespoons gelatin.  
 ½ cup cold water.  
 1½ cups boiling water.  
 ½ cup sugar.  
 ¼ teaspoon salt.

2 tablespoons lemon juice.  
 2 cups grape juice.  
 2 cups seeded Tokay or Malaga grapes.

Soften the gelatin in the cold water for 5 minutes, add the boiling water, sugar, and salt, and stir until dissolved. When cool mix with the lemon and grape juice, chill, and when partly set stir in the grapes, put into a wet mold, let stand until firm, turn out on a plate, and serve with whipped cream.



### Baked Indian Pudding

1 quart milk.  
 ½ cup yellow cornmeal.  
 1 teaspoon salt.

½ cup molasses.  
 ½ to 1 teaspoon ginger.

Cook the milk, cornmeal, and salt in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased baking dish, and bake in a very moderate oven (about 300° F.) for 2 hours. Serve hot with vanilla ice cream, or chill and serve with cream.



### Lemon Sponge with Custard Sauce

2 tablespoons gelatin.  
 ½ cup cold water.  
 2 cups boiling water.  
 1 cup sugar.

Salt.  
 ¼ cup lemon juice.  
 3 egg whites.

Soften the gelatin in the cold water for 5 minutes. Add the boiling water, sugar, and a few grains of salt, and stir until dissolved. Add the lemon juice, chill, and when the mixture begins to set, beat well, and fold in the stiffly beaten egg whites. Pour into a wet mold, and put in a cold place until firm. Turn out on a platter and serve with custard sauce made from the egg yolks, as follows:

#### CUSTARD SAUCE

1 pint milk.  
 ¼ cup sugar.  
 Salt.

3 egg yolks.  
 ½ teaspoon vanilla.

Heat the milk, sugar, and a few grains of salt in a double boiler. Beat the egg yolks slightly, add some of the heated milk, pour back into the double boiler, and stir constantly until the custard coats the spoon. Remove at once, add the vanilla, place the pan in a bowl of cold water, and stir occasionally until cool.

### Orange Bavarian Cream

2 tablespoons gelatin.	1½ cups orange juice and pulp.
½ cup cold water.	3 egg whites.
½ cup boiling water.	¼ teaspoon salt.
1 cup sugar.	1 pint cream, whipped.
4 to 5 tablespoons lemon juice.	

Soak the gelatin in the cold water for 5 minutes, add the boiling water and sugar, and stir until dissolved. Add the lemon and orange juice and pulp, chill until partially set, and beat until foamy. Beat the whites of the eggs with the salt until stiff and fold into the gelatin mixture. Then fold in the whipped cream, pour into a wet mold, and put in a cold place until firm. Turn out onto a platter, and garnish with orange sections if desired.



### Orange Gelatin

2 tablespoons gelatin.	3 cups strained orange juice.
½ cup cold water.	Juice of 1 lemon, strained.
1 cup boiling water.	Salt.
1 cup sugar.	

Soften the gelatin in the cold water for 5 minutes, add the boiling water, sugar, and a few grains of salt, and stir until dissolved. Mix with the strained orange and lemon juice, pour into a wet mold, and put in a cold place until firm. Turn out and serve with soft custard or plain or whipped cream.



### Peach Bavarian Cream

2 tablespoons gelatin.	1 cup sugar.
½ cup cold water.	¼ teaspoon salt.
1 quart sliced fresh peaches.	1 pint cream, whipped.

Soak the gelatin in the cold water for 5 minutes. Mash the peaches with the sugar, rub through a sieve, and simmer for 5 minutes. Remove from the fire, add the softened gelatin and salt, and stir until the gelatin is dissolved. Chill, and when the mixture begins to thicken, fold in the whipped cream. Place in a wet mold, let stand in a cold place until firm, and turn out on a serving platter.

### *Peach Melba*

6 halves large peaches, fresh or  
canned.  
1 cup peach sirup.

1½ pints vanilla ice cream.  
½ cup chopped nuts.

If fresh peaches are used, prepare a thick sirup by cooking 1 cup sugar, three-fourths cup water, 2 peaches pared and sliced, a few grains of salt, and enough red coloring matter to give a pinkish tinge. Strain and cool this sirup. If the peaches are canned, drain the sirup from them, cook it down, and color it pink. Put a spoonful of ice cream in the hollow of each peach, pour on some of the pink sirup, sprinkle with chopped nuts, and serve at once.



### *Broiled Canned Peaches*

Drain halves of large canned peaches from the sirup, place in a shallow baking dish, pit side up, pour over them a small quantity of melted butter, and add a very little salt. Broil under a flame or bake in the oven until the peaches are hot through and lightly browned. Serve hot with the meat course or as dessert.



### *Peach Tapioca*

¼ cup quick-cooking tapioca.  
1 pint hot water.  
1 cup sugar.  
1 tablespoon butter.

½ teaspoon salt.  
1 tablespoon lemon juice.  
1 cup peach juice.  
2 cups sliced, canned peaches.

Cook the tapioca and water in a double boiler for 15 minutes, add the sugar, butter, salt, and lemon and peach juice, which has been drained from the peaches. In a greased baking dish, make alternate layers of the tapioca and peaches arranged so that a layer of the peaches comes on top. Bake in a moderate oven (350° F.) for about 30 minutes, or until brown on top. Serve either hot or cold with cream.



### *Baked Pears*

Wash the pears, cut in half, core, and place in a baking dish. Sprinkle with sugar and a little salt, dot with butter, add very little water, cover, and bake in a moderate oven (350° F.). As soon as the fruit becomes soft, remove the cover so that the sirup will cook down. Serve hot or cold and with or without cream.